

POWERLIFTING USA

SEP/2008

Vol. 31, No. 11

\$3.95

\$4.95 in Canada

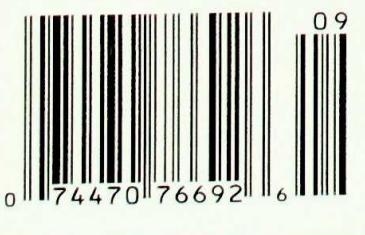
Tiny Meeker

Super lifting!

phenom



Mendy - Ken Lain - Luyando

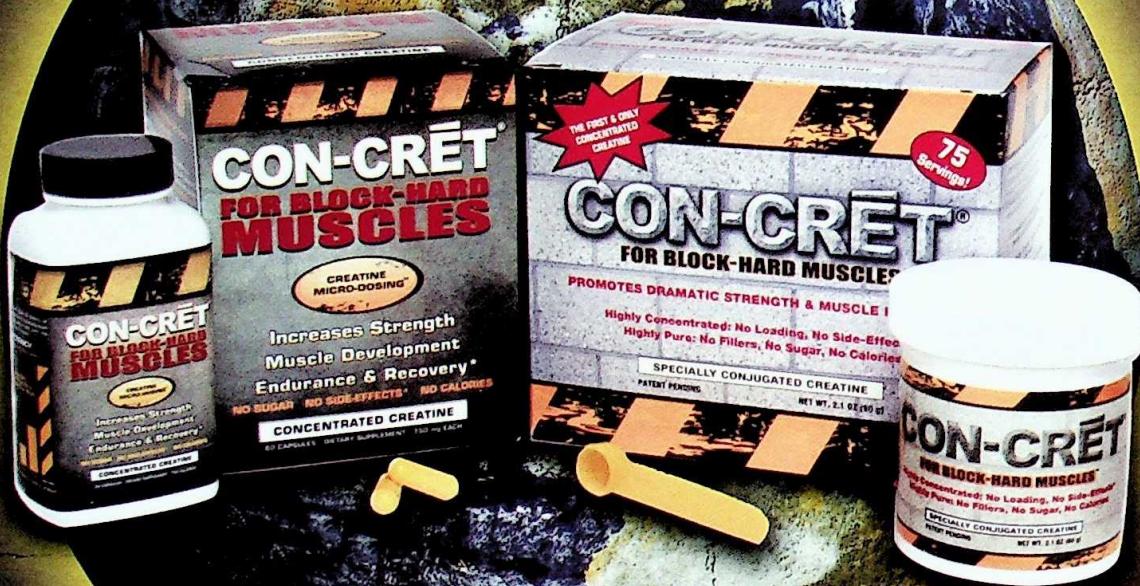


leader
MCN

CON-CRET®

STRENGTH - ENDURANCE - RECOVERY

THE WORLD'S FIRST & ONLY PURE CONCENTRATED CREATINE



Finally, a creatine that solves all the problems and delivers all the results.

The CON-CRET molecule is a revolutionary breakthrough delivering a safe and pure creatine to your muscles – increasing your energy and stamina while optimizing your work-outs.



For more information or to order online:

www.con-cret.com

Or to place your order by phone: (888) 878-9058

CON-CRET complies with all drug and supplement standards issued by professional and amateur athletic organization.



GNC LiveWell

A1Supplements.com

* When taken as directed. Actual results may vary.

© 2008 ProMera Health, LLC - All Rights Reserved

CON-CRET®

STRENGTH - ENDURANCE - RECOVERY

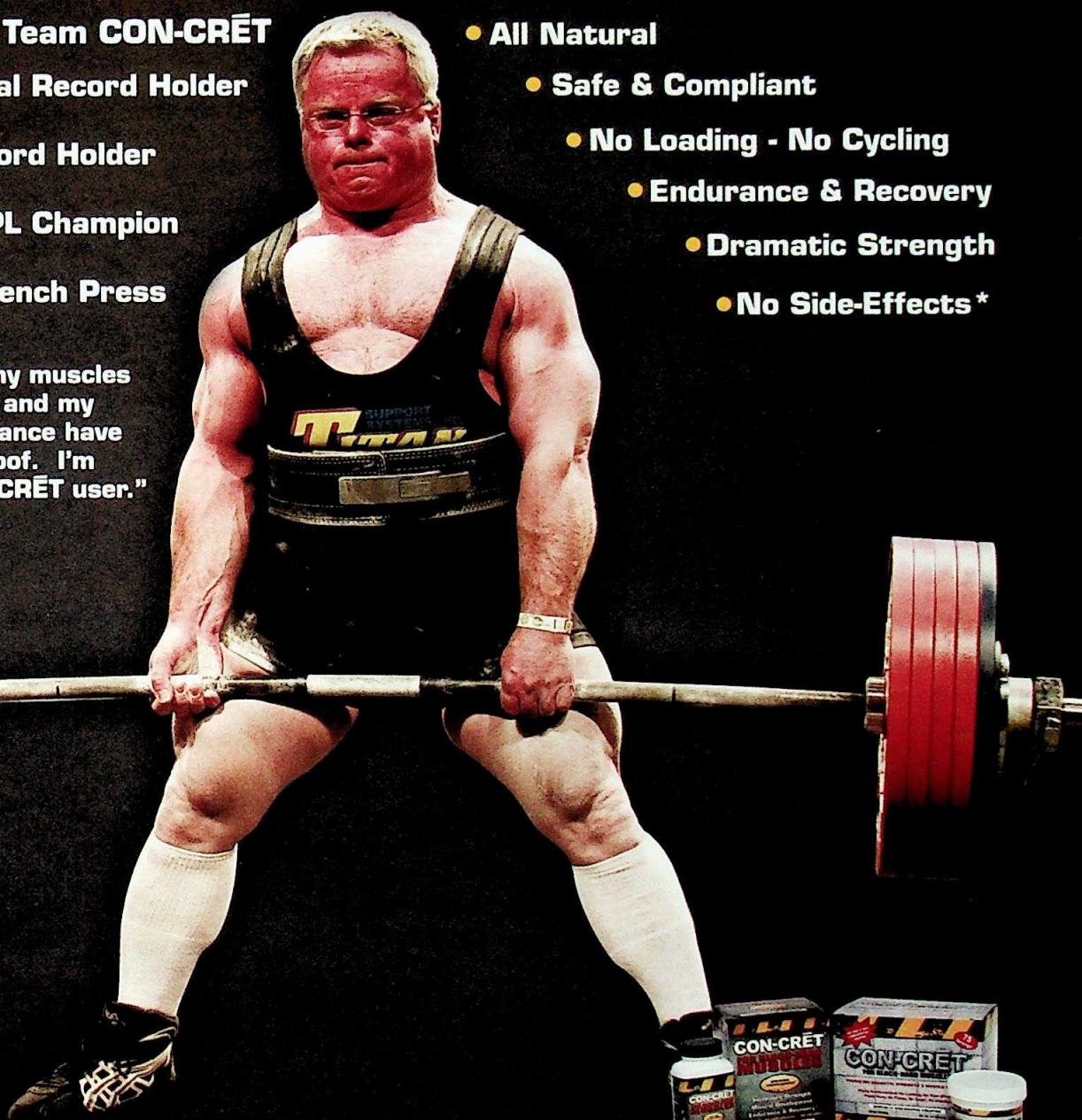
THE WORLD'S FIRST & ONLY PURE CONCENTRATED CREATINE

Mike Bridges - Team CON-CRET

- USAPL National Record Holder
- IPF World Record Holder
- National USAPL Champion
- 2007 World Bench Press Gold Medalist

"With CON-CRET, my muscles have gotten harder and my strength and endurance have gone through the roof. I'm proud to be a CON-CRET user."

- All Natural
- Safe & Compliant
- No Loading - No Cycling
- Endurance & Recovery
- Dramatic Strength
- No Side-Effects *



For more information or to order online:
www.con-cret.com

Or to place your order by phone: (888) 878-9058

CON-CRET complies with all drug and supplement standards issued by professional and amateur athletic organization.



2008 IFP MASTERS WORLD
POWERLIFTING CHAMPIONSHIPS
PALM SPRINGS, USA
Official Sponsor



GNC LiveWell

A1Supplements.com

Powerlifting USA

Post Office Box 467
Camarillo, CA 93011

Editor-In-Chief Mike Lambert
Controller In Joo Lambert
Statistician Michael Soong
Publisher Mike Lambert

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$36.95
USA addresses, 2 yr.....\$67.95
First Class Mail, USA, 1 yr.....\$60.00

Outside USA, air mail ..\$96.00 US

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

POWERLIFTING USA advertising
rates available upon your request.

MUSCLE MENU

- Volume 31, Number 11 - September 2008 -

SUPERLIFTING PRO BENCH	Ned Low	10
BOX JUMPING	Louie Simmons	12
IPA WORLD CHAMPIONSHIPS	Ellen Chaillet	14
BPC BRITISH CHAMPIONSHIPS	Mike Sweeney	16
ULTIMATE TOP TEN 242/275.....	Bob Gaynor	18
IPF WORLD BENCH PRESS	Donovan Thompson	20
SUPERIOR CREATINE	Ian Collins	26
PHILLIPINE NATIONALS	Paul Kelso	28
GYM ETIQUETTE	Doug Daniels	30
DR. JUDD	Judd Biasiotto Ph.D.	32
ASK THE DOCTOR	Mauro Di Pasquale M.D.	34
WPC EUROPEANS	Yuriy Ustinov	36
POWER NUTRITION	Anthony Ricciuto	38
HARD CORE GYM #77	Rick Brewer	41
ALL TIME TOP 50 MEN 148 DL	Mike Soong	48
ALL TIME TOP 50 WOMEN 123 DL	Mike Soong	49
COMING EVENTS	Mike Lambert	61
UNCLASSIFIED ADS	110
TOP 100 SHW	Mike Lambert	111

ON THE COVER ... Superlifting Debuts in Dallas with the likes of Tiny Meeker, Scot Mendelson, Ken Lain, and Rob Luyando

Copyright 2008 Powerlifting USA

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

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ State _____ Zip _____

YES! SIGN ME UP!
Check one:

- NEW
 RENEWAL
 Address Change
(indicate previous address)

\$36.95 for 12 monthly issues.

\$67.95 for 2 years

(USA address rates)

Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011
(MC/VISA also accepted)

IRON WRAPS Z

*The most powerful, most popular,
most effective knee wrap in the world!*

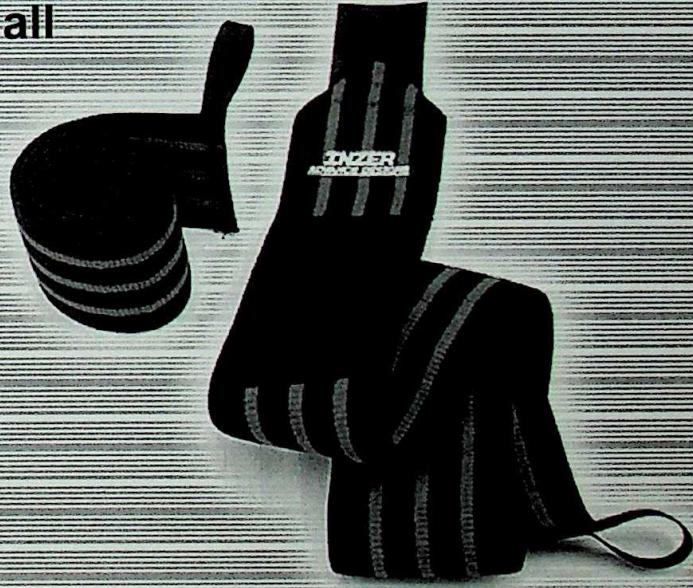


- Super tight, extreme rubber strand design for the super rebound.
- Gets tighter, easier, during the movement even when not wrapped to total tightness.
- When wrapped to total tightness, generates the most energy and power of any wrap in the world.
- Smoke all your lifts with the *Iron Wraps Z!*

IRON WRIST WRAPS Z

The super powerful Iron Wrist Wraps Z
deliver the most supreme support of all
wrist wraps.

- Provides excellent comfort and perfect support.
- The best wrist wraps in the world make it the choice of champions worldwide.
- Strong grip Velcro straps fasten the *Iron Wrist Wraps Z* securely in place.
- The Velcro straps are wide for strength and long for generous adjustment advantage.
- Strong, durable and wide elastic thumb loops are secured in place with long lasting construction.



SEE MORE SELECTION AT INZERNET.COM

INZER
ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

House of Pain

SKULL-HEART T

COLOR: brown, red, green, black
PRICE: \$18.00

GYM GIRL IRON CROSS THERMAL

COLORS: black, white, pink
PRICE: \$25.00

SKULL-HEART TANK

COLOR: charcoal, pink, navy
PRICE: \$18.00

**CALL OR
ORDER ONLINE
1-888-463-7246
houseofpain.com**

GYM GIRL CHROME TRIBAL

COLOR: green, grey, cream, red
PRICE: \$18.00

House of Pain

REASON #2

to become a personal trainer with ISSA

- > Exclusive opportunities and discounts for ISSA students and trainers
- > How-to guide related to the business aspects of personal training included with the program
- > Business support to help you succeed on your own as a fitness professional

BUILD

[a personal training business]



20 Years of Fitness Education & Certification



GI BILL APPROVED

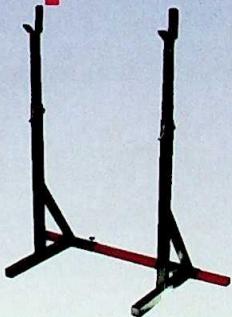
Call ISSA today at **1.800.892.4772** or log on to **ISSAonline.com/2008/plusa**

Mention plusa908

I could have never done anything like this even in my wildest dreams if not for ISSA. From day one until now, I am still getting help from ISSA in many areas of my business.

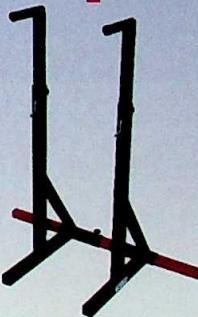
ROYA HEYDARI

Squat!



Vulcan Racks II+ Squat Racks*
(No. 1217)

Dip!



You Decide Dipping Bars™*
(No. 1312)

Chin!



Vulcan Racks II+ Chinning Bar Set-up*
(No. 1217-C)

Easier to say than *abracadabra*, but even more effective for building muscle—whether you're looking for bulk and power or want the world's highest strength-to-bodyweight ratio, the trinity of Squat–Dip–Chin is the center of your universe.

IronMind's Vulcan Racks II+ system transforms any space, indoors or out, into the complete gym you need to build your body with the most potent moves in the iron game—you just add the weights and put out the effort.

*For Vulcan Racks II+ System component details and pricing, please request a catalog or visit the Gym Equipment department in our on-line store at:

www.ironmind.com

IRONMIND®

STRONGER MINDS. STRONGER BODIES™



20 years of rock

GNC PRO PERFORMANCE GNC PRO PERFORMANCE
GNC PRO PERFORMANCE GNC PRO PERFORMANCE
GNC PRO PERFORMANCE GNC PRO PERFORMANCE
GNC PRO PERFORMANCE GNC PRO PERFORMANCE

PRO PERFORMANCE®

MASS XXX™
MASS BUILDER

Delivers 50 GRAMS OF QUALITY PROTEIN
BLEND OF FATTY ACIDS & CARBOHYDRATES
A SOURCE OF KEY AMINO ACIDS

MASS XXX™
EXTREME MASS BUILDER

50 GRAMS OF QUALITY PROTEIN
DELIVERS 700 NUTRIENT-DENSE CALORIES
GREAT SOURCE OF KEY AMINO ACIDS

MASS XXX™

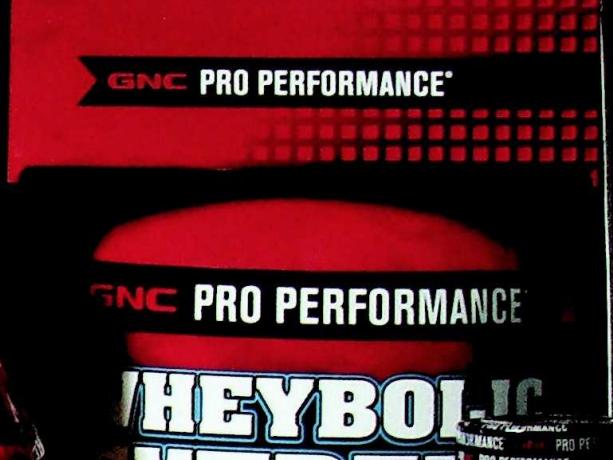
MASS BUILDER BAR
40 GRAMS OF PROTEIN

Cookies & Cream
Naturally and Artificially Flavored
4.8 OZ (138 G)



3 (48 OZ) 13

240 SOFTGEL CAPSULES



WHEYBOLIC XTREME 60

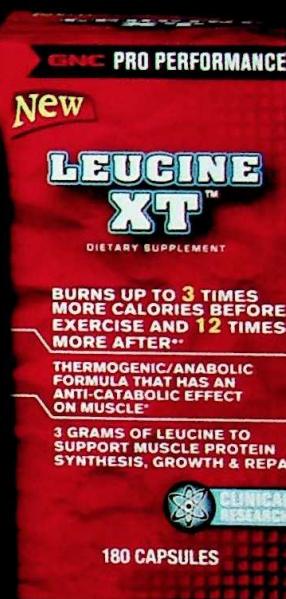
BODYBUILDING'S #1 WHEY & LEUCINE FORMULA

30% INCREASE IN MUSCLE SIZE
INCREASES MUSCLE SIZE & ENDURANCE
12% INCREASE OF PROTEIN FOR IMPROVED AMINO ACID ABSORPTION
7.7 GRAMS OF LEUCINE PER SERVING FOR OPTIMUM PROTEIN SYNTHESIS

AMINO 1000

DIETARY SUPPLEMENT

FULL SPECTRUM AMINO ACIDS
NATURAL PEPTIDE BONDED FOR MAXIMUM ABSORPTION
EASY-TO-SWALLOW SOFTGELS



New

LEUCINE XT™

DIETARY SUPPLEMENT

BURNS UP TO 3 TIMES MORE CALORIES BEFORE EXERCISE AND 12 TIMES MORE AFTER**

THERMOGENIC/ANABOLIC FORMULA THAT HAS AN ANTI-CATABOLIC EFFECT ON MUSCLE*

3 GRAMS OF LEUCINE TO SUPPORT MUSCLE PROTEIN SYNTHESIS, GROWTH & REPAIR



180 CAPSULES

solid performance.

Bodybuilders have trusted and relied on GNC Pro Performance products for 20 years running. Our leadership in science and innovation has resulted in clinically proven products that outperform the competition, year after year. To get the body you want, stop by GNC today or visit GNC.com. And see why we've been standing strong for 20 years and counting.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1-800-477-4462 or visit www.gnc.com for the store nearest you. ©2009 General Nutrition Corporation. May not be available outside the U.S.



NEW TORO BELTS, GLOVES AND STRAPS... AS TOUGH AS YOU ARE



TORO Lever Belt - B808

- Imported 10 mm thick leather body
- Suede on both sides
- 10 cm IPF legal width
- Toro embroidered logo on the back of each belt
- Nickel plated lever – a full 10% heavier than any other lever on the market. The only one of its kind and made in the USA!

\$64~~00~~



TORO Lever Bench Belt - B809

- Imported black finished leather
- Suede inside to prevent slippage
- 10 cm (4") front for maximum shirt coverage and grip
- 6.5 cm (2.5") back to allow for easier arching
- Silk-screened Toro logo on the back of each belt
- Toro lever – the only one of its kind. Made in the USA

\$59~~00~~



TORO Dip Belt - T109

- Imported black finished leather
- Suede inside to prevent slippage
- Heavy duty chain for the heaviest loads

\$38~~00~~



\$15~~00~~

TORO Leather Lifting Straps - S503

100% leather for extra strength and supple feel. 2ft length for maximum grip assistance.



\$10~~00~~

TORO Padded Cotton Lifting Straps - S504

1.5" (37mm) cotton lifting straps. Neoprene padding to provide additional comfort.



\$14~~99~~

TORO Leather Padded Wrist Wrap Glove #21

Padded leather palm. Built in wrist wrap for wrist support.



\$19~~99~~

TORO Neoprene Padded Wrist Wrap Glove #24

Neoprene padded palm for protection and added grip. Built in wrist wrap.



www.titansupport.com
800-627-3145



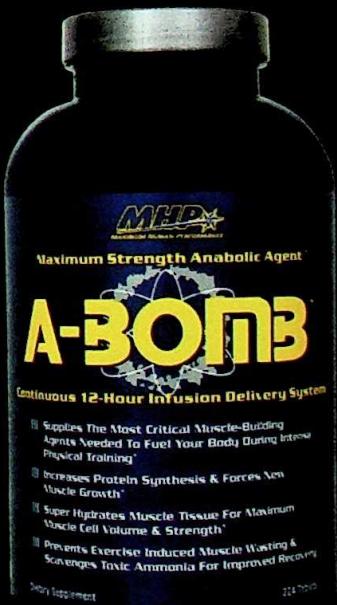
Ryan Kennelly -Team MHP Member
World Record Bencher
1070 lbs.

THERE'S STRONG... THEN THERE'S MHP STRONG!

Powerlifting's Newest Anabolic Weapon!

A-BOMB is, without question, one of the most exciting new developments in the science of muscle growth and strength enhancement. It is the first supplement designed to trigger multiple anabolic actions while simultaneously shutting down catabolism (muscle wasting) during and after intense exercise and weight training. Muscle growth, strength gains and recovery can only occur if the body remains in an anabolic/anti-catabolic state. A-BOMB has been precisely formulated with select performance enhancing compounds, co-factors, amino acids, branched chain keto acids and branched chain amino acids to fuel your body during training. A-BOMB also utilizes a pharmaceutical 12-hour Continuous Infusion Delivery to ensure that you remain in this favorable state for maximum growth, strength, recovery and performance.

Hit Your PB with A-BOMB!



Available at:



VITAMIN WORLD
get healthy

PROSOURCE.NET

BODY
BUILDING.COM

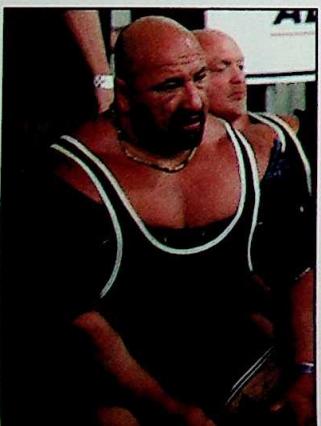
Call Now or Go Online to Order Today!
1.888.783.8844 • www.getMHP.com

MHP

An exciting new format brought pro bench stars from across the U.S. for a showdown that tested bench strength, strategy, and endurance. In two hours over 200 huge lifts were performed on one platform demonstrating that competition power repping is more extreme than was imagined. World Records were established for the first time in strictly judged, paused and fully locked reps. From out West, California's 1000 lb. bencher, Scot Mendelson; from Pennsylvania, the first man to bench 1000 lbs., Gene Rychlak; from Louisiana, Jesse Kellum; from the Lone Star State, Tiny Meeker and Jason Coker; and from many more states, other great benchers, all to compete for \$10,000 in prize money at this Superlifting event. Top powerlifting announcer Chuck LaMantia was flown in to host the event. World record breaker in the three-lift total Garry Frank came to watch, as did bench press legend Ken Lain, both of whose introductions brought big cheers from the large audience.

First up was benching for a 2 (or more) max. The benchers could choose sets by multiples of 50 lbs. In the 198 lb. Light-HW, Jesse Kellum hit 700 for 2 reps, an incredible performance, and didn't even win. Dallas' own, crowd pleaser Jason Coker hit the winning supermax with 700 for 3! In the HW and SHW divisions, six more benchers hit 700 or more for doubles, with three of the benchers doubling 800 or more. Gene Rychlak had a serious pre-meet injury but was determined to lift in this historic event anyway. Gene got one easy rep in at 850 before racking the weight and grabbing his right arm in pain. HW Rob Luyando and SHW Tiny Meeker and Scot Mendelson had the biggest supermaxes, doubling 850, 800 and 850 respectively.

That was the MX2 format (Most weight x 2 or more reps). Next came the SXR format (Set weight x Reps), and even greater excitement, as lifter after lifter pushed themselves to near exhaustion. In the HW class Frank



Sebastian Burns waits his turn.

2008 Superlifting Stars Pro Bench as told to Powerlifting USA by Ned Low

Held at Ed and Betty Pariso's Europa 2008 Sports Expo, August 16 at the Dallas Convention Center



Rob Luyando putting it to some heavy iron in the Superlifting debut

Caminita pushed up 4 reps at 500 lbs., Jesse Kellum hit 6, Bobby Fields hit 7, 258 lb Rob Luyando popped 8, and topping all those was 198 lb Jason Coker's World Record 9 reps! On to the 400 pound bar. Coker was on a roll and topped again with 16 strict reps for the World Record, Kellum pushed 15 and Caminita hit 10. It couldn't get any closer between competitors, the audience was loving it, and Kellum is fiercely looking for a rematch in Las Vegas, Sept. 27th.

Then came the showdown between Tiny Meeker and Scot Mendelson, in the heaviest part of SXR, doing 600 lbs. for strict reps. Tiny and Scot tied at 11 reps, forcing an extra, tie-breaker round

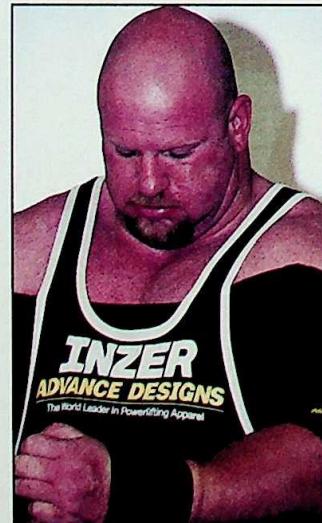
for these two bench stars, both of them already extended and exerted far beyond regular bench meet demands.

Both Tiny and Scot had lifted heavy in the MX2 round, doubling 800 and 850, respectively. Now they'd benched the 600 lbs. for 11 exhausting reps, tying for the SHW World Record for strict reps, and still they had to come back out and break the tie. And come back out they did. Scot shoved up another 10 reps at 600, and all eyes fell on Tiny, as he psyched himself up for his turn under the bar. 1, 2, 3, 4, 5, 6, 7, 8, 9,..... and 10 strict reps, for Tiny—great benching, and another tie.

Tiny and Scot were given a



Gene Rychlak Jr. prepares to lift



Paul Key (photos courtesy Inzer)

short rest interval, by running the SHW 500 SXR round before they did their third set at 600 to break the tie, but amazingly both Scot and Tiny decided to compete in the 500 SXR with no rest after the previous 2 rounds of 600 SXR. Scot confided he had talked Tiny into lifting in this round in an attempt to tire him out. Tiny Meeker pushed 500 lbs up for 12 reps, Scot Mendelson hit 13. In a display incredible even on a day of such great benching, Glenn Russo, after securing 3rd in the MX2 round and hitting 8 strict reps in the 600 SXR, hit an incredible World Record of 17 strictly judged, paused and locked reps at 500 lbs!

Then it was time for the third round at the 600 lb bar to try and break the tie between Mendelson and Meeker. Scot, again going first, powered up 6 reps, and again, Tiny knew the number he had to tie or beat. 1, 2, 3, 4, 5, 6, and 7! You couldn't ask for a better climax to an amazing show. The packed, standing-room-only audience was roaring, Tiny was on the floor, exhausted and spent, Ken Lain was bounding onto the stage to hoist Tiny and Scot's arms in triumph, and Superlifting was a super success!

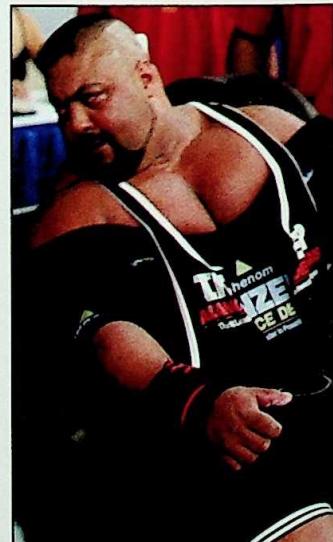
Note: Superlifting will be back, at the Olympia weekend in Las Vegas, on Saturday, Sept. 27 for 3 P.M. Check PowerliftingSupershow.com for current supermax world records and details.

2008 Superlifting Stars Pro Bench Press Contest Results

MX2 DIVISION (MOST WEIGHT X 2 OR MORE REPETITIONS)

Light-HW (under 198):
JASON COKER 700x3,
750x0;
JESSE KELLUM 700x2.

(continued on page 86)



Glenn Russo gets into position



**Jeremy Hoornstra -Team MHP Member
World Record "RAW" Bench
715 @ 242**

THERE'S STRONG... THEN THERE'S MHP STRONG!

The Biggest Breakthrough Ever in Protein—

PROBOLIC-SR's patented 12 hour Sustained Release Micro-Feed Technology and superior Critical Five Amino Acid Score (CFAAS) give you something no other protein can—a continual 12 hour supply of the most critical amino acids to stimulate muscle growth, increase strength, improve recovery and prevent catabolic muscle wasting! It is truly setting new standards in the bio-efficiency and anabolic effects of protein.

Supplies Critical Amino Acids For up to 12 Hours!

In order to achieve maximum muscle growth and strength, you must have an adequate supply of amino acids to feed your muscles. Certain amino acids, called the Critical Five amino acids—glutamine, arginine and BCAAs (leucine, isoleucine and valine)—are more important than others for stimulating and supporting muscle growth.

PROBOLIC-SR's engineered protein matrix of whey, casein and Supro® soy protein isolate is precisely formulated to supply the absolute highest levels of these Critical Five amino acids. PROBOLIC-SR's protein matrix also provides a fast, medium and slow "release profile," which is further enhanced with the patented 12 Hour Micro-Feed Technology, making PROBOLIC-SR the most bio-efficient and anabolic/anti-catabolic protein available.

Jeremy Hoornstra is MHP Strong with PROBOLIC-SR!

Powered by **Supro®**

Available at:

GNC Live Well.
Shop Now! GNC.com

Vitamin Shoppe
Answers for Every Body.
VitaminShoppe.com

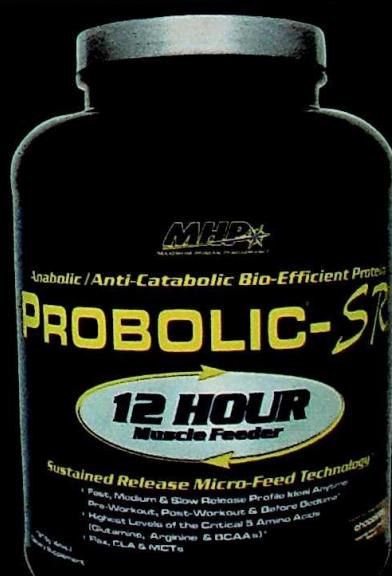
VITAMIN WORLD
get healthy

PROSOURCE.NET

netrition.com

BODY
BUILDING.COM

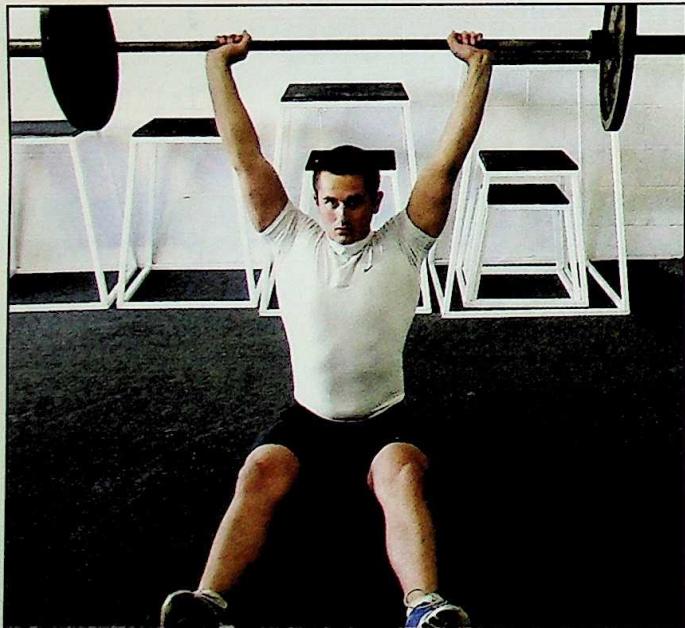
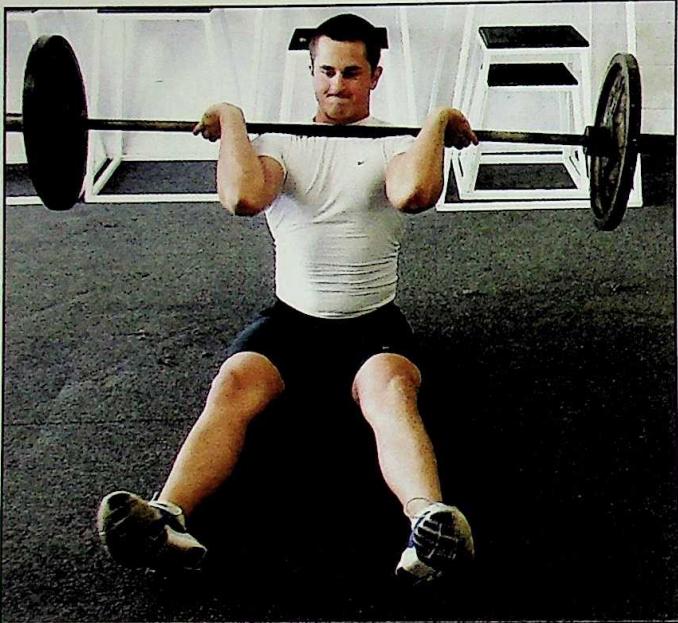
Call Now or Go Online to Order Today!
1.888.783.8844 • www.getMHP.com



MHP

WESTSIDE TRAINING

BOX JUMPING by Louie Simmons



Jumping for explosive power will carry into the deadlift. Olympic weight lifters have utilized box jumping for decades. Westside uses a wide variety of jumping exercises. We suggest that you jump rope first. This will build timing, rhythm, and endurance. The highest box jump results have come from sitting on one box and jumping onto a second box. One example is to sit on a box as though you were doing a box squat. Rock back, release the hip muscles,

pick the feet off the ground, then rock forward and with an arm swing slam your feet down and jump.

We have a 240-pound 6-foot 2-inch high school ball player who can jump onto a 57 1/2 inch box. This was witnessed by six NFL prospects, two NFL agents, and a weight coach from Carson Newman University. Everyone was amazed except the high schooler and me.

Incredible long jumping can

be achieved by the same process. Pete Campion, a five-year veteran of the NFL, made a visit to Westside for two days. He followed the same procedure and did his all-time best standing long jump. Box squatting or using a box to jump off of after sitting on it is actually a leg curl exercise.

Anyone can use any combination of ankle weights, weight vest, and/or dumbbells to set a record with. Here are some examples of jumping with resistance:

1. Ankle weight jumps. Pick a box either 24 or 30 inches to jump on. First use ankle weights, 5-40 pounds per leg, for an ankle weight record.

2. Dumbbell or kettlebell jumps. One of our lifters could jump onto a 36-inch box with a pair of 70-pound dumbbells. Again, try a record on a predetermined box with weight held in the hands.

3. Weight vest jumps. Pick a reasonable box and record the heaviest weight vest used. One of our record vest jumps was on a 20-inch box with a 160-pound vest; this was done by a 460-pound man named Andre Henry, and yes, this is true.

I just had seven college

interns at Westside for eight weeks. One said after four years of sports training and jumping at his university that his best box jump was 38 inches. After seven weeks at Westside, he jumped on a 45-inch box by following the methods in this article.

A fast rate of force development is essential for overcoming large weights. If your box jump goes up with an increase of strength, all is well. If your box jump goes down as your training weights go up, you have become slow and need to use more dynamic work. The box jump is the best indicator to determine explosive power for many activities such as throwing events, sprinting, and, of course, squatting, deadlifting, and Olympic lifting.

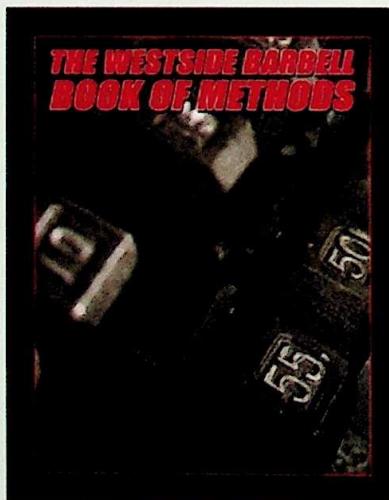
Almost never did you see Olympic lifting used to develop explosive power for sports in the former Soviet Union. Why? They do not work for sports. Only the push jerk or push press can affect jumping ability, which correlates to explosive power. I estimate that there are one million football players in junior high, high school and college who do Olympic lifting, but yet we have not developed

(continued on page 72)

THE WESTSIDE BARBELL BOOK OF METHODS

Finally Westside presents **THE BOOK OF METHODS**.

236 pages full of training advice. A collection of information thru experimentation of some of the greatest lifters, Olympic sprinters and NFL Players. A must for anyone who wants to reach the top.



"Buy your copy now hot off the printer ready to send to you in June."

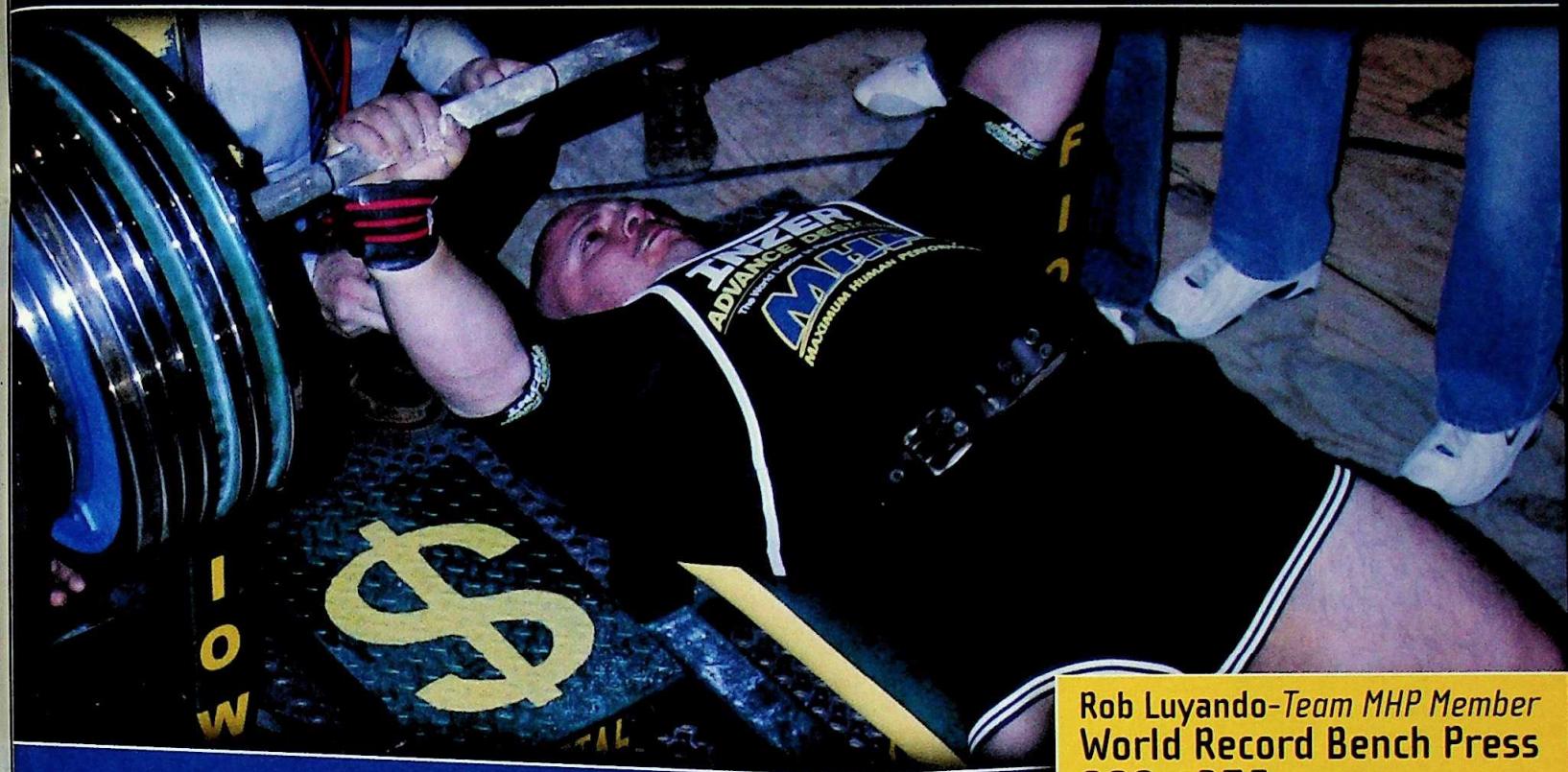
The book retails for \$49.95 plus \$7.00 shipping and handling in the U.S.

www.westside-barbell.com

3884 Larchmere Drive Grove City, Oh 43123

Phone (614) 801-2060

EVERY WORKOUT ENDS WITH DARK MATTER!



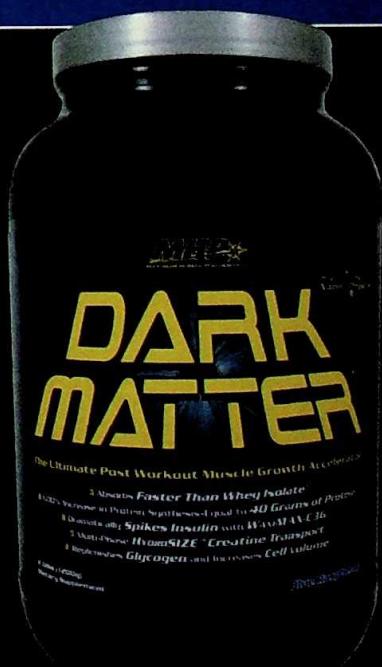
Rob Luyando - Team MHP Member
World Record Bench Press
909@275

THERE'S STRONG... THEN THERE'S MHP STRONG!

Watching Rob Luyando train is an eye opening experience. The amount of intensity he puts into every workout is mind blowing. The fact that his body can withstand so many grueling workouts day after day defies human physiology. How does this phenom of strength do it? DARK MATTER!

After every workout, Rob refuels his body with DARK MATTER— the ultimate post-workout recovery and growth accelerator. DARK MATTER takes a quantum leap forward into a new dimension of post-workout muscle growth called the ANABOLIC AXIS. The Anabolic Axis is the time and point at which insulin levels simultaneously peak with amino acids, creatine and glycogen transport into muscle tissue during the critical 1 hour period immediately after your workout. DARK MATTER blasts open the critical "Anabolic Window" faster, wider and longer allowing you to enter the ANABOLIC AXIS for the most powerful anabolic reaction ever experienced!

Increases Protein Synthesis by 600% – Absorbs Faster Than Whey – Spikes Insulin Dramatically – Maximizes Creatine Uptake and Glycogen Replenishment



Available at:



Call Now or Go Online to Order Today!
1.888.783.8844 • www.getMHP.com



IPA World Championships

28-29 JUN 08 - York, PA

BENCH	M. Bingham	450
WOMEN	220 lbs.	
Amateur	R. Munn	415
Open	242 lbs.	
114 lbs.	J. Utermahlen	485
A. Dayan	215*	275 lbs.
Open Raw	L. Livermore	505
148 lbs.	308 lbs.	
M. Butler	170	S. Roesch
165 lbs.	600*	Master (45-49)
L. Feeney	165	220 lbs.
Master (45-49)	W. Welcheck	430
165 lbs.	275 lbs.	
J. Swarthout	155	L. Short
Elite Amateur	600	Master (55-59)
Open	148 lbs.	
114 lbs.	R. Legg	200
A. Dayan	215*	Master (40-44) Raw
181 lbs.	148 lbs.	
A. McCloskey	235	J. Segrist
Professional	181 lbs.	215*
Open	C. Smith	325*
123 lbs.	198 lbs.	
A. Kurkurnina	240	R. Trout
Master (40-44)	350	Siegfried Jr
123 lbs.	Police	405
A. Kurkurnina	240*	148 lbs.
MEN	R. Legg	200
Amateur	181 lbs.	
Teen (16-17)	M. Bingham	450*
198 lbs.	Elite Amateur	
W. Smith	335	Open
Teen (18-19)	220 lbs.	
181 lbs.	A. McCloskey	480*
D. Richner	365	Professional
Teen (14-15) Raw	Junior	
165 lbs.	165 lbs.	
J. Bingham	245	D. Sands
4th-260*	220 lbs.	480*
Junior	T. Morris	550
148 lbs.	Open	
D. Pezzanite	260	198 lbs.
181 lbs.	G. Larson	635
O. Martynuk	440	J. Hanisak
220 lbs.	SHW	570
B. Hartlaub	450	R. McCray
Open	S. Lattimer	900
148 lbs.	E. Fetzer	830
R. Legg	200	Open Raw
198 lbs.	242 lbs.	
V. Yaroslaw	550	G. Butia
I. Kalyta	455	480*
242 lbs.	T. Shartzer	430
C. Kitchen	525	A. Hartlaub
275 lbs.	Master (50-54)	405
L. Short	600	220 lbs.
308 lbs.	H. Wilson	520
D. Johnston	530	Master Raw
Open Raw	S. Bixler	330*
220 lbs.	DEADLIFT	
A. Kostyk	275	MEN
Submaster Raw	Amateur	
165 lbs.	Junior	
Khoroschak	340	198 lbs.
4th-360*	D. Hess	485
198 lbs.	S. Larrisey	600
B. Benner	335*	SHW
275 lbs.	M. Wilson	695
R. White	460*	BP DL
Master (40-44)	TOT	
181 lbs.		
Push Pull		
MEN		
Elite Amateur		
Open		
220 lbs.		
A. McCloskey	480*	165 lbs.
Powerlifting	675*	E. Craycraft
SQ	1155	440 265 425 1130
WOMEN	BP DL TOT	198 lbs.
Amateur		A. Manfredini
Teen (14-15)		385 215 440 1040
114 lbs.		Teen (14-15) Raw
S. Welcheck	210	148 lbs.
Master (45-49) Raw	90	E. Ruth
165 lbs.	235*	175 125 240 540
J. Swarthout	185*	Teen (16-17) Raw
Elite Amateur	135*	148 lbs.
Open	335*	M. Patterson
148 lbs.	655*	250 185 315* 750*
M. Borzok	450	N. Robinson
165 lbs.	365 405*	250* 200 300 750
B. Fineis	525*	Junior
Professional	350* 425*	198 lbs.
Open	1300*	R. Rozek
132 lbs.		575 375 585 1535
J. Furniss	400	275 lbs.
MEN	245 355	J. Holland
Amateur	1000	700 385 650 1735
Teen (18-19)		R. Woody



Raw 165 lb. lifter Larry Dyles proved equipment isn't necessary to take home the equipped open division Amateur Men's Lightweight Best Lifter Award. Larry pulled an IPA record 525 lbs.

165 lbs.	E. Craycraft	440	265	425	1130	242 lbs.	Bumgardner	730	475	600	1805
198 lbs.	A. Manfredini	385	215	440	1040	308 lbs.	D. James	680	425	570	1675
Teen (14-15) Raw						S. Manning	825	610	710*	2145*	
148 lbs.						Open Raw					
E. Ruth	175	125	240	540		165 lbs.	L. Dyles	500*	365	525*	1390*
Teen (16-17) Raw						148 lbs.	V. Kotsaga	385	290	465	1140
148 lbs.						275 lbs.	J. Rooney	600*	440	590	1630*
M. Patterson	250	185	315*	750*		Junior					
N. Robinson	250*	200	300	750		198 lbs.	R. Rozek	575	375	585	1535
						275 lbs.	J. Holland	700	385	650	1735
						220 lbs.	R. Woody	550	420	530	1500
						200 lbs.	M. Gyer	330	355*	550*	1235
						185 lbs.	J. Gengo	425	235	425	1085
						170 lbs.	L. Weibley	455*	255	460*	1170*
						165 lbs.					
						155 lbs.					
						148 lbs.					
						140 lbs.					
						135 lbs.					
						130 lbs.					
						125 lbs.					
						120 lbs.					
						115 lbs.					
						110 lbs.					
						105 lbs.					
						100 lbs.					
						95 lbs.					
						90 lbs.					
						85 lbs.					
						80 lbs.					
						75 lbs.					
						70 lbs.					
						65 lbs.					
						60 lbs.					
						55 lbs.					
						50 lbs.					
						45 lbs.					
						40 lbs.					
						35 lbs.					
						30 lbs.					
						25 lbs.					
						20 lbs.					
						15 lbs.					
						10 lbs.					
						5 lbs.					
						0 lbs.					

M. Locondro	590	360	470	1420
SHW				
D. Oyler	660	415	560	1635
Master (50-54)				
165 lbs.				
Cherednyche	385	235	440	1060
G. Ruth	385	260	355	1000
275 lbs.				
P. Simpson Jr.	560	545	500	1605
J. Mattei	600	400	530	1530
Master (50-54) Raw				
165 lbs.				
Cherednyche	385*	235	440*	1060*
Master (45-49) Raw				
220 lbs.				
R. King	505*	270*	510*	1285*
MEN				
Elite Amateur				
Open				
165 lbs.				
B. Crowe	665	460	530	1655
Professional				
Junior				
198 lbs.				
B. Hooker	700	530*	610	1840
4th-SQ-760*				
Open				
198 lbs.				
M. Yontz	575	425	585	1585
(Guest)				
220 lbs.				
Blankenship	800	135	675	1610
242 lbs.				
V. Cook	875	660	675	2210
275 lbs.				
D. Hoff	925	725	750	2400
308 lbs.				
Steltenkamp	930	225	675	1830
Open Raw				
165 lbs.				
E. George	615*	350*	575*	1540*
181 lbs.				
V. Kotsaga	385*	290	465*	1140*
SHW				
K. Hinchman	315*	440	700*	1455*
Master (45-49)				
220 lbs.				
D. Stahl	550	500*	500	1550
Master (70-74)				
148 lbs.				
F. Glass	400*	135*	365*	900*

*=IPA World Records. The foundation of the International Powerlifting Association was built a little more than a decade ago by a few dedicated lifters who believed there should be an organization representing all lifters by lifters. The resulting motto "lifters for lifters" means judges are lifters themselves and judging is as consistent as possible, and politics is never part of the equation. Meet sanctions are only awarded to directors who can provide superior venues, warm-up and platform equipment that meets the IPA's quality and technical standards, and experienced, safe spotters. Perhaps of greatest importance is the encouragement and nurture that is extended



Fred Glass is living proof that age knows no boundaries. Fred competed at York Barbell 39 years ago and made his second appearance at age 71 a success, taking home the Professional Men's Master Best Lifter Award.



King of the Squat!

Vlad Alhazov-Team MHP Member
1,250lbs. Squat

THERE'S STRONG... THEN THERE'S MHP STRONG!

It's Good to be KING!

When it comes to testosterone T-BOMB-II is King! It takes seriously high testosterone levels to squat 1,250 pounds. That's why MHP Team Member Vlad Alhazov uses the "King of testosterone formulas" T-BOMB II. What makes T-BOMB II so powerful is its exclusive hormone manipulation compound, Optimone-5. This patent pending 5-stage complex manipulates your entire hormonal profile: Cranks up testosterone 400% and destroys male-deadly hormones such as estrogen and DHT. It also crushes sex hormone binding globulin (SHGB) allowing for more of your testosterone to be "free" and bio-active to dock on your steroid receptors. Topping off this powerhouse Test formula is a proprietary 2nd Messenger Complex that enhances androgen receptor sites, allowing you to soak up and utilize even more testosterone.

"T-BOMB II-The King of Testosterone"



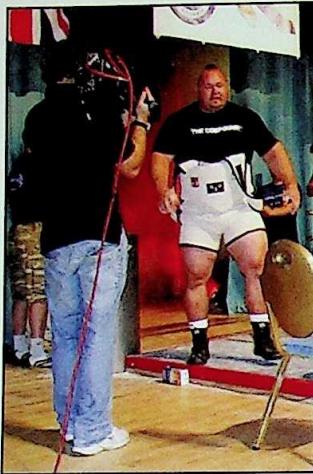
Available at:



Call Now or Go Online to Order Today!
1.888.783.8844 • www.getMHP.com



WPC BPC British Championships					
	SQ	BP	DL	TOT	
FEMALE					
Day 1					
105 lbs.					
L. Watson	220	143	243	606	
165 lbs.					
J. Murphy	375	215	375	965	
181 lbs.					
T. McKay	243	116	243	601	
220 lbs.					
H. Bingle	309	215	309	832	
MALE					
Day 1					
123 lbs.					
S. Scoular	309	176	408	893	
132 lbs.					
B. Brown	333	55	287	675	
148 lbs.					
B. Mullan	298	193	331	821	
A. Collins	—	292	—	292	
165 lbs.					
M. Flynn	287	220	397	904	
C. Cook	529	342	485	1356	
A. Csiszar	661	386	664	1711	
181 lbs.					
N. Arnold	628	386	507	1521	
A. Fletcher	601	358	540	1499	
Y. Mustafa	496	353	507	1356	
C. Arnold	628	397	562	1587	
198 lbs.					
J. Bamsey	331	176	397	904	
N. Deighton	—	631	—	631	
R. Gordon	584	402	639	1626	
D. Cook	—	—	—	—	
220 lbs.					
R. Graham	639	375	485	1499	
A. Aliyev	441	309	474	1224	
J. Hill	705	485	650	1841	
C. Foulser	606	320	672	1598	
J. Copping	750	397	661	1808	
242 lbs.					
A. Luker	794	391	711	1896	
L. Healey	639	397	683	1720	
J. Williams	750	430	694	1874	
275 lbs.					
A. Scott	485	441	551	1477	
O. Clements	628	386	551	1565	
M. Adams	728	491	617	1835	
J. Godber	562	342	573	1477	
308 lbs.					
G. Bamsey	772	254	551	1576	
D. Beattie	—	623	—	623	
Day 2					
148 lbs.					
A. Adams	551	309	518	1378	
165 lbs.					
L. Gordon	683	55	143	882	
181 lbs.					
L. Cutler	728	—	—	728	
I. Humphries	661	424	496	1582	
K. Smith	705	419	540	1664	
Z. Borbas	—	419	—	419	
198 lbs.					
A. Brooks	672	413	573	1659	
S. Plunkett	672	408	551	1631	
P. Griffin	661	485	584	1731	
G. Davies	777	540	705	2023	
C. Jenkins	761	—	—	761	
M. Howell-Ree	551	331	507	1389	
220 lbs.					
E. Bitek	794	562	661	2017	



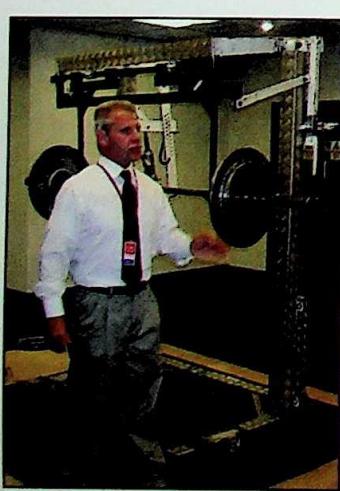
Sky Sports TV catches Donnie Thompson after a squat attempt



Andy Bolton made the key lifts

M. Cullimore	805	518	639	1962
P. Newell	928	463	617	2008
M. Jones	805	474	—	1279
242 lbs.				
L. Price	683	463	573	1720
O. Kite	683	474	617	1775
D. Squires	805	529	689	2023
T. McIlhinney	739	419	606	1764
S. Middleton	838	540	694	2072
C. Coombes	981	639	705	2326
M. Brown	761	452	661	1874
D. McQueen	981	529	816	2326
K. Ellis	739	386	639	1764
D. Mehmet	—	—	—	—
P. Hidas	—	—	—	—
275 lbs.				
B. Williams	882	485	683	2050
G. Mattison	799	540	617	1957
C. Rogers	—	474	—	474
J. Kiss	—	—	—	—
I. Rutherford	—	496	—	496
L. Alberts	—	568	—	568
M. Griffiths	926	485	683	2094
G. McLaren	529	441	617	1587
308 lbs.				
L. Strang	441	551	165	1157
J. Nuttall	904	645	716	2265
308+ lbs.				
A. Bolton	1102	628	915	2646
G. Ross	794	573	—	1367
D. Thompson	—	—	—	—

To attend most International Championships, I have to drive several hours to the airport, fly for 10 hours plus over the ocean, than drive to the meet site. In reality, I would walk, swim, and crawl, to any of these meets. The energy, excitement, extreme, WPC powerlifting is life changing and fun! I have been to Finland several times, Russia several times, Latvia, and again to England. Finland set the gold standard of total Championship-fun, Ano and Minna address every detail. Russia followed by massive lifters attendance and multiple-days meets, Latvia showed the World, they also can hold any level of International Championship, and now the 2008 UK-British Nationals. All of these countries had total and complete media exposure, high tech presentations, and high caliber lifters and lifter satisfaction.



Wayne Pullum briefing the lifters.



Big Guys ... Donnie Thompson, Andy Bolton, Ano Turtainen et al

I only talk about meets I have been to, if I have been there and say nothing, well there is nothing to say! This multi national meet was engineered by UK-WPC Country President Brian Batchelder, and his excellent staff. This event was held on the coast in Bournemouth, England. The location was tremendous, hotels all 5-star, and reasonably priced, and restaurants, stores, banks, entertainments, all within walking distance, excellent for the individuals lifter or family/year old! Now the details: Every detail was addressed. All lifter and fan information was very visible. The warm-up room was packed with equipment and plenty of room, bathrooms, food, drink, and medicinal attention were on hand. The main platform was extremely visible and every seat in the house was a great seat. The staff was complete with proper spotters, loaders, international judges, meet officials, expediters, etc. All platform equipment was new and all the weights were certified for accuracy. The mono-lift had a brushed steel finish, and the "Union-Jack" flag hung above the platform, as it should! The awards and medals, and certificates were "real", not plastics. The use of a car for one year was given to the Best Lifter, plus all-paid resort trips. There was a high level of sponsorship and their info/banners/products were effectively displayed and their contributions announced, and well received by the lifters and fans that packed the house on both days. Brian also partnered up with a cancer charity to raise funds and did, like I said, this was the total effort and success! Yes this event was filmed by Skysports and has been scheduled for five different viewing times. There were global strength celebrities on hand. From Ireland, British International Strength athlete and World Strongest Man Competitor and raw powerlifter, Glenn Ross, weighing in at 200 kilo's and taking heavy weight way below parallel. If it can be lifted, thrown, yanked out of the Earth, Glenn has done it! Also on hand, Strength-Stud from Norway was Sven Karlsen, master of any strength sport including bodybuilding, and winner of the 2001 Worlds Strongest Man Contest in Zambia. Honestly, if I listed the strength accomplishments of these two, we would be here for days, Google them! The lifter population for this two day event, included, youths, juniors, open, masters, man, women. All were focused on the prize, all pushed to new levels of WPC powerlifting intensity. There were victories, disappointments, but never a lack of effort. What I notice about International WPC-lifters, they zero in on technique and effort to achieve the final results. That is how to end up on the winners' platform. All had a story that should be told and just to list the results does not tell the story. Yet I can not tell one story without the others, so attached are the results and there are plenty video and pictures on the Internet. However, there was the Clash of the Titans, current WPO/WPC SHW Champion and British Bulldog, Andy Bolton, going one on one with IPA/WPO Champion American Donnie Thompson. Donnie had registered a higher all-time total (2850 over Andy's 2803) in a different organization and actually weighted in heavier the Andy on the scale. Donnie said he felt great; he had his coach with him, and suited up in new Inzer Gear. Andy, also in Inzer-Gear, was in front of the family members and the home crowd, but Internationals judges on hand, he was nervous and it showed. This was the main event, only one could be the best, numbers reported in the past would not give the victory, only a winner, only one! Both strength gladiators opened at 485 kilo's, both got attempts turned down, than 500 kilo's for Andy, turned down, Donnie went to 530 kilo's, no good! Third attempts and the crowd was silent, could the massive event be over in the squats. Both lifters have registered much higher squats in past meets. Andy stayed at the same 500 kilo's level. If he made it and Donnie made his he would be training. The squat is one of Andy's favorite events. The follow, if Donnie made his, Andy may not be able to catch up. Let me say here that a WPC International Referee is capable and has the responsibility to judge squat levels from the front; they are trained to do so. Andy goes first with the same weight as his second. Near the pocket the weight is crushing him as he slowly searches for the pocket, he makes the decision and fires the weight up, two whites and one red! Andy is still in the meet! All Donnie has to do is make this third attempt with a weight far less than his best in another organization. He also stays at the stay weight as his second. The crowd explodes to cheer him on; they want a "full" meet. He is given the squat call and takes it down, he makes the decision and drives the weight up, no lift, he is out of the meet, and he bombed out! He was able to continue in the bench for fun, one bench and he is do and oddly enough left the venue, disappeared, gone, see-you-later, extremely bad meet behavior. My take, Donnie taught us all lesson on the credibility of internet numbers, none. Talk of rematch, never! Andy went on to, with cheers of the fans, an OK bench (614 lbs.) and deadlift (914 lbs.) with attempt at a 1004 lb. deadlift, the bar popping out of his right hand at the top! Bottom Line: Great Meet. (Mike Sweeney)



The Venue was excellent. (Sweeney)



Creatine, amped up – 189% more effective.

You know creatine works. Now check this out: GNC Pro Performance® has developed a cutting-edge creatine clinically proven to be more effective. In fact, studies show that taking only two tablets can improve your leg press by 54 pounds.* That's because Amplified Creatine is 189% more effective in delivering muscle creatine uptake.** So you get the same benefit from only two tablets as you would from 5 grams of creatine monohydrate powder. Don't just take creatine. Tear it up with Amplified Creatine 189™. Push the limit to new limits.



189%

50 100 150 200

MORE EFFECTIVE IN DELIVERING MUSCLE CREATINE UPTAKE**

GNC PRO PERFORMANCE®

SHOP NATIONWIDE OR AT GNC.COM

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1-800-477-4462 or visit www.gnc.com for the store nearest you. © 2006 GNC Nutrition Corporation. May not be available outside the U.S. *In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took Amplified Creatine 189 containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs., while subjects on 5 grams of creatine monohydrate improved by 52 lbs. and the placebo group demonstrated no significant improvement. **In a clinical study of 12 healthy young adult male subjects, muscle biopsy results revealed that Amplified Creatine 189 resulted in 189% greater muscle creatine uptake compared to creatine monohydrate powder.

242's & 275's

This month we will cover the Top 10 in the 242 and 275 lb. weight classes. The 242lb. class was added in the late 60's. Prior to this you went from 198 to Super. As the Supers got bigger and bigger you either weighed 242 or 340+. Many athletes wanted something in between. The 275lb. weight class was added in the late 70's. Both of these classes have proved to be very popular, and have produced some of the greatest powerlifters of all-time.

As I have said before, picking the Top 10 All-Time is very tough to do. The panel members were picked for their overall knowledge of Powerlifting from its inception to today. Everyone's input had equal value.

The panel members are Fred Glass, Jon Smoker, Rickey Dale Crain, Jim McCarty, Steve Denison, Joe Pyra, Vince Anello, Gus Rethwisch, Kevin Meskew, Gordon Santee, Ken Croxdale and Bob Gaynor.

The 242lb. class had produced some of the all-time best.

1. JOHN KUC

The "Legend" from Kingston, PA. John was one of the greatest of all-time, but few knew him. There was almost a mystical atmosphere about John. He was quiet and shy, and let his lifting do his talking. He lifted in 3 weight classes, but 242 seemed to be his best, with National and World Championships, American and World Records. John was never really challenged. His opening deadlift would make him a winner and then he would go for the deadlift and total records. John won 4 IPF World Titles, and in each contest had the heaviest deadlift. ("Best deadlifter the world has seen." Kevin Meskew) John's deadlift was strong from start to finish, even if he got a bad start he had the power to compensate. John's training was simple. He trained hard year round. He benched and squatted twice a week and deadlifted heavy once a week, every week. Most of his career he lifted in a singlet, knee wraps and a weightlifting belt. ("John was an introverted, quite athlete who kept mainly to himself. Most people would not even be aware of his presence until he arrived on the platform." Joe Pyra) He held the IPF World Deadlift Record for 25 years, 870 lbs. in a singlet speaks for itself. John was about 6 ft. tall and very lean for a powerlifter. ("The best." Vince Anello)

2. ED COAN:

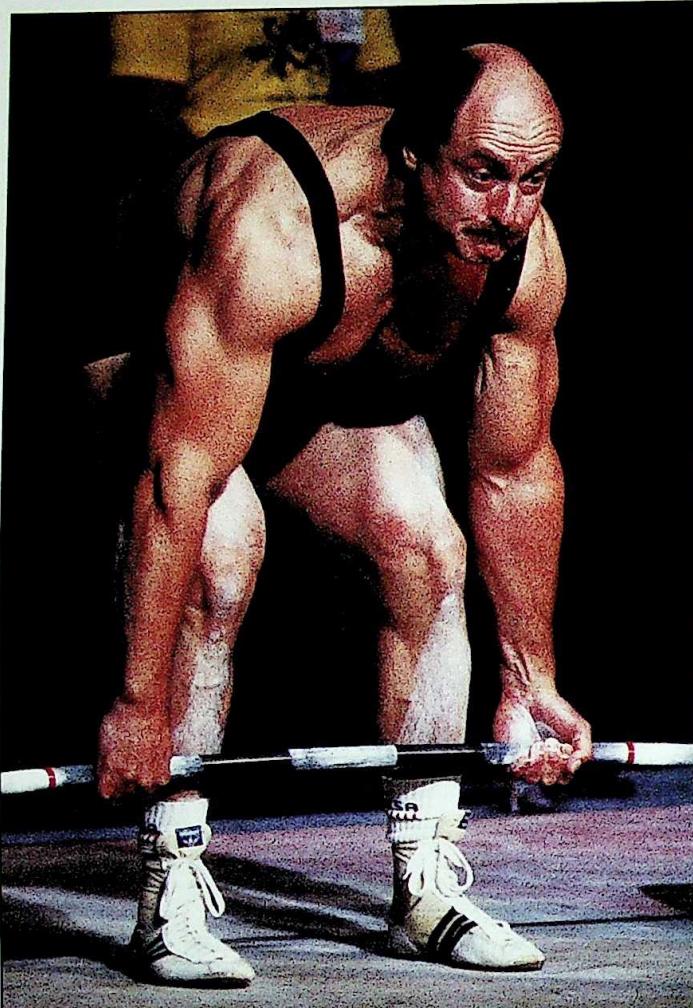
("Ed put a face on Powerlifting. He was featured in Muscle & Fitness several times and became well known as the Mr. Olympia of Powerlifting." Steve Denison) Ed finished 2nd at 198, first at 220 and 2nd at 242, quite an accomplishment. He was the premier lifter of his time. Ed posted some unreal totals, and, like Kuc, was never really challenged. ("In many meets he out-totaled everyone." Jon Smoker) Ed retired after the 2007 USPF Nationals, but is young enough to make a comeback. At 242 he was really thick (he started as a 165 lber.) All of Ed's lifts were done in IPF style, single ply, walkout squats and solid judging. ("I know Ed, and he is not only in my thinking the best 242 lber, but one of the most down to earth and honest people I have ever met." Will Morris) A great fantasy matchup would be him and John Kuc in a raw meet. Has to be one of the Top 5 of all time.

3. JON COLE:

Jon was a great lifter and a great athlete. In addition to Powerlifting, he was a world class track and field athlete. He also lifted in the National Weightlifting Championships.

Thorbecke's Gym in Arizona produced many lifters, but Jon was the best. He burst on to the scene in 1968 with a victory at the AAU Senior Nationals. ("A power in powerlifting during the time when the

The ULTIMATE TOP TEN



A Proven Great... John Kuc deadlifting in ADFPA National Competition.

lifting was supreme and equipment was basic." Gordon Santee) In 1970 he lifted again at the Seniors and improved his total by 170 lbs. Jon had some tough luck with injuries that kept him from many titles. At one time he held World Records in the Squat, Deadlift and total. Jon's career was just about over when the 275 lb. class was introduced. It would have been a natural for him. ("A legend if there ever was one." Jon Smoker)

4. DOUG YOUNG:

One of the most muscular. ("He looked like a reincarnated Texas Steer." Jon Smoker) National Championships, World Championships and World Records. In 1975, 76 and 77 he won the Senior Nationals and the IPF Worlds. Doug was from Brownwood, Texas. He had a good squat and deadlift, but really liked to bench. ("Would have been interesting to see how his squat and deadlift would have been if he spent as much time on them as he did on his bench." Kevin Meskew) Doug benched close to 600 lbs. raw, and you had to see it to believe it. He would lower the bar ever so slowly, and it hardly moved on the way down. Finally it would reach his chest and then it would fly off. Doug died prematurely from heart failure. He is missed by all who knew him.

(continued on page 94)

Who is the best - at anything - that is something very difficult to determine. How do you compare Babe Ruth to Alex Rodriguez, Peyton Manning with Johnny Unitas, Michael Jordan with Wilt Chamberlain?

Everyone has their opinion as to whom is the best, and Powerlifting is no exception. When I first discussed this project with Mike Lambert, we decided that a panel of folks would pick the best lifters.

In assembling the panel, I tried to find men with the experience to span the 40 or 50 years of formal powerlifting. What we needed were people who have seen the changes in Powerlifting, and have the ability to make decisions in a fair and honest method.

As I began to contact people, some were very enthusiastic, and others were apprehensive. The first thing that was needed was a list of potential candidates by weight classes. Rickey Dale Crain, Bob Packer, Bill Ennis, Joe Pyra and myself worked on that list.

The 2nd step was to find panel members to vote. The final panel members had over 550 combined years of powerlifting experience. The panel consisted of Gus Rethwisch, Jon Smoker, Joe Pyra, Gordon Santee, Rickey Crain, Fred Glass, Jim McCarty, Kenny Croxdale, Vince Anello, Steve Denison, Kevin Meskew, and Bob Gaynor.

The panel members all received the list of potential candidates, but were free to add in whatever manner they want.

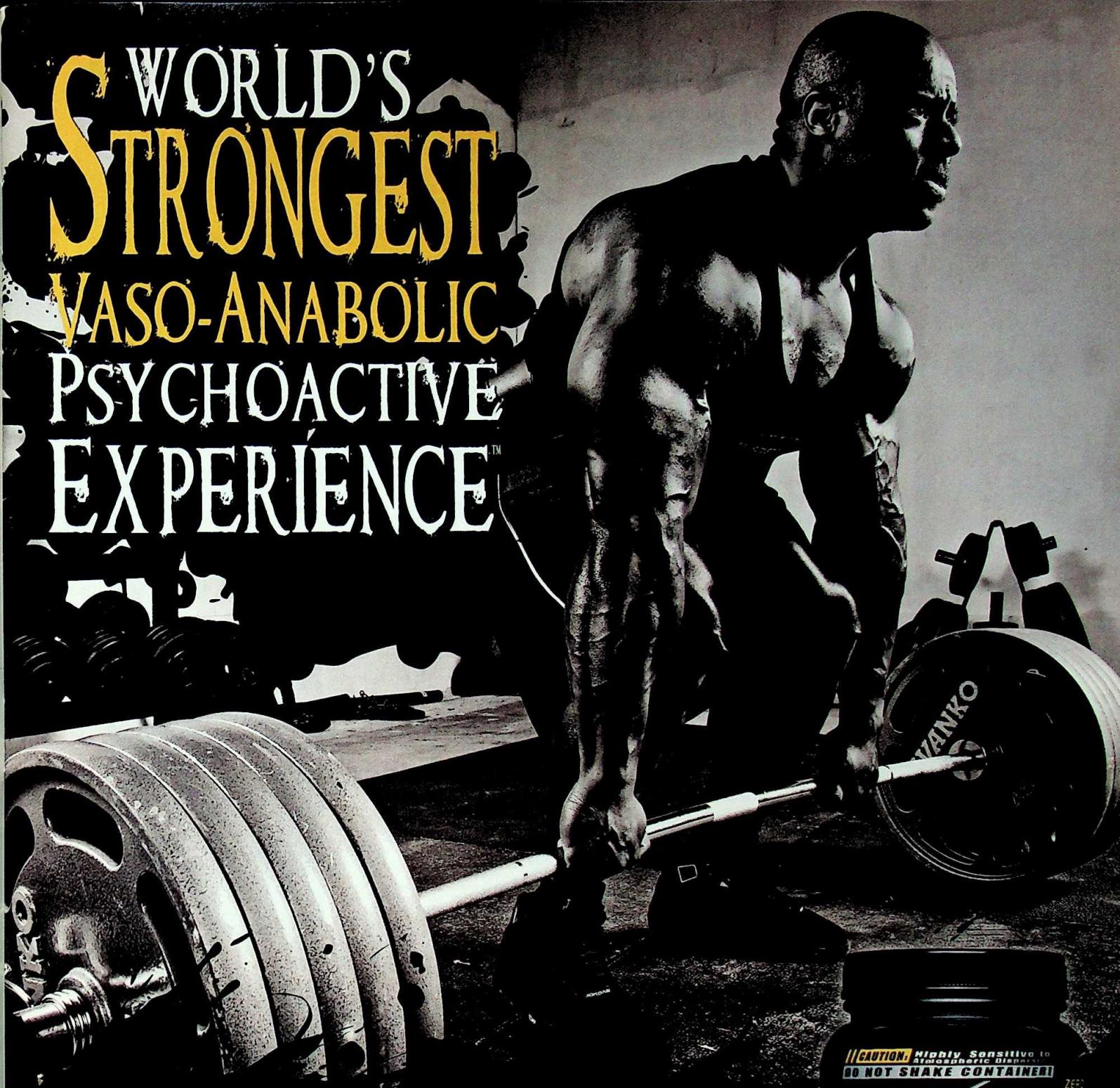
Some of the comments I received was how difficult this process was. How do you compare different eras, changes in equipment, and rules in performance.

The consensus was to judge each lifter on his total body of work. Outstanding performance over a period of time makes an all-time great in any sport. All-time high lifts do not necessarily make one an all-time great. Roger Maris held the most sacred record in baseball for 35 years, but was not an all time great.

I am sure there will be different opinions and if this list is done 5 years from now there might be some different results.

A lifter was not limited to not just one weight class, and some will appear in two or more weight classes.

WORLD'S STRONGEST VASO-ANABOLIC PSYCHOACTIVE EXPERIENCE™



With each maximum pre-workout serving of naNO Vapor™, your powerlifting machinery ignites for rapid gains in power and strength. Within minutes, six potent blends loaded with over 60 ultra-pure and scientifically researched ingredients will engorge your veins with anabolically rich blood. The feeling of being on naNO Vapor is like no other – blood-boiling pumps, white-hot intensity and extreme thermogenesis to tear through your lifting session is only part of the experience. Team MuscleTech™ researchers worked relentlessly to engineer the naNO Vapor pre-workout formula to be so powerful it will help you crush your PBs one lift after another. If you want to push past the competition and be the last man standing on the platform, the naNO Vapor experience awaits.

Get on America's #1 selling pre-workout formula today!

AVAILABLE AT

GNC Live Well.

Read the label before use. All trademarks are owned by their respective trademark owners.
© 2008. For more information, visit VaporExperience.com.



The 19th IPF World Bench Press Championships was held in Prague, Czech Republic on June 25-29, 2008. It featured 26 countries and over 190 lifters.

The Women's team went in as the defending champs, however, of the 9 lifters on our team only 5 had ever lifted at the Worlds before and only 2 had competed at the Worlds more than once. The good thing is that with inexperience usually comes enthusiasm. It looked like it was going to be a battle between Japan, Germany, Belorussia, Hungary, Norway, and Finland for the women's title. My hope was that if we lifted way over our heads we might be able to sneak in for third, but top five would be nice.

The Men's team, on the other hand, was full of experience. They were third at the last two Worlds and were looking to move up. Of the 10 lifters only 2 had never been to an open Worlds. It was going to be a battle between the USA, Japan, Germany, and Poland.

DAY 1: Women's 105lbs: There were no US athletes in the 105s. The class was well contested with the final results being Fukushima (JPN) first, Kozdryk (POL) second, and Sjvantekova (SVK) third.

Women's 114lbs: The US Women started off with two lifters in the 114s. Julie Smith was our first athlete, and was at her first Worlds and her instructions were: go out and get your opener and set the tone for the team. That seems easy, but at the IPF Worlds there is extra pressure. Your team is counting on you; you are 1000s of miles from home and more than 6 time zones. She was able to get her opener at 154 lbs., but that was it. Although she was disappointed, it is the job of the first lifter to get a lift and get the team on a roll and she did what the USA needed.

Maura Shuttleworth was one of the few veterans of the team and needed to gain us some points. She had a great day, going 3 for 3, finishing with 187 lbs. After making her last lift she was in fifth, with a few lifters to go. Two of those lifters made their final attempts to drop Maura to seventh in a very competitive class.

Final results Nagaya (JPN) first, Shynkevich (BLR) second, and Salomon (HUN) third.

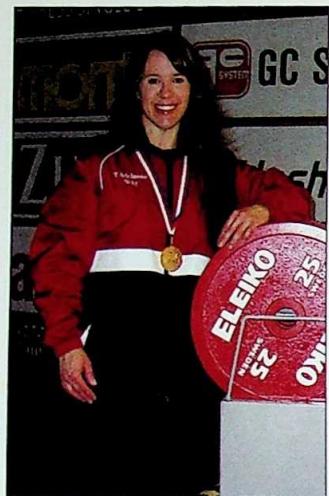
Women's 123lbs: This class also had two women from the USA. Gina Benton looked strong with her first lift of 205 lbs., a personal best. But the weight loss and travel looked to catch up with her on her final lifts, missing 230 twice. She did keep us on a roll and beat a Belarussian and Hungarian lifter. In addition, hitting a PR at a Worlds isn't half bad.

Teale Adelman, a newcomer to the USAPL and in her first IPF Worlds came for a fight. There were three other women who were going to contend for Gold. Strategy and making lifts was going to be the keys to winning this class. Teale opened the heaviest with 242 lbs. with all the contenders making openers. Belorussia 2nd (236), France 3rd (236), and Denmark 4th (225). Making that opener was important, now she could just keep the lead and take the gold. Everyone made their seconds as well. Teale 1st (248), Belarussian 2nd (242), France 3rd (242), and Denmark 4th (236). Teale had to have this lift because the Belarussian was lighter and briefly had the lead. Now it was down to the final lifts. We put in 254 lbs., with everyone else going 248. Denmark went first with a successful lift making her second on bodyweight. This forced the French to change their attempt to 254, because she was heavier. Belorussia went next at 248 which would have put her in first by bodyweight. It was a great try, but she couldn't finish the lift. It was going to be Teale against the French girl for the Gold. Teale had bodyweight advantage but with a lower lot number would have to lift first or change her attempt. The decision was made to make the lift and force the French girl to have to move up to go for the Gold. Knowing she had already moved her attempt up once, this was the right move. Teale crushed the 254 lbs. like it was her opener. The French girl did not change her attempt, staying with 254, just trying for the silver. It didn't matter, the weight killed her. Teale won Gold with plenty in the tank. Denmark 2nd, Belorussia 3rd, and France 4th.

Teale asked what am I supposed to tell people when I get home, only having benched 254 lbs. The answer is easy; tell them you're the IPF World champion. Final results Adelman (USA) first, Hougaard (DEN) second, and Butar (BLR) third.

Men's 123 lbs: There were no

IPF World Bench Press Championships a USA perspective by Donovan Thompson



Teale Adelman... Gold Medalist

US men in this class were Denmark's Kraft broke the World Record. Final results Kraft (DEN) first, Wszola (POL) second, Klein (GER) third.

Men's 132 lbs: Again there were no US athletes, and Japan's Nakayama won in a walkover. Final results Nakayama (JPN) first, Addenett (FRA) second, Kolosovskiy (SVK) third.

Men's 148lbs: The USA Men's team got its start in the 148 lb. class, with two lifters. Steve Petranek is a many time veteran of the IPF Worlds. This year, he moved up to the 148lb. class. In addition, he has had some shoulder difficulties in the past year. Moving up a class is going to be a good decision for Steve; but he has just not filled out his strength in this class yet. Steve only got his opener of 330 lbs. and looked a bit off to finish 6th. But, if you know Steve, much of what he brings to the team is helping keep others motivated for their lifts.

Joe Smith came in ranked 2nd and needed to hold his spot for the men's team to stay competitive. Joe missed his opener out of the groove badly. He got his second lift of 446 lbs. with ease. The Japanese lifter was securely in first with a lift of 490 lbs. Joe was second and Belorussia was third. Joe stayed conservative on his third to assure his second place only entering 457 lbs. After the Belorussian missed the same weight Joe decided to take a roll at the Gold. He was lighter so 490 lbs. was put on the bar. He had it going but just couldn't finish it. Joe held serve and we had our first Medal. Final results Noda (JPN) first, Smith (USA) second, and Huk (BLR) third.

Men's 165lbs: Mike Hara was our sole lifter. Mike Hara has multiple National Titles, multiple National Records, multiple World Titles and multiple World Records. Problem is, he was in a battle with two other World Champions. All three of them opened up with more than triple bodyweight. Mike missed his opener but stayed conservative and repeated it easily on his second. Germany's Schick lifted 534 lbs. on his second to have the lead going into the third attempts. After the Japanese lifter missed his third attempt,

securing 2nd for Mike we went after Schick. Mike locked out his 540 attempt, but it got turned down for technical issues. Mike finished with the Silver, but has been battling outside issues recently; he celebrated the birth of his 3rd child just 11 weeks ago. I'm sure his sleep and training regimen were not optimal. Final results Schick (GER) first, Hara (JPN) second, and Cucuzella (FRA) third.

At the end of Day One the team scores were: WOMEN - Japan 34, USA 21, Hungary 20, Belorussia 20, Finland 19, Norway 1, Germany 0. MEN - Japan 24, USA 23, Germany 20, Poland 9. With both teams in second and in a dog fight. Day 2 was going to be very important. This was discussed deep into the night at the coaches meeting.

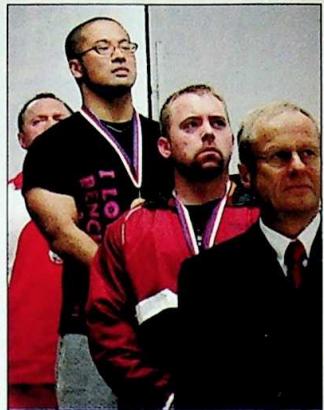
DAY 2: Women's 132 lbs:

The 132lb. class had one of the USA veterans, Jen Rey-Gaudreau. Jen won her first title in the late 90s, but had no IPF hardware. She was in a stacked class and was ranked 6th coming in. She had also left her 1 year old son Logan and husband at home for the first time since he was born. The good thing about veterans is they know how to make lifts and put pressure on their competition. Jen only opened up with the fifth best opener, 204 lbs. It was silly how easy it looked. When she got up off the bench she had a big WOW look on her face and only said one thing as she walked by, "I feel great". With one missed opener ahead of her she was in 4th. With no chance at the top two, after Germany's Althaus opened with 319 and Slovakia's Matejova went 254, the eye was on bronze. Continuing to keep the pressure on, her 215 lb. second lift went up as easy as the first. The Polish girl kept pace with the same 215lb. lift, but was ahead on bodyweight. With another miss by Belorussia, Jen was still 4th behind Poland. She was going to have to make her third lift in order to be in the Medals. The Polish girl put in 225 for her third, we followed suit with the same number. Then Poland tried to play the numbers game. They upped their third to 231, and again we followed, upping Jen's to 231. With their last change Poland upped their third attempt to 237lbs. The USA decision was to stay with the 231. Poland, having no more changes, would now be forced to lift the 237 even though she was lighter. Jen went out needing 231 to get a medal and made the 231 look as easy as the first two. She was in third, with only two lifters who could beat her. The Polish girl was indeed pushed too high and missed the 237 and after the Belorussian bombed the Bronze was Jen's and the team had gained some unexpected team points. Logan and Dad could be proud of Mommy on this day, winning her first IPF medal. Final results Althaus (GER) first, Matejova (SVK) second, and Gaudreau (USA) third.

Women's 148lbs: There were no USA women in the 148lb. class, won in a hard fought battle by Germany's v.Bachhaus. Final results v.Bachhaus (GER) first, Prymachenka (BLR) second, Virkkunen (FIN) third.

Women's 165lbs: CiCi Smith was another first timer to the World stage for the USA and you could tell before warm-ups started that she was feeling the pressure. To be honest she looked terrified. My hope was once she got into her warm-ups she would loosen up. She went out for her opener and the weight went up, but so did her butt. She repeated her opener on her second, but this time her feet slid and again it was a no lift. Needing to get a lift to stay in the meet we stayed with her opener of 242 lbs. I think at least half the team came back into the warm-up room to help CiCi get pumped up for her third attempt. This seemed to relax her a bit. With some advice to stop thinking so much, she went out and made the lift look easy. Although she was disappointed with her 5th place finish, her team points put the US team soundly in second place. If she didn't make that lift we would have been in 5th. Final results Arntsen (NOR) first, Blirka (NOR) second, Birnfeld (GER) third.

Men's 181lbs: The 181lb. class was stacked and had two USA men. Danny Thurman, last year's surprise Silver Medalist, was not going to be overlooked this year. Danny got his light opener of 529 lbs. He then decided to jump right into the battle going for a 562 lbs. second. Unfortunately, it was turned down on a technicality. With



Adam Mamola scored team pts.

Kodama from Japan missing his second attempt after making 573 lbs. and Wegiera from Poland getting 578 it was going to be a battle. Then came the multiple changes, followed by lifters missing at shots from below. With Danny being lighter than the Japanese lifter 573 lbs. was called for. It was a new American Record and a move into the Silver position. Danny doesn't feel pressure. He always says to me "put it on the bar the weight doesn't scare me." This time was no different, he walked out there and did his job, good lift, an American Record, as well as the Silver Medal, for now....

Adam Mamola was our rookie on the team. This was his first Worlds of any kind. In fact, I believe his win at the Nationals was actually his first National medal. He was nominated 9th in the class, but had been coming on as of late. He opened with easy 518, then went light again with a 534 lb. second. With the battle ensuing above him I made the decision to throw him into the mix. However, the Belarusian lifter had to lift first. We had called for 545 lbs to ensure Adam's place. With a Belarusian miss, a last minute change was put in at 573 lbs. as well. It was 20 pounds over his personal best, but I figured if I didn't tell him, then it wouldn't bother him, and it would give us a chance for 2 medals. Believe it or not, after the quick change which put him lifting after Danny, he strapped up, strode out on the platform like it was his home gym and made the lift. I have never seen two such cold, calculated competitors, step up and perform on the biggest stage. He was now in Silver by bodyweight and Danny in Bronze. Unfortunately, Kodama came back to get his third attempt for the Gold. That left Adam in third, and Danny in fourth, both breaking the American record. Adam went 3 for 3 with a 20 lb. PR, an American Record, and the IPF Bronze. Not bad for your first Worlds. Final results Kodama (JPN) first, Wegiera (POL) second, Mamola (USA) third.

Men's 198lbs: In the 198's Dennis Cieri was the next American to go. If we were going to have a shot at the Japanese we had to have some Gold. Dennis was the returning World Champ. The plan was nothing less than Gold. We needed him to have the last attempt. He opened conservatively with 584 lbs., the heaviest opener. Unfortunately, it touched way too high. Dennis was able to muscle it up, it had a bad hitch in it for no lift. Bast from Germany had made his 573 and upped his second to 589 lbs. In order to keep pace, we upped Dennis' second attempt to 594 lbs. He crushed it like a warm-up. Bast was second with Sweden third and Japan fourth. Bast and the Swedish lifter both decided to make attempts at the Gold, the same 594 that Dennis had just done, being lighter on bodyweight. The Japanese lifter decided to just get in bronze medal position. We stayed conservative and put in 600 for Dennis' third. After no one could match Dennis with their third attempt, Dennis wanted a shot at the World Record. Problem was he had to wait till the lifter before him missed, so that he was assured Gold. As soon as the miss happened we called for a weight change to the World Record. As they changed the weight, Dennis had to change shirts. He would have less than 3 minutes to get his shirt changed and get the start command. Unbelievably, he actually got it done and gave the 641 lb. World



Left-Right - Donovan Thompson, Denis Cieri, Miguel Ruelan, Marvin Coleman

The Strongest Raw Bencher In The World Trusts USPLabs – Shouldn’t You?

Nick Winters, the man responsible for the world's best raw bench (675 competition – 715 training) uses USPLabs supplements to help him lift heavy and pain free. Here's what he had to say...



"I have gained about 10 solid pounds and a ton of strength since I started stacking three USPLabs products: Anabolic-Pump, PowerFULL and SuperCissus RX. With these supplements not only am I pushing more weight but my joints feel much better, not nearly as sore anymore. It's been a rare occurrence that my muscles have been sore, the recovery I get from these supplements is incredible."

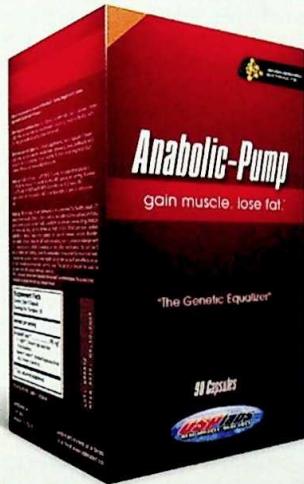
I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due to the bicep tendonitis hampering my lifting so much, but when the tendonitis was at its worst it hurt like hell to do a couple reps with 515. Now, after the USPLabs stack, I am back to doing 675 with a long pause, and it doesn't really hurt at all.

I strongly recommend every powerlifter use these three effective products from USPLabs."

- **Nick Winters**

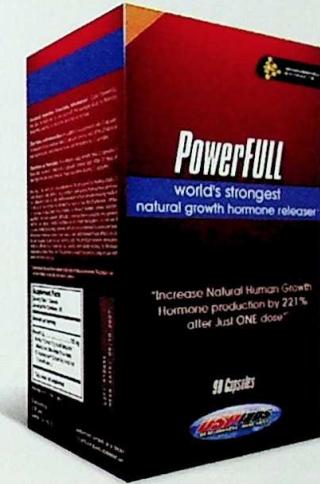
NERB champion bencher - 650lb lift, Highest raw bench in world for the past two years, Best raw bench in competition 675lbs, 2 APA world records.

Anabolic-Pump™



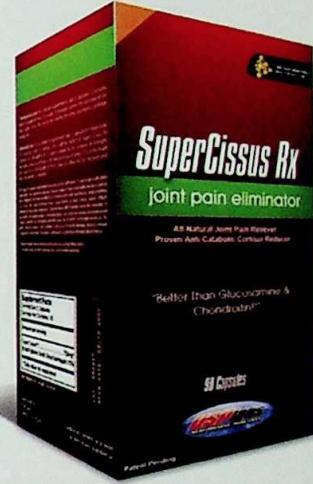
Anabolic-Pump is a proprietary blend of rare, exotic compounds in a pill that you take before a meal. "AP", as it's known on the streets, automatically "opens up" your muscle cells, forcing them to accept large amounts of proteins and carbohydrates. Effectively turning every single meal into an anabolic dream, creating a highly anabolic muscle building, fat burning environment. Even steroids do not work unless this occurs. Simply put, if you're currently eating (and I know you are or you wouldn't be reading this!) then you can gain muscle and lose fat by merely adding Anabolic-Pump before your meals. It's really that simple and it's backed by tons of research proving its safety and efficiency!

PowerFULL™



Scientifically proven to naturally increase Growth Hormone Production by 221% starting with the very first dose! No other natural product has been proven to have such a dramatic effect on Growth Hormone. In addition, its natural source is completely safe and effective, unlike its synthetic counterpart. PowerFULL can dramatically increase strength, recovery and help you feel and perform at your best. PowerFULL also promotes anabolic sleep, causing a cascade of growth hormone released while you sleep so you wake up refreshed and recovered!

SuperCissus Rx™

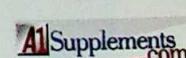


This patent-pending joint pain formula will have your joints and tendons feeling great so you can attack the weights without fear! In addition to its awesome joint health properties, its main ingredient has been proven to be as anti-catabolic as Deca & D-bol! It also significantly lowers cortisol and even has been shown to reduce bodyfat. SuperCissus RX is also theorized to deliver nutrients directly to tendons keeping them healthy and strong. Do not risk injury. Lift heavy and lift often with SuperCissus RX.



www.USPLabsDirect.com

OFFICIAL WABDL SPONSOR



Distributed by:



The Making of a POWERLIFTER!

as told to Powerlifting USA by Travis Bell and his Westside Odyssey

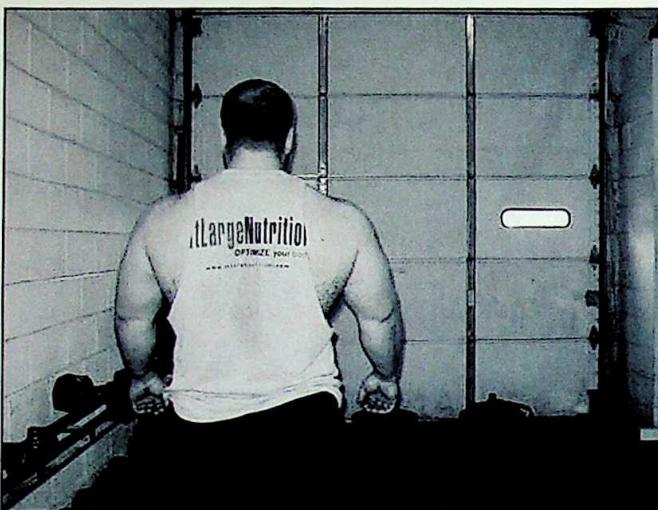
The thought of Westside Barbell and its iconic owner, Louie Simmons, can be an intimidating one for many an aspiring powerlifter. As we all know, thoughts and myths sometimes stray far from reality. For those who know Louie, or who have met him, they will tell you that he is one of the most accessible men in his field. Louie is a busy guy, but he is known for taking a few minutes out of his hectic days to dole out training advice to those who seek it via a phone call to Westside. So it was with Travis Bell...

Travis Bell was exposed to the iron game at an early age. His father trained at home with weights as far back as he can remember. As so many young men do, Travis wanted to emulate his father and began lifting weights on his own at the tender age of 12. At 16 he was given a membership to the local Powerhouse Gym franchise along with some training sessions from an ex-bodybuilder. Those sessions lead to his early interest in the sport of bodybuilding. Travis did well in the sport, but quickly concluded the grueling pre-contest dieting required was just not his cup of tea.

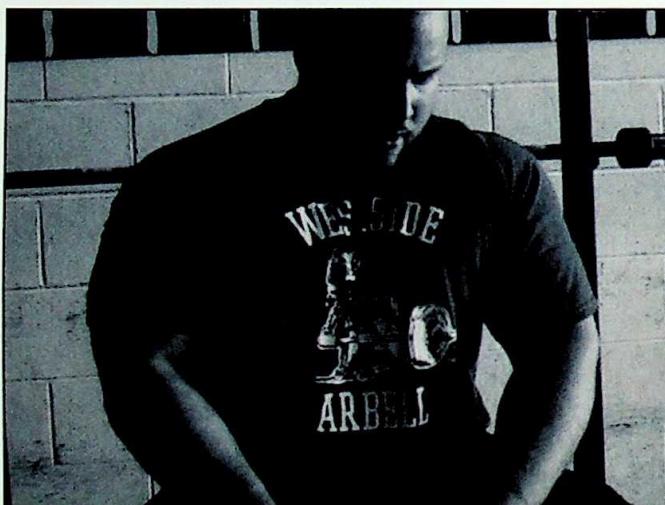
Enter powerlifting. Travis was highly competitive by nature and knew he loved the iron, so powerlifting was the obvious choice as it did not require the aforementioned starvation diets. Early success only proved to fuel his fire with a win in his very first meet (a solid 320 lbs raw bench in the 181 lbs class).

His early success quickly devolved to training frustration. He had obtained a single ply bench shirt and was struggling with it. The nuances of geared benching eluded him, and he simply did not have access to the proper help. As often happens, fate intervened in the form of a recommendation from a friend at home that Travis check out the Westside Barbell website (www.westside-barbell.com). Travis did just that and was amazed to find that he had arguably the greatest powerlifting mind and resource in the world literally only a 1 hour drive away!

With some trepidation (remember the Westside intimidation factor) Travis decided to give Westside a call. To his surprise, Louie himself got on the line and spoke with him. Showing some of the steely resolve that makes him such a fierce competitor, Travis



Travis Bell (image above) and don't contemplating his next move (below)



had the gumption to ask Louie if he could come to Westside for some direct training advice. Louie agreed, and the next phase of Travis' powerlifting evolution had begun.

Travis recalls well his first Westside visit. Perhaps it was nerves, but getting lost 3 times on his way to Westside did not bode well for the budding powerlifter. He finally arrived at the gym. Taking a few moments to collect himself, he entered Westside with visions of a crazed, super-intense and frightening Louie Simmons impatiently awaiting him (despite their amicable phone call days earlier). Nothing could have been further from the truth! Louie was

optimize his strength potential. In short, teach him the Westside training methodology.

As has been the case so many times prior, Travis' training at Westside took him to strength heights he could only previously have dreamed of! Travis' best benching prior to joining Westside was a 365 lbs raw and a 475 lbs equipped press. In short order, Louie's instruction took him to his current tested PRs of 520 lbs raw and 725 lbs equipped! In fact, he is currently tantalizingly close to an 800 lbs equipped press at 242 lbs body weight and has that as his goal for the upcoming Pro-Am meet in August.

TRAVIS' WESTSIDE TRAINING TEMPLATE

Travis is a quick study and his thirst for power spurred him to eagerly absorb everything Louie and the great lifters at Westside

(George Halbert, Mike Wolfe, Greg Panora, Matt Smith, and Phil Harrington just to name a few) threw his way. Below is the resultant training template he currently follows:

Monday: Back and Shoulders; **Tuesday:** Light Biceps; **Wednesday:** ME Bench; **Thursday:** Squat; **Friday:** Back and Shoulders; **Saturday:** DE Bench; **Sunday:** Off.

As you can see, Travis is a bench specialist, but he trains his entire body.

For the uninitiated, ME work consists of the lifter warming up to a 1 repetition maximum (1RM) personal record (PR) attempt on a given exercise which is rotated weekly usually for 3-4 week cycles. The rotation of exercises is referred to as the conjugate method. The conjugate method allows for weekly 1RM attempts without overtraining via the fact that variations, even small ones, in different exercises tax the central nervous system (CNS) differently thus precluding neural stagnation which is one of the primary underlying factors of generalized overtraining.

DE day usually consists of speed work. Speed work for the bench press consists of 3 reps completed in a target time of 3 seconds or less. This timeframe mimics that of a 1RM attempt (as 1RM attempts are slower by definition) thus allowing the lifter to train their nervous system to fire explosively in less time than it takes to perform a 1RM. Resistance used for speed work should be no more than 60% of one's tested raw (no special bench shirt) 1RM, or 55% of one's tested equipped 1RM. The use of jump stretch bands and/or chains is recommended ([see www.westside-barbell.com](http://www.westside-barbell.com)) to provide for accommodating resistance and thus to overcome the inherent limitations of the barbell.

A recent ME Wednesday for Travis:

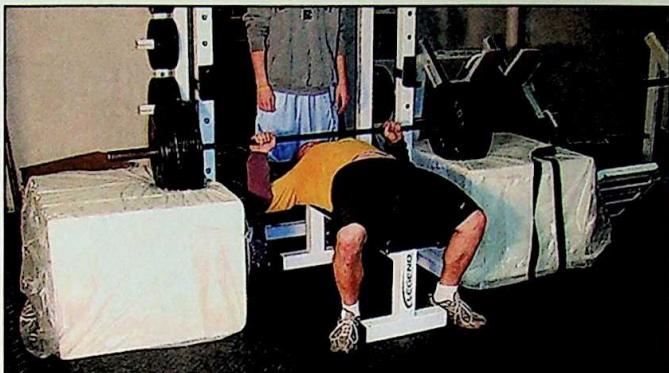
FOAM PRESS

Travis: "I've never done these before so it was a new experience for me. I must say I really liked them! All sets were done raw with a medium grip (pinkie on the ring)." 135x8; 225x5; 315x3; 405x1; 495x1; 585x1; 675x1; 725x1; 765x1; 815x1; 835x1.

"I then moved my grip in a bit (about thumb length from the smooth part of the bar) and did some foam presses for reps." ... 500x10; 500x10.

"Next was some triceps work. I did what we (at Westside) call Panora Presses. These are named

(continued on next page)



A recent ME Wednesday workout for Travis: The Foam Press

for Greg Panora, one of the top powerlifters in the world. They are basically a triceps rope pressdown with a range of motion (ROM) which is limited to the bottom half of the movement." 80x10; 80x10; 80x10; 80x10.

Pec Deck: 140x15; 140x15; 140x15; 140x15.

TRAVIS' DIET AND SUPPLEMENTATION

Like most powerlifters, Travis does not follow a regimented diet in the classic sense of calorie counting and the consumption of specific foods at specific times. Travis is a lifter who has a hard time putting on and maintaining body weight thus he consumes a minimum of 5, and up to 7 meals per day. The meals consist of high protein, calorie dense foods such as meats, eggs, whole milk, and just about anything else that he feels will add to his daily calorie count and be of some benefit to building size and strength.

Travis' supplementation regimen is a direct result of his affiliation with Westside Barbell. Louie Simmons personally uses, endorses, and has his athletes take AtLarge's supplements. Louie's (and the other lifters at the gym) endorsement was good enough for Travis. He tried some of the products and was hooked! About a year after initially trying the products Travis was offered a sponsorship and is now one of an elite group of strength athletes sponsored by AtLarge Nutrition, LLC.

Travis' daily supplement intake includes the following AtLarge Nutrition (only available at www.atlargenutrition.com) products: Nitrean, Opticen, ETS, RESULTS, Multi-Plus; Fish Oil.

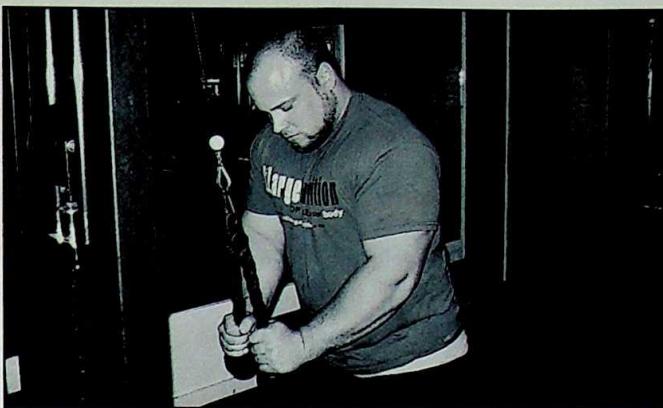
Here are Travis' thoughts on the products in his own words:

"I feel that a high protein intake is vital for powerlifters, so I supplement 200g+ of Nitrean daily in addition to the protein I get from solid foods. Opticen is my

supplement of choice for post-workout purposes. ETS, RESULTS, Multi-Plus, and Fish Oil are all taken daily. I honestly cannot say enough about RESULTS. I've been taking it for almost 3 months now and I've never felt this strong before! I typically hit PRs on ME day, but right now they are coming in ***much*** bigger jumps than before. I recover faster

and have gotten significantly bigger. What more could you ask for from a the Westside template (www.westside-barbell.com), make sure you are consuming sufficient calories for growth, use the best

supplements on the planet (www.atlargenutrition.com), and perhaps you too can blow away your powerlifting goals!



Above: Travis performing a Panora Press to focus work his triceps

WRAP

Travis entered Westside a neophyte powerlifter with a burning desire to be the best. His accomplishments thus far have far

100% RAW

World Powerlifting Championships

Nov. 1st & 2nd - Hagerstown, MD

Director: Dan Corriveau

(240) 417-2229

Bdan1745@aol.com

World Single Lift Championships

Bench Press, Deadlift, Curl

Nov. 22nd & 23rd - Norfolk, VA

Director: Paul Bossi

252-339-5025

rawlifting@aol.com

www.rawpowerlifting.com



**BIGGER
FASTER
STRONGER**



ONLY AVAILABLE AT

**ATLARGE
NUTRITION**

www.atlargenutrition.com

AtLarge Nutrition
OPTIMIZE your body.

DONNIE THOMPSON
THE STRONGEST POWERLIFTER
ON THE PLANET
USES IT!



CHUCK VOGELPOHL
THE BADDEST POWERLIFTER ON THE PLANET
USES IT!

THESE MEN KNOW THE POWER OF ATLARGE NUTRITION'S RESULTS. WHAT ABOUT YOU?

C750
STRENGTH
FORMULA

BURST IN STRENGTH
ETHYL/ ESTER BASE
120 CAPSULES
1 MONTH SUPPLY

\$29.00

TONY CONYERS
854 SQUAT
2003 TOTAL
AT 165LBS.

GEARMAN NUTRITION

BUY 3 GET 1 FREE!
WWW.GEARMANNUTRITION.COM
1.813.843.7652

IPF Masters Worlds, Palm Springs, CA.

Less than 30 days remain until the first weight is lifted to kick-off the 2008 IPF Masters World Powerlifting Championships presented by CON-CRET which will be held in Palm Springs, CA. Over 300 athletes, men & women forty years of age and older, will gather at the Palm Springs Convention Center to compete for the coveted title of World Champion.

The World Championships are not just contained to the competition venue however, but will be comprised of activities throughout the week dedicated to promoting the sport of powerlifting and enhancing the experience of its international attendees. The festivities begin on Tuesday, September 30th with the Opening Ceremonies and continue throughout the week to Saturday with athletes and officials participating in a media reception, Palm Springs Villagefest, the Closing Banquet and world class competition.

In addition to the United States, other powerhouse teams that will be in Palm Springs include Canada, Czech Republic, Finland, France, Germany, Great Britain and Japan. Athletes from close to thirty nations from every continent will be present making this year's IPF Masters World Powerlifting Championships one the best attended in the history of the International Powerlifting Federation (IPF). "Hosting the Masters Worlds is a great honor for USA Powerlifting, and a real opportunity for our teams to bring its best performance on our home soil", said Lance Slaughter, Executive Committee member for USA Powerlifting serving as Chair of the Organizing Committee for the World Championships.

Proving that "age is just a number" and that athletes can get better and stronger with time, many of today's top masters-age powerlifters are still some of the best in the world, regardless of age.

Top US team members considered among the world's best lifters include Harriet Hall among the women and Mike Bridges, Tony Harris and Brad Gillingham among the men. For many of the athletes participating it is the pinnacle of their powerlifting season or even their sporting career to make it to the world championships and proudly wear their country's uniform.

All of the week's action at the Palm Springs Convention Center is free and open to the public. Online coverage is available at www.mastersworlds.com including championship information, entry lists, competition schedules, daily results, photo galleries, media center and special features leading up to the 2008 IPF Masters World Powerlifting Championships.

THE NUMBERS

310 competitors, 27 countries, 100 volunteers, plus families, media & spectators.

SCHEDULE OF EVENTS

Tuesday, September 30th

- 10:30 am Opening Ceremonies and Parade of Athletes
11:00 am Men 50-59, 60+, 56-67.5 kg.
3:00 pm Women 40-49, 50+, 48-56 kg.
6:30 pm Men 40-49, 56-67.5 kg.

Wednesday, October 1

- 10:30 am Women 40-49, 50+
2:00 pm Men 40-49, 50-59, 60+
7:00 pm Medial VIP Reception

Thursday, October 2

- 10:30 am Women 40-49, 50+
3:00 pm Men 40-49, 50-59, 60+
6:00 pm Palm Springs Villagefest, 60, 67.5, 75 kg, 75, 90+, 82.5 kg.

PHYSIQUE
BODY WARE

OVER 300 STYLES ONLINE! SALE \$39.95

906 V-Tapered Pullover
Black, Grey, Navy Blue
Size: Oversize

701 V-Tapered Big Top
Black, Grey, Royal Blue, Oatmeal, Hunter Green
Size: Oversize

754 Physique Jacket
Black, Grey, Blue, Oatmeal
Size: M/L, L/XL

725 Y-Back Stringer
Black, Grey, Orange, White, Blue, Camouflage**
Size: S/M, M/L, XL/XXL

724 Gym Trainer
Black, Grey, White, Royal
Size: One Size

417 MP3 Track Jacket
Black, Red, Grey, White, Navy Blue, Oatmeal
Size: One Size

SALE \$34.95
Black, Grey, White, Royal
Size: Big 170-190, Bigger 200-230, Biggest 230-270

Shop Online Today!
physiquebodywareusa.com

888-932-7488

15 day exchange only, all policies / disclaimers apply.

POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Why Powerlifters Need Scientifically Superior Creatine as told to PL USA by Ian Collins

Powerlifting is more than just a sport; it is a way of life. Some diehards would even call it war. The daily battle between man and iron is something that most "trainers" cannot comprehend. Most will never know the feeling of taking hold of a fully loaded bar nearing half a ton and pulling it off the floor with every fiber in their body. The goal of any powerlifter is to make consistent improvements. Increasing strength and power, building more muscle and improving bar speed are all things that powerlifters bust their ass in the pit for on a daily basis. But powerlifting is about more than simply moving a bunch of weight from point A to point B. It's about winning meets and shattering your previous best lifts. Success for a powerlifter is directly related to how much time they put into training, how hard they train and what they put into their bodies – especially supplements. Supplements are the key to maximizing training sessions and unlocking your muscles' strength potential. One of the best and most effective supplements that a powerlifter can take is creatine. And, although regular creatine is OK for the hordes of average trainers that want to gain some muscle and increase their strength a bit, powerlifters like you are a different breed of athlete. After a hardcore lifting session, the muscle fibers of a powerlifter look like they've been through a meat grinder. So, for powerlifters, regular creatine just won't cut it. You need something extra, something more scientifically advanced – Six Star Muscle Professional Strength Creatine.

Professional Strength Creatine – Scientifically Engineered for Powerlifters

There is no denying the power of creatine, but just because something is proven to work doesn't mean that it can't be improved. Six Star® Muscle took a proven strength builder in creatine and made it better. What makes Six Star Muscle Professional Strength Creatine far superior to regular creatine is that the advanced formula has been engineered through countless hours of scientific research and has university-level human studies on its key ingredients. At the foundation of the Professional Strength Creatine formula lies an anabolically charged blend of five powerful forms of creatine, including HPLC-tested creatine monohydrate, creatine AKG and creatine HCA, to name a few. Each cutting-edge form of creatine in this scientifically advanced blend is specifically designed for powerlifters so they can maximize their power and strength gains. Regular creatine is a waste of time for true powerlifters – it simply cannot get into the muscles fast enough to feed their battered muscle fibers during and after a grueling lifting session. Designed with a state-of-the-art creatine delivery system, Professional Strength Creatine harnesses the anabolic power of nitric oxide and insulin to drive the ultra-potent creatine formula into the muscles. The end result is accelerated creatine uptake that elevates cell volumization to peak capacity. The key ingredients contained in the explosive Six Star Muscle Professional Strength Creatine formula are proven in university, gold-standard human clinical studies to be superior to regular creatine for building massive amounts of strength and increasing muscle.



Increased Explosive Strength Capacity in Just 10 Days

The claims surrounding Six Star Muscle Professional Strength Creatine are not hype – they are based on facts, backed by science. Increasing your strength and power while adding thick, quality muscle all comes down to how hard you train in addition to using the right supplements. The greater your training intensity the greater gains you will make. So, consider this: In one clinical study, test subjects consuming the key ingredient in Six Star Muscle Creatine showed an unbelievable 18.6 percent increase on average in strength capacity in just 10 days!¹ As a powerlifter, just imagine the types of gains you could make by lifting with more strength than usual! In a separate 21-day university-level clinical study, test subjects consuming the key ingredient in Professional Strength Creatine increased their peak power output by an incredible 21 percent!² For a powerlifter, these studies mean that Six Star Muscle Creatine is proven to help amplify your workouts and increase total peak power output. More training intensity and greater power allows for powerlifters to get the most out of their training sessions, leaving them plenty of time to recover and rebuild battered muscle fibers as they prepare for their next meet.

Test Subject Gained 340% More Muscle

When it comes to a sanctioned powerlifting meet, coming in at an optimal weight can mean the difference between being the biggest guy in your weight class or the smallest. Unless you're a super heavyweight, chances are you keep track of your weight leading up to a meet. To put yourself in the best possible position to win, you need to be at the top end of your weight class. But there's weight and then there's muscle. Test subjects who consumed the key ingredient in Six Star Muscle Creatine were observed closely in the lab and in the weightroom during a three-week university-level clinical study. The results in just three weeks were jaw dropping – 340 percent more muscle gains on average versus the placebo group.² That equates to 4.84 pounds of quality lean mass versus a measly 1.1 pounds. In addition to the extra strength and power gained by consuming Professional Strength Creatine, there is also a psychological benefit that comes with packing on pounds of dense, quality muscle. For one, you'll have more confidence when you lift because if you look strong, you'll feel strong, which will only help you lift more weight. The second benefit to having mounds of muscle is that it will intimidate the hell out of your competitors, which might throw them off their game!

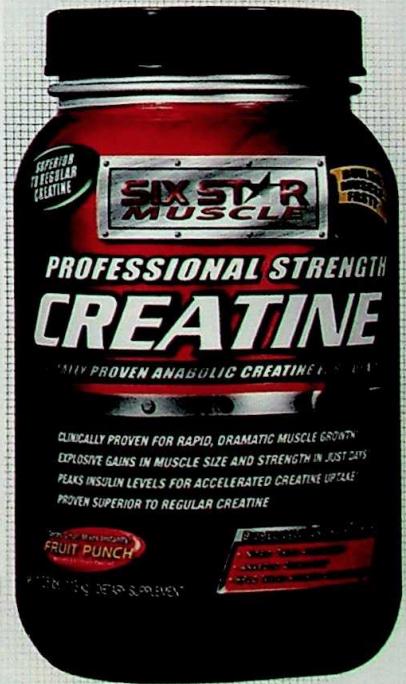
Powerlifters are constantly looking for ways to improve their lifts by working tirelessly on honing their techniques and experimenting with different programs to shock new strength and power into their muscles. Sometimes it works and other times, it's back to the drawing board. But one thing is certain – Six Star Muscle Professional Strength Creatine can help powerlifters get the most out of each training session, which leads to shattered PBs and meet victories. Powerlifters like you demand the best out of themselves and should demand the best when it comes to creatine supplementation. With Six Star® Muscle Professional Strength Creatine surging through your veins you'll always rise to the top.

REFERENCES: ¹Selsby et al. 2004. Mg2+ creatine chelate and a low-dose creatine supplementation regimen improve exercise performance. Ohio State University ²Burke et al. 2000. The effects of continuous low dose creatine supplementation on force, power and total work. St Francis Xavier & University of Saskatchewan © 2008.



INCREASED PEAK POWER BY 21%

A powerlifting meet is no joke. You are a team of one set to do battle against three seemingly immovable objects – the bench press, squat and deadlift. Whether or not you make good on your lifts will be determined by the training that you put into preparing for your meet. It took years to get to this point and it will take many more to get to the top – just imagine where you'd be if you could dramatically increase your peak power output in just days. Six Star® Muscle has made this a reality by engineering Professional Strength Creatine powder for serious powerlifters. When the Six Star Muscle lab team set out to create the ultimate training formula, they examined how the key ingredient in Professional Strength Creatine powder could help you lift more weight, and the results were insane. In one 21-day, university-level research trial, test subjects consuming the key ingredient in Six Star® Muscle Professional Strength Creatine powder demonstrated an incredible 21 percent increase in peak power output. If the test subjects experienced results like this, just imagine the tremendous gains that a hardcore powerlifter like you can make. This cutting-edge formula is available at SuperCenters, The Vitamin Shoppe® and other fine retailers – **get on it now, and train your way to incredible power gains in all your lifts.**



AVAILABLE AT



Super★Centers



Carefully read the label before use. All trademarks are owned by their respective trademark owners and are used with permission. © 2008.

SIXSTARMUSCLE.COM

Iran Visits Again... Friendly Philippine Nationals

as seen by Paul Kelso

Curious spectators getting their look at powerlifting came to the right place.

The atrium lobby of the Robinson's-Otis shopping mall provided a fine venue for the 43 lifters for the Philippine Nationals and Phil-Iran Friendship meet in Manila July 12-13.

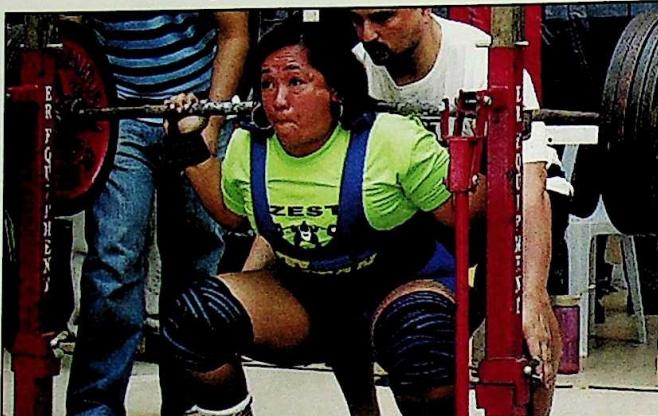
West of Malacanang presidential palace, this mall has hosted PL three ties that I now of, proving popular with lifters and fans. Hundreds of shoppers stopped by to check out the action; many staying for hours and some coming back the next day.

Erlina Pecante bugged out the onlookers' eyes by stroking up a huge 227.7 kg. squat to surpass her own IP Masters one 90 kg. World Record by 7.5 kilos. She gets better and better, making one wonder what her levels would be if she had not missed three years in her late thirties due to injury. She is the first Philippine female to make a 500 lb. lift of any kind. Pecante is planning to enter both the Open and Masters Worlds this year.

A second highlight was Eddie Torres splendid new Philippine squat record of 340 kg. (749) at a bodyweight of 218 lbs. (99 kg.). Now 43, Eddie stormed the IPF Masters World in recent years, bagging the DL gold in 2007. Not wishing to put pressure on Torres, but his Asian record DL of 335 kg. in February puts him in range of Ernie Frantz' 27 year old IPF M1 DL mark of 345 in the 100 class.

Heck, you say, that's only eleven kilos? 24 pounds? Well, Eddie has been lifting for twenty plus years and has business and family concerns. Gains come slowly, but that WR is in the back of his mind.

The easy atmosphere of this Friendship meet was good to see, but lifts and totals were generally modest. Iran did not bring its best athletes across the board, while at least four of the



Erlina Pecante breaks the 500 barrier, with an IPF World Record

home team's heavier top males did not compete. The 12 man Iran squad was again mostly big youngsters in the heavier classes. This resulted in the visitors out classing the locals somewhat, squatting in the 600-660 lb. range. Torres soon had enough of that, his huge 2-0 effort slamming the door by 35 kg. on Iran's bid for squat dominance.

In the words of Philippine Prez Nick Cabalza, "Not in our house!"

Pecante had the highest formula score among women, with Merly Medina second. Merly broke her own squat record twice and may make a splash when she moves into international Masters meets next year. M2 class Nina Oca 145.5 DL record helped her take 56 kg. honors and third overall, with young Charlie Sy, also 56 kg., close behind for fourth. M1 Elvira Lorenzo finished second in the 52s and fifth overall. All these lifted in the open category here.

Fourteen year old Patricia Llena, a 52 kg. Sub-Junior, created a buzz with her with her double bodyweight SQ and DL, exhibiting great potential. She also competes in weightlifting, her father-coach Leonard, a former weightlifting champ and powerlifting pioneer in early days here. S.S. Goresh of Iran went 300-250-300 for an 850 total and best men's lifter award, beating Torres by 4.74 points. Goresh missed four attempts. He'll be someone to watch.

Trot out the cliches

about youth being served and old guards passing. 65 kg. Paul Simon Tan (Phil.) impressed with his 545 kg. total and third by formula score. The 25 year old defeated many times world Masters and Asian champ Tony Taguibao by 70 kg. The IPF dropping the 52 kg. class has not made things easy for the Little Colonel.

Farshid Soltani and Chino Jichanco (Phil.), both 90 kg., finished fourth and fifth by formula. Many regard Chino as heir to Torres' laurels.

Richie Rosales, the Philippines biggest bencher and Asian record holder with a 229 kg., took token lifts, for him, to score Impact Team points by sweeping the 82.5s.

University of the Philippines-Impact grabbed both men and women's national team titles while the home men squeaked ahead, aided by two Iran bomb-outs and independent Russian expat Alex Andreyev placing second in the 125s.

Rules squabbles reared their ugly heads, and the jury did their job. In the first round of women's 20 DLs, judges waved red flags repeatedly for lifters NOT "thrusting" their shoulders



Paul Kelso with the Iranian coach

back at completion. This puzzled a number of international Veterans in the flight. This matter was clarified several years ago. The jury gave 4-5 lifters a "re-lift."

In the BP, one fellow lowered the bar extremely fast and bounced the bar half an inch. Then he pulled the bar in and stabilized it properly. He was given a press command. The bar went up nicely but drew three reds. Explanation: He bounced the bar. How can a lifter be called for bouncing before the actual press begins? The jury had the same question and awarded a re-lift here as well.

Another guy got reds for a wobbly, uneven descent. That got solved also, as an awkward descent is not an infraction. These disputes were resolved amicably.

The Iran program has come to the Philippines four times in the last two years, using the contest to familiarize different line-ups of young lifters with platform experience. More are coming in September! Starting five years ago with 400 members, Iran now claims 4000! Their recent Sub-Junior and Junior Nationals drew 400 lifters! I doubt the Philippines has 400 in all classes.

Coach Soltani observed that no Iran women are lifting yet. Cultural and religious restrictions play a role, but, as Iran ambassador A.M. Rouzbehani explained, women have not accepted the idea of competing in weight events, preferring team sports. Another factor negative to Iran women lifting is that sports events for women are "girls only," the men being barred from attending.

A good sign for the future of Philippine powerlifting is the growing number of youngsters beginning to assert themselves. University teams are recruiting well and gym clubs growing. A Philippine Association presidential election is scheduled in August; it will be interesting to see the effect of the youth movement on future developments.

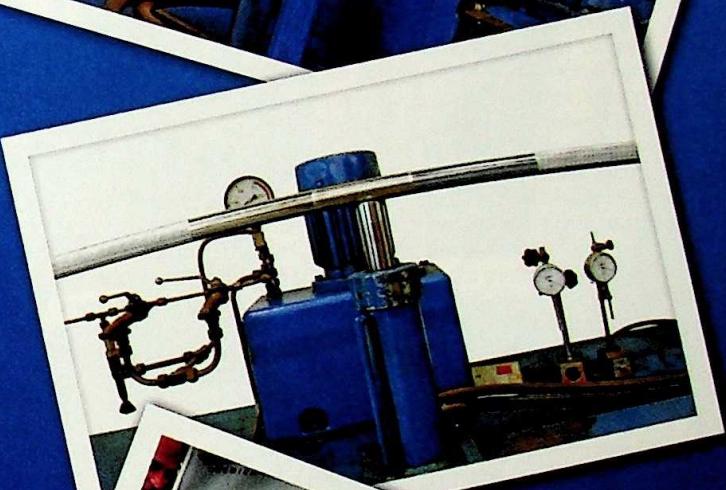
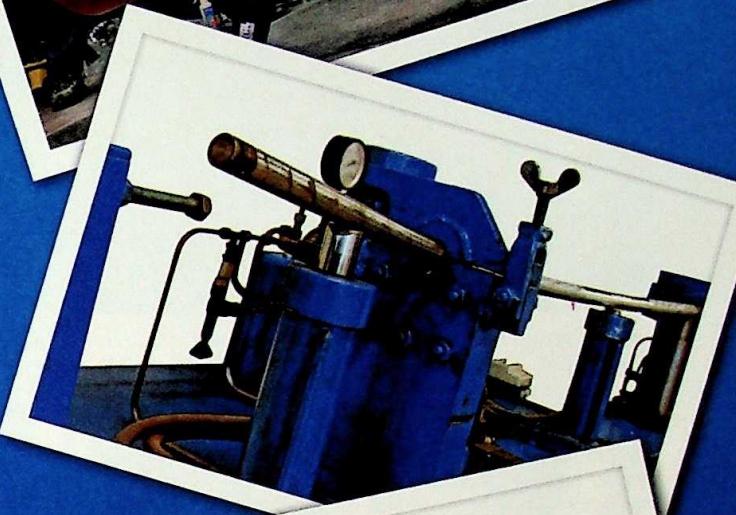


Pure Swedish Iron Ore. It's the Secret to Our Strength.

First introduced in 1963, our legendary Eleiko bar was the first to be used during an entire competition without bending or cracking. A remarkable feat at the time! Forged of special Swedish steel, hardened and toughened to resist the heaviest of loads, each handcrafted bar is ram jack tested under the most torturous conditions. How torturous? We bend the sleeves of every single bar with 2000 kg of hydraulic pressure. If the sleeves don't bounce back to .5 mm true straightness, we melt it down and start again. The bar itself must survive the 1500 kg ram jack test before it is signed and certified by the craftsman who created it.

But let's not forget the plates. Back in the day they were so inconsistent that big competitions required the referees to weigh the plates for record attempts before the event even started. Fortunately, Eleiko's machine calibrated plates made this a footnote in history. Eleiko plates are machined, calibrated and painted from a single, solid piece of iron. There are no brass weight inserts that can fall out. Eleiko craftsmanship is so impressive, that these plates are practically a functional piece of art. You'll always know your lifts are true with Eleiko.

We are now proud to introduce our IPF certified powerlifting bars, plates and collars to the USA exclusively through the Titan Dealer Network.



ELEIKO
USA

www.elekousa.com



Doug Daniels talks about gym etiquette in the article below, and above he is seen standing in his driveway next to his BMW. While Doug has written extensively in the field of strength for several decades, he is actually a very accomplished executive in the steel industry.

When I think of etiquette, I picture the old 'Leave it to Beaver' TV series. Beaver and family would sit together at the dinner table while getting in some quality family time. If the Beaver and Wally wanted to leave the table, they would have to ask their parents if they could be excused, after they finished their meal. Though this type of etiquette is not required of the powerlifter, a certain degree of etiquette is required at a public gym. In truth, there are too many 'Eddie Haskells' at the local gym. In this article let's go through a few etiquette items that can prevent the 'Haskell' reputation being awarded to any of us.

If you took 'em out, put 'em back; the weights that is. Put all plates, collars, dumbbells and bars neatly and safely back in their proper places after you are done with them. Nothing is more aggravating for gym staff and members than to have to unload a bar left on the squat rack with hundreds of pounds of plates so they can use it. Strip the bar down all the way to empty and put it on a bench or squat rack to avoid creating a tripping hazard. Don't assume the next person will start off with 405 on the bar or even 135. Treat unloading and re-racking as part of your workout.

A gym memory I have is of a doofus who must have covertly worked for a gym equipment testing company. Every machine he used was subjected to the weights being slammed down after every rep. He also treated gym members to loud, primeval grunting with each rep. For his encore, he loaded up the leg press until there was no more room for plates. There must have been 1000 pounds or more on the machine. He un-racked the weight and with his hands pushing on his knees lowered the bar all of one

STARTIN' OUT

GYM ETIQUETTE

as told to PL USA by Doug Daniels

inch. Did a couple reps along with some heavy duty grunting to go with it and then slammed the weight down. He must have really tired himself out after that because he left the leg press loaded with the ½ ton of plates. Luckily an instructor chased him down and had him unload that machine and all the rest of the other machines he left in similar condition.

Watch the inappropriate language. What may be fine among the guys may not be in a public gym. Screaming, yelling and grunting should be minimized. Shouting words of encouragement to a fellow lifter during a hard, max squat is okay, but be considerate with the words and volume used.

If you use chalk and powder and left a mess on the floor, take the time to clean it up after you are done. Wipe up any sweat left on the floor or equipment with towel paper. Many gyms supply paper and spray disinfectant for just that purpose. It's a good idea to clean off equipment before you use it also. Throw away any empty water bottles or sports drinks you have finished.

I suggest not passing along any unsolicited training advice to other gym members. Unsolicited advice is seldom heeded or wanted. If someone needs a spot or asks for help or advice, it's up to you. Chances are PL USA readers are among the strongest in the gym

they belong to, so refrain from any comments about the strength level or training methods of the gym's less robust clientele. Seeing someone squat 500 or bench 400 is very intimidating to the average gym member. Let your lifting do the talking, not your mouth. Strength differences among gym members are obvious, so showoff-man-ship is neither desirable nor necessary. That guy curling

10 pound dumbbells may have a BMW M-Series waiting for him in the parking lot. It's all relative.

Gym etiquette is simple common sense and courtesy. When you train at a public gym, remember that the rest of the members have a right to train in an environment conducive to all levels of strength and goals. Gym owners do not want to lose members because they are uncomfortable working out there. Put back any equipment you used or took out. Clean up any mess as well as sweat you may have left after you leave that area of the gym. Don't slam the weights down after a rep or set; they are not yours. Be considerate with your language and conduct. Don't brag or make any negative or belittling comments about or to other members in the gym.

Some large gyms may not be conducive to hardcore powerlifting. In that case, seek out a gym that caters to powerlifting or more serious lifting. Even then, gym etiquette is necessary.

Slamming weights and leaving bars and plates off their racks won't fly in too many places. You may want to consider putting together a home gym where you can make your own rules. You may even come to appreciate the need for etiquette when it's your own gym if you share it with an 'Eddie Haskell'.

INSTANT STRENGTH!

Branch Warren
Team MuscleTech™
Powerhouse

Turn Those Red Lights into White Lights Today!

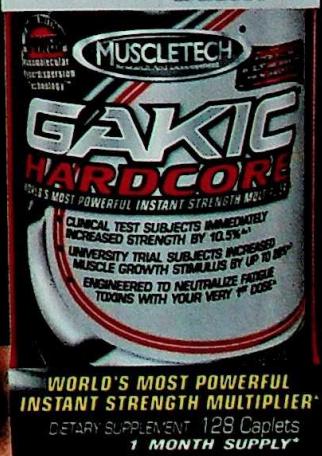
Whether you're competing at a local meet or at the national championships, your goal is the same – lift the highest total possible! That's why powerlifters everywhere are turning to GAKIC Hardcore – The World's Most Powerful Instant Strength Multiplier.

GAKIC Hardcore is the ultimate strength-increasing supplement! Unlike other pre-workout supplements that merely offer a boost of energy and no real results, GAKIC Hardcore is specifically designed to dramatically jack up your strength instantly while providing razor-sharp focus and major intensity! As a result of the raw power of a key complex in the GAKIC Hardcore formula, university test subjects experienced an instant 10.5 percent surge in strength, and that was just an average. One extraordinary test subject even saw his strength increase by a freaky 24.3 percent!

Why wait? See immediate results today with GAKIC Hardcore!



WARNING:
DO NOT EXCEED RECOMMENDED DOSAGE
NEW!
MAXIMUM STRENGTH FORMULA EXTRAORDINARY TEST SUBJECT IMMEDIATELY JACKED UP STRENGTH BY 24.3%!^a



- Clinical test subjects immediately increased strength by 10.5%!
- University trial subjects increased muscle growth stimulus by up to 28%!
- Engineered to neutralize fatigue toxins with your very 1st dose!

Read the label before use. In a clinical study, a key complex in GAKIC® Hardcore increased the total muscle work performed during intense sets of resistance training by an average of 10.5 percent and increased fatigue resistance by up to 28 percent. © 2008. All trademarks are owned by their respective trademark owners. GAKIC Hardcore is patented and available only from Team MuscleTech™.
For more information, visit MuscleTech.com.

GNC LiveWell.

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore all progress depends on the unreasonable man."

GEORGE BERNARD SHAW

I am really a blessed human being because I have had the opportunity to travel to so many places in the world, and through those activities, I have had the chance to meet some of the most successful people in the world of amateur and professional sports. Best yet, I have had extensive life experiences that gave me the opportunity to not only meet but to develop relationships with some of the most influential athletes and people in the world. For instance, I worked as a sports psychologist with professional and amateur athletes throughout the world since the time I was 17 years old. I also worked with numerous sports teams, including the Kansas City Royals, the Pittsburgh Pirates, and the Cincinnati Reds. As an athlete, I had the opportunity to train at just about every Olympic training center in the world for extended periods of time. Actually, I was the first American athlete allowed to train at the Olympic training center in Beijing, China in 1988.

As a certified sports psychologist, I – like any other professional psychologist – certainly understand the complex nature of human behavior. I have conducted a prolific amount of experimental and empirical research in this area. In addition, I have a strong background in medical science, pharmacology and physiology. It goes without saying that I have life experiences that few, if any, writers in this field could challenge. In short, I know sports psychology, and I know athletes as well as anyone in the world or anywhere else for that matter. With that being said, I would like to talk to you about what it takes to be great I mean really GREAT! In many ways, it is not always a pretty picture. Here is what I found through my experiences.

Is GREATNESS POSSIBLE WITHOUT OBSESSION?

If there is a common thread that tends to run through elite athletes, especially the "stars of stars" the greatest of the great, it is extreme obsession with their sport. In fact, obsession just might be the most critical variable required to achieve greatness. Even the most gifted individuals who achieve greatness, guys like Tiger Woods, Larry Bird, Michael Jordan, and Eddie Coan, tend to exhibit passionate behavior toward their sport that hinges on psychosis.

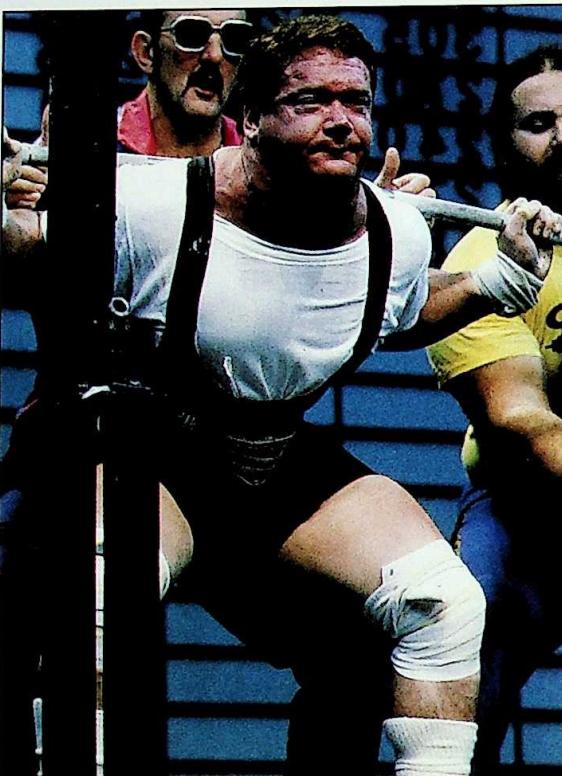
Not surprising, at least to me, is the fact that the majority psychologists believe that for most people to reach an elite level in any field of endeavor some degree of obsession is required. In fact, in sports, one of the most competitive fields of endeavor, obsession, total obsession, may be the most important aspect of achieving world-class status. To be perfectly honest, I have never met a great athlete or a top-quality entrepreneur for that matter, who wasn't somewhat obsessive. The really great athletes, the one-percenters, are generally totally obsessed with what they are doing. They place a higher priority on their sport than they do on work, family, interpersonal relationships, and even on their own health. In actual fact, many athletes seem quite willing to sacrifice the very essence of life just to achieve athletic greatness. Nothing matters, except the game.

Now, I am sure there are elite athletes who have achieved greatness without total obsession, but I would venture to say that they are the extreme exceptions rather than the rule. The majority of individuals who have reached an elite level in sports and many times in life were obsessively obsessed with what they were trying to achieve, almost to the point of being psychotic.

As a reference point, the American athlete responds to competition

DR. JUDD

GREATNESS ... WHAT IT REALLY TAKES - PART I as told by Judson Biasiotto Ph.D.



Everybody Who Knows Ed Coan will acknowledge that he was one of the most intense competitors in the world

80% of elite female athletes who participate in the "thin-build sports" or activities that require a lean body weight, such as long-distance running, gymnastics, swimming, diving, figure skating, dance, bodybuilding, wrestling and lightweight rowing, have eating disorders. Worse yet, these obsessions can go far beyond the playing fields. Anorexia nervosa and bulimia are psychiatric illnesses, but they often coexist with other emotional problems, such as anxiety and depression. It is obvious to me that there's a real paradox in sports. The primary purpose of athletics is to enhance mental and physical health, yet many athletes have been brainwashed into thinking that excellence in sports is the only measure of success.

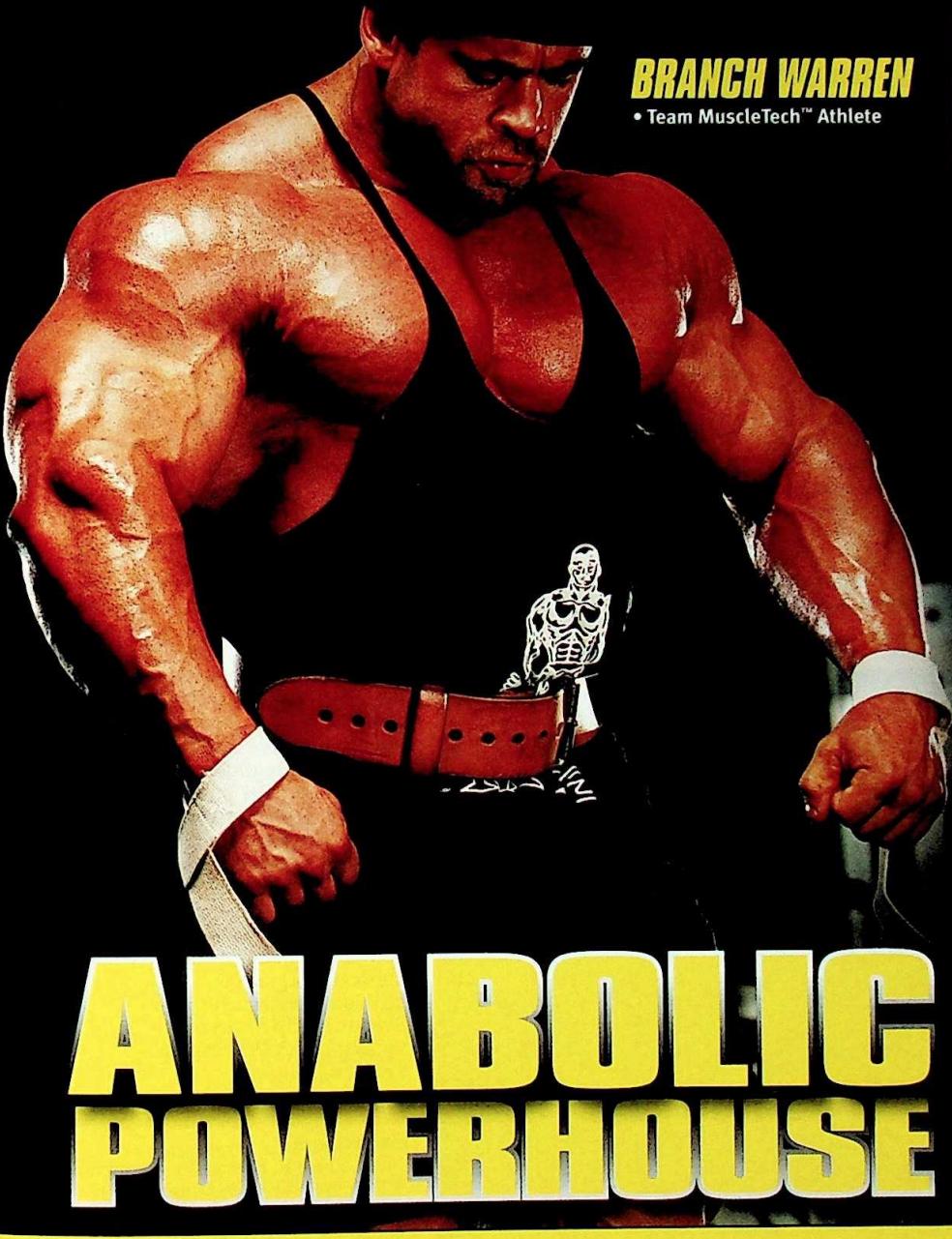
With that being said, let's get back to our original query.... GREATNESS! Is achieving greatness so important to you that you would be willing to sacrifice the majority of your life life is short you know. If so, my question is, "Why?" What purpose is it serving? What purpose are you serving? More importantly, what have you been sacrificing in life perhaps without realizing it, in order to pursue your ostensible goals. There is no question that if we have real passion in our lives we will live longer happier and more productive lives. That basic concept relates directly to having a sense of direction, a purpose, or - at the very least - an objective in life. Commitment and dedication are essential to achieve our goals. Time spent passionately, even if it is unproductive, is better than time spent indifferently on goals we are expected to have, but ones we have no interest in achieving. Commitment to excellence is vital for greatness ... the greater your commitment, the greater your chance for success. Having good genetics, talent, and skill also factor in substantially.

Then there is obsession. It is a powerful, commanding weapon in an athlete's arsenal to get things done. Nevertheless, it should be treated like a potent, but potentially addictive elixir that can help you achieve your full potential as an athlete, but can also destroy your full potential as a human being.

like no other athlete in the world. It's been estimated that the typical athlete in America trains an average of twelve hours a week. Now, that's the average athlete. Most elite athletes train at least three times as much. Not only that, but they will train if they are in pain, if they are sick and even if they are injured. They will do anything to improve their performance — drugs, cheating, lying. It doesn't seem to matter as long as they improve. Believe me, there are numerous elite athletes who practically surrender their entire lives to that single purpose.

For many elite athletes, their devotion to sports actually goes beyond the border of obsession sports is not just a game that is played at certain times, rather it is their social life, psychological life, and physical life. Think about it. How many people do you know that would push their bodies to the brink of exhaustion each and every day, abstain from social and physical pleasures — such as sex, alcohol, and social communication? How many people do you know who would sacrifice job opportunities, financial security, home, marriage, even children, perhaps ingest large quantities of illegal and dangerous drugs, ignore and endure pain from serious injuries, work long hours perfecting a simple skill that is ridiculously repetitious, and gain or lose a couple of hundred pounds each year?

It is not just elite male athletes either who tend to develop obsessive-compulsive behavior in an attempt to achieve their goals. World class female athletes are just as fixated on their sports' goals. In fact, you would be hard pressed to find an elite female athlete in the aesthetic sports — gymnastics, diving, bodybuilding, figure skating, dancing — who isn't preoccupied with body image and rather obsessive about her training. Amazingly, according to Leslie Beals, author of *Disordered Eating Among Athletes*, over



BRANCH WARREN

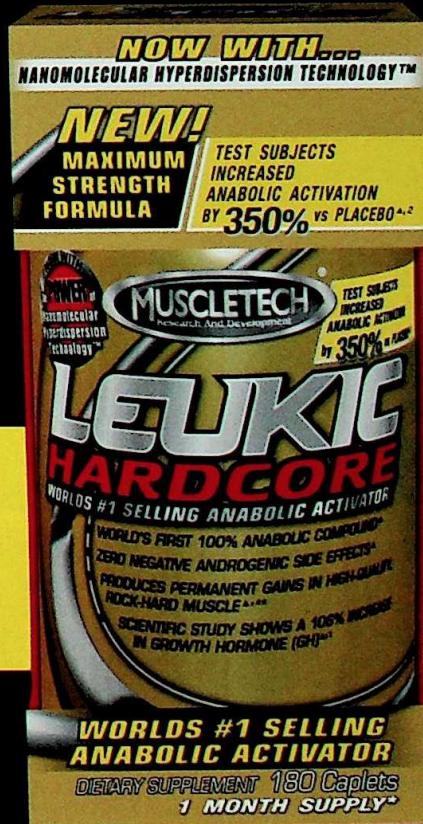
• Team MuscleTech™ Athlete

ANABOLIC POWERHOUSE

- **World's First 100% Anabolic Compound!**
- **350% More Anabolic Signal Activation!**
- **106% Increase in Growth Hormone (GH)!**

As you step up to a loaded barbell still out of breath from the last back-breaking set, something from within tells you that this lift is going to be different. This something could be the fact that your body is anabolically primed with a new, forceful aggression that leaves you with the confidence of a true powerlifting powerhouse. There's no doubt in your mind that supplementing with LEUKIC® Hardcore is the reason that you're physically prepared for every single lift!

The stats speak for themselves: One of the key ingredients is able to force 350 percent more anabolic signal activation and another key ingredient has been shown to increase Growth Hormone (GH) levels by 106 percent. It's these proven results that have ignited an unmatched anabolic surge and given you the muscle to show off a new-found strength. LEUKIC® Hardcore delivers an overpowering anabolic state that is truly unmatched by anything else on the market and the numbers you chalk up while taking this 100 percent anabolic compound prove it! Get on LEUKIC® Hardcore and get anabolic to start pushing massive weight.



© 2008. All trademarks are owned by their respective trademark owners and are used with permission. LEUKIC® Hardcore is patented. Test subjects who trained and took a key component in LEUKIC Hardcore forced 350% more anabolic signal activation at the muscle fiber level than when taking a placebo. A key molecular structure within LEUKIC Hardcore has been scientifically shown to increase training-induced growth hormone levels by 106% after just one pre-workout serving. For more information, check out LEUKICHardcore.com.

GNC Live Well.

Amino acids contribute to musculoskeletal health and repair in many ways. For example, proline and glycine are essential for collagen production. Proline is the precursor to hydroxyproline, an essential ingredient in collagen production, and thus in joint and tendon health and repair.

Methionine is a sulfur bearing amino acid and is necessary for cartilage formation. It has been shown to stabilize joint cartilage and protect joint tissue from damage, and also has shown to be useful in the treatment of rheumatoid arthritis.

Arginine aids in the release of growth hormone, a powerful hormone that aids in collagen tissue repair. As well, arginine increases nitric oxide formation, which causes vasodilatation and improves circulation promoting the healing of damaged tissues and wounds. It has also been shown to act as a mild analgesic and relieve pain. A report in *The Lancet* (Vol. 352, July 25, 1998) suggests that it may help promote healthy tendons and help promote soft tissue repair.

Taurine, a sulfur-containing amino acid and the second most

ASK THE DOCTOR

Amino Acids for Musculoskeletal Health as told to PL USA by Mauro Di Pasquale M.D.

abundant amino acid, and the most abundant free amino acid, found in skeletal muscle tissue.

A recent study on rats has shown that oral taurine supplementation may increase muscle performance and reduce muscle injury caused by exercise.¹ The aim of the study was to determine if increasing muscle levels of taurine would decrease free radical damage after exercise-induced injury. The authors found that first of all taurine levels rose in muscle after supplementation, and secondly that running performance was improved by the taurine supplementation. Thus it appears taurine supplementation may facilitate exercise performance and reduce some of the counterproductive muscle injury caused by exercise.

Another recent study found that taurine may attenuate exercise-induced DNA damage and enhance the capacity of exercise due to its cellular protective properties.²

On a preventative level, taurine administration has been shown to increase taurine concentrations in skeletal muscles, reduce the decrease in taurine concentration in skeletal muscles on exercise, and up-regulates physical endurance.³

The branched chain amino acids, leucine, isoleucine and valine, have been shown to reduce muscle damage associated with prolonged exercise. They're also invaluable in increasing protein synthesis for recovery and repair.⁴

Histidine may also play a role in joint health by decreasing inflamma-

tion and perhaps in other ways. It's thought that people suffering from arthritis benefit from supplemental histidine because of the effects it may have in reducing inflammation associated with joint disease and other musculoskeletal disorders.

Joint Support contains all of the above amino acids, both as part of the BioCell Collagen II(tm) that's in Joint Support, and in some cases also added individually, as well as several dozen other ingredients to help you to prevent musculoskeletal problems and to deal with muscle aches, pains and injuries.

Joint Support Version III

Joint Support is formulated to support muscle, cartilage and joint function in many ways. First of all by maintaining tissue integrity it helps prevent musculoskeletal problems. Secondly it provides the mechanisms and stimulus for repair of injured or damaged musculoskeletal tissue, whatever the cause. It also offers relief for aches and pains.

By providing several dozen ingredients that work along synergistic pathways to decrease inflammation and promote the body's natural synthesis and maintenance of joints, ligaments, muscles and tendons, it protects, prevents and helps in the repair of musculoskeletal injuries and inflammation, regardless of the cause.

Joint Support is used by thousands of bodybuilders and other athletes, both amateur and professional, to help them get the most out of their training. It's also used by countless health professionals as an aid to both prevent and treat injuries.

For more information on Joint Support, and my complete line of nutritional supplements go to: <http://www.mdpplusstore.com/listCategoriesAndProducts.asp?idParentCategory=40>.

References

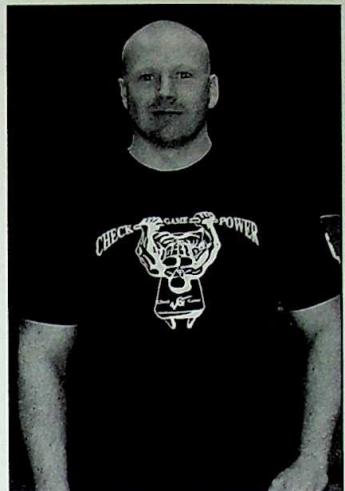
- 1 Dawson Jr R, Biasetti M, Messina S, Dominy J. The cytoprotective role of taurine in exercise-induced muscle injury. *Amino Acids* 2002;22(4):309-24.
- 2 Zhang M, Izumi I, Kagamimori S, Sokejima S, Yamagami T, Liu Z, Qi B. Role of taurine supplementation to prevent exercise-induced oxidative stress in healthy young men. *Amino Acids*. 2004 Mar;26(2):203-7.
- 3 Yatabe Y, Miyakawa S, Miyazaki T, Matsuzaki Y, Ochiai N. Effects of taurine administration in rat skeletal muscles on exercise. *J Orthop Sci*. 2003;8(3):415-9.
- 4 Coombes JS, McNaughton LR. Effects of branched-chain amino acid supplementation on serum creatine kinase and lactate dehydrogenase after prolonged exercise. *J Sports Med Phys Fitness*. 2000 Sep;40(3):240-6.



THE GYM, directed by Roy Marshall, opened in August 1983 and in 2000 it became "The Gym: Jesus Zone Ministries". Seen above, in this 25th year of The Gym's existence, are (left to right) Joey, Roy (gym owner), Brandy, Chris, and Stevie. The Gym offers free weight and cardio training equipment to meet the needs of individuals at all athletic levels. Roy was active in the Fellowship of Christian Athletes back in the 1980s, and was listed in the Guinness Book of World Records at that time for having deadlifted 225 lbs., sets of 10, every five minutes, for 24 hours. Many of his gym members have achieved state, national, and world champion status. The Gym operates on the free will donations of the community. "Our goal at The Gym is to encourage not only the development of physical strength, but more importantly, the strength that comes from a personal relationship with Jesus Christ." Also located within The Gym is the Lighthouse Grocery Store, established to assist individuals and families in need of food. It is stocked through the generosity of individuals, church groups, and organizations from the local area. Contributions of food and personal hygiene items are welcome. The Gym also maintains a directory of caring people who are willing to assist in a variety of ways, called "The Servant's Touch". Their capabilities are matched up with those of needy individuals, to do such things as purchase needed medications to providing temporary shelter. The Gym is an IRS 501 (c)(3) registered organization. Contact Information: The Gym: Jesus Zone Ministries, Inc., 109 N. Main St., Woodstock, VA 22664, thegym@shentel.net. (info courtesy of Glenn Murphy Jr.)

**WABDL Heart-of-America
12 APR 08 - Collinsville, IL**

BENCH	J. Imbler	192*	
WOMEN	Law/Fire Open		
Open	132 lbs.		
148 lbs.	T. Goins	308!*	
L. Brault	126*	Law/Fire Submaster	
Teen (14-15)	132 lbs.		
165 lbs.	T. Goins	308!*	
S. Biddle	154*	MEN	
Class I	148 lbs.		
181 lbs.	L. Brault	604*	
A. Billing	374	Teen (14-15)	
T. Ragusa	435		
198 lbs.	S. Biddle	275*	
S. Hedger	407	MEN	
220 lbs.	Class I		
R. Brault	414	181 lbs.	
4th-429*	A. Billing	551	
B. Ridings	440*	E. Ridings	
242 lbs.	220 lbs.	578*	
H. Beall	418	R. Brault	562
4th-440*	242 lbs.		
G. Parquette	402	H. Beall	584*
Junior 920-25)	G. Parquette	540	
181 lbs.	308 lbs.		
G. Lyle	391	B. Bankston	573
T. Soaib	297*	4th-600*	
198 lbs.	Junior (20-25)		
R. Greenberg	407	165 lbs.	
220 lbs.	C. West	479	
J. Denk	236	181 lbs.	
B. Ridings	440	G. Lyle	501
242 lbs.	E. Ridings	578*	
B. Ridings	440	T. Soaib	485*
Law/Fire Submaster	198 lbs.	R. Greenberg	496
242 lbs.	220 lbs.		
W. Prose	634!*	B. Bielski	551
Master (40-46)	J. Denk	468	
198 lbs.	J. Ortiz	451	
M. Happach	369	Master (40-47)	
Master (54-60)	259 lbs.		
259 lbs.	T. Meggison	518	
G. Chrun	540	308 lbs.	
Master (61-67)	R. Deacon	611*	
309+ lbs.	Law/Fire Submaster		
J. White	—	181 lbs.	
Open	D. Rowland	440*	
242 lbs.	259 lbs.		
W. Prose	634*	M. LaMaster	650
308 lbs.	Master (40-46)		
B. Bankston	578	Submaster (33-39)	
308 lbs.	181 lbs.		
B. Bankston	578	C. Goyes	540
Teen (14-15)	Open		
181 lbs.	165 lbs.		
M. Bechel	225	C. West	479
Teen (16-17)	198 lbs.		
181 lbs.	S. Hedger	622	
B. Biernet	374	J. Wilsey	551
4th-385!*	242 lbs.		
Teen (18-19)	B. Wehmeier	501	
198 lbs.	Submaster (33-39)		
J. Andrusch	364*	B. Bankston	573
220 lbs.	4th-600		
C. Preetyman	402*	Teen (14-15)	
242 lbs.	148 lbs.		
H. Beall	418	C. Gillham	209*
4th-440*	Teen (18-19)		
DEADLIFT	242 lbs.		
WOMEN	H. Beall	584*	
Junior	275 lbs.		
132 lbs.	E. Kessler	501*	



Starkey Hedger pulled 622 in the 198s at the Heart of America meet.

=World Records. *=State Records. This was the 5th annual event hosted by Erica Haislar. Numbers were down this year, about 40. Two years ago there were 70 lifters. The last couple of years Andrew Kim ably assisted her. They are getting married in October and they may not be putting this meet on in the future. A World Cup is scheduled for April 24th at the Chula Vista Resort in Wisconsin Dells, so lifters that normally go to the Collinsville meet in April might think about Wisconsin Dells instead. In the deadlift, world records were set by Tara Goins in Law/Fire Open and Law/Fire Submaster with 308.5. She has only been competing or a year. In the bench there were two world records. Wayne Prose set a world record with 634.8 in the Law/Fire Submaster 242 class. Wayne has been steadily improving and is now a world class lifter. Bronson Giernet of Minnesota in 16-17/181 set a world record 385.7 in his first WABDL meet. Notable state record in the deadlift were set by Brandon Bankston with a Louisiana record at 308/Class I. Eric Ridings was huge with a 578.5 Junior Illinois record at 181. Bill Bielski pulled 551 at 220 and Marty LaMaster had the highest pull of the day with 650.2. Hunter Beall set a Louisiana record 584 in Teen 18-19/242 and Jared Wilsey pulled 611.7 at 198. Jared is from Tennessee and just missed a 628 Tennessee state record. Notable records in the bench were Hunter Beall with a Louisiana 440.7 in Teen 18-19/242 and Caleb Preetyman set an Illinois record 402.2 in teen 18-19/220. In the women's bench, Lynn Draut set an Illinois record 126.7 in Open 148. Her husband Ryan pulled 562 in Class I/220. Sarah Biddle of Indiana set a state record 154.2 in Teen 14-15/165. She also set a state record 275.5 in the deadlift in Teen 14-15/165. Greg Chrun benched 540 at 257 in Law/Fire Master at age 55. I want to thank Erica Haislar for putting on a good meet. The meet site hotel was the Holiday Inn, only a half block from the Collinsville Convention Center. The convention center itself is a perfect venue for the meet. I want to thank the judges John Hudson who flew in from Houston, Texas, Brent Biddle who drove 4-1/2 hours from Indiana, and Matt Bell. The judging was excellent. John Hudson was the head judge and all of his calls were right on. Gus Rethwisch drove ten hours from Minneapolis and brought a kilo set, judging lights, scale, staging, competition Forza bench, bars and along with Erica conducted the weigh-ins. The only negative was there was only one warm-up bench in the warm-up room. You always have at least two and in many cases three warm-up benches in the warm-up room, even if you only have 20 lifters and two flights. Gus also was the MC and he was ably assisted by a young lady, who also did an excellent job scorekeeping, and was also dressed very elegantly, and added class to the scorers

table. Mary LaMaster and Wayne Prose passed the drug tests. (Thanks to Gus Rethwisch for providing this meet report)

**WNPF Multi Nationals
19 APR 08 - Atlantic City, NJ**

BENCH	Crawford	450
132 lbs.	198 lbs.	
Lifetime	Lifetime Raw	
Corallo#	145*	Utke
165 lbs.	(40-49) Raw	475
Subs Raw	Znaczko	350
Hardesty	(50-59)	
MEN	Scaranda	470
165 lbs.	Buchbauer	440
(20-23) Raw	220 lbs.	
Acosta#	335	Lifetime Raw
181 lbs.	Hashemiyoon	500
(40-49) UNL	Lifetime	
Bingham#	465*	Gayda#
Lifetime Raw	(60-69)	600
Gentzel	300	Dusenbury
(60-69) Raw	242 lbs.	510
Crawford	280	(50-59) Raw
198 lbs.	Lombardi	445
Lifetime Raw	275 lbs.	
Utke	—	Spec. Olympian
(40-49) Raw	Crawford	430
Carr	225	(20-23)
Open	Nye	410
Along!	450*	Lifetime Raw
220 lbs.	Sabat	
(60-69) Raw	530	
Blough	285	(50-59) Raw
242 lbs.	Finland	550*
(50-59) Raw	Bryant	530
Lombardi	330	SHW
275 lbs.	Spec. Olympian	
Spec. Olympian	Corliss	350
Crawford	285	POWER CURL
(20-23)	165 lbs.	
Nye	225*	Open
Lifetime Raw	Hardesty	55
Subs	370	MEN
Sabat	165 lbs.	
Spec. Olympian	(50-59)	
Corliss	190	Edwards
BENCH Reps	198 lbs.	155*
132 lbs.	(40-49)	
Lifetime	Carr	160
Corallo	38*	Open
165 lbs.	Carr	160
Subs	(50-59)	
Hardesty	Scaranda	115
MEN	220 lbs.	
132 lbs.	Open	
Subs	Gayda#	180*
Sam	Hashemiyoon	165
165 lbs.	242 lbs.	
(50-59)	(50-59)	
Edwards	27	Bosley
181 lbs.	275 lbs.	160
Lifetime	Open	
Gentzel	20	Sabat
DEADLIFT	SQUAT	205*
132 lbs.	MEN	
Lifetime	165 lbs.	
Corallo	285*	(20-23) Raw
MEN	Acosta#	445*
165 lbs.	198 lbs.	
(20-23) Raw	Lifetime Raw	
Acosta	495	Utke
181 lbs.	(50-59)	425
(60-69)	Buchbauer	365*

*=National Records. BL=Best Lifters.

!=WNPF Lifetime Lifters. t=Tie WNPF Na-

tional Records. The 2008 Multi National event was a huge success. With only 30 lifters we all had a great time. We could have easily canceled this event with 30 lifters and making a 900 mile trip one way but it was very important to do this event. In the past two years we had 82 and 79 lifters at this championship. With the economy being the way it is at this time and a few meets taken place a few weeks before ours we believe this to be the reasons our meet was low in numbers in 2008. We made the 16 hour trip up to AC, unloaded all of the equipment, did weigh-ins and got up the next morning and had some fun. The guys that attended this event seem to be very happy with the meet overall; we received many complements during and after the event. I want to thank the new lifters that came out and the old dedicated WNPF lifters that attended too. We appreciate you! We don't have a lot of the big boys in the WNPF but we do have some that can lift with the best drug free lifters in the nation. We don't have the best music at our meets but this is not a club it's a Powerlifting contest, you come to lift not dance. We get bashed all the time about how we're too strict and we loose many lifters because of this. Lifters will go to other organizations and get just about every attempt passed even though most of these lifts should not be. Then they come to the WNPF where they do the same lifting style and get red lighted and never come back. This sport has changed tremendously where it is becoming a joke, where the equipment is way out of hand where lifters just can't handle the weight they are trying to lift and the judging is horrible. To help get the sport back to where it should be every organization needs to be on the same page and judge by Powerlifting rules. I give guys a lot of credit for lifting big weight but it is more impressive to bench 900 lbs. with a true pause, butt on the bench and a true lockout than a 1000 lb. bench with a touch and go, seesawing the weight and no lockout. Here in the WNPF we judge the way Powerlifting is supposed to be judged. If we have to change the way this sport was meant to be judged then we will never have a large organization and this is the reason some organizations are becoming large. Someone said to me (if you can lift in the WNPF you can lift anywhere) but if you lift in some of these other organizations you can lift there but not in the WNPF, USAPL, USPF and AAU to name a few. We treat and judge each and every lifter the same no matter if you are a novice lifter or an elite lifter and there is no buddy system in the WNPF. Stop listening to the lifters that can't and will not lift here, stop listening to the so called men that go on the internet and bash organizations and bring the sport down and not up. Come and check us out! If you want to come to a meet where you can have fun, lift with a nice family atmosphere, have your lifts judged by true powerlifting rules, have nice and unique awards and a well organized meet then give the WNPF a try. Were not claiming to be perfect by any means and yes we do make mistakes and miss some calls but we try our best to give you the best Powerlifting experience that you can ever have. (WNPF)



Wayne Prose, with daughter Julia, benched 633 as a 242 Submaster.

Paul Kelso's POWERLIFTING BASICS -

TEXAS STYLE. The Game's Funniest Book:

.. join Lope and Lavonda in the "ultimate blend of hilarity and common sense .."

\$14.95 plus s/h, from IronMind, Box 1228,

Nevada City, CA 95959, 916-265-6725,

www.ironmind.com

WPC European Championships
16-21 JUN 08 - Talsi, LAT

BENCH	Masters					
FEMALE	2nd Flight					
Juniors	(40-44)					
(20-23)	Belikovs-RUS	584				
Horste-LAT	88	Karjalaine-FIN	595			
Masters	(45-49)	Lopatsky-RUS	639			
(40-44)	(50-54)	Zavyalov-RUS	408			
Bileisa-LAT	176	Ponomarov-RUS	540			
Open	(55-59)	Akentyen-RUS	507			
Liptakova-SVK	237	Zavyalov-RUS	408			
(33-39)	Babris-LAT	353				
Sheludko-RUS	364	(60-64)				
MALE	Khudoleev-RUS	342				
Teens/Juniors	Open					
(13-15)	Ogrenchuk-UKR	336				
Kuhterin-UKR	160	(33-39)				
Pumpurs-LAT	132	Vincent-FRA	331			
(16-17)	Gorbachev-RUS	661				
Steins-LAT	303	(45-49)				
Malugins-RUS	518	Resetnikov-RUS	424			
(18-19)	(50-54)					
Smulko-LAT	287	Ponomarov-RUS	540			
Pannikov-RUS	413	Open				
Dudins-LAT	375	Leiviska-FIN	—			
Haapasaari-FIN	551	(33-39)				
(20-23)	Golmoham-FIN	716				
Artemjevs-LAT	375	Open				
Apskalns-LAT	573	Ozols-LAT	683			
Volkovs-LAT	507	Zaitsev-RUS	623			
Mezjanis-LAT	507	Koltakov-UKR	623			
Slikov-RUS	650	Matsur-RUS	650			
Masters	Turtiainen-FIN	650				
1st Flight	Murnieks-LAT	—				
(40-44)	(33-39)					
Grebers-LAT	430	Seilis-LAT	—			
(45-49)	Open					
Kukhterin-UKR	220	Luks-LAT	—			
Resetnikov-RUS	424	(33-39)				
(60-64)	Koltakov-UKR	—				
Petrovs-LAT	325	Brazhkin-RUS	—			
(65-69)	(40-44)					
Kuzmins-LAT	303	Turtiainen-FIN	650			
(70-74)	(45-49)					
Pereladov-RUS	215	Kalliola-FIN	849			
Lavrovs-LAT	198					
Powerlifting	SQ	BP	DL	TOT		
FEMALE						
(33-39)						
Medvedeva-RUS	463	265	419	1146		
(20-23)						
Tomchin-RUS	353	132	353	838		
Bohinska-SVK	309	160	309	777		
Open						
Piatrovic-BLR	397	248	435	1080		
MALE						
1st Flight						
(18-19)						
Kosturov-SVK	424	259	391	1075		
(20-23)						
Horste-LAT	165	88	243	496		
Tomchin-RUS	—	—	—	—		
(13-15)						
Caps-LAT	138	66	176	380		
Pavluk-RUS	375	—	—	375		
(16-17)						



Tibor Mezharos from Hungary.

Pastor-SVK	772	353	694	1819	
Sablins-LAT	661	364	661	1687	
(50-54)					
Makovsk-RUS	—	—	—	—	
Tokarev-RUS	—	—	—	—	
(55-59)					
Bulans-LAT	617	287	639	1543	
Gutmanis-LAT	507	309	507	1323	
1st Flight					
Open					
Tomcin-RUS	805	408	678	1890	
Open					
Konstanti-RUS	716	452	573	1742	
Blumfelds-LAT	728	463	661	1852	
Razujevs-LAT	639	364	617	1620	
Ivanovs-LAT	529	309	529	1367	
(50-54)					
Tokarev-RUS	606	452	606	1664	
2nd Flight					
Open					
Sokoly-SVK	728	463	689	1879	
Sarapov-RUS	—	—	—	—	
Reksne-LAT	838	628	739	2205	
Lacis-LAT	772	617	750	2138	
(33-39)					
Luboslav-SVK	827	463	750	2039	
Koltakov-UKR	661	485	661	1808	
Salzemni-LAT	860	584	716	2161	
(40-44)					
Meszar-HUN	772	353	728	1852	



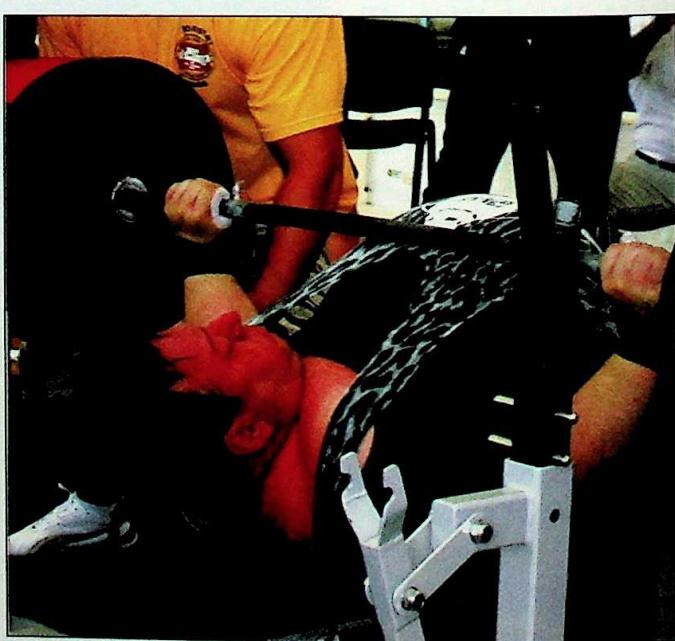
Best Woman Bencher - Viktoria Sheludko (RUS) & her daughter



Russian President Yury Ustinov and WPC President Mike Sweeney



Maria Medvedeva of Russros fromarded best woman powerlifter.



Kari Kalliola from Finland benched 848 as a 45-49 Master SHW.



Johnnie "J.O.J." Jackson
• USPF World Record Holder

HARDCORE POWER UNLEASHED!

Once J.O.J. steps under the bar he knows there's no turning back. From here on nothing matters but ruthless power. It's for powerhouses like you and Johnnie that Team MuscleTech developed the most powerful creatine pill in the world - CREAKIC® Hardcore!

No other creatine pill is designed to deliver explosive results like CREAKIC Hardcore's revolutionary creatine formula. CREAKIC Hardcore is the only creatine pill in history scientifically engineered to fight off Reactive Oxygen Species (ROS) for maximum creatine absorption. In one 12-week clinical study, subjects consuming CREAKIC Hardcore's key ingredient increased their muscle fiber protein content by 58 percent! And more protein content in your muscles means setting new records on your PBs.

Relentless power is here, so jack up your strength gains with CREAKIC® Hardcore!

- Increase Muscle Fiber Protein Content by 58%!
- Explosive Gains in Hardcore Power!
- Maximize Creatine Absorption by Fighting Off ROS!

NOW WITH
NANOMOLECULAR HYPERDISPERSION TECHNOLOGY™

NEW!

MOST POWERFUL
HARDCORE
CREATINE PILL
IN EXISTENCE!

TEST SUBJECTS
INCREASED MUSCLE FIBER
PROTEIN CONTENT
BY 58%!*



AMERICA'S #1
MUSCLEBUILDING CREATINE PILL
180 CAPSULES
1 MONTH SUPPLY*

© 2008. All trademarks are owned by their respective trademark owners and are used with permission. For more information, check out CREAKICHardcore.com.*

GNC LiveWell.

HELP ME CHOOSE A GOOD ANTIOXIDANT FORMULA

Q: I know that you are very big on antioxidants, and from reading all the articles you have written I have become more interested in this area. I understand the theory behind them better than I did before, but I am sure there is a lot more to learn, so I was hoping you might do a series on antioxidants. In the meantime I really would like to start incorporating them into my supplement plan. I am currently taking the Animal Pack multivitamin, At Large Nitrean shakes, and Nutra Sea fish oil. These are all taken as a result of your advice and I will say that you do know your stuff. But, there are so many antioxidants out there to choose from - what I should take? I see you recommend Green Tea, Vitamin C, and others but I am confused on how to incorporate them into my plan. I am not a huge supplement user. Getting me to take my multi and fish oil was like pulling teeth, so I can't handle taking a dozen pills three times per day. Is there anything you can recommend that would be simple to use but effective? I trust your recommendations as they always seem to be on the money. I look forward to the column every month because when you write articles its stuff we can actually apply to our daily lives. Yours in Power, **Peter Johanson**

A: I am glad to hear that you have taken my advice in the past and have found it beneficial. I really like to help out our community and if I can make a difference in someone's life by helping their performance or improving their health then I feel like the effort was well worth it.

Yes, there are many different kinds of antioxidants out on the market. I know for the lay person this can be quite confusing. You see this herb or that vitamin and hear about the potent antioxidant protection it offers only to wonder what you should take and how much. This can make it seem like you should take a thousand different pills per day but really this is not the case. I know there are people out there, especially among lifters, who are not punctual taking their supplements. I know what it's like to have a busy lifestyle and can relate to the need for convenience when taking supplements. Since most lifter's diets are lacking in the right nutritional profile to support their training sessions, this makes nutritional supplementation very important for their success. Many lifters also don't eat as they should which leads to nutritional deficiencies and health condition. Ignoring what your body needs is something that will have detrimental effects on your performance and long term health

NUTRITION

Power Nutrition Q & A

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

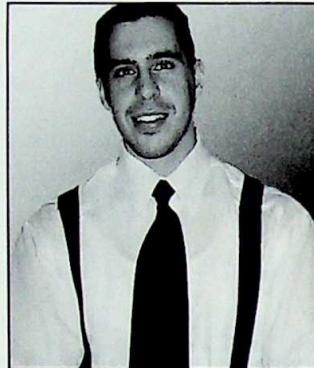
as well. For a lifter who doesn't like taking a slew of pills, but needs to provide his body with proper nutritional support in terms of antioxidant protection, you will need something very concentrated. The ideal antioxidant supplement for you would then be NOxidant by a company called Recomp Performance Nutrition (RPN).

Free Radical Science 101 - Powerlifter Style ...

Before I get into why this product would be ideal for your situation I want to discuss free radicals and antioxidants in general. So what is a free radical you might ask? I will try to tone down the scientific mumbo jumbo. Before we look at what a free radical is you need to understand what an atom is first. I know you probably studied this in Grade 10 Science class right but how many of you remember stuff from back then. An atom contains a nucleus. In this nucleus there are positively charged particles known as protons. On the outside of this nucleus there are negatively charged particles known as electrons floating about. A free radical is when an atom contains at least one unpaired electron in the outermost shell. This is formed when a covalent bond is broken and leads to one electron remaining with each newly formed atom. Free radicals are very reactive because of the presence of unpaired electrons. So in an attempt to stabilize themselves, free radicals try to steal electrons from cells that are close by and are healthy and stable. This is where the damage begins to the cells. This can lead to increased free radical development as well as new damage caused by this chain reaction.

Where do they come from?

There are many things that can increase free radical damage. Some of you probably suspect that many of the lifestyle choices that you know are bad for you would be included. Things like smoking, which none of you should be doing anyway if you are serious about your training, increases free radical damage. The air that you breathe everyday can also increase free radical production. All that air pollution pouring out of those spouts of those factories you drive by on the highway as you go into work



Anthony Ricciuto - the food guru behind www.NutritionXP3.com

are also free radical producers. A high sugar and high saturated fat diet can also lead to increased free radical damage. You may have thought the only things you had to worry about by eating that garbage was high cholesterol, Type II Diabetes and a big 'hunk-a-hunk-of-burning-love' around your waist where your abs used to be. Nope, you also get to look forward to free radical damage that can cause a slew of other diseases as well. I really know how to dump napalm on your parade, eh! We all know exercise is good for you, right? That is why many of us do it, to stay healthy and in shape, but there is a downside. Intense training actually increases free radical damage. This is caused by the stress that is placed on the body during training sessions as well as the increased oxygen intake that takes place while lifting heavy weights. Just breathing and training can increase free radical damage; it's not just related to unhealthy eating and lifestyle choices.

So how do Antioxidants help?

Antioxidants slow down or prevent the process of oxidation from occurring at all. They lend a helping hand to unstable free radicals by donating a much needed electron to them. This then causes them to stabilize so they don't go on a free radical rampage throughout your body. This is important because free radical damage is related to over 100 different diseases, including Diabetes, Cancer, Cardiovascular Disease, Renal Disease, Arthritis, Liver Disease, Cataracts, Infertility, Lung Disease and many more. Why should you

give these free radicals the perfect playground to fester and do the damage they love to do? Your health should be priority number one, even above your lifting, because without it your lifting is nonexistent as well as everything else. Since most of you don't eat as much fruits and vegetables as you should to get maximum protection, supplementing with antioxidants can help fill in the gaps.

NOxidant: One very Comprehensive Formula ...

You may be wondering why I like this formula when there are so many different antioxidant supplements on the market. In my opinion this is one of the best for many reasons. The first is that it is composed of high quality raw ingredients. This is important when buying antioxidants and any supplement. You want to make sure that the manufacturer uses the highest quality ingredients around because this makes all the difference. Next is the wide variety of antioxidants that are found in this formula. As you mentioned in your question, "since there are so many different antioxidants on the market which one is the best to take"? The answer is that you should get your antioxidant protection from more than just one source. NOxidant actually has 11 different proven antioxidant ingredients in this formula. They didn't skimp on the product in terms of quality or in the wide spectrum of ingredients. Next is the formula itself. Matt Pearson, the formulator of NOxidant, really put his mind to work in designing this product. It is designed to attack free radical damage from many angles. This is not a simple 'throw it all in one bottle' formula. Lastly is the convenience factor. Imagine sucking back 11 different pills to get all that you do in a 3 capsule dose. So, not only is it one of the best formulations in the antioxidant category but it also is convenient for those of you who don't like to take a lot of pills. All you need is three capsules a day. Let's take a look at what is in this formula and the dosing as well.

NOxidant ...

Three capsules contain the following:

Gamma-Tocopherol 500 mg;
Selenium (yielding 200 mcg Selenium) 100 mg;
Alpha Lipoic Acid 100 mg;
Grape Seed Extract 200 mg;
Green Tea Extract (50%) 300 mg;
Quercetin 200 mg;
Apple Polyphenols 300 mg;
Zinc Aspartate (20%) (Standardized to 10 mg zinc) 50 mg;
Copper Gluconate (20%) (Yielding 100 mcg copper) 500

mcg;
Manganese Chelate-(20%)
(Yielding .2 mg Manganese) 1 mg;
Vitamin C 250 mg.

So What else you Got up your Sleeve?

As you can see above this is one stacked antioxidant formula. Matt Pearson at RPN basically chose the top antioxidants available and put them all in one very comprehensive and strategically dosed formula. I use this formula myself and recommend it to my athletes so you can be assured it is one top quality product. On training days I take it before bed. On days you don't train I would take it first thing in the morning, before eating. Besides protecting you from all the health conditions I mentioned earlier I know you diehard lifters out there want to know what else it can offer. Well I have good news, because the health benefits I mentioned are not all this product has to offer.

The first thing you will notice is that your recovery time is better. This product and antioxidants in general will help you recover from your intense training sessions much faster than if you didn't get this level of protection. Remember, your training progress is only as good as your rate of recovery. Just ask the Russians or the Bulgarians and you will see what I am talking about.

The one thing I want to touch on here that is a major flaw, especially with American Powerlifters, is the fact that they emphasize heavily on modalities of recovery that are physical. They use massage, contrast baths, Chiropractic, Active Release Technique, Physiotherapy and many others. Few realize how important the supplement aspect is in this puzzle. It plays just as an important role as all the physical modalities you perform so religiously. Remember the other end of this equation to truly maximize your recovery from every angle.

The next thing that it will help benefit is your immune system. I am sure you have all had this happen to you. You go to the gym and crank out one kick ass workout and just seem to break PRs nonstop. But within the next couple days you come down with a nasty cold. You get all stuffed up, you body aches, and you feel sicker than a dog. Yet only 48 hours ago you were training like a beast. What happened? In reality what happened is that the intense workout you did actually wore down your immune system's ability to fight off infection. Antioxidants help strengthen your immune system and one of the best times to take advantage of this is post workout. You need to keep healthy if you want to keep tackling those PRs, so don't underestimate

the importance of not getting sick.

Next, you can look forward to increase training endurance. I know you whiners out there are going to say that we aren't marathon runners so how will this benefit us. The reality is if you want to get stronger you have to continually increase your volume workload. If you cannot do this then you will not get much stronger. One last thing you will notice when using this formula is an improved utilization from the Nitrous Oxide (N.O.) products you are using. N.O. products are some of the hottest products on the market today. They are very popular with bodybuilders due to the fact that they work very fast and induce a major pump to the working muscles. A few of the most popular out there include BSN's NO Explode, Gaspari's Super Pump 250, and Vault by a company called SAN. These products do work at increasing the blood flow to the muscles you are working in the gym. The first two that I mentioned contain a good dose of caffeine as well, so the combined energy jolt plus super pumped biceps also add to why they are so popular. By taking NOxidant you will be able to get maximum effect out of these products and it will actually enhance them. This is just another benefit that you will see when including this formula in your supplement plan.

Conclusion ...

I hope this helps you out in choosing the right antioxidant formula. As you can see NOxidant offers a lot to the powerlifter in terms of antioxidant protection as well as performance enhancement. I am a big believer in getting in plenty of antioxidants daily due to the many factors I mentioned earlier. Of course, I didn't discuss all they have to offer as this would be better said in a series on antioxidants, which I am planning for the future. But, from this brief synopsis, I hope that you all realize how important they are and how they should be implemented into your nutritional program. The reality is that most people don't eat as much vegetables and fruits as they need daily to get in the antioxidants their bodies need. Powerlifters are not the perfect "Role Model" in regards to making sure that they get in enough of these cancer fighters each day. For those of you who are interested in this product you can go to RPN's website at www.recomp.com to find out more information. Until next month eat clean, train hard, and one way or another, get in your antioxidants!

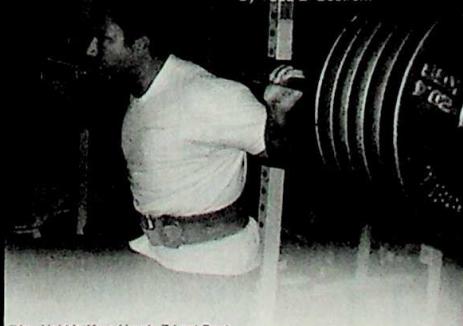
If you have any questions or comments, feel free to write me at: Arriuci@NutritionXP3.com Or check out my website at: www.NutritionXP3.com

STRENGTH TRAINING BOOK

Z LAST BOOK You'll Ever Need On

STRENGTH TRAINING

By Todd E. Bostrom



*You Hold In Your Hands Z Last Book
You'll Ever Need To Get Strong *

Bill Kazmaier-
World's Strongest Man '80, '81, '82
IPF World Champion Powerlifter '79, '83

**"Z LAST BOOK YOU'LL EVER NEED ON
STRENGTH TRAINING"**

by Todd E. Bostrom

"I found the title perfectly fits the book as it definitely is the only strength book you'll ever need. All the information necessary to achieve maximum strength is included..."

-FRANCO COLUMBU D.C.

*Mr. Olympia '76, '81
Champion Weightlifter and Powerlifter
Strongman*

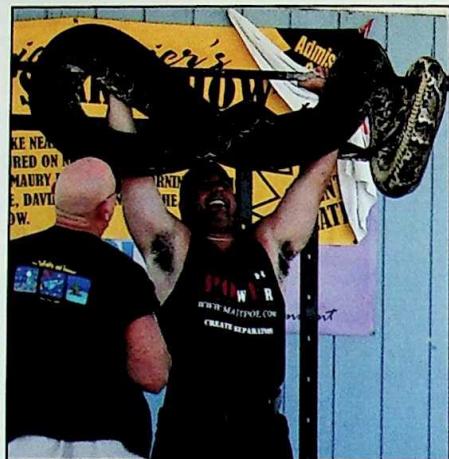
Available on AMAZON.COM

THE NEW GORILLA KC-4 tm KRE-ALKALYN BUFFERED CREATINE

Unmatched Vascularity, Awesome Pumps And Dramatically Enhanced Muscle And Strength Gains! Bodybuilder's 1st Blood Plasma Expander! Creatine PHD program- Why? Kre-Alkalyn is the only stable creatine. Kre-Alkalyn is the only creatine in the world with a pH above 12 because its molecules are synthesized with "buffering" agents using a patented manufacturing process. As a result, it passes intact to the bloodstream and reaches the muscle cells at full strength. What does all this science mean to the person taking it? You receive all the benefits of what creatine has to offer with "zero" side effects. Immediate results-- it works the first time with NO LOADING PHASE!!! It is 10 times stronger than any other creatine. Most importantly Kre-Alkalyn neutralizes lactic acid so you can perform at even higher levels. It comes in Orange Flavor 2.8lb. Container with 65 Servings for \$ 46.95.

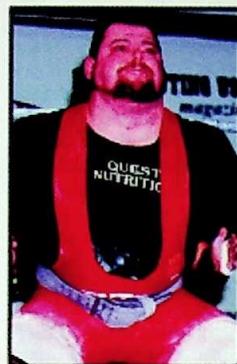
VISIT US ON THE WEB:
WWW.GORILLA-NUTRITION.COM
DEALER INQUIRIES WELCOME 0308a
TEL: (860) 523-8261 FAX: (860) 523-8079

MAN PRESSES SNAKE!



Matt Poe, a noted (by Ed Coan!) overhead press specialist in strongman competition, recently performed a unique strength feat at the Nashville Shores Water Park in Hermitage, TN. The challenge was to lift an olympic bar with "Big Bertha", a Burmese Python supplied by Ernie "the Snake Hunter" Lanier (former pro wrestler - 'The Executioner' and friend of Chuck Braxton). The bar and snake weighed 367 lbs. and the promotion company hoped that Matt would be able to manage 1 rep, but he actually did 4 reps for the audience of 3000 people. Matt is 6'1", 255 lbs., and his website is www.mattroe.com.

QUEST NUTRITION



BRIAN SIDERS

JSF 5500

The Ultimate Joint Support Formula

BUILDING BLOCKS:

- Glucosamine X3 (2200mg)
- Chondroitin Sulfate (1200mg)
- Collagen (5000mg)

OTHER ESSENTIAL INGREDIENTS

- MSM (2500mg)
- Manganese (40mg)
- White Willow (15mg)



**Special!
(2) JSF 5500
For only \$45
Savings of \$11.00**

QuestNutrition
3000 Mattison St. NW
Duluth, GA 30096
770-495-0787
QUEST-NUTRITION.com

Last month we visited Body Matrix in Australia, and now we gotta get back to the good old USA. Last weekend, I was in Los Angeles. I noticed that Gold's Gym in Venice had changed a little since my last trip (paneling?) – and my TX hat is off to the guys who remodeled Muscle Beach Gym! Way better than it used to be! Of course, last Saturday was the day all the Cali-chicks protested their Venice Beach inequality (with regards to swimsuit laws) by going topless at the beach. Wow! At least, that's what I heard other people say – I saw nothing. I focused all of my attention on my beautiful wife, modestly attired in her T-Shirt. I didn't look forward (at the dark-tanned perky girl), nor to the left (where the 44 longs swung free), nor right (where the hot-looking stripper strutted). I was FOCUSED, but the average Joe might've been distracted. Of course, we don't want any distractions when we train, so we'll go underground and ignore it all. We'll train all alone underground; in a dark safe place without sexy human interruptions – **Valhalla Basement Gym**.

Mike Barcelone does HVAC work, so he could claim to be distracted by working long hours in the summer. But he still trains heavy and hard, even if he has to lift at 11:30 at night. Most of America works hard in 2008 – but my heart is always with these busy guys who are determined to get their workout in, no matter what. Mike lives in South Jersey (Washington Township), which he says is where all Italians from South Philly go when they scrape together a few bucks.

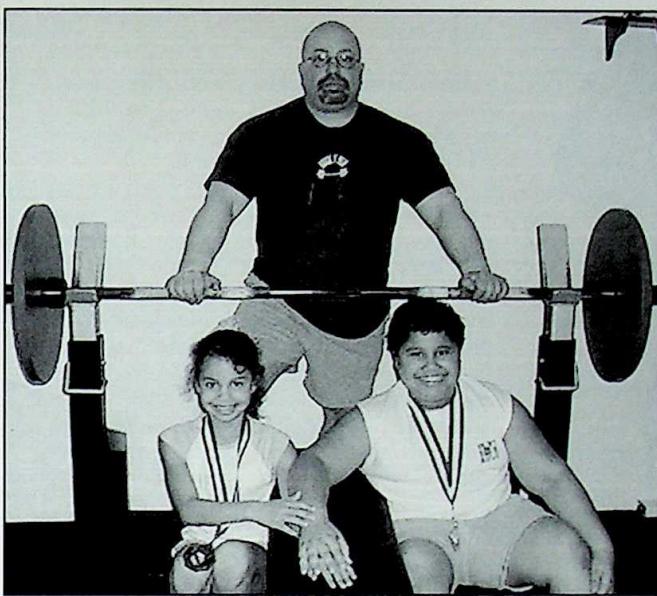
Mike has been powerlifting for about 20 years; in a wide variety of P/L federations – including **USAPL, AAPF, APF, WNPF, AAU, ADAU, USPF, and raw**. Like most lifters, he will lift in any federation that is holding a meet close to (his) house. (He hates to travel, and seems to ignore the federation politics.) He lifts assisted or raw, benching much better in a BP shirt, but generally wears only knee wraps & belt when squatting heavy. He is a bona fide dinosaur. He has a number of NJ state records in the 220s, so he knows a little something about what it takes. Where does he train?

He trains 3 days a week at **Ironsport Gym** in Glenolden, PA; and 3 days a week at **Valhalla**. Mike all good stuff to say about **Ironsport Gym**! He says it's a great place to "train heavy, go nuts, talk sh8t to the guys, and have a blast!" But 3 days a week; when he wants to avoid distractions during his assistance work, he goes underground. **Valhalla Gym** has everything needed by serious powerlifters, from reverse hyper and a power rack with 1" hole-spacing (for bands), to heavy DBs and even a Smith Machine. It has the Safety SQ bar, and the Cambered BP bar, and everything needed by a dinosaur like Mike. But it has no other people, cuz it's in Mike's basement. Mike named his basement gym Valhalla, because "it's where a warrior goes to die. What a place that must be."

Mike trains his two olympic-lifting kids in Valhalla, a couple of days a week. These 10 year-old twins then go to Moorestown Weightlifting Club to train on two other days. They split their training just like dad, only they

HARD CORE GYM #77

Valhalla Basement Gym (no guests invited) as told to Powerlifting USA by Rick Brewer



Mike Barcelone with his proteges at the Valhalla Basement Gym.

apply their skills to Olympic Lifting. Evidently, they know what they are doing – because they both medaled at the Junior Olympics last year. His son (Michael) won a Silver medal, and his daughter (Maria Elana) won a bronze medal; both also competed at Disney School-age Nationals in June. Mike trains his wife a couple of times a week, if she feels like it. Mike's next-door neighbor doesn't really understand his need for solitude, so when come down to provide Mike some extra company – Mike tortures him with high-rep squats. (Mike says: 'why would I want company? I'm training – not going to the movies!') A series of 20-rep squats usually leads to the neighbor vomiting in the sump-pump (who wouldn't hurl after those? RB). This in turn leads to another 6 months of peace and solitude – before the neighbor gets the stones to return for round two.

In his Valhalla Basement Gym, Mike can listen to whatever hard-rock he wants to hear. Gym-tunes include **AC/DC, Pantera, Ozzy**, and also some rap – **TI, The Game, Ice Cube**, etc. 'Course, the neighbors better watch old Mike – cuz he says listening to Ice Cube gets him all hyped up – until he wants to do a drive-by on the house across the circle where the stupid delinquent kids live. Hah!

Mike is 41 years old, but he scoffs at the 'masters' designation – he says 'give me a break; this is powerlifting – not golf!' His best SQ is 600, done with knee wraps and a belt in an APF meet in 2007. He has benched 360 raw, and benched 451 shirted. His best DL so far is 540. Although he has a variety of state records, I think these are actually his top lifts. It's hard to keep track of his current bests, because I've been talking with

Mike for 2 years now – waiting for him to send photos. In his words: *'I finally figured out how to download the digital camera pics to computer. Hey if I was a rocket scientist I wouldn't be powerlifting; I would be Olympic lifting!' LOL*

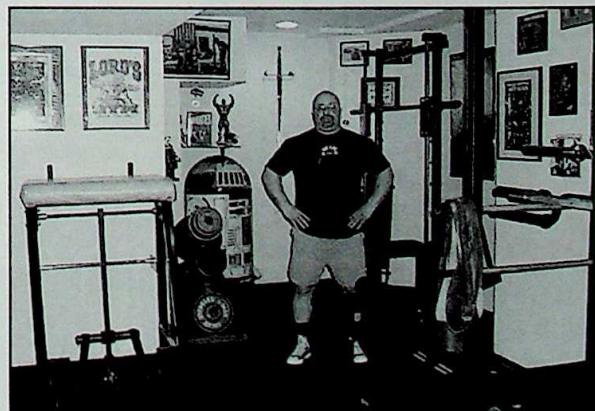
Mike may train 3 days a week in his basement, but he says: *"I have AC in the summer, and heat in the winter. All you guys who think that training in severe heat or freezing cold makes you hardcore it don't. It just makes you stupid. Would you go out in a monsoon without an umbrella? Training hard when you don't feel 100% is what is hardcore. Going all out, all the time – not the fact that you don't clean the bathroom for a month. The craziest I get is pissing in the sump-pump hole, but that doesn't make me hardcore, it means I'm lazy (I don't feel like walking upstairs). Hardcore is a state-of-mind."* OK, Mike, we get the point. (Admit it, ya gotta love this guy!) Of course, the point (from

all these HardCore Gym articles) is that training hard wherever you are, with whatever you have – is always hardcore. But Mike has a good point in the midst of his whacky rhetoric!

Wherever you are, you can train. You can lift something right now. If you are in a business meeting, hiding this copy of PL USA in your briefcase, pretending to listen to Maurice as he drones on about 4th quarter sales goals – start training. *Jump up from your chair right now and grab the person sitting to your right; lift them overhead in a smooth quick movement. While holding the co-worker aloft, quickly squat 6-8 reps.* Trust me; these little things will make a difference in your life. Soon you'll find that you have plenty of time to train.

Congrats to Mike Barcelone on Valhalla Basement Gym! Where do you train? Email me and tell me. Next month, we'll go across an ocean and see a different sort of gym. Until then, set the co-worker down and get back to work. No sense overtraining.

Comments/info: Rick@houseofpain.com



Mike standing proud in his well equipped basement facility

THE RAGE

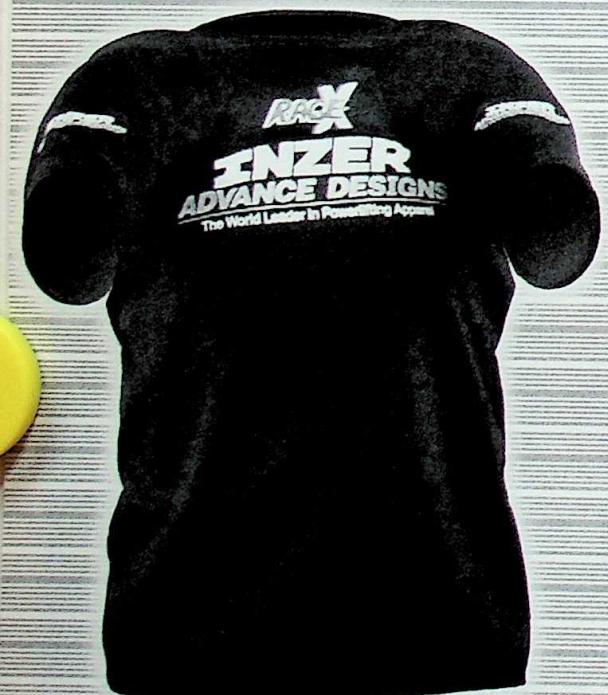


The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!

- The Round-Sleeve™ design is very user-friendly because it accommodates many benching styles.
- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.
- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.
- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

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



- Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.
- The combination of several new contours built into the pattern complement the already super RageX system.
- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faltering with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.
- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.
- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.
- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.
- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

SEE MORE SELECTION AT INZER.NET.COM

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

PHENOM

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



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

RADICAL DENIM

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



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

ULTIMATE DENIM

• The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!

• The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

SEE MORE SELECTION AT INZERNET.COM

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

INZERNET.COM
800-222-6897
903-236-4012



Inzer Advance Designs Logo T-Shirts

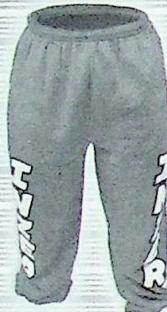
This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, California blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red,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

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck
Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



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

\$23.95



\$10.00

Hoodie
Supersweats Pullover Hoodie with embroidered two color Inzer logo chases away the chills.

\$19.50



Jersey Knit Short
50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

\$12.95



Beanies
Embroidered with two-color Inzer logo, available in black, grey, and red.

\$10.00



Gym Bag
This large deluxe embroidered gym duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value.
29" X 13" X 12"
\$25.00

Suit Slippers

Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

\$19.95



\$4.95

Fitting Gloves

Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!



Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



Knee Sleeves XT
The high tech knee support advantage for strongman competitors and other athletes.

\$55.00



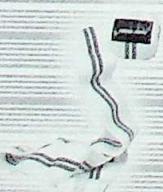
Stickum Spray
Use this excellent tool for a variety of performance tweaks in training and competition.

\$5.95



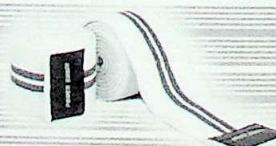
Gym Chalk
Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



Power-Surge Red Line Wrist Wraps
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



Power-Surge Red Line Knee Wraps
Power-Surge Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

\$16.50



Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



Form-Foam™ Lifting Gloves
Custom gripping power and supreme stability control. Power-Surge.

\$12.95



Iron Wrist Wraps Z
The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

\$17.00



Iron Wraps Z
The most powerful, most popular, most effective knee wrap in the world!

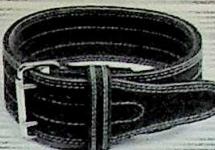
\$22.00

SEE MORE SELECTION AT INZERNET.COM



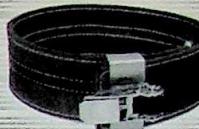
Forever Lever Belt 13MM

The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.
\$70.00



Forever Buckle Belt 13MM

The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.
\$70.00

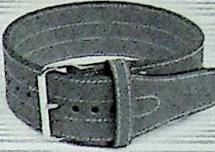


PR Belt

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.
\$140.00



Forever Belts™
are guaranteed
forever!



Forever Buckle Belt 10MM

Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.
\$60.00



Max DL

The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.

\$145.00



Lifting Singlet

Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.

\$33.00



Z-Suit

The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.

\$42.00



Champion Suit

Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.

\$42.00



The Pillar

The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.

\$115.00



Standard Blast Shirt

Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.

\$38.00



High Performance HD Blast

Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.

\$77.00



Heavy Duty Erector Shirt

HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.

\$55.00



Heavy Duty Groove Briefs

Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.

\$26.00

SEE MORE SELECTION AT INZERNET.COM

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel
INZERNET.COM
800-222-6897
903-236-4012

ADAU Real Powerlifting
28 JUN 08 - Erie, PA

	SQ	BP	DL	TOT
WOMEN				
114 lbs.				
B. Steffan	190	105	285	580
123 lbs.				
Zimmerman	175	120	250	545
	SQ-Act-177.5			
B. Servidio	160	115	250	525
C. Runninger	105	85	175	365
	BP-Act-87.5			
132 lbs.				
K. Irwin	180	90	210	480
	4th-DL-220			
R. Patterson	140	85	230	445
	4th-SQ-145			
165 lbs.				
D. Grimm	—	—	—	—
181 lbs.				
V. Vasquez	45	120	180	345
	4th-BP-127.5			
Hvy. Wt.				
T. Bukousky	165	175	335	675
B. Zelina	160	125	235	520
	4th-BP-127.5			
Youth (10-11)				
V. Vasques	45	120	180	345
	4th-DL-200			
Teen (14-15)				
123 lbs.				
A. Zimmerman	175	120	250	545
	4th-SQ-177.5			
132 lbs.				
K. Irwin	180	90	210	480
	4th-DL-220			
Teen (16-17)				
123 lbs.				
C. Runninger	105	85	175	365
	BP-Act-87.5			
Submaster (35-39)				
Hvy. Wt.				
T. Bukousky	165	175	335	675
Master (40-44)				
114 lbs.				
B. Steffan	190	105	285	580
Master (45-49)				
132 lbs.				
R. Patterson	140	85	230	455
	4th-SQ-145			
Master (50-54)				
165 lbs.				
D. Grimm	—	—	—	—
Hvy. Wt.				
B. Zelina	160	125	235	520
	4th-BP-127.5			
MEN				
148 lbs.				
J. Martucci	340	230	435	1005
165 lbs.				
A. Susmarski	370	240	425	1035
D. Cuckett	265	195	340	800



Lenny Stires at the ADAU Nationals. (courtesy Sondralee Orengia)

R. Cruz	465	305	—	—	C. Amstone	515	300	550	1365
181 lbs.					M. Kantz	—	—	—	—
O. Epelbaum	530	325	620	1475	Hvy. Wt.				
198 lbs.					G. Ward	470	335	425	1230
M. Marrucci	450	320	4xs	1255	Youth (6-7)				
N. Martire	435	335	465	1235	91 lbs.				
W. Mason	330	340	440	1110	A. Vasquez	40	45	65	150
220 lbs.						4th-SQ-45			
L. Creatura	550	370	525	1445	Teen (12-13)				
E. Barnabas	395	305	530	1230	220 lbs.				
J. Neenan	430	315	480	1225	N. Carlin	215	275	360	850
A. Mangini	400	25s	485	1140	Teen (16-17)				
N. Carlin	215	275	360	850	132 lbs.				
242 lbs.					A. Ventura	210	145	250	605
G. Lewis	415	345	54s	1305	181 lbs.				
J. Karickhoff	340	250	440	1030	D. Colletti	400	265	530	1195
275 lbs.					J. Karickhoff	340	250	440	1030
D. Raybuck	560	355	600	1515	Teen (18-19)				
J. Lawson	445	320	sss	1350	Hvy. Wt.				
Grandinetti	—	—	—	—	G. Ward	470	335	425	1210
319 lbs.									

REFEREE STATUS:

National Referee _____ State Referee _____

Club No.	Club Name:
----------	------------

Membership good for 1 year from date of application.
For information on registration and program, call your State Chairman or 814-833-3727.
A.D.A.U. membership provides each member with an opportunity to participate in A.D.A.U. events.

MEMBERSHIP APPLICATION:

Adult 25.00 Youth 15.00

ANTI-DRUG ATHLETES UNITED, INC.

Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Application Date	Social Security Number
---------------	-----	---	------------------	------------------------

First Name _____ Middle Name _____ Last Name _____

Address _____

City _____ State _____ Zip Code _____

E-mail _____ Phone (With Area Code) _____

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

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

Member's Signature _____

Parent/Guardian Signature _____

For more information, contact:

Allan Siegel, President, CFO
304 Daisy Street • Clearfield, PA 16830
Phone or Fax: 814-768-9400
E-mail: al@pikitup.com • Website: www.pikitup.com

Junior (20-23)

165 lbs.	A. Susmarski	370	240	425	1035
220 lbs.	J. Neenan	430	315	480	1225
Submaster (35-39)					
242 lbs.	G. Lewis	415	345	545	1305
275 lbs.	D. Raybuck	560	355	600	1515

J. Wilgis	460	355	525	1340	
Grandinetti	—	—	—	—	
Master (40-44)					
275 lbs.	J. Lawson	445	320	585	1350
J. Lawson	445	320	585	1350	

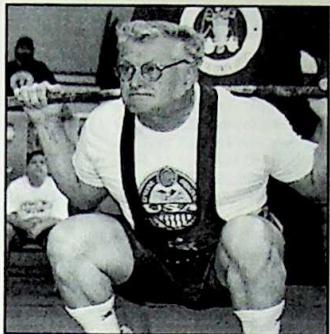
D. Mignot	520	300	500	1320	
Master (45-49)					
165 lbs.	R. Cruz	—	—	—	
181 lbs.	W. Mason	330	340	440	1110
Master (50-54)					

Master (55-59)					
198 lbs.	L. Stires	435	340	530	1305
220 lbs.	A. Mangini	400	255	485	1140
Master (60-64)					
165 lbs.	D. Clickeit	265	195	340	800

198 lbs.	S. Fisher	355	215	450	1020
220 lbs.	L. Creatura	550	370	525	1445
Master (65-69)					
198 lbs.	L. Creatura	550	370	525	1445
220 lbs.	L. Creatura	550	370	525	1445

Master (70-74)					
132 lbs.	S. Smith	145	165	260	510
148 lbs.					
165 lbs.					
181 lbs.					

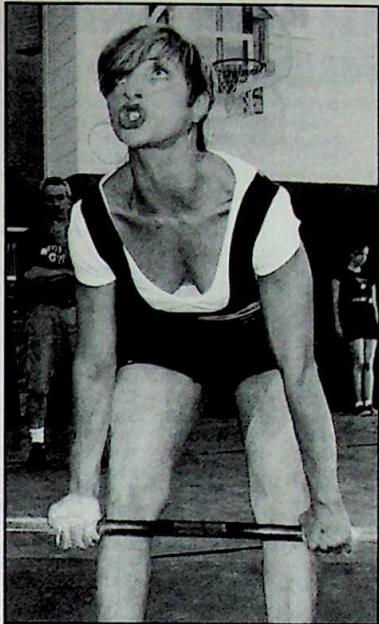
BP-Act-167.5 DL-Act-270					
242 lbs.	A. Siegel	115	150	255	520
Act=Actual. Champion of Champion: Women-Benita Steffan, Men Lt. Wt.-Gleb Epelbaum, Men Hvy. Wt.-Lenny Creatija, Women Teen-Adrienne Zimmerman, Women Master-Benita Steffan, Men Teen-Damian Colletti, Men Master-Bugs Bayer, Deadlifter-Oleb Epelbaum. Donated by Nick Lheodorou. Team Champions: Joe's Gym of Erie. I have to start by saying "thank you" to all the Joe's Gym members and the ADAU for being there when they're needed. Without them there would be no real powerlifting national championships. Drug-free, raw and proud. No guilt. No gimmicks, no clowns. The women: Benita Steffan trained harder and smarter than ever for this contest, and it paid off. She set four master state records, one American record. Won gold in the open and masters, 114 pound class. She topped it off with the women's champion of champions title. Need I say more? Adrienne Zimmerman is fifteen years old and has been competing for seven years. It shows. She cleaned up in the 123 class with two golds and the teen champion of champions award. She now has four more teen American records to her credit. Bern Servidio came in full of fire and pushed Adrienne all the way, to finish with the silver, while Chloe Runninger placed third and won the teen (16-17) title. Chloe managed a teen American bench record for her efforts. The 132 champion was rookie Kayla Irwin, in her fourth contest. Her potential is great and she's only fifteen. Kayla set four new teen American records and what better place to do it than at the national championships. Master lifter, Ramona Patterson is in great shape and pushed Kayla all the way for the silver and won gold in the masters. Ramona managed 3 new masters records in the process. Tory Vasquez just missed making the 165 class but still set four youth American records in the 181 class. Tory's eleven years old. Tammy Bokousky had a great day while winning the women's open and submaster heavy weight class. She also managed four submaster American records. Beth Zelina took silver in the open, gold in the masters 3, and set three masters American records. Great lifting, ladies. The men: At six years and 97 pounds, Alex Vasquez from Maryland is an American record holder and a national champion. Look out. In the 132 class, Audel Ventura, from New Jersey won gold in the teen division. Floridian Steve Smith won					
242 lbs.	A. Siegel	115	150	255	520
Act=Actual. Champion of Champion: Women-Benita Steffan, Men Lt. Wt.-Gleb Epelbaum, Men Hvy. Wt.-Lenny Creatija, Women Teen-Adrienne Zimmerman, Women Master-Benita Steffan, Men Teen-Damian Colletti, Men Master-Bugs Bayer, Deadlifter-Oleb Epelbaum. Donated by Nick Lheodorou. Team Champions: Joe's Gym of Erie. I have to start by saying "thank you" to all the Joe's Gym members and the ADAU for being there when they're needed. Without them there would be no real powerlifting national championships. Drug-free, raw and proud. No guilt. No gimmicks, no clowns. The women: Benita Steffan trained harder and smarter than ever for this contest, and it paid off. She set four master state records, one American record. Won gold in the open and masters, 114 pound class. She topped it off with the women's champion of champions title. Need I say more? Adrienne Zimmerman is fifteen years old and has been competing for seven years. It shows. She cleaned up in the 123 class with two golds and the teen champion of champions award. She now has four more teen American records to her credit. Bern Servidio came in full of fire and pushed Adrienne all the way, to finish with the silver, while Chloe Runninger placed third and won the teen (16-17) title. Chloe managed a teen American bench record for her efforts. The 132 champion was rookie Kayla Irwin, in her fourth contest. Her potential is great and she's only fifteen. Kayla set four new teen American records and what better place to do it than at the national championships. Master lifter, Ramona Patterson is in great shape and pushed Kayla all the way for the silver and won gold in the masters. Ramona managed 3 new masters records in the process. Tory Vasquez just missed making the 165 class but still set four youth American records in the 181 class. Tory's eleven years old. Tammy Bokousky had a great day while winning the women's open and submaster heavy weight class. She also managed four submaster American records. Beth Zelina took silver in the open, gold in the masters 3, and set three masters American records. Great lifting, ladies. The men: At six years and 97 pounds, Alex Vasquez from Maryland is an American record holder and a national champion. Look out. In the 132 class, Audel Ventura, from New Jersey won gold in the teen division. Floridian Steve Smith won					
242 lbs.	A. Siegel	115	150	255	520
Act=Actual. Champion of Champion: Women-Benita Steffan, Men Lt. Wt.-Gleb Epelbaum, Men Hvy. Wt.-Lenny Creatija, Women Teen-Adrienne Zimmerman, Women Master-Benita Steffan, Men Teen-Damian Colletti, Men Master-Bugs Bayer, Deadlifter-Oleb Epelbaum. Donated by Nick Lheodorou. Team Champions: Joe's Gym of Erie. I have to start by saying "thank you" to all the Joe's Gym members and the ADAU for being there when they're needed. Without them there would be no real powerlifting national championships. Drug-free, raw and proud. No guilt. No gimmicks, no clowns. The women: Benita Steffan trained harder and smarter than ever for this contest, and it paid off. She set four master state records, one American record. Won gold in the open and masters, 114 pound class. She topped it off with the women's champion of champions title. Need I say more? Adrienne Zimmerman is fifteen years old and has been competing for seven years. It shows. She cleaned up in the 123 class with two golds and the teen champion of champions award. She now has four more teen American records to her credit. Bern Servidio came in full of fire and pushed Adrienne all the way, to finish with the silver, while Chloe Runninger placed third and won the teen (16-17) title. Chloe managed a teen American bench record for her efforts. The 132 champion was rookie Kayla Irwin, in her fourth contest. Her potential is great and she's only fifteen. Kayla set four new teen American records and what better place to do it than at the national championships. Master lifter, Ramona Patterson is in great shape and pushed Kayla all the way for the silver and won gold in the masters. Ramona managed 3 new masters records in the process. Tory Vasquez just missed making the 165 class but still set four youth American records in the 181 class. Tory's eleven years old. Tammy Bokousky had a great day while winning the women's open and submaster heavy weight class. She also managed four submaster American records. Beth Zelina took silver in the open, gold in the masters 3, and set three masters American records. Great lifting, ladies. The men: At six years and 97 pounds, Alex Vasquez from Maryland is an American record holder and a national champion. Look out. In the 132 class, Audel Ventura, from New Jersey won gold in the teen division. Floridian Steve Smith won					
242 lbs.	A. Siegel	115	150	255	520
Act=Actual. Champion of Champion: Women-Benita Steffan, Men Lt. Wt.-Gleb Epelbaum, Men Hvy. Wt.-Lenny Creatija, Women Teen-Adrienne Zimmerman, Women Master-Benita Steffan, Men Teen-Damian Colletti, Men Master-Bugs Bayer, Deadlifter-Oleb Epelbaum. Donated by Nick Lheodorou. Team Champions: Joe's Gym of Erie. I have to start by saying "thank you" to all the Joe's Gym members and the ADAU for being there when they're needed. Without them there would be no real powerlifting national championships. Drug-free, raw and proud. No guilt. No gimmicks, no clowns. The women: Benita Steffan trained harder and smarter than ever for this contest, and it paid off. She set four master state records, one American record. Won gold in the open and masters, 114 pound class. She topped it off with the women's champion of champions title. Need I say more? Adrienne Zimmerman is fifteen years old and has been competing for seven years. It shows. She cleaned up in the 123 class with two golds and the teen champion of champions award. She now has four more teen American records to her credit. Bern Servidio came in full of fire and pushed Adrienne all the way, to finish with the silver, while Chloe Runninger placed third and won the teen (16-17) title. Chloe managed a teen American bench record for her efforts. The 132 champion was rookie Kayla Irwin, in her fourth contest. Her potential is great and she's only fifteen. Kayla set four new teen American records and what better place to do it than at the national championships. Master lifter, Ramona Patterson is in great shape and pushed Kayla all the way for the silver and won gold in the masters. Ramona managed 3 new masters records in the process. Tory Vasquez just missed making the 165 class but still set four youth American records in the 181 class. Tory's eleven years old. Tammy Bokousky had a great day while winning the women's open and submaster heavy weight class. She also managed four submaster American records. Beth Zelina took silver in the open, gold in the masters 3, and set three masters American records. Great lifting, ladies. The men: At six years and 97 pounds, Alex Vasquez from Maryland is an American record holder and a national champion. Look out. In the 132 class, Audel Ventura, from New Jersey won gold in the teen division. Floridian Steve Smith won					



Bugs Bayer - in the 60-64 198s.

the (70-74) division with four master American records for his outstanding performance. The 148 pound class was sparse and veteran, Joe Martucci won with no problems. Ray Cruz was "smokin'" in class but with a bad hand could not hold on to ius deadlifts and bombed. I saw him pull 540 pounds with a strap so if he could solve his hand problem he would be unbeatable. Sorry Ray. Junior lifter Aaron Susmarski, stepped up and won the 165 class with his opening deadlift after Cruz missed his. Sixty two year old, Don Cucketti won silver in the open and took the gold in the masters. Gleb Epelbaum could do no wrong and went 8 for 9 in the 181 class. For the win and the light weight champion of champions title. He also won the Nick Theodorou deadlift award with his awesome 620. Damian Colletti won the teen 181 division and set three teen American records which enabled him to win the teen champion of champions title. The masters division went to Steve Fisher. The 198 class was won by veteran lifter Mike Martucci with only two months of training, and Nick Martire and Bill Mason went

second and third respectfully. The 198 masters stole the show when 55 year Old Leonard Stires had the highest drug-free, raw total, in this class. While the infamous Bugs Bayer, who literally got screwed at the USAPL nationals, had the highest squat and deadlift in the 198s. Bug's deadlift is a new masters American record and it enabled him to win the masters champion of champion title. Hey Bug's "screw" the USAPL, you're too good for them. Lenny Creatura ran a way with the 220 gold, even with a pulled groin muscle. His squat, bench and total are new masters American records and by switching from "sumo" to standard, in the deadlift (smart move), he managed to pull one deadlift to win the gold (open and masters) for the heavy weight champion of champions award. Also at 220, Ernesto Barnabas squeezed ahead of junior champion, Jon Neenan, for the silver. Then teen champ Nate Carlin set four teen records and Al Mangini had his best day ever to win the Masters. At 242, Gary Lewis managed to win the open and submasters win! Josh Karickhoff winning the teen title and taking the silver in the open. Al Siegel managed to muster up enough guts to squeeze out four master American records for the masters "gold". Veteran Dennis Ramuck



Benita Steffan - pulled 285 at 114 lbs.

gold in the super heavy class, open and teen, while setting all new teen American records. Plan on being at the ADAU Nationals next year when it will be held in conjunction with the single lift nationals, at the Clearfield Fairgrounds in Clearfield, Pennsylvania. It's going to be a huge event. Bring the whole family. Healthy. Happy, drug-free, raw and proud. Yours strongly, Joe Orengeia. "The great french Marshall Lyautey once asked his gardener to plant

USAPL South Carolina State 28 JUN 08 - Columbia, SC

BENCH	J. Rabon	335			
WOMEN	220 lbs.				
148 lbs.	J. Milhouse	485			
P. Burnett	160	Z. Green	455		
L. Pardue	90	A. Fresner	440		
MEN	R. Price	370			
165 lbs.	N. Wood	310			
J. Mouzon	460	242 lbs.			
181 lbs.	C. Radcliff	350			
J. Head	280	275 lbs.			
K. Yates	305	B. Filyan	475		
198 lbs.	SHW				
T. Pardue	400	M. Hurtado	530		
		J. Bible	450		
Powerlifting	SQ	BP	DL	TOT	
MEN					
148 lbs.	D. Short	210	110	225	545
165 lbs.	M. Stanley	500	330	600	1430
	J. Cochcroft	260	205	350	815
	C. Fabel	265	155	315	735
198 lbs.	S. Yeargin	485	325	610	1420
220 lbs.	A. Campbell	530	370	490	1390
	N. Wood	500	310	425	1235
242 lbs.	C. Laird	475	360	525	1360
	J. Hilliard	395	330	450	1175
275 lbs.	J. Robison	315	375	315	1005
					I would like to thank all the following sponsors: Brickhouse Gym, CC's Pizza, and Quest Nutrition. The judges, again an outstanding job, and the spotters and loaders donating their time, members of the University of South Carolina Football Team. (results provided by Daniel Austin)

drjudd.net

Your Inside Source

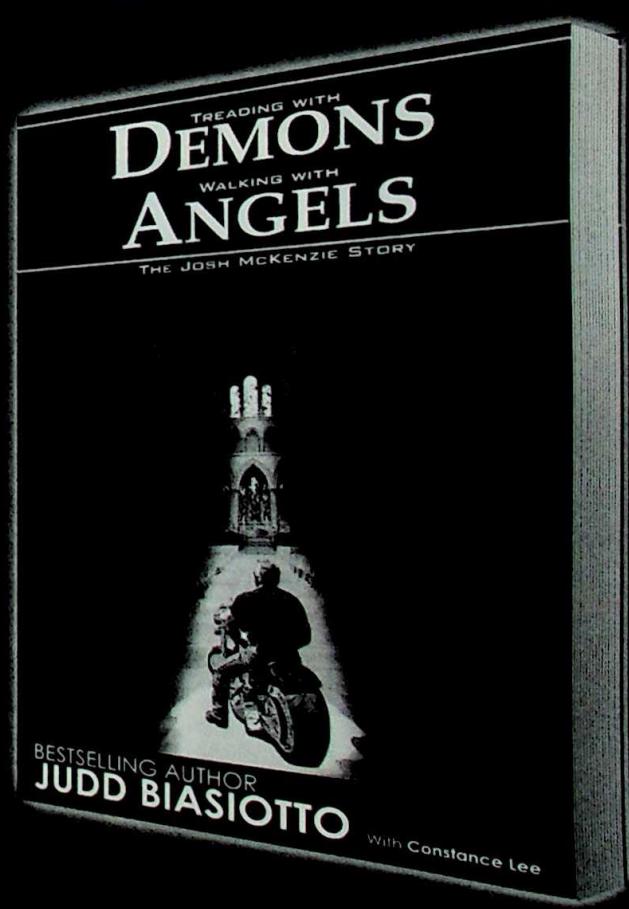
In Dr. Judd's latest work, he delves into the dark and brutal world of a young man whose life is consumed with hate and despair. Follow Josh McKenzie as he falls deeper and deeper into the growing darkness.

THIS IS A TRUE STORY...

Available February 2005, but for a limited time you can view the first chapter online at <http://www.drjudd.net/> for FREE!

Warning: This book contains graphic language and may NOT be suitable for children under 18.

Visit us at <http://www.drjudd.net> to view all of Dr. Judd's books!





Bobby Bridges .. #3 with a 683.



Lloyd Weinstein .. back in 1995



James Benemerito #29 on the list

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 148 Pound (67.5 Kilogram) Weight Division -- DEADLIFT

Rank	Total Weight	X-Bwt	American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	705.5	(320.0)	*4.74X Dan Austin/58 8/1/92 (320.0 kg. @ 67.5 kg.) (Raleigh, North Carolina) (USPF)
2.	700.0	(317.5)	4.70X Tony Conyers/59 5/20/00 (317.5 kg.) (Daytona Beach, Florida) (WPO)
3.	683.4	(310.0)	*4.59X Bob Bridges/64 7/6/85 (310.0 kg. @ 67.5 kg.) (Chicago, Illinois) (USPF)
4.	677.9	(307.5)	4.56X Ausby Alexander/56 3/23/87 (307.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
5.	661.4	(300.0)	*4.45X Rickey Dale Crain/53 11/7/80 (300.0 kg. @ 67.4 kg.) (Arlington, Texas) (USPF/IPF)
6.	650.0	(294.8)	4.37X Mark Sigala 9/12/99 (650.0 lb.) (Denver, Colorado) (NSM)
7.	650.0	(294.8)	*4.45X Tony Bryant 3/25/00 (650.0 lb. @ 146.0 lb.) (Killeen, Texas) (THSPA)
8.	646.0	(293.0)	*4.43X Marcus Williams/83 6/17/06 (293.0 kg. @ 66.1 kg) (Racine, Wisconsin) (USAPL)
9.	645.0	(292.6)	4.43X Troy Hicks 4/21/79 (650.0 lb., which later weighed out at 645.0 lb.) (Chattanooga, Tennessee) (AAU)
10.	644.9	(292.5)	*4.33X Jim McCarty, Jr./60 4/25/82 (292.5 kg. @ 67.5 kg.) (West Lafayette, Indiana) (USPF)
11.	644.9	(292.5)	*4.36X Jim Finch 7/6/85 (292.5 kg. @ 67.1 kg.) (Chicago, Illinois) (USPF)
12.	644.9	(292.5)	4.33X John D. "J.D." Carr/57 12/7/85 (292.5 kg.) (San Jose, California) (USPF)
13.	639.3	(290.0)	*4.30X Jesse Jackson 7/16/88 (290.0 kg. @ 148.75 lb.) (Columbus, Ohio) (APF/WPC)
14.	633.8	(287.5)	*4.26X Bill Cavalier/45 6/5/82 (287.5 kg. @ 67.5 kg.) (Portland, Oregon) (USPF)
15.	630.0	(285.8)	4.23X Michael Facteau 12/16/79 (630.0 lb.) (Fort Lauderdale, Florida) (USPF)
16.	630.0	(285.8)	4.23X T. Raone 3/21/98 (630.0 lb.) (Huntington, Pennsylvania) (USAPL)
17.	630.0	(285.8)	4.23X Greg Page/63 11/11/01 (630.0 lb.) (Bedford Heights, Ohio) (USAPL)
18.	628.3	(285.0)	*4.24X Bob Wahl/60 7/23/83 (285.0 kg. @ 67.2 kg.) (Austin, Texas) (USPF)
19.	625.0	(283.5)	4.20X Richard Allen 2/18/84 (625.0 lb.) (Huntingdon, Pennsylvania) (NSM)
20.	625.0	(283.5)	4.20X Charles Lawson 3/9/85 (625.0 lb.) (Okinawa, Japan) (IPF)
21.	624.8	(283.4)	*4.25X Don Blue/35 2/2/74 (625.0 lb. @ 147.0 lb.) (Brookings, South Dakota) (AAU)
22.	622.8	(282.5)	4.19X George Niesyty 4/3/82 (282.5 kg.) (Albany, New York) (USPF)
23.	622.8	(282.5)	4.19X Mark Sagala 12/7/97 (282.5 kg.) (Denver, Colorado) (USAPL)
24.	622.8	(282.5)	*4.26X Thomas James "T.J." Hoerner/77 4/1/06 (282.5 kg. @ 146.2 lb.) (Houston, Texas) (APF)
25.	620.0	(281.2)	4.17X Fred Toins/65 9/14/85 (620.0 lb.) (Alma, Michigan) (NSM)
26.	617.3	(280.0)	4.15X Luis Alicea 7/12/80 (280.0 kg.) (Madison, Wisconsin) (USPF/IPF)
27.	617.3	(280.0)	4.15X Pete Scholz 12/12/87 (280.0 kg.) (Columbus, Ohio) (APF/WPC)
28.	611.8	(277.5)	4.11X Mike Bridges/57 8/26/78 (277.5 kg.) (Los Angeles, California) (AAU)
29.	611.0	(277.1)	4.11X James Benemerito/69 9/24/94 (605.0 lb., which later weighed out at 611.0 lb.) (New Jersey) (ADFPFA)
30.	610.0	(276.7)	4.10X Joseph "Doc" Rhodes/47 3/7/5 (610.0 lb.) (Bay Saint Louis, Mississippi) (AAU)
31.	610.0	(276.7)	4.10X W. Scott 6/30/84 (610.0 lb.) (Jacksonville, Florida) (USPF)
32.	610.0	(276.7)	4.10X Warren Richardson 3/31/90 (610.0 lb.) (Dallas, Texas) (THSPA)
33.	610.0	(276.7)	4.10X Miguel Castro/57 1/8/95 (610.0 lb.) (Milwaukee, Wisconsin) (ADFPFA)
34.	610.0	(276.7)	4.10X Fred Jackson 4/13/96 (610.0 lb.) (Saint Amant, Louisiana) (USPF)
35.	606.3	(275.0)	4.07X Rick Gaugler/54 8/20/77 (275.0 kg.) (Santa Monica, California) (AAU)
36.	606.3	(275.0)	4.07X Don Jones 8/18/79 (275.0 kg.) (Bay Saint Louis, Mississippi) (AAU)
37.	606.3	(275.0)	4.07X Clyde Wright/54 4/19/80 (275.0 kg.) (Auburn, Alabama) (USPF/IPF)
38.	606.3	(275.0)	4.07X Jim Warner 1/10/81 (275.0 kg.) (Columbus, Ohio) (USPF)
39.	606.3	(275.0)	4.07X Michael Wonyetey/53 12/16/85 (275.0 kg.) (Tucson, Arizona) (USPF)
40.	606.3	(275.0)	Jackson 4/8/95 (275.0 kg.) (Dallas, Texas) (NASA)
41.	606.3	(275.0)	Lloyd Weinstein/60 7/15/95 (275.0 kg.) (Wilkes-Barre, Pennsylvania) (ADFPFA/WDFPF)
42.	606.3	(275.0)	Brian Schwab/74 3/3/06 (275.0 kg. @ 67.3 kg.) (Columbus, Ohio) (WPO)
43.	605.0	(274.4)	4.07X Jack Keammerer/50 11/10/72 (605.0 lb.) (Harrisburg, Pennsylvania) (AAU)
44.	605.0	(274.4)	4.07X Landree Wauford 6/11/88 (605.0 lb.) (Las Cruces, New Mexico) (USPF)
45.	604.1	(274.0)	4.06X Tommy Dopson/58 10/25/86 (274.0 kg.) (Montgomery, Alabama) (ADFPFA)
46.	600.8	(272.5)	4.52X Lamar Gant/57 8/18/79 (272.5 kg. @ 133.0 lb.) (Bay Saint Louis, Mississippi) (AAU)
47.	600.8	(272.5)	4.04X David Gray/60 5/6/81 (272.5 kg.) (San Diego, California) (USPF)
48.	600.8	(272.5)	Billy Keel 12/12/81 (272.5 kg.) (Jasper, Alabama) (USPF)
49.	600.8	(272.5)	Howie Hoffman/62 8/1/81 (272.5 kg. @ 66.6 kg.) (North Little Rock, Arkansas) (USPF)
50.	600.8	(272.5)	Jay Rosciglione/56 7/10/82 (272.5 kg. @ 67.3 kg.) (Dayton, Ohio) (USPF)

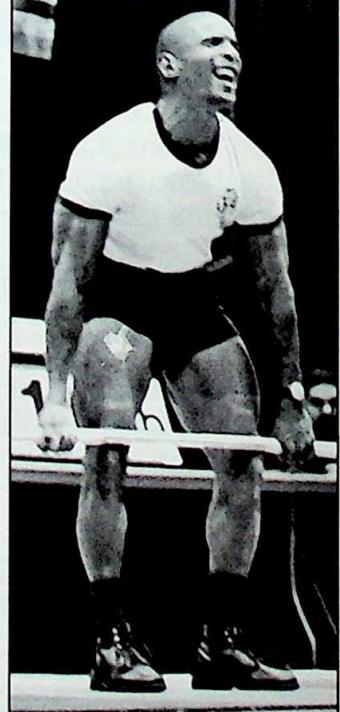
(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; Email Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Dan Austin .. perfect technique.



Troy Hicks .. pulling 640 pounds.

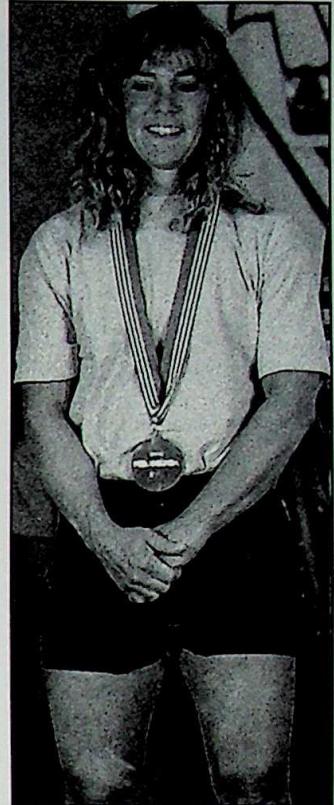


Don Blue .. a legendary pioneer

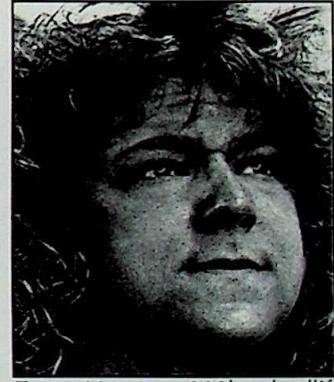
ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 123 Pound (56 Kilogram) Weight Division -- DEADLIFT

	Deadlift	X-Bwt	Female American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	490.5	(222.5) *4.05X	Carrie Boudreau/67 7/21/95 (222.5 kg. @ 54.9 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
2.	468.5	(212.5) *3.82X	Diana Rowell/57 6/1/85 (212.5 kg. @ 55.62 kg.) (Vienna, Austria) (USPF/IPF)
3.	450.0	(204.1) 3.64X	Amy Weisberger/65 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
4.	450.0	(204.1) *3.80X	Margaret Kirkland/63 2/23/08 (450.0 lb. @ 118.5 lb.) (Orlando, Florida) (APF)
5.	440.9	(200.0) *3.57X	Tonya Myers/70 6/21/97 (200.0 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC)
6.	435.4	(197.5) 3.53X	Valeri Tyree/73 3/24/01 (197.5 kg.) (Fort Hood, Texas) (USPF)
7.	435.0	(197.3) 3.52X	Diane Frantz 10/17/87 (435.0 lb.) (Victoria BC, Canada) (APF/WPC)
8.	424.8	(192.7) *3.46X	Vicky Steenrod/49 1/28/84 (192.5 kg. @ 55.7 kg.) (Austin, Texas) (USPF/IPF)
9.	424.4	(192.5) *3.49X	Monique Hayes/71 4/21/07 (192.5 kg. @ 55.2 kg.) (Duluth, Georgia) (USAFL)
10.	418.9	(190.0) *3.42X	Lea Ann Adams/62 10/9/93 (190.0 kg. @ -55.5 kg.) (Chilliwack, BC, Canada) (ADFPA/WDFP)
11.	415.6	(188.5) 3.37X	Carol Ann Myers/66 11/12/04 (188.5 kg.) (Reno, Nevada) (WABDL)
12.	415.0	(188.2) 3.36X	Teresa Mims-DeVoltz 8/27/88 (415.0 lb.) (Longview, Texas) (USPF)
13.	413.4	(187.5) *3.39X	Julie Thomas/60 1/29/83 (187.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)
14.	413.4	(187.5) *3.42X	Paulette Shepherd 11/13/83 (187.5 kg. @ 121.0 lb.) (Phoenix, Arizona) (USPF)
15.	413.4	(187.5) *3.35X	Evangeline Kizer-Kersey/41 1/26/85 (187.5 kg. @ 55.9 kg.) (Boston, Massachusetts) (USPF)
16.	413.4	(187.5) 3.35X	Lisa Dellinger 12/13/86 (187.5 kg.) (Columbus, Ohio) (USPF/APF)
17.	413.4	(187.5) *3.36X	Mary Ryan-Jeffrey/60 7/16/88 (187.5 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
18.	407.9	(185.0) *3.30X	Michelle Amsden/79 9/11/02 (185.0 kg. @ 56.0 kg.) (Sochi, Russia) (USAFL/IPF)
19.	405.0	(183.7) 3.28X	Jacqueline Davis-Manzo/61 12/5/98 (405.0 lb.) (Omaha, Nebraska) (USAFL)
20.	402.3	(182.5) *3.28X	Denise Johnson 1/29/83 (182.5 kg. @ 55.58 kg.) (Chicago, Illinois) (USPF)
21.	402.3	(182.5) 3.27X	Felicia Johnson-Almy/58 1/26/85 (182.5 kg. @ 55.8 kg.) (Boston, Massachusetts) (USPF)
22.	402.3	(182.5) 3.26X	Cathleen Kelii/54 12/3/95 (182.5 kg.) (San Anselmo, California) (NSM)
23.	402.3	(182.5) 3.26X	Carly Nogle/87 10/11/03 (182.5 kg.) (Plainwell, Michigan) (USAFL)
24.	400.0	(181.4) *3.49X	Yueh-Chun Chang/70 12/16/95 (400.0 lb. @ 114.75 lb.) (Seattle, Washington) (ADFPA)
25.	396.8	(180.0) 3.21X	Gayla Crain/60 2/7/81 (180.0 kg.) (West Lafayette, Indiana) (USPF/IPF)
26.	396.8	(180.0) *3.25X	Eileen Todaro-Wadie/58 1/26/85 (180.0 kg. @ 55.4 kg.) (Boston, Massachusetts) (USPF)
27.	391.3	(177.5) 3.17X	Pam Crisp 11/21/87 (177.5 kg.) (Dayton, Ohio) (APF/WPC)
28.	391.3	(177.5) *3.31X	Kathy Baker 12/1/89 (177.5 kg.) (Stone, England) (APF/WPC)
29.	391.3	(177.5) 3.22X	Nance Avigliano/56 11/17/00 (177.5 kg. @ 53.6 kg.) (Las Vegas, Nevada) (APF/WPC)
30.	391.3	(177.5) 3.22X	Jo Walker/43 11/20/05 (177.5 kg. @ 121.6 lb.) (Reno, Nevada) (WABDL)
31.	390.0	(176.9) 3.16X	Monkee Caldwell 2/13/88 (390.0 lb.) (March Air Force Base, California) (APF)
32.	390.0	(176.9) 3.16X	Maria Ferguson (US) 8/6/04 (390.0 lb.) (Piscataway, New Jersey) (WNPF)
33.	388.0	(176.0) 3.14X	Denise Ruff 7/28/07 (176.0 kg.) (Rondo Cordova, California) (WABDL)
34.	385.8	(175.0) *3.16X	Ellen Stein/58 1/25/03 (175.0 kg. @ 55.3 kg.) (Killeen, Texas) (USAFL/IPF)
35.	385.8	(175.0) *3.24X	Caitlin Miller/90 5/27/05 (175.0 kg. @ 53.95 kg.) (Ylitorniolla, Finland) (USAFL/IPF)
36.	385.8	(175.0) *3.22X	Jenn "Pup" Rotisinger/78 12/2/06 (175.0 kg. @ 54.4 kg.) (Lake City, Florida) (APF)
37.	385.0	(174.6) 3.12X	Ruthi Shafer/59 11/21/81 (385.0 lb.) (Salem, Oregon) (USPF)
38.	382.5	(173.5) 3.10X	Robinson 1/26/95 (173.5 kg.) (Oklahoma City, Oklahoma) (NASA)
39.	380.3	(172.5) 3.08X	Nancy Belliveau/53 9/14/85 (172.5 kg.) (Marysville, California) (USPF)
40.	380.3	(172.5) *3.11X	Amy Hinman 4/6/91 (172.5 kg. @ -55.5 kg.) (Chicago, Illinois) (ADFPA)
41.	380.3	(172.5) 3.08X	Gloria Rosado/65 6/19/92 (172.5 kg.) (Las Vegas, Nevada) (NASA)
42.	380.3	(172.5) *3.25X	Betty Lee/63 10/10/97 (172.5 kg. @ -53.0 kg.) (Reading, England) (AAU/WDFP)
43.	380.3	(172.5) 3.08X	Sandy Mobley/59 1/29/00 (172.5 kg.) (Killeen, Texas) (USAFL/IPF)
44.	380.3	(172.5) *3.09X	Heather Hughes/63 2/15/04 (172.5 kg. @ 123.0 lb.) (Oklahoma City, Oklahoma) (NASA)
45.	375.0	(170.1) 3.04X	Sherry Kahle 11/11/84 (375.0 lb.) (Carbondale, Illinois) (NSM)
46.	375.0	(170.1) 3.04X	Shannon Parrish/62 4/6/02 (375.0 lb. @ -53.0 kg.) (Leesport, Pennsylvania) (NSM)
47.	375.0	(170.1) 3.04X	Lori Zmitravich-Snyder/65 4/2/05 (375.0 lb.) (Erie, Pennsylvania) (ADAU)
48.	374.8	(170.0) 3.04X	Carla Bloom 9/20/86 (170.0 kg.) (San Diego, California) (USPF)
49.	374.8	(170.0) *3.17X	Mavis Brown 4/26/97 (170.0 kg. @ 118.4 lb.) (Lincoln, Nebraska) (USAFL)
50.	374.8	(170.0) *3.04X	Pam Lewis 3/30/01 (170.0 kg. @ 55.9 kg.) (Killeen, Texas) (USAFL)

(*) indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1233 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Sandy Mobley .. #43 on the list.



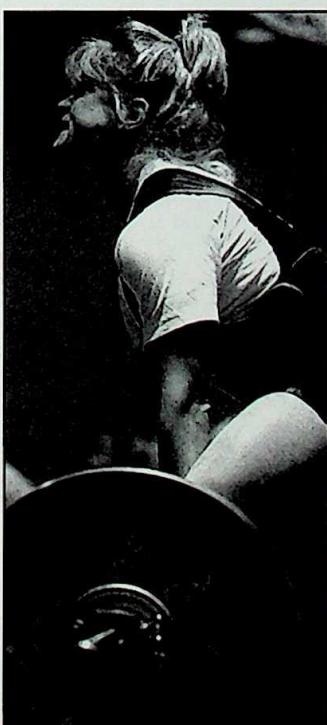
Tonya Myers .. a 200kg. deadlift



LeaAnn Adams .. 418 lbs. @ 123.



Carrie Boudreau .. born to pull.



Ellen Stein .. supreme master lifter



Monkee Caldwell.. USAF Power

Red Brick Championship V
16 FEB 08 - Lewiston, NY

BENCH WOMEN	E. Carter	370
Open (24-34)	J. Dettelis	315
148 lbs.	D. Zahno	275
J. Runco 205	A. Lewis	440
165 lbs.	220 lbs.	
Finneis-Curry 340	242 lbs.	
Raw	275 lbs.	
Teen (13-14)	A. Newman	460
114 lbs.	M. Rydelek	465
M. Braughler 65	SHW	
123 lbs.	Guest	
S. Smith 80	T. Rogers	625
148 lbs.	Submaster (35-39)	
S. Sexton 105	181 lbs.	
Teen (15-16)	J. Greene III	325
198 lbs.	A. Dolson	245
R. Braughler 75	220 lbs.	
Junior (20-23)	D. Haggins	440
148 lbs.	W. Gullet	365
A. Longergan 95	R. Braughler	320
Open (24-34)	242 lbs.	
148 lbs.	E. White	365
J. Gulino 115	275 lbs.	
Submaster (35-39)	W. Smith	420
123 lbs.	Master (40-49)	
G. Sams 115	165 lbs.	
S. Kenney 80	R. Camarre	310
Master (40-49)	181 lbs.	
132 lbs.	D. Cronkhite	325
J. Steinman 115	198 lbs.	
MEN	M. Burke	355
Teen (15-16)	242 lbs.	
148 lbs.	E. Seefeldt	320
T. Barke 250	E. Killough	270
Junior (20-23)	275 lbs.	
181 lbs.	M. Schimpf	400
M. House 385	Master (60-59)	
220 lbs.	198 lbs.	
K. Herbert 625	M. Wohleben	285
Open (24-34)	242 lbs.	
220 lbs.	S. Hendricks	300
D. Epolito 490	275 lbs.	
Submaster (35-39)	L. Zarambo	260
198 lbs.	SHW	
S. Hailey 525	J. Greene Jr.	375
Master (40-49)	Master (60-69)	
148 lbs.	165 lbs.	
Guest	J. Marshall	175
J. Scalzo 480	198 lbs.	
198 lbs.	A. Gajkowski	235
M. Becht 350	220 lbs.	
Raw	M. Scarpello	290
Youth (9-10)	Master (70+)	
97 lbs.	181 lbs.	
B. Barker 45	K. Chaney	165
Youth (11-12)	Police/Fire	
104 lbs.	Open (24-34)	
C. Gregory 75	198 lbs.	
132 lbs.	J. Ewy	260
Q. Baker 70	T. Zee	500
Teen (13-14)	Submaster (35-39)	
165 lbs.	198 lbs.	
N. Franjoine 115	J. Moore	320
198 lbs.	242 lbs.	
Braughler Jr. 120	M. Kenney	400
Teen (15-16)	Master (40-49)	
148 lbs.	220 lbs.	
Schottmiller 225	McPherson	425
J. Holly 160	Raw	
Teen (17-19)	Submaster (35-39)	
165 lbs.	165 lbs.	
F. Duchow 285	P. Tripi	285
M. MacVittie 250	181 lbs.	
R. McKee 225	G. May	320
181 lbs.	M. Vogt	290
A. Ferchen 315	198 lbs.	
198 lbs.	J. Kenney	295
B. Gannon 275	Braughler Sr.	250
V. Sokioiov 245	220 lbs.	
220 lbs.	D. Greenwald	325
R. Braughler Jr. 235	242 lbs.	
242 lbs.	C. Wilson	315
C. Navarro 270	Master (40-49)	
Junior (20-23)	181 lbs.	
181 lbs.	S. Sexton	285
T. Bald 260	Military	
Szczepanski 235	Master (40-49)	
198 lbs.	220 lbs.	
B. Sheffer 340	McPherson	425
W. Alvarez 335	Raw	
Open (24-34)	Junior (20-23)	
165 lbs.	242 lbs.	
H. Baes 215	S. McAdams	270
181 lbs.	Master (40-49)	
S. Scappelliti 365	198 lbs.	
E. Carter 325	M. Loverde	275
198 lbs.	E. Killough	270

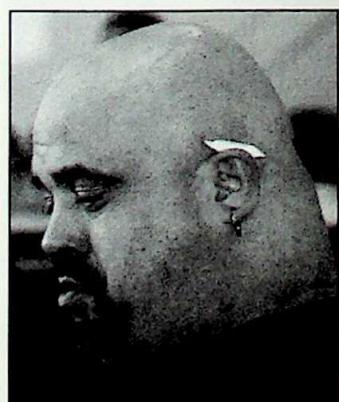


Proud Members of the Lockport Powerlifters show off their great Carl Seeker trophies from Red Brick V

Best Lifter Women: Brooke Finneis-Curry. **Best Lifter Men Raw Lightweight:** Andrew Gajkowski. **Best Lifter Men Raw Heavyweight:** Michael Scarpello. **Best Lifter Men Lightweight:** Sean Hailey. **Best Lifter Men Heavyweight:** Kris Herbert. **Best Lifter Police:** Timothy Zee. **Best Lifter Police (Schwartz):** Mark McPherson. Records were broken all day long at the Red Brick V but none as great as the record \$10,000 raised for our U.S. troops and their families. We had record numbers of 86 sponsors, 84 competitors, and 124 spectators to make this one the best yet. Our record 84 competitors give us continuing bragging rights as one of the largest non-sanctioned bench press competitions in the U.S. today. Another record broken was that we had 11 female competitors taking home our special Carl Seeker Sculptured trophies. We heard another great performance by Victoria Spanbauer singing our National Anthem, with the presence of the Air force Color Guard. In the women's 13-14 teen raw division we had returning 1141b competitor Maria Braughler who won with a 651b press. Super athlete Shaelyn Smith won the 13-14 raw division with an 80lb bench press and had more to go. Shaelyn was also selected MVP on an all boys football team. In between benching and football, Shaelyn also excels in basketball. Shaina Sexton looked very strong with her 105 press to win the 148/13-14 teen division and was part of the Niagara County Sheriffs Corrections. In the teen 15-16 age raw division, Rebecca Braughler won with a 75 bench press to win the 1981b division. Rebecca and Maria were both part of the Braughler Bench Press team. Going to the junior 20-23 division we had Ashlee Longergan winning the 1481b class with a fine 951b. press. Open division winner Jamie Gulino had an easy 1151b press to win her first competition in the 148 lb. class. Georgia Sams 1151b bench press edged out Sarah Kenney's 80 lb. press to win the 123 lb. submaster division. Masters 40-49 winner Jillian Steinman looked impressive with her 115 lb. press to win the 132 lb. class. In the women's assisted division, Jen Runco had a personal record 2051b bench press to win the women's 148 open class. The outstanding women's lifter award went to Brooke Finneis-Curry for her 340 lb. bench press to win the 165 lb. open division. Brooke gave 350 a good ride and looked to be on the verge of achieving that mark. Men's raw division youth lifter, Bryan Barker, was all smiles after winning his first bench press competition. Bryan had a 50 lb. bench press to win the 97 lb. division. Another newcomer, Connor Gregory is also a promising lifter with great potential as shown with his 75 lb. bench press. Connor won the youth 104 lb. division and is the son of local great Dan Gregory. Quaid Baker was also smiling ear to ear after receiving his Carl Seeker trophy for winning the youth 132 lb. class with an impressive 70 lb. bench press. Moving up to the teen 13-14 year old division Nicholas Franjoine put up 1151b to win the 165 lb. class. Timothy Braughler, one of the many members of the Braughler Bench Press team, won the 198 class with a 120 lb. bench press. In the teen 15-16 age division, Shaun Schottmiller's 225 lb. press won over J. Holly's 160 lb. press to win the

over last years event to edge out a win over Vladimir Sokoiov's who took second with an equally impressive 245 lb. press. Robert Braughler Jr. (Braughler Bench Press Team) had an easy time with his 235 lb. bench press to win the 220 lb. class as did Corey Navarro's 210 lb. press to win the 242s. In the junior 20-23 division, Timothy Bald's 260 lb. bench press was good enough to win over John Szczepanski's strong 235 lb. press to win the 181 lb. class. Blaine Sheffer's 340 lb. press just beat out Wesley Alvarez's 335 lb. press in the closest competition of the day to win the 198 lb. class. In the raw open division, Hank Baes had a good 215 lb. press to win the 165 lb. class. Sam Scapelliti of the Lockport Powerlifters, won the 181 lb. class with a 365 lb. press. Ernest Carter took second with a strong 325 lb. press. Edward Carter's big 370 lb. raw bench press won over Jeff Dettelis 315 lb. press and Dan (Big Zee) Zahno's 275. Big Zee improved 70 lb. over last year's event. Gifted athlete, Al Lewis won again and benched more than double his body weight to win the 220 lb. class with a 440 lb. bench press. Undeafeated Aaron Newman won the 242 lb. class with a 460 lb. press for yet another first place trophy. Matthew Rydelek had always come up with big numbers competing in the assisted division, this year he competed raw to make a statement to show how strong he really is. Matt proved that with his 465 lb. raw bench press to win the open 275 lb. class. His goal for next year is 500 lb. and he'll get no argument from me since he almost accomplished that on his last attempt. Our raw guest lifter, Travis Rogers, is our biggest patriotic entertainer, for our Red Brick event. Last year he came and did an 825 lb. assisted bench press. This year Travis competed raw and again entertained the audience with an easy opener of 625 lb. Travis has been nursing an arm injury for over a month and should have passed on this year's event. He again showed his heart and support for our troops by taking a "light" opener. He definitely had a lot more but his injured arm prevented any further attempts. This was a true unselfish act to help our cause of raising money for military men and women. I witnessed "Big T's" opening bench along with over 200 other spectators and competitors and without a doubt, the strength and speed is there for a much bigger bench press. When his arm heals, he will prove his real raw strength. Going into the submasters raw division we have James Green III winning the 181 lb. class with a 325 press. Andre Dolson took second with a 245 press. David Haggins had a great showing with an outstanding 440 bench press to win the 220 lb. class. Haggins was followed by William Gullet's 365 lb. press and Robert Braughler Sr. easy 320 lb. press. Edward White won the 242 lb. submaster with a 365 lb. bench press and William Smith benched a 420 lb. to win the sub-masters 275 lb. class. Master lifters were plenty strong as shown by all. In the 40-49 age division, Ralph Camarre, of the Lockport Powerlifters, won the 165 lb. class with an outstanding raw bench press of 310 lb. There really aren't a lot of raw lifters that can double their body weight in the bench press and almost doing it at over 40 years of age is even a bigger achieve-

ment. President David Cronkhite of the Lockport Powerlifters had been nursing a shoulder problem for months, but still came to help support our troops. Dave muscled out a great 325 lb. press to win the 181 lbs. master's class. He has a big heart and is an outstanding gentleman. Michael Burke gave a great performance winning the 198 lb. master class with a 355 lb. bench press. In the 242 lb. masters, Eric Seefeldt 320 lb. press was good enough for a first place over Coast Guard new comer, Eric Killough. Killough showed great effort and promising future gains with his easy looking 270 lb. press. Matt (Old Man) Schimpf, the NPC team dictionary did an outstanding 400 lb. raw bench press for a personal record and a win in the 2751b class. Matt is getting better as he ages. In the master's 50-59 age division, Michael Wohleben had a good 285 lb. press to win the 198 lb. class. Steven Hendricks did a 300 lb. press to win the 242 lb. class and 275 lb. class winner Larry Zarambo benched pressed 260 lb. The master's 60-69 age division had their share of strongmen too. John Marshall, of the Tonawanda Barbenders, had a strong 175 lb. bench press to win the 165 lb. class. Andrew Gajkowski benched 235 lb. to win the 198 lb. class and win the raw outstanding bench press award using the age coefficient for light weights. Michael Scarpello won the outstanding raw title for heavy weights with his impressive 290 lb. bench press to win the 220 lb. master's 60-69 division. Lone master's 70-79 age group lifter Keith Chaney impressed everyone with his 165 lb. bench press to win the 148 lb. class. Going to the men assisted division, we find Travis Barke who should have had four attempts as his 250 lb. bench press looked like he could have done reps with it. Travis is undefeated at the Red Brick in four weight division and is bigger and stronger every year. As they say Travis, "time to take the training wheels off and start pushing for that 300. In the 181 assisted, Matt House won the junior class with a strong 385 lb. press. Kris Herbert of the Tonawanda Barbenders won the 220 junior division and also the outstanding heavy weight assisted bench press award with his 625 lb. bench press. Another Tonawanda boy, Dave Epolito won the 220 lb. open class with an easy 490 lb. press. Five time Red Brick competitor Sean Hailey won again in the 198 submaster class. Sean keeps improving every year as shown with his easy 525 lb. bench press. His third attempt for a 540 lb. credit was almost there and should by Red Brick VI. Congrats to Sean who also won the outstanding light weight lifter award. Quite possibly the strongest pound per pound master bench presser in the world was our second guest lifter Joe Scalzo. At 47 years old and body weight at 148, Joe had a 480 lb. bench press. It only he could find a shirt that gave him more than 50 lb. over his best raw lift.



Travis Rogers refused to let a nagging arm injury keep him from showing his patriotic support for our troops and he benched a 625 raw. (courtesy Dennis Brochey)



Head Judge Thomas Delorimiere gave fair and strict calls to all 84 competitors all day at 'the Brick'.

198 pound class competitor, Mark "the come back kid" Becht had a personal record of 350 lb. to win the master's 40-49 age group. We had a ton of strongmen in the Police division. Phil Tripi did a fantastic raw 285 lb. bench press to win the submaster's 165 lb. class. In the submaster's raw division, Sheriff Correctional Team member Gary May benched 320 lb. to edge out teammate Mark Vogt's 290 lb. press for bragging rights. Gary also won the Sheriff's Dept. outstanding lifter award. In the 198 submasters raw division, Jason Kenney benched 295 lb. to win over Police Dept. strongman Tim Braughler Sr. who had a strong 250 lb. press. Submaster raw lifter, Dan Greenwald turned in a fine 325

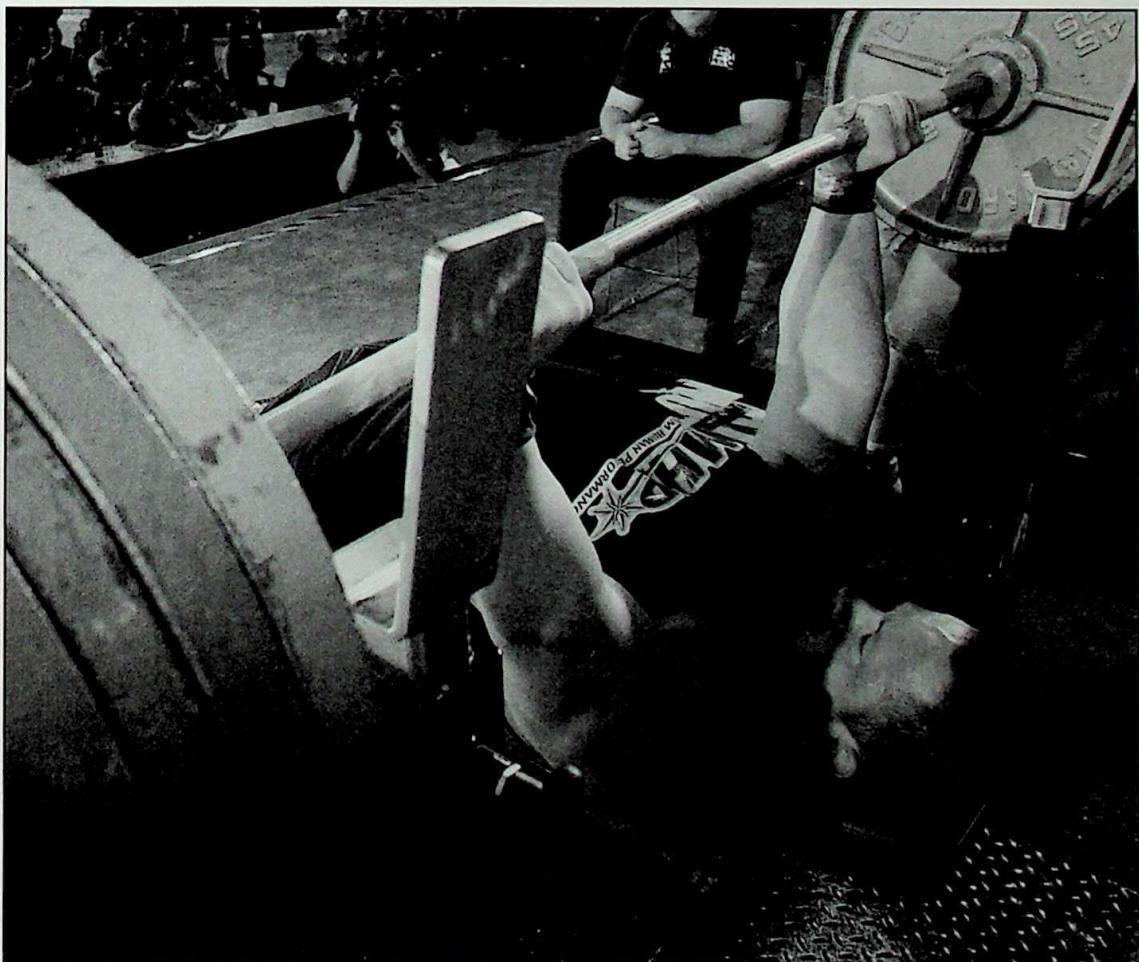
lb. press to win the 220 lb. class for the Niagara County Sheriffs Correctional Team. Chris Wilson, also from the Sheriff's Correctional Team, had a 315 lb. raw bench to win the 242 lb. masters division. Chris had been fighting the flue bug all week but still competed to show his support to our troops and to help his team win their fourth straight Police Team trophy. Also with the Sheriff's Team was master 40-49 lifter, Scott Sexton who benched 285 lb. in the 181 lb. class for first place. In the assisted Police/Fire division, Jimmy Ewy put up a good 260 lb. bench press to win the open 198 lb. class. Tim Zee of the Border Patrol Team had the heaviest bench of all the Police/Firemen competitors with an assisted 500 lb. press and a win in the SHW open division. Tim also won the Police assisted outstanding lifter award for his accomplishment. The submaster 198 lb. assisted winner was Joseph Moore also from the Border Patrol Team. Joe had a 320 lb. bench press to help his team to a second place finish. USPF New York State Chairman, Mike Kenney, won the 242 lb. submaster assisted title with a strong 400 lb. bench press. Mike and his wife Sarah came with their two young children who also guest lifted to the enjoyment of all. Thanks Mike for honoring us with your presence and supplying the extra entertainment. Big Mark McPherson was our Police division outstanding bench presser; using age co-efficient formula with his super 425 lb. bench press to win the Police 220 lb. master's 40-49 division. Mark was also a winner in the military division and a member of the powerful Border Patrol team. In the military raw division, Shawn McAdams in the junior 242 lb. class had a strong 270 lb. press. Master 40-49 military raw lifter, Michael Overde won the 198 class with an impressive 275 lb. press. Coast Guard champion strongman, Eric Killough won his first competition with an easy 270 lb. raw bench press to win the

master 40-49 242 lb. class. Eric also donated a ton of Coast Guard items for our basket auction and several other give away items, all which helped raise money for our troops. Congratulations to the Tonawanda Barbenders for winning the Patriot's Cup. It was an extremely close team competition where we actually triple checked the results to make sure it was right. Second in the team standings was

Potter's Jim, followed by the Lockport Powerlifters and the Braughler family team. Very, very close finish from first to fourth. In the Police team division it was also a close finish as the undefeated Niagara County Sheriff Correctional Team won by fractions over the U.S. Border Patrol Team. Now not to bore the day lights out of you, I really have a lot of people to thank for this years Red Brick success. Committee director Bob Petrie and Big Tommy Delorimiere are two unsung individuals who go above and beyond for me. They may not do it right away and I may be a pest to them but they are always there helping in anyway I ask. I have to mention other Niagara Powerlifter club members and friends. Dan Zahno, Pat Dick, Tony Evans, Johnny Elsberry, Todd Savard, Tom Schmidt, Sam, Becky, and June Petrie, Ted Werth, Rick Berg, Greg Hoplight, Extremely Big Jeff Miller, Dean Hailey, Matt Rydelek, Mark and Paget Becht, Marianne Gitterman, Amy Salada, Ann Welch, Karen Goodman, Katie Watson, Mark Watson, Mary Evans, and of course my lovely wife Cathy. The successes of the Red Brick comes from the hard work, and help from many individuals and sponsors; such as the patriotic support from Travis Rogers and Paul Childress who have come to almost every Red Brick meet. All of you are part of that success and the meet wouldn't have done as well without each and everyone of one. I thank all of you for everything you have done to help raise over \$26,000 over the past four meets. And a special thanks to Powerlifting Watch, Powerlifting USA, The Pain Clinic, Iron Asylum and others for promoting our event on their web sites. Thanks to the Braughler family who stayed to help us clean up. See you all next Feb. 2009. Congratulations to Tom Schmidt for winning the two day getaway at Peek n Peak Resort. Tom was the high beggar. Another high contribution was the Niagara County Sheriffs Correctional Team who raised over \$2,700 in memory of Andrew Huelzl for our US troops." (results courtesy Mr. Dennis Brochey, Meet Director)

PRESS RELEASE

MHP signs Jeremy Hoornstra as the newest athlete to join their exclusive team of powerlifters! Hoornstra holds the 242 weight class world record in bench press with 615 lbs. The legendary Bill Kazmaier has been quoted as saying that Hoornstra is, "The best there ever was, maybe the best there ever will be." That statement speaks volumes about Hoornstra and his great bench pressing ability! Look out for Hoornstra at future events like Sean Katterle's King of the Bench to break more unbelievable records - powered by MHP! Jeremy's supplement regimen includes MHP's Probolic-SR protein, Dark Matter post-workout creatine and the extremely anabolic A-BOMB!



The Undefeated Niagara County Sheriff Deputy Correctional Team Members raised over \$2700 for U.S. Troops in honor of former officer Andrew Hoetzl. (from left - right) Jason Kenney, Gary May, Dan Greenwald, Chris Wilson, Mark Vogt, Scott Sexton.

POWER PASSING



Shane O'Neill - passed away on Tuesday, September 2, 2008, around 3AM, due to kidney failure. He had recently gotten over the flu, but said he would be over to train deadlifts, however, he didn't show up. His training partner assumed he was busy getting his two nephews off to school that week. Shane was born 11/13/42 and his best lifts, at age 65, in the 181 lb. class were 429 303 429. According to his friend Jim Waters, "He had a great sense of humor and along with his wife, Sue (his high school sweetheart), and his family, I'm going to miss this guy more than I could ever put down in words." In a photo from the 2004 Masters Nationals, he stands with his teammates. From left to right: Sam Alduenda, Jim Waters, Robert Cortes, Dave Bertier, **Shane O'Neill**, Gary Stevens.

Below - (left to right) Gerry Groff (Powerlifter/Trainer), Evan Centopani (Current NPC Overall National Champion - IFBB Pro), John Varrone (many time Masters Powerlifting Champion), and Donnie Thompson (who set the all time highest powerlifting total). Donnie was at Gold's Gym in New Haven, CT on Saturday, June 14th. What great athletes Evan and Donnie are, true gentlemen. They answered everyone's questions in the gym! Gerry and Donnie trained together 20 years ago at Golds, New Haven. Evan, 25 years of age, will be Mr. OLYMPIA someday. He has the structure and dedication to accomplish this feat. (photograph courtesy John Varrone)



HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLEMAN!



Free 48 Page WHOLESALE Catalog
fully describing our 50 one-of-a-kind
Bodybuilding supplement formulas
that product results!

CALL 1-800-798-9798

TOLL FREE CATALOG ORDER HOTLINE

Fitness Systems Manufacturing Corp.
104 Evans Ave., Dept. PL 0908
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

Beyond A Century®

Performance Nutrition • Anti-Aging

We can save you money!

Beta-Alanine, 300gm	\$14.50
GABA, 100gm	5.25
Peak ATP™ (pure), 20gm (80 days)	22.50
Ribose, 200gm	21.50
N-Acetyl L-Glutamine, 300gm	19.50
Acetyl L-Carnitine, 100gm	8.50
CLA, 750mg, 100 gelcaps	11.50
Creatine Mono. 99%+, Micronized, 1kg ...	15.00
Arginine base powder, 300gm	12.00
Arginine AKG, 150 gm	9.00
Citrulline, 100gm	11.50
Arginine Alpha KIC 750mg, 120 caps	11.25
Whey Protein 90% instant isolate, 24oz ..	18.75
Tribulus Ext. 45% 100gm	7.50
Long Jack 100:1, 20gm	37.50
Yohimbe 2% Std. Extract! 50gm	7.50
Glutamine 300gm/1kg	11.85/29.75
Glucosamine Sulfate, 250gm	9.50

Check our website for current specials

Order toll free or call for catalog

800-777-1324

Shipping only \$5.00 any size order!

Secure online ordering & digital catalog:

www.beyondacentury.net

Hundreds of Products ~ Authenticity Guaranteed!

Beyond a Century ~ Greenville ME 04441

Since 1983

TOMMY KONO BANDS

For knee or elbow provide
stability and warmth.

Improve Circulation!

Prevent injuries!

Train Harder!



S. M \$39.95

L \$42.95 pr.

T.K. WAISTBAND

SHRED
YOUR ABS!



T.K. Waist Band
provides both
support
comfort
odor free!

One Size
Fits All
\$29.95

POWER HOOKS

Revolutionary tool to per-load and
self-spot dumbbells!

Powerhooks make your workouts
More intense—More Effective
Results in maximum
exercise benefit.

\$49.95 pair
Fits all Dumbbells



PATENT NO.
5971339

POWER UP

ORDER NOW! Add \$6.75 S&H per order
888-669-6316

or send check or money order to:

COUNTRY POWER INC.

85-979 Farrington Hwy.

Waianae, HI 96792

WWW.POWERHOOKS.COM

a.j. ROBERTS

elitefts

METAL

4

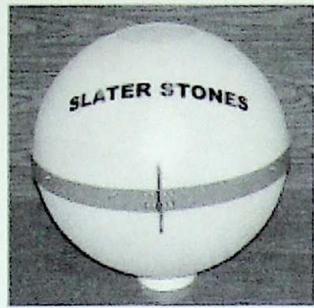
METAL
powerlifting gear

elitefts 
elitefts.com/aj

NASA Western States
3 MAY 08 - Mesa, AZ

BENCH FEMALE		4th-237
148 lbs.	198 lbs.	High School
Master I	B. Trail	231
D. Manno	165	Master III
MALE	D. Wiseman	298
165 lbs.	A. Foster	243
Master IV	E. Billings	320
M. Stainbrook	198 lbs.	220 lbs.
198 lbs.	Master IV	Master IV
Master I	E. Evatt	254
M. Einstein	457	Master Pure
220 lbs.	E. Evatt	254
Master I	E. Evatt	254
B. Hawkins	413	275 lbs.
Master IV	Open	Open
E. Evatt	254	S. Robinson
Master Pure	Pure	419
E. Evatt	254	S. Robinson
242 lbs.	PS BENCH	419
Junior	165 lbs.	
D. Chacon	402	Master II
275 lbs.	L. Lermusiax	215
Junior	Master IV	
J. Carlile	515	M. Stainbrook
308 lbs.	198	220 lbs.
Int	Master I/Open	
H. Thomason	502	Schmuecker
Raw	380 lbs.	380 lbs.
148 lbs.	Master I	Master I
Master II	M. Bowden	369
P. Gillott	276	PS CURL
4th-278	148 lbs.	
Maser III	Master II	
L. Janhunen	171	P. Gillott
165 lbs.	165 lbs.	110
High School	Master II	
R. Turcios	265	L. Lermusiax
Junior	105	Police/Fire
D. Wilson	204	B. Ammerman
Master IV	M. Stainbrook	
M. Stainbrook	88	220 lbs.
Novice	Submaster I	
B. Morgan	149	Master I
181 lbs.	E. Reed	165
Junior	PS DEADLIFT	
A. Trail	308 lbs.	B. Hawkins
Push Pull	Master I	413
FEMALE	M. Bowden	491
132 lbs.	BP DL TOT	904
Teen	228	M. Moore
K. Ishimatsu	72	275 lbs.
148 lbs.	182	Junior
Open	254	
M. Peters	88	J. Carlile
MALE	215	Pure
148 lbs.	303	R. Kahle
High School	RAW	601
T. Bell	123 lbs.	308 lbs.
Master I	High School	678
D. Manno	254	H. Thomason
181 lbs.	441	502
Open	419	661
S. Moore	237	SHW
Submaster Pure	303	Master I
	540	J. Vela

SLATER'S HARDWARE STONE MOLDS



For further information or to order
Slater Strongman Stones

please contact

SLATER'S HARDWARE

PHONE: 1-740-654-2204

FAX: 1-740-654-2637

E-MAIL: slatershardware@sheglobal.net

www.slatershardware.com

- Makes spherical concrete stones continuously in a multitude of sizes.

- Easy to make, hard to break. Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.

- Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete easy to follow instructions.

- Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other exercise.

- Place stones in your gym to attract new members.

- Great training for Football, Wrestling, Powerlifting, Bodybuilding, Ultimate Fighting or any type of Heavy Athletic Sport.

F. Millan IV	309	369	678	R. Newton	193	105	204	502	114 lbs.
198 lbs.				Open					Teen
Master IV				R. Newton	193	105	204	502	M. Burkeen
D. Wilson	435	496	931		4th-DL-215				215 149 265 628
Master IV				Pure					4th-SQ-217 DL-283
M. Stainbrook				R. Newton	193	105	204	502	148 lbs.
198					4th-DL-215				Teen
Novice									A. Vela
B. Morgan	413	491	904						181 lbs.
181 lbs.									Master III
Junior									W. Kindred
A. Trail	515	579	1093						Submaster Pure
Push Pull									T. Duran
FEMALE									198 lbs.
132 lbs.									Master I
Teen									R. Phillips
K. Ishimatsu	515	579	1093						Master II
148 lbs.									E. Duran
Open									220 lbs.
M. Peters	515	579	1093						Master I
MALE									B. Hawkins
148 lbs.									242 lbs.
High School									Master II
T. Bell	515	579	1093						J. Turpin
Master I									275 lbs.
D. Manno	515	579	1093						Junior
181 lbs.									J. Carlile
Open									Pure
S. Moore	515	579	1093						R. Kahle
Submaster Pure									J. Carlile
									Submaster Pure
									S. Dickey
									308 lbs.
									Int
									H. Thomason
									805
									502
									661
									1968
									Master I
									R. Valenzuela
									562
									441
									463
									1466
									Open
									H. Thomason
									805
									502
									661
									1968
									SHW
									Master I
									J. Vela
									375
									325
									468
									1168
									Raw
									123 lbs.
									Junior
									N. Dzubak
									187
									151
									248
									586
									High School
									O. Pedroza
									154
									132
									254
									540
									Junior
									E. Sanchez
									283
									201
									320
									804
									Novice
									C. Kennedy
									160
									132
									220
									513
									Teen
									R. Payne
									132
									116
									204
									452
									Junior
									A. Adame
									364
									Pure
									S. Shapiro
									309
									215
									524
									Teen
									J. Pareja
									292
									237
									336
									865
									High School

American Powerlifting Committee (APC)

www.americanpowerliftingcommittee.com

P O Box 40
Bogart, Ga. 30622

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

Name _____

Date _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Date of Birth _____

Age _____

Sex _____

US Citizen _____

Club _____

Prices: Adult \$30.00

Teenage \$15.00

Special Olympian \$10.00

Signature _____

If under 21 Parent or Guardian _____

Card expires 12 months from date of purchase

M. Lemaster	402	220	474	1097
T. Knombeen	336	298	375	1009
S. Abril	254	237	331	821
Junior				
D. Wilson	320	204	386	909
Master I				
D. Morgan	336	237	391	965
Pure				
J. Markham	248	187	—	435
181 lbs.				
High School				
H. Marquez	347	237	402	987
C. Smith	276	215	342	832
Junior				
A. Trail	281	228	380	890
4th-BP-237				
Master I				
P. Cook	276	198	408	882
Master III				
D. Schlarbun	243	165	336	744
Master Pure				
P. Cook	276	198	408	882
Teen				
N. Giuntoli	342	309	424	1075
198 lbs.				
High School				
S. Kulitea	314	243	430	987
B. Trail	276	231	375	882
Open				
A. Whitten	364	303	507	1174
Pure				
C. Gallick	480	353	524	1356
Submaster I				
A. Whitten	364	303	507	1174
220 lbs.				
High School				
F. Villalobos	276	226	413	915
242 lbs.				
Master Pure				
J. Kennedy	468	353	457	1279
Police/Fire				
J. Kennedy	468	353	457	1279
275 lbs.				
Open				
D. Jenkins	573	441	601	1615
Pure				
D. Jenkins	573	441	601	1615
308 lbs.				
High School				
F. Thornton	474	314	507	1295
4th-DL-535				
Master II				
R. Morton	463	320	502	1284
Power Sports CR	BP	DL	TOT	
FEMALE				
123 lbs.				
Master II				
J. Dutra	66	105	165	336
132 lbs.				
Teen				
K. Ishimatsu	44	72	182	298
148 lbs.				
Master Pure				
T. Ishimatsu	66	110	220	397
MALE				
148 lbs.				
Open				
T. Dwiggins	121	176	320	617
Pure				
S. Shapiro	121	215	—	336
Teen				
J. Pareja	121	237	336	694
181 lbs.				
Submaster I				
A. Dickey	154	331	402	887
Teen				
M. Knowlton	132	237	435	805
198 lbs.				
Novice				
T. Ellman	127	248	375	750
220 lbs.				
Master IV				
E. Evatt	—	254	—	254
Master Pure				
E. Evatt	—	254	—	254
275 lbs.				
Submaster Pure				
S. Dickey	160	386	540	1086
First off I'd like to thank all of the wonderful people who helped out with the event. People like Earl Evett, Gayle and Bill Clawson, Teri & Kelsey Ishimatsu, Jon Marshall, Rob Chandler, Lance Janhunen, Tom, Diane and Tommy Manno, Steve Goldberg, Jay Kooper, Marty Einstein, Henry Thomason, Domonique Dightmon, Carlos Mundo, Mike Stainbrook and Walt Sword. What a crew! The meet was outstanding in every aspect. The judging was strict but fair. The score-keeping and table personnel (the Ishimatsu's, Tommy Manno,				

and the Clawson's) was near perfect. The loading and spotting was flawless. It was just a great meet all around. What a great match-up between the titans of NASA, Henry Thomason & Rich Kahle. It came down to mere attempt selections as to whether or not we would have record Totals posted by these two NASA super stars. Here is a look back at the "what if" scenario of the meet for these tow studs of the sport. If Henry had taken 5 kgs. less on his 3rd attempt in the Squat (380 kgs. instead of 385) he would have hit his 2000 Total. If he had taken 310 kgs. instead of 317.5 kgs. in the Deadlift, he would have hit a 2022 lbs. Total. Henry is SO close to hitting some huge numbers. Like I have always said sometime more means less in the end. If Henry can just solve his downward head movement in the Squat he'll also move his squat up to the 400 kg. mark. He is there now, as he simply has to work more on fine tuning his lifting. At this level a lifter must be in near prefect form. Henry still had a 1967 kg. total on a 3 for 9 day. Wow. Rich Kahle was in the same boat, attempt selection. If he would have taken 327.5 kgs. instead of the -332.5 kg. attempt he would have hit that elusive 2105 lbs. mark he has been chasing and a 10.37 coeff. Like Henry, Rich needs to spend an entire day with a computer and the coefficient system and play with numbers. Like I tell lifters all the time, if you think you can make a lift, take a little less then your mind will be thinking you know you can make the lift instead of thinking you might be able to make it. At this level lifters such as Henry and Rich must select attempts that they know they can make. There is no room for doubt at this level. But again, Rich went 7 for 9 with a 10.15 coeff. They were great performances by both lifters. By the way, both asked me to critique their lifting and I am not trying to tear their lifting down but merely doing as they asked me to do, help them. Other outstanding performances were turned in by Jay Carlile, Marty Einstein, Stan Dickey, Sam Robinson, Chris Gallick, Dillon Jenkins, Teri Ishimatsu, Kelsy Ishimatsu, April Webb, Raychel Newton and Takysha Johnson. This was a great meet. Almost all the lifters indicated they would be at the Regionals on November 1st & 2nd held in conjunction with the Masters & Submasters Nationals. What makes NASA a great place to lift is that there is a place for everyone in our organization, regardless of total or experience. This meet was evidence that this is true. We had veterans and novices competing along side each other and they were all having a great time. Over all this was another fantastic event with some truly outstanding performances by the lifters and the NASA Staff. I would like to publicly Thank you to all of the lifters and our pro staff for attending and supporting this event. (Rich Peters)

Lima YMCA Touch 'n Go BP 26 APR 08 - Lima, OH				
BENCH	Teen (17-19)			
FEMALE	V. Kodenets	215		
123 lbs.	Master (40-49)			
Masters (50-59)	S. Oden	150*		
N. Proctor	155*	165 lbs.		
Masters (60-69)	Teen (15-16)			
B. Myers	85	T. Dick	225	
148 lbs.	Open			
Teen (17-19)	J. Smith	480*		
C. Pahl	160*	J. Bayer	355	
Masters (50-59)	M. Miron	300		
J. Crouch	115	M. Miron	125	
MALE	181 lbs.			
114 lbs.	Open			
Teen (13-14)	J. Swavel	425		
A. Murphy	95	T. Sanders	405	
132 lbs.	198 lbs.			
Teen (15-16)	Master (60-69)			
J. Hunter	175	J. Grossman	300*	
Open				
J. Helms	290*	B. Young	480	
148 lbs.	R. Schöffner	425		
Teen (15-16)	D. Hammer	405		
C. Thomas	205	M. Krutsinger	325	
Teen (17-19)	J. Russell	325		
M. Rone	320	220 lbs.		
J. Shaffer	280	Teen (15-16)		
G. Berger	275*	G. Berger		



Virgil Banks, 70-79, 315 BP at the Lima YMCA contest. (Alicia Bell)

Coordinator: Joe Simpson. (Thanks to Alicia Bell, Program Director for the Lima YMCA for providing these results)

18annual Winter BP/DL Classic 3 Feb 08 - Granger, IN

BENCH	DEADLIFT
Women	Women
SHW	SHW
A. Ferrebe	150
Teen 1617	Teen 16-17
220	220
Z. Griggs	350
Novice	Teen 18-19
165	198
M. Pickets	235
Raw	J. Smoker
242	275
C. Mow	410
Masters	C. Mow
220	650
A. Reed	---
308	
S. Jarausch	625*
Masters 45+	
275	
T. Bennet	500
Masters 50+	
242	
D. Goble	485

*= New Competition Records. Venue for the competition: The Fit Stop of Granger, Indiana. Steve Jarausch broke his own meet record by a full 25 lbs. and again showed his amazing ability to come back and get a lift after missing it. Dan "the Danimal" Goble hadn't done one of my meets for quite awhile but he looked like he hasn't missed a beat. Everyone was very impressed with his big 485 in the 242 lb. class / 50+ age group. Chris Mow was the star of the deadlift contest, getting a nice 650, which should hold up for the next POWERLIFTING USA Magazine TOP 100 ranking for the 242 lb. class. He also had a nice 410 raw lift in the bench. (Thank you to Jon Smoker for the results)

LOUIE SIMMONS' REVERSE HYPER MACHINE



PRO
REVERSE HYPER
\$1,635 Including
Shipping within USA

ULTRA PRO
REVERSE HYPER
\$2,190 Including
Shipping within USA



WOULD YOU LIKE TO ADD 100 POUNDS
TO YOUR SQUAT AND DEADLIFT?

"New"
**ULTRA SUPREME
REVERSE HYPER**
\$2,594.00 includes
Shipping This new reverse hyper works the complete back. Use it with table set straight for the same effect you get on all our reverse hypers, allowing for dynamic strength development in the concentric phase, while serving as a rehabilitation mechanism in the eccentric phase by gently stretching and depressurizing the spinal column with spinal fluid and the low back muscles with blood. Use it with table tilt down toward front and feel the stretch and decompression like never before into the complete thoracic area. When you tilt the machine down toward the rear it works like a 45 degree hyper highly stimulating the erectors and the glutes.

WWW.WESTSIDE-BARBELL.COM

3884 Larchmere Drive, Grove City, OH. 43123

Phone (614) 801-2060

**TOP QUALITY Supplements
at ROCK BOTTOM Prices!**

SUPPLEMENT DIRECT.com

SUPPLEMENT DIRECT tests EVERY batch of EVERY one of our products at an independent laboratory to assure you of quality. Check our website for REAL lab results on the products we are currently shipping.



NEW!



- L-Valine 250 grams \$14.99**
- Taurine 250 grams \$6.99**
- Piracetam 250 grams \$14.99**
- Microlactin 250 grams \$17.99**
- DL-Methionine 250 grams \$19.99**



- L-Iso-Leucine 250 grams \$19.99**
- L-Ornithine 250 grams \$19.99**
- L-Phenylalanine 250 grams \$11.99**
- L-Threonine 250 grams \$7.99**
- Caffeine 200 grams \$9.99 400 grams \$17.99**

ARGININE ALPHA-KETOGLUTARATE



200 gm \$14.99 \$59.99
500 gm \$24.99 180 caps

**SAVINGS: \$141.66
SAVE 567%!
Owned!**

L-GLUTAMINE



500 gm \$17.99 1200 gm \$89.99
1000 gm \$29.99 2000 gm \$54.99

**SAVINGS: \$120
SAVE 400%!
Sick!**

TRIBULUS



200 caps \$19.99 90 caps \$18.95
500 caps \$29.99

**SAVINGS: \$29.95
SAVE 152%!
Nice!**

KRE-ALKALYN



200 caps \$27.99 120 caps \$29.99
500 caps \$49.99

**SAVINGS: \$75
SAVE 150%!
Pwned!**

WHEY PROTEIN



2 lbs \$9.99 5 lbs \$49.99
6 lbs. \$19.99
11 lbs. \$37.99

44 lbs. \$139.99

**SAVINGS: \$30
SAVE 100%!
Alot!**

CREATINE ETHYL ESTER HCL



500 gm \$14.99 240 gm \$34.99
1500 gm \$24.99

**SAVINGS: \$46
SAVE 180%!
KaPOW!**

BCAA



200 caps \$19.99 \$59.99
500 caps \$34.99

**SAVINGS: \$89.99
SAVE 257%!
Fa-Shizzle!**

WHEY PROTEIN HYDROLYSATE



2 lbs. \$24.99 2 lbs. \$46.98

**SAVINGS: \$24.95
SAVE 125%!
Sweet!**

SUPPLEMENT DIRECT.com

Order Line: 1-888-776-7629

**13971 S. Higuera #130
San Luis Obispo, Ca. 93405**

WHY PAY MORE?

Just the facts, ONLY at:

SUPPLEMENT
.COM



POLICE
SUPPLEMENTPOLICE.COM

REAL PRODUCT TESTING.

REAL RESULTS.

NEW!



BCAA Powder - 250 grams \$14.99

New product REPS Pre-workout Intensifier - 39 servings \$14.99

Pure Essential Amino Acids - 90 Servings \$29.99

Beta-Alanine - 250 grams \$14.99 500 grams \$14.99

Citrulline Malate 250 grams \$21.99

Cissus 100 grams \$9.99

WHEY PROTEIN ISOLATE



2 lbs \$14.99
5 lbs \$29.99
44 lbs \$199.99

SAVINGS: \$65.83
SAVE 219%!
Owned!



3 lbs \$57.50

COMPLEX CARBS



8 lbs \$14.99
50 lbs \$74.99

SAVINGS: \$37.50
SAVE 250%!
Deal!



2.2 lbs
\$14.44

RIBOSE



200 gm \$24.99



200 gm \$33.39

HIGH PERFORMANCE CREATINE



7.7 lbs \$39.99
SAVINGS: \$61.94
SAVE 206%!



Baa-Da-Bing!

N-Acetyl-L-Glutamine



250 gm \$14.99



100 serv
\$59.99

SAVINGS: \$30
SAVE 100%!
Good Deal!

PURE ZMA



180 caps \$19.99
360 caps \$34.99

SAVINGS: \$65
SAVE 185%!
Shocker!



90 caps
\$24.99

DHEA



25 mg/100 \$6.99
100 mg/100 \$14.99

SAVINGS: \$35
SAVE 233%!
Sick!



100 mg/60 caps
\$29.99

CREATINE MONOHYDRATE



500 gm \$7.99
1000 gm \$13.99
2000 gm \$24.99

SAVINGS: \$51.98
SAVE 207%!
Incredible!



1200 gm
\$46.99

DEXTROSE



11 lbs \$9.99
50 lbs \$39.99



2 lbs \$3.29

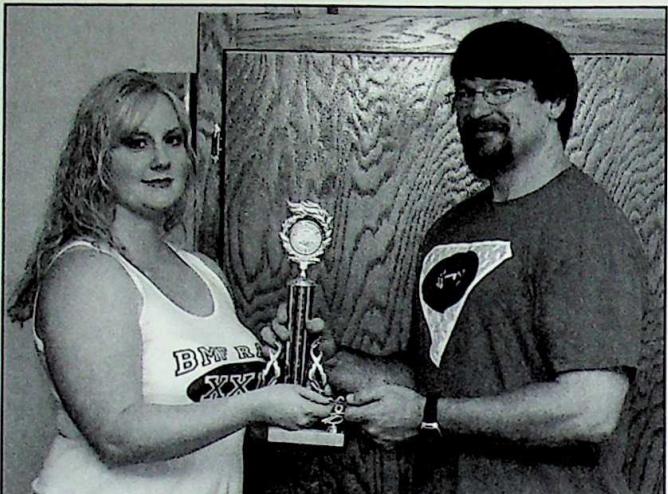
SAVINGS: \$42.25
SAVE 106%!
Impressive!

Compare OUR products
to the competition's
and SAVE UP TO 567%!



**SPF Big Erv Invitational
10 MAY 08 - Manchester, TN**

BENCH	C. Smith	350	
FEMALE	Raw		
165 lbs.	Teen (13-15)		
A. Reel	245	123 lbs.	
Raw	Christopher	160	
165 lb.	Teen (18-19)		
A. Reel	155	198 lb. Class	
220 lbs.	K. Brazier	300	
A. Suter	165	4th-335	
MALE	DEADLIFT		
SHW	MALE		
M. Beatty	605	Juniors	
Masters (45-49)	259 lbs.		
181 lbs.	C. Porter	630	
J. Brown	405	Raw	
242 lbs.			
K. Milliany	640	J. Byrd	600
Masters (50-54)	275 lbs.	Police/Fire/Military	
165 lbs.	J. Byrd	600	
Push Pull	BP	DL	TOT
FEMALE			
165 lbs.			
A. Reel	225	370	595
MALE			
Teen (13-15)			
114 lbs.			
W. Thompson	165	320	485
Raw			
Teen (13-15)			
220 Class			
T. King	180	350	530
Teen (16-17)			
R. Thompson	225	365	590
Teen (18-19)			
259 Class			
B. Alexander	420	460	880
Open			
148 lbs.			
R. Farnsworth	290	420	770
275 lbs.			
L. Vension	425	485	910
Submasters			
4th-BP-245	DL-400		



Amber Suter receiving her award from the SPF Big Erv Invitational from Nicky Peppers (photograph by the courtesy of Jesse Rodgers)

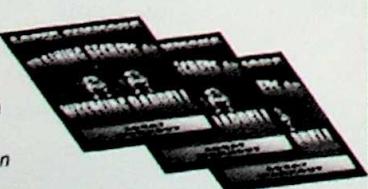
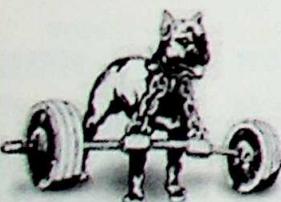
220 lbs.	S. Thompson	365	450	815	Master II (45-49)	P. Glivar!	287*
220 Class	Masters (55-59)				M. Blackstone	116*	181 lbs.
T. King	180	350	530		MALE	Master III (50-54)	
Teen (16-17)				275 lbs.	C. Smith!	303*	
R. Thompson	225	365	590	J. Robinson	320	500	242 lbs.
Teen (18-19)				Best Lifter Single Lifts: Ken Milliany. Best	Master II (45-49)	Master II (45-49)	
259 Class				Lifter Push Pull: Randy Farnsworth. (re-	D. Walker!	551	424 lbs.
B. Alexander	420	460	880	sults courtesy SPF President Jesse Rodgers)	Raw	Blackstone!	148 lbs.
Open							275 lbs.
148 lbs.					Teen I (14-15)	Master II (45-49)	
R. Farnsworth	290	420	770		B. Harris!	215*	E. Jones!
275 lbs.						386*	319 lbs.
L. Vension	425	485	910		Master II (45-49)	Open	
Submasters					C. Phillips!	276*	Police/Fire/Military
	BENCH		Raw		Junior (20-23)	J. Dolan!	617*
	FEMALE		198 lbs.		Powerlifting	SQ	TOT
					MALE		
					Raw		
					148 lbs.		
					Master II (45-49)		
					M. Robinson!	358*	270*
						457*	1086*
					165 lbs.		
					Teen III (18-19)		
					W. Lotter	347	—
						413	761
					T. Sileika	270	243
						353	865
					181 lbs.		
					Teen III (18-19)		
					B. Margolis!	309	209*
						364	882
					Open/Master II		
					G. Zweig!	402*	303*
						540*	1246*
					198 lbs.		
					Teen II (16-17)		
					K. Meaux!	309	243
						375	926
					Teen II (16-17)		
					B. Olson!	375	248
						463*	1086
					242 lbs.		
					R. Pette!	375	248
						463	1086
					319+ lbs.		
					Teen II		
					B. Henry!	375*	364
						397	1135

Video	DVD
Squat Workout ...	\$54.95
Bench Workout ..	\$54.95
Bench Press	\$59.95
Secrets	\$39.95
Squat Secrets	\$29.95
Deadlift Secrets .	\$35.95
Special Strength.	\$54.95
Reactive Method.	\$44.95
	\$49.95

LOUIE SIMMONS' PRESENTS

Training Secrets of Westside Barbell Club

Now on Video and DVD!



Send Check or Money Order to: Shipping/handling - \$6.00

Westside Barbell Club
3884 Larchmere Drive
Grove City, Ohio 43123
www.westside-barbell.com

Back view of dog appears on back of t-shirts

www.westside-barbell.com
3884 Larchmere Drive Grove City, Oh 43123
Phone (614) 801-2060

B & W Gym has expanded over the years to include every imaginable piece of cardio & resistance training equipment available along with a complete competition area permanently set up, ready to accommodate lifters & fans alike. Dennis had the platform prepared with Eleiko equipment and an electric scoreboard that he ran while officiating. Anyone who has been around powerlifting for any length of time knows that Dennis & Sandi along with their work crew and with people like Lyle Swartz, Ralph Sesso, Ernie and Diane Frantz, Jim Rouse, etc. etc. were to some degree pioneers of powerlifting in the Chicago area. Memories ran rampant as we entered the "Mr. T. style gym". The hallway leading to the seasoned facility, was decorated with a dozen banners from State, National and International competitions of old, i.e. USPF, ADFPA, USAPL, IPF & WDPPF. Meet Director Clint was well prepared and Ready to host his first ADFPF sanctioned event. The awards table was well stocked with beautiful trophies. Wall Charts kept each lifter aware of their progress. Scoring Table workers, announcers, a set-up crew and a large number of spotters were on hand. We were dumbfounded when Clint and more of his workers carried in bags of fruit, chips & cookies, boxes of "sliders" & McMuffins and cases of beverages not only for the workers and the competitors but also for all the spectators. No one went hungry during the event. Many of the lifters were new to the ADFPF structure; several regulars traveled from throughout IL, as well as from Indiana, Michigan & Wisconsin. The goal of many was to qualify for the 2008 WDPPF Single Event World Championships to be held Oct. 10-12 in Antwerp Belgium and/or qualify for the 2008 Powerlifting World Championships in Evansville, Indiana on November 22 (unequipped division) & 23 (equipped division). Once again the overall trend was focused on the unequipped division with only David Walker of WI entering the equipped division bench press. In all 29 American records were set/broken and 35 State Records established. Seven powerlifters qualified for a slot on the US Team entering the WDPPF Powerlifting World Championships in November in Evansville, Indiana and eight Single Event competitors qualified to the WDPPF Single Event World Championships to be held in Antwerp, Belgium on Oct. 10-12. Those competitors qualifying to compete on the US Team entering the Powerlifting World Championships in the unequipped division were Michael Robinson & Greg Zweig in the Masters II Categories, Tada Sileika in the Junior Category, Brett Margolis in the Teen III Category, Kevin Meaux, Brett Olson & Brett Henry in the Teen II Categories, Ryan Pette in the Open division. Those competitors qualifying for the US Team entering the Unequipped Division Bench Press event of the Single Event World Championships in Antwerp, Belgium were Mary Blackstone in the Masters II Category, Blake Harris in the Teen I Category, Phil Glivar in the Junior Category, Clint Phillips, William Blackstone, & Eric Jones in the Masters III Category and John Dolan in the Open and Police/Fire/Military category. Eric Jones also qualified in the Police/Fire/Military category. David Walker qualified for both Master & Open Categories in the Equipped Division Bench Press winning a slot on the US Team traveling to Antwerp Belgium for the single event World Championships. ADFPF Members who have qualified for either of the 2008 international events are reminded to download the US Team application form available on the website: www.adfpf.org. The last three pages are to be completed and mailed to the ADFPF National Office ASAP so that the US Teams selection process may begin. Go through the website to have questions answered. Additionally all ADFPF Members should be receiving the bi-weekly e-newsletter. If you are not receiving this valuable information, we do NOT have your current e-mail address. Please make contact via the website. (results courtesy of Judy Gedney)

Mr. T Freak Show II
10 MAY 08 - New London, WI

BENCH		Master III
FEMALE		R. Wiedman 330*
181 lbs.		S. Vaudt 265
Master III		SHW
K. Klass	95*	Master III
MALE		Washington 315*
140 lbs.		Open
Open		Wojciechowski 50
J. Meyer	220*	DEADLIFT
165 lbs.		FEMALE
Submaster		181 lbs.
J. Eastman	190*	Master III
181 lbs.		K. Klass 245*
Open		MALE
M. Gacic	235*	220 lbs.
220 lbs.		Open
Shirt		E. Destache 510*
E. Destache	365	308 lbs.
J. Klarkowski	560*	Master I
275 lbs.		L. Nell 500*

*=State records. !=Personal Records. I would first like to thank my wife Peggy for helping at these events. I would also like to thank loaders and spotters Ron Whitt, Matt Gunville, Bret Oswald and the lifters who helped their training partners lift. I also need to thank Chris Mason of At Large Nutrition for his support. The only female lifter of the day Kate Klass, started out the bench press with a good lift of 95, only to fail the next two lifts. Josh Meyers a wheelchair lifter did a outstanding job with his 220 bench for the day. Jim Eastman who is new to the sport finished with 190 in the bench. Mike Gacic also new to the sport finished the day with his second lift of 235. John Klarkowski returned for a PR of 560, it wasn't what he was hoping for, but still was a record. Rodney Wiedman a master 3 lifter finished nicely with a 330 bench. Rev. Steven Vaudt another master 3 lifter came in with a final lift of 265 for the day. Maurice Washington had trouble with his last lift and settled with 315 for the day. Maurice tells me he will do better at the Sept. meet, I hope he does. Eric Destache exploded up his 365 bench very nicely. Jake Wojciechowski powered up 450 like it was nothing. In the deadlift Kate Klass pulled 245 for a state and personal record. Then Eric Destache was able to pull 510 for the day. Master I Lloyd Nell finished the deadlift with a 500 pull in the second lift, failing his 3 attempt after having a little back trouble. Thanks again to all the lifters, hope to see you and other new faces in Sept 2008. (Tom Theama)



Lifters at the Mr. T Freak Show II in New London, WI (Tom Theama)

198 lbs.				
J. Oxford	634	413	55	1102
220 lbs.				
M. Smith	524	358	568	1450
J. Mills	452	353	601	1405
J. Rish	502	364	441	1306
R. Koons	463	342	502	1306
242 lbs.				
M. Warren	524	353	579	1455
J. Raper	540	342	568	1450
J. Lathem	502	364	502	1367
275 lbs.				
C. E'Dalgo	705	546	645	1896
B. Pierce	452	314	562	1328
SHW				
J. Searcy	821	386	832	2039
C. Dennis Jr.	711	452	744	1907
A. Jordan	772	485	628	1885
M. Lanier	705	391	606	1703

Excitement was in the air at the Cobb Conference Center for the APF Classic Powerlifting Showdown & Georgia Deadlift Championships. 39 powerlifters from Georgia and surrounding states showed up to participate in the first APF "classic" powerlifting meet. I developed the classic concept as a way to draw local bodybuilders, high school athletes, old-time powerlifting competitors and anyone else to the platform without having to train and compete in modern powerlifting apparel (bench shirts and squat suits). The rules of this contest allowed only a power belt, a one piece singlet, knee wraps and wrist wraps. The response was positive and this is just the beginning for this type of event. Everyone had a great time lifting and getting a taste of what the sport might have been like before engineered clothing. It was rewarding to see several new faces on the platform that might never have tried the sport in any other capacity. The bench was the most different from equipped lifting. 10 lifters entered the bench only division to take this challenge. Dr. Tom Sisk is a sight to see. This 71 year old lifter, who's in great physical shape, stroked an APF masters record 286 press. 308 class lifter Bryan Hayes also rewrote the APF record book with a masters 40-44 raw 402 bench. NGBB lifter Mike Wood took off his

bench shirt to grind out a 418 and edge out the win over Anthony Biangasso and Josh Kyllo in the 242s. What really got the audience in Kennesaw fired up on this day was Chip "Big Hoot" E'Dalgo. I guess this guy never ages because I remember seeing him compete in bodybuilding in Atlanta when I was a teen. Here he was 18+ years later taking Best Lifter honors with a monstrosous 545 raw bench at 275. He also squatted and deadlifted in the meet. Congratulations, Chip! The turnout for the three lift classic was strong and there was some hard fought battles. North Georgia Barbell lifter Glenn Baggett made powerlifting a family affair. His figure competitor wife Tracy entered her first meet and totaled 700. His son Tyler, age 12, in his first meet made dad proud with a near perfect day and a close miss at a 237 pull. I thank the Baggett family for their support. Another female powerhouse made the drive down to lift without gear. Amber Suter, who has been climbing the ranks in equipped powerlifting, eclipsed her raw PR's by 100's of pounds and ended the day with a 744 total. In men's open lifting, bodybuilder John Oxford opened some eyes with a super deep 633 squat and a play toy 413 bench at 198. John unfortunately popped his shoulder out of socket on his last bench and had to token deadlift. The 220s had Stack's Gym technician Matt Smith edge out a field of 4 with a balanced lifting and a 1450 total. Matt is a good example of a lifter who wasn't interested in the sport initially but found the classic rules to compliment his style of lifting and dominated. Local lifter Matt Warren came to lift and did so with expertise. He used 7 of 9 successful attempts to take first over a thickly muscled John Raper by just 2.5 kilos. Matt's last 578 PR pull slid him into first 1455 to 1450. The 275s had Chip "Big Hoot" E'Dalgo again show his dominance in lifting heavy objects. Chip used a solid squat and his world class pressing power to total 1895. Chip's training partner Billy Pierce took 2nd and had a great meet. The SHW class was unbelievable. The 4 guys that showed up to lift were worth attending

**APF Classic Powerlifting
12 April 08 - Kennesaw, GA**

BENCH		DEADLIFT
Raw		Masters
Masters		181 lbs.
198 lbs.	287	C. Wright 573
T. Sisk	242 lbs.	275 lbs.
D. Wyatt	402	B. Schull 546
275 lbs.		Open
J. Rodgers	402	K. Westhoven 623
308 lbs.		J. Ridley 601
B. Hayes	402	242 lbs.
Open		S. Dwelle 645
220 lbs.		M. Wood 601
L. Miller	353	W. Stephens 502
242 lbs.		J. Kyllo 468
M. Wood	419	275 lbs.
A. Biangasso	402	B. Pauley 584
J. Kyllo	331	308 lbs.
275 lbs.		Z. Freiwald 700
C. E'Dalgo	546	SHW
SHW		J. Searcy 832
H. Smith	402	
WOMEN	5Q	BP DI TOT
Open		
181 lbs.		
T. Baggett	265	132 303 700
SHW		
A. Suter	265	171 309 744
MEN		
Teen		
123 lbs.		
T. Baggett	138	94 198 430
Master		
242 lbs.		
J. Grizzle	331	303 364 998
Open:		
181 lbs.		
C. Shaw	441	276 452 1168

Tired of waiting for your powerlifting gear to show up?

LiftingLarge.com

We offer:

Ordering 7 days a week.

Phone and email support 7 days a week

Shipping 6 days a week.

30+ years of powerlifting experience to answer all your questions

Visit our forum
Visit us online

1-877-226-9060
www.LiftingLarge.com

Shipping worldwide 6 days a week

IRON WIMMY
Fitness Bands

Strongline
STRENGTH STRAPS

ELB. KNEE BANDS

TITAN
SUPPORT SYSTEMS INC.

On September 30 - October 4th...

THE WORLD IS COMING!

IPF

MASTERS WORLD POWERLIFTING CHAMPIONSHIPS



Presented by CON-CRET
PALM SPRINGS CONVENTION CENTER
SEPTEMBER 30 – OCTOBER 4

www.MastersWorlds.com

Over 250 athletes....Over 30 Nations....One Goal

THE GOLD MEDAL!

FREE ADMISSION! LIFTING STARTS AT 10:30am EACH DAY!



POWERLIFTING USA



ER EQUIPMENT

DENMARK

www.er-equipment.dk



QUEST-NUTRITION.COM
No outrageous claims
Just big gains!



CALIFORNIA SPORTS SPOTLIGHT
www.CssPhotoDesign.com

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

26 SEP, IBP 8th Bench Press Classic & Strict Curl (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

27 SEP, Gym Warriors Push Pull, (shirted and raw BP, BP, DL, PP) Paul Desimone, 978-766-6280

27 SEP, ADFPF Canton Challenge (PL, single - Canton High School, Canton, IL) Chris Siders, 309-647-9495, 309-647-1820 x2156, www.adfpf.org

27 SEP, APF Louisiana State Open, Garry Frank, 225-241-8154

27 SEP, USAPL Kentucky State & Bluegrass Open, Harold Gaines, 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

27 SEP, USPF Sierra Nevada Cup (PL, BP, DL - Gold Miners Inn, Grass Valley, CA) Anytime Fitness, 153 S. Auburn St., Grass Valley, CA 95945, Steve or Karen, 530-477-2946, karen@mail2freedom.com

27 SEP, APA North American BP, DL, PP, SC (Brewer, ME) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

27 SEP, USPF 1st Tom Eldridge Top Gun Arizona State Championsip PL/BP/DL (Cold Iron Gym, Tombstone, AZ) 520-457-3957 - 3955, www.coldirongym.com

27 SEP, APF Bend It (Victoria, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

27 SEP, NASA Arkansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Russellville, AR) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

27 SEP (NEW DATE), USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison,

COMING EVENTS

6 6 1 - 3 3 3 - 9 8 0 0 ,
p w r l f t r s @ m s n . c o m ,
www.powerliftingCA.com

27 SEP, IBP Regional PL (Pfafftown, NC) Keith Payne 336-251-8704 - 8704 , keith@ironboypowerlifting.net

27 SEP, SLP Nationals Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429 , sonlightgym@verizon.net, www.sonlightpower.com

27 SEP, Donnie Thompson's Kettlebell Power/Strength Workshop (Allentown, PA) www.rychlakpowersystems.com/KB/Don.html, 610-948-7823

27 SEP, Arizona Bench & Deadlift Challenge (Tucson, AZ) Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-3258

27 SEP, APF North Carolina BP (Gym 365, Mocksville, NC) Joey Smith, 2980 E. Burma Rd., Nebo, NC 28761, 828-442-8379, burmabo@yahoo.com

27 SEP, USAPL Blue Ridge Classic BP/DL (Standardville, VA) John Shifflett, 186 Happyhollow Rd., Ruckersville, VA 22968, 434-985-3932, valifting@aol.com, virginiapowerlifting.blogspot.com

or Will Morris, 434-985-6858

27 SEP - WNPF 20th Lifetime Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

27 SEP - WNPF Lifetime New Jersey (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 SEP - WNPF Lifetime Pennsylvania State (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-

4743, wnpflifetime@aol.com
28 SEP - WNPF 17th Penn States Open PL, BP, DL Champs (Ephrata, PA) contact Troy Ford 678-817-4743, wnpf@aol.com

29 SEP-4 OCT, IPF Masters Worlds (Palm Springs, CA) Lance Slaughter, 310-995-0047, www.powerlifting-ipf.com , www.usapowerlifting.com

1-4 OCT, WUAP World PL/BP (Lauchhammer, Germany) L. B. Baker, 770-713-3080, www.americanpowerliftingcommittee.com

3-5 OCT, 100% RAW/Raw United Armed Forces Nationals and Open Push/Pull (open to active duty soldiers, reservists, guardsmen, and veterans, all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, September 13)

Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

4 OCT, ADFPF Last Chance Qualifier (The Pit Barbell Club, Evansville, IN) Pat Tyring & Michael Stagg, www.adpf.org

4 OCT, NASA East Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735,

APF/AAPF/WPO Schedule

27 SEP, APF Louisiana State Open

27 SEP, APF North Carolina BP

27 SEP, APF Bend It Championship

4,5 OCT, APF/AAPF Snake River

5 OCT, AAPF Raw New England

18 OCT, APF/AAPF Rise of DL/Beast of BP

18 OCT, Northern California Open

OCT, APF Orlando Barbell Meet

OCT, APF Mississippi State PL/BP

1 NOV, APF Halloween Monster Bench

1 NOV, APF Texas Cup

8 NOV, APF/AAPF Gold Cup PL

8 NOV, APF Bench Press

20-23 NOV, WPC/WPO Worlds

NOV, WPC World PL/BP

6 DEC, AAPF River Valley Club

6 DEC, APF Gulf Coast

6 DEC, APF Iron Man

6,7 DEC, APF/AAPF Southern States

13 DEC, APF Rio Grande Valley

Dates subject to change Call 866-389-4744 for info.
(worldpowerlifting.org)(worldpowerliftingcongress)

ATTENTION: MEET PROMOTERS

HOUSE OF PAIN

WILL CUSTOM PRINT YOUR MEET
T-SHIRTS BETTER THAN ANYONE ELSE
IN THE WORLD!

WE KNOW YOUR NEEDS.

WE UNDERSTAND YOUR MARKET.

Fax 972.772.5644 Phone 972.772.8600

customprint@houseofpain.com

Noble, OK 73068, SQBPDL@aol.com
4 OCT, SPF/WBPLA World PL/BP (Gaitlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net
4 OCT, SLP Tennessee State BP/DL (Lexington, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com
4 OCT, Ashtabula YMCA BP (Ashtabula, OH) Lonnie Anderson, 440-964-3013
4-5 OCT, USAPL NY State, John Payette, 332 Central Ave., Albany, NY 12206, (518) 433-1703
5 OCT, 100% RAW, AAU, AAPF Raw New England Championships (YMCA Burlington, VT) Bret K e r n o f f , bret@vermontpowerlifting.com
9 OCT, USAPL Powerlifting Clinic (Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplchair@aol.com
10-12 OCT, WDFPF Single Event Worlds (equipped, raw, men, women, Open, teen, masters, police/fire/military - Antwerp, BEL) Wim Backelant, 309-837-2111, www.adfpf.org
11 OCT, 1st USPF Ft. Verde Days Open (Camp Verde, AZ), Duane Harris (520) 226-7631, or (520) 220-2073, wrestlinghawkeye@live.com.

NASA Powerlifting & Power Sports

October

4th - East Texas Regional (Tyler, TX)
18th - Unequipped Nationals (OKC, OK)
19th - 1st Pro Equipped Nationals (OKC, OK)
25th - Iowa Regional (Des Moines, IA)

November

8th - West Virginia Regional (Ravenswood, WV)
8-9th - Masters/Submasters Nationals (Mesa, AZ)
9th - 100% Tested Nationals (Ravenswood, WV)
15th - Colorado Regional (Loveland, CO)
22nd - Kansas Regional (Salina, KS)
29th - Houston Open (Alvin, TX?)

December

6th - Missouri Regional
13th - West Texas Regional
20th - Illinois Christmas Regional

January

10th - Gilmer Open (Gilmer, TX)
24-25th - Natural Nationals (OKC, OK)

February

7th - Arizona State (Mesa, AZ)
14th - Missouri State (Joplin, MO)
28th - East Texas State (Tyler, TX)

March

7th - Colorado State (Denver, CO)
14th - Tennessee State (Pickwick Park, TN)
28-29th - 26th High School Nationals (OKC, OK)

April

4th - Power Sports Nationals (OKC, OK)
5th - 2nd Pro Power Sports (OKC, OK)
25th - Arizona State High School BP/PL (Mesa, AZ)

May

2nd - Western States Nationals (Mesa, AZ)
16th - Bench Press Nationals (Denver, CO)

August

1st-2nd - NASA World Cup (OKC, OK)

October

24th - Unequipped Nationals (OKC, OK)

Coming Events/ Entry Forms at: www.nasa-sports.com

USPF 55th Iron Man Open

Powerlifting & Bench Press Challenge
 (open, masters, teenage, women, junior)

Mr. Iron Man, Ms. Iron Woman

Over 40 Mr. Iron Man

USPF Div. II National Qualifier, GPC Rules

December 6th, 2008

(Fresno, CA) Bob & Kim Packer

559-322-6805, 559-323-3892

11 OCT - WNPF 9th Palmetto PL, BP, DL, PC (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

11 OCT, 17th annual Special Olympics Liftoff, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, Karlton Mack & Kevin Meskew 310-399-2775, Rosie Garcia 310-794-3393

11 OCT (NEW DATE), NAS Strongman Master Nationals/ Heartland Challenge (69th St. & Mercy, Omaha, NE) DJ Satterfield 402-592-1243, djnechair@yahoo.com, www.nebraskapowerscene.com

11 OCT, UPA South Carolina Fall Classic (PL, BP, DL - Greenville, SC) Bart Kelley 864-704-7152, Kate Taillon 864-286-0532, k.taillon@hotmail.com

11 OCT -WNPF Lifetime Carolina State BP, DL, PC Championships (Greenville, SC)WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

11 OCT, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
14 OCT, APA Northeastern Regional (BP, DL, PP - Dover, NH) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

18 OCT, SLP Monon Fitness BP/DL (Indianapolis, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

18 OCT, APF/AAPF Rise of the Deadlift & Beast of the Bench Press (Willowbrook, IL) Amy Jackson, 866-389-4744

18 OCT, PPL Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

18 OCT, USPF Monster Beach & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net,

www.powerliftingCA.com

18 OCT, APF Northern California Open PL/BP, John Ford 650-303-7518

18 OCT, NASA Unequipped Nationals, Unequipped Powerlifting, Power Sports, Un-equipped Push Pull, Un-equipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

18 OCT, USAPL Columbia City Classic, Richard Schuller, 6005 67th Ave. NE, Olympia, WA 98516, 360-438-3321

18 OCT, Walker's Gym Bench Press Classic (for St. Jude's Hospital - open, raw, men, women, masters, teen, police/fire) Walker's Gym 220 E. Broadway, Hopewell, VA 23860, 804-457-7918

18 OCT, The Mighty Christian Powerlifting Contest V (Dover, NJ) 973-303-3645, mightygibbors@aol.com, www.themightygibbors.com

18 OCT, 12th IPA PA Power Challenge (PL, BP, DL - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

18-19 OCT, USAPL NE USA Regional BP & PL (Ft. Washington, PA) Rob Keller, 2276 Nova Village Dr., Davie, FL 33317, (954) 790-2249.

18-19 OCT, IPA Lexenxtreme Fall Classic (Marriott Courtyard Hotel, 2350 Roberts Rd., Columbus, OH) Dan Dague 614-554-8824, lexenxtreme@aol.com

19 OCT, NASA 1st Annual Pro Unequipped Championships, Unequipped Powerlifting, Power Sports, Unequipped Push Pull, Unequipped BP (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

25 OCT, 4th Westminster Family Center BP, WFC, 11 Longwell Ave., Westminster, MD 21157, Scott Bixler, 443-789-9452

25 OCT, SSA West Coast Fall Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

UPCOMING SLP COMPETITIONS

27 SEP, SLP National Powerlifting Championship

4 OCT, SLP Tennessee State BP/DL (Lexington, TN)

18 OCT, SLP Monon Fitness BP/DL (Indianapolis)

8 NOV, SLP Ohio State BP/DL (Hamilton, OH)

Son Light Power

122 W. Sale, Tuscola, IL 61953

217-253-5429

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

25 OCT, 6th annual Big Dog Classic (BP, DL, Ironman) John Blackstone, 120 W. Main St., W. Lafayette, OH 43845, 740-502-4964

25 OCT, APA Carolina's Cup (PL, PP, BP, DL, SC, Overhead Press, Strength Sports - Georgetown, SC) Scott Taylor, 5738 Dayton St., Zephyrhills, FL 33542, 941-626-4727

25 OCT, APF Halloween Monster Bench Bash (Eagle Nest, NM) Anita Ramsey/Churtis Schultz, 505-377-3099

25 OCT, 26th Raw ADAU Central PA Open PL (open, all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

25 OCT, AAU 11th Annual Crain BP/DL Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, rccrain@allegiance.tv

25 OCT, NASA Iowa Regional, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP Only (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

25 OCT (New Date), USAPL Florida Collegiate State BP & PL (Miami) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

25 OCT, USPF Pro Performance Strongman/PL (Morgantown, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

25 OCT, ANPPC National Powerlifting Championship (Tuscola, IL) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

25 OCT, USAPL Night of the Living Dead DL: Greed (\$) Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-2415, alexcampbell777@hotmail.com

25 OCT, Back To Basics BP/DL (Raw), All American Gym, 309 W. Main St., Lakeland, FL 33815,

863-687-6268

25, 26 OCT, USAPL Northeastern USA Regional BP & PL (Ambler/Ft. Washington, PA) Robert Keller, 954-790-2249, rhk@verizon.net, www.purepowerlifting.com

25-26 OCT - WNPF Lifetime 1ST International Cup Championships (PC, BP, DL (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

26 OCT, The Pennsylvania Power Press (Raw, touch and go - sculptured trophies, Edinboro, PA) Dan

Swope, 814-460-1057

26 OCT (New Date), USAPL Southeastern USA Regional BP & PL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

OCT, APF Orlando Barbell Meet, Brian Schwab, 407-678-2447, lightweightpower@aol.com

OCT, APF Mississippi State PL/ BP (Pascagoula, MS) Joe Ladnier, 228-669-4240, theladinc@bellsouth.net

OCT, APF/AAPF Snake River PL/BP/DL & Special Olympics (Idaho Falls, ID) Mike & Linda Higgins, 208-521-3434

1 NOV, UPA Ironman Battle on the Mississippi, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com, Entry form at www.upa-iowa.com.

1 NOV, USA Raw Bench Press Federation World Championship, Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

1 NOV, USAPL 6th Tom Foley BP & DL Classic (Nanuet, NY) proceeds to the Thomas J. Foley Memorial Scholarship) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10594, 845-920-0501, www.premierfitnessny.com

1 NOV, APF Texas Cup (Plano, TX) Gary Pendergrass, 800-378-

6460, www.seguinfitness.com

1 NOV, Raw BP to benefit Special Olympics of Johnston County, Harrison Gym, W. Noble St., Selma, NC 27576, Don Hall, 919-894-2213

1 NOV, Cal State San Bernardino Collegiate Push Pull (non-sanctioned with USAPL rules - Cal State University, San Bernardino, CA) Mike Womelsdorf 909-880-2948, usaplchair@aol.com

1 NOV, 100% RAW Worlds (Hagerstown, MD) Paul Bossi, 139 Marla's Way, Camden, NC 27921, 252-339-5025, rawlifting@aol.com, www.rawpowerlifting.com

2 NOV, APL New England Open BP/DL (equipped, raw) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, NHBodybuilding@yahoo.com, AmericanPowerlifting.com

8 NOV, APF/AAPF Gold Cup PL (Park Forest, IL) Earl Davis, 708-747-5101

8 NOV, SLP Ohio State BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

8 NOV, USAPL 20th annual Hudson Natural Open, Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560

8 NOV, USAPL Michigan State Equipped/Raw PL/BP, John Zintsmaster, 175 Circle Dr., Flushing, MI 48433, 810-730-5477

8 NOV, APF Bench Press (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapf@cox.net

8 NOV, NASA W. Virginia Regional (Ravenswood, WV) Greg Van Hoose

8 NOV, Carl Seeker's War for the Sword Push Pull (Warren, PA) Carl Seeker (814) 723-3442, seeker4@verizon.net

8 NOV, USAPL 20th Hudson Natural Open, Shawn Cain, 1040 192n Ave., New Richmond, WI 54017, (715) 246-3560.

8 NOV, Pride Powerlifting's Strength Wars (raw, equipped, BP, DL, full power, monolift, no card fees - Kennewick, WA) (509) 868-21192, www.PridePowerlifting.com.

8,9 NOV (NEW DATE), NASA Masters & Submasters Nationals, Equipped & Unequipped PL, Power Sports, Push Pull, Equipped & Unequipped BP & Arizona Regional (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

8-9 NOV, AAU World PL & BPs, International Push Pull & Single Lift Championships (Boo Williams Sports Complex, Hampton, VA) Virginia Powerlifting Association, Judy

WNPF EVENTS

WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS. EQUIPMENT-RAW, SINGLE PLY AND UNLIMITED DIVISIONS PL-Full Powerlifting meet, BP-Bench Press, DL-Deadlift, PC-Powercurl

28 September
WNPF Pennsylvania State
(Ephrata, PA)

11 October
WNPF 9th Palmetto PL, BP, DL, PC
(Clemson, SC)

Contact Troy Ford 678 817-4743 or wnpf@aol.com

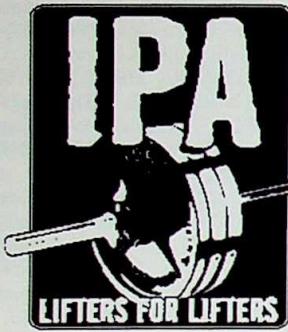
WNPF LIFETIME DRUG FREE EVENTS
(FOR THE LIFETIME DRUG FREE LIFTER)
WE OFFER FULL MEETS, BENCH ONLY, DEADLIFT ONLY, SQUAT ONLY, REPS AND POWERCURL EVENTS.
EQUIPMENT - RAW AND SINGLE PLY ONLY
(NEW RECORDS AND A NEW BEGINNING
FOR THE LIFETIME DRUG FREE LIFTER)

27 September
WNPF LIFETIME NATIONALS
(Bordentown, NJ)

28 September
WNPF 17th Penn State Open
(Ephrata, PA)

Contact Troy Ford at 678 817-4743 or wnpfifetime@aol.com

GET READY TO LIFT HEAVY!



2008 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

York Barbell Company
York, Pennsylvania

November 22-23, 2008

For information about the meet and lodging, visit www.IPAPOWER.com for a downloadable entry form.

Meet Directors

Mark Chaillet at
717-495-0024,
chailfit@yahoo.com

Chaillet's Private Fitness,
190 Arsenal Rd.,
York, PA 17404

Or Email: Ellen Chaillet
echaillet@aol.com



Thanks to
our event
sponsors



York Barbell
3300 Board Rd., York, PA 17406

Wood, after 7pm 804-559-4624, Jill Meads, after 7pm 804-730-8810, vapowerlifting@aol.com

9 NOV, UPA Battle of the Bench Press II (Circleville, OH) Jon Elick (740) 412-1177, antman517@aol.com.

9 NOV, NASA 100% Tested Nationals (Ravenswood, WV) Greg Van Hoose
12-17 NOV, WABDL World BP/DL (Riviera Hotel, Las Vegas, NV) Gus Rethwisch 763-545-8654 or 503-901-1622

13-16 NOV, WPF World PL, BP, DL (Austragungsort, Jedlersdorferstrasse 94, A1210, Wien, Austria, Gerhard Holleitner, www.wpfpowerlifting.com

14-15 NOV, USAPL Dakota Open, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-2151

15 NOV, USAPL Ohio PL & BP Championships (Bedford Hts., OH) Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, www.kingsgymohio.com

15 NOV, USAPL Anchorage Fall Classic, Ron Burnett, 13400 Lamb Dr., Anchorage, AK 99516, 907-345-7996

15 NOV, USAPL Southern California Regional PL & BP (Santa Clarita, CA) Lance Slaughter 310-995-0047, lanceoslaughter@yahoo.com, www.usapl-ca.org

15 NOV, SLP Kentucky State BP/DL (Louisville, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

15 NOV, Allentown YMCA BP & DL (Allentown, PA) Bonnie Bener, (610) 934-9333.

15 NOV, Grand Slam BP (raw, assisted - Dunn Tire Park, Buffalo, NY) Mark Becht (716) 549-3952.

15 NOV, N. Virginia Raw PL/BP, John James 7 0 3 - 4 7 5 - 9 8 8 5, www.northernvirginiarawpower.com

15 NOV, NASA Colorado Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Loveland, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

20-23 NOV, WPC/WPO Worlds (Palm Beach Gardens Marriott, Palm Beach, FL) Kieran Kidder & Amy Jackson, IRONOVERLORD@aol.com.

22 NOV, USAPL Idaho State Open PL & Bill's Bad Ass Bench Press, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

22 NOV, USAPL All-American BP Championships (Clarks Summit, PA) Steve Mann, www.purepowerlifting.com/ 2008AllAmericanBP, www.mannofsteel.com
22 NOV, Omaha Open (full, BP, DL, PP - A.V. Sorenson Recreation Center, Omaha, NE) Keith Machulda, 402-444-5596

22 NOV, USAPL Monsters of the Midwest "RAW" PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse562@comcast.net, Joe Goodhew, 765-744-6528, j.goodhew@comcast.net

22 NOV, USAPL MA/RI State Open (Advanced Cardio & Strength, 191 Brockton Ave. (Rt. 123), Abington, MA 02351, 781-878-2002) Greg Kostas, 781-447-6714

22 NOV, NASA Kansas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull (Salina, KS) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

22-23 NOV, 100% RAW Word Bench, Deadlift & Curl Championships (Norfolk, VA) (252) 339-5025.

LEARN THE SECRETS BEHIND A

2850 TOTAL

Donnie Thompson's

Kettlebell

Power and

Strength

Workshop

**September 27
Allentown, PA**

Presented by

**SOUTHSIDE
IRON**

For more details:
www.rychlakpowersystems.com/KB/Don.html or 610.948.7823

22-23 NOV, IPA Sr. National PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 717-495-0024, chailfit@yahoo.com, ellen.chaillet@aol.com

22-23 NOV - WNPF Lifetime 1st All-Raw World Cup Powerlifting, BP, DL & PC (Atlanta, GA or Orlando, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnplifetime@aol.com

22-23 NOV - WNPF 17th WNPF World PL BP, DL & PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

22-23 NOV, WDFPF World Championships (Evansville, IN) Mike Stagg 812-204-3755, stagg@insightbb.com and Derek Wallace 812-217-0939, squatbeast@wowway.com

29 NOV, PPL National Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

29 NOV, NASA Oklahoma Open, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

NOV, AAU World Military PL/World Bench Press/World Full Power/International BP, DL, Push-Pull (Virginia) Judy & Steve Wood, Jill Meads, 804-559-4624, vapowerlifting@aol.com

NOV, WPC World PL/BP, Amy Jackson, 505 Westgate Dr., Aurora, IL 60506, 866-389-4744

NOV, APA Can-Am International (PL, BP, DL, PP - Freeport, ME) Scott Taylor,

Christmas Classic & Hanukah Too BP/DL
December 13, 2008, Tucson, Arizona
Bench only or Bench and Deadlift
Open, Women, Teen, Masters 40-49, 50-59, 60+
Over 120 Trophies in all
Free Meet T-shirt To first 50 lifters!
No extra fee to lift in more than one division!

Balanced Fitness Personal Training
Chris Lomuto
7038 W. Fallen Sun Ct.
Tucson, AZ 85743
(520) 907-3258

5738 Dayton St., Zephyrhills,
FL 33542, 941-626-4727

5-7 DEC, RAW United Worlds
(all current membership cards
honored, all lifters & teams
receive awards, entry deadline
Saturday, November 8) Spero

Tshontikidis, 4353 Collinwood
Dr., Melbourne, FL 32901,

3 2 1 - 5 0 5 - 1 1 9 4 ,

tshontis@brevard.k12.fl.us

6 DEC, USAPL Bare Fitness PL &
BP (130 Dolson Ave., Middletown,

NY) Frank J. Panaro, 839 Route

52, Walden, NY 12586, 845-778-

1884, frankjpanaro@gmail.com

6 DEC, NASA Missouri Regional,
Equipped & Unequipped PL & BP
and Power Sports & Push Pull,

405-527-8513, P.O. Box 735,

Noble, OK 73068,

SQBPDL@aol.com

6 DEC, APF Iron Man (Fresno,

CA) Bob & Kim Packer, 559-322-

6805, 559-323-3892

6 DEC, USPF NorCal Open PL,

BP, DL (Sacramento, CA) Steve

Denison, 661-333-9800,

p w r l f t r s @ m s n . c o m ,

www.powerliftingCA.com

6 DEC, USAPL Virginia State
(PL/BP/DL/Ironman, raw,
assisted - Standardsville, VA) John

Shifflett, 186 Happy Hollow Rd.,

Ruckersville, VA 22968,

v a l i f t i n g @ a o l . c o m ,

www.virginiausapl.com

6 DEC - WNPF McCray/Peace
Memorial BP, DL, PC & Police/

Fire/Military Nationals
(Bordentown, NJ) Troy Ford 678-

817-4743, wpnf@aol.com

6 DEC - WNPF Lifetime
Ironman Nationals & East Coast

BP, DL, PC (Bordentown, NJ)

WNPF Lifetime, PO Box 142347,

Fayetteville, GA 30214, 678 817-

4743, Wnplifetime@aol.com

6 DEC, IPA 3rd Annual Christmas

Carnage (Full, BP - Leesport, PA)

Gene Rychlak, Jr., 143 2nd Ave.,

Royersford, PA 19468, 610-948-

7823

6 DEC, Walker's Gym Deadlift

Classic (for St. Jude's Hospital -

open, raw, men, women, masters,

teen, police/fire) Walker's Gym

220 E. Broadway, Hopewell, VA

23860, 804-457-7918

6 DEC, SLP Tennessee Christmas
for Kids BP/DL (Memphis, TN)
Darrel Latch, 126 W. Sale, Tucola,

IL 61953, 217-253-5429,

sonlightgym@verizon.net,

www.sonlightpower.com

6 DEC, 100% Raw Masters

Nationals & AAU/AAPF River
Valley Club Championships, (River

Valley Club, Lebanon, New Hamp-

shire) Bret Kernoff,

bret@vermontpowerlifting.com

6 DEC, 8th Annual Pocket
Samson's Christmas BP/DL (all
divisions/weight classes for men

and women, pre-registration dead-

line 11/15/08, limit 50 lifters)

Glenn Murphy Jr., Box 1013,

Westminster, MD 21158

6 DEC, APF Gulf Coast

(Beaumont, TX) Gary Pendergrass,

8 0 0 - 3 7 8 - 6 4 6 0 ,

www.seguinfitness.com

6 DEC, Pride RAW BP & DL

(Coeur d'Alene, ID) (509) 868-

2192, PridePowerlifting.com

6 DEC, 3rd Children's Christmas

Classic Touch N' Go BP (Breakaway

RecPlex, Celina, OH) Mike Wolfe,

after 4pm weekdays, (419) 584-

2 3 9 3 ,

bigbadwolfe900@yahoo.com.

6-7 DEC, AAPF/APF Southern

States (Jackson, FL) Wayne Pullum,

IRONOVERLORD@aol.com

7 DEC - WNPF 7th Eastern USA

PL, BP, DL, PC (Seaford, DE)

Troy Ford 678-817-4743,

wnpf@aol.com

7 DEC, 16th Raw ADAU Coal

Country Classic (separate SQ, BP,

DL, open and all age groups, men

and women - Bigler, PA) Al Siegel

304 Daisy St., Clearfield, PA

16830, 814-765-3214,

al@pikitup.com

7 DEC, BPO British BP & DL

Record Breakers (Four

Seasons, Trallwn Road,

Llansamlet, Swansea) Ken

Williams (07970 625946),

Nigel Wilding (07814 939047)

www.wpfpowerlifting.com

12-14 DEC, USAPL American

Open (St. Louis, MO) Harold

Gaines, 2 Tristan Terrace, St.

Charles, MO 63303, 314-805-

2044

13 DEC, Paxton Strongman Four
(Paxton, MA) Nathan Fitzgerald
(508) 791-3291,

paxtonpowergym@charter.net.

13 DEC, Iron Chamber Gym BP &
DL (Sun Valley High School, 5362
State Rt. 183 NE, Magnolia, OH)

Jeff Begue, (330) 844-1011, ICG-

Pride@Hotmail.com.

13 DEC, USA Power Open BP &
DL, Dave West, B&R Family Fitness

Club (PA) 215-355-2700 x130

13 DEC, Christmas Classic &
Hanukah Too BP/DL, Balanced
Fitness Personal Training, Chris

Lomuto, 7038 W. Fallen Sun Ct.,

Tucson, AZ 85743, 520-907-

3258

13 DEC, 21st Elkhart BP Classic
(Elkhart, IN) Jon Smoker,

jjrccsmoker@hotmail.com

13 DEC, APF Rio Grande Valley
Championship (McAllen, TX) Gary

Pendergrass, 800-378-6460,

www.seguinfitness.com

13 DEC, SLP Arkansas BP/DL
(Rogers, AR) Darrel Latch, 126 W.

Sale, Tucola, IL 61953, 217-

2 5 3 - 5 4 2 9 ,

sonlightgym@verizon.net

www.sonlightpower.com

13 DEC, 100% Raw Christmas
Classic BP/CR, John Shifflett, 186

Happy Hollow Rd., Ruckersville,

VA 22968, valifting@aol.com,

www.rawpowerlifting.com

13 DEC, Golden Bear Bench Press

Classic (WI) Steve Fronk, 715-736-

4744, unitedag@chibardun.net

13 DEC, NASA West Texas Re-
gional. Equipped & Unequipped
PL & BP and Power Sports & Push

Pull, 405-527-8513, P.O. Box

735, Noble, OK 73068,

SQBPDL@aol.com

20 DEC, NASA Illinois Christmas

Regional. Equipped & Unequipped

PL & BP and Power Sports & Push

Pull, 405-527-8513, P.O. Box

735, Noble, OK 73068,

SQBPDL@aol.com

27 DEC, 3rd annual Gene Rychlak

Jr. Bench Press Classic (Boyertown

YMCA) Gene Rychlak Jr., 143 Sec-

ond Ave., Royersford, PA 19468,

6 1 0 - 9 4 8 - 7 8 2 3 ,

bench_a_grand@yahoo.com

27 DEC, SLP The Last One! BP/

DL (Tuscola, IL) Darrel Latch, 126

W. Sale, Tucola, IL 61953, 217-

2 5 3 - 5 4 2 9 ,

sonlightgym@verizon.net

www.sonlightpower.com

DEC, AAU World Bench Press,

World Push-Pull (Nevada) Mar-

tin Drake, 951-928-4797,

naturalpower@earthlink.net

DEC, USAPL Florida Senior State

Games BP & DL (Age 50+ - Ft.

Myers/Cape Coral, FL) Robert

Keller, Box 281571, Davie, FL

33329, 954-790-2249,

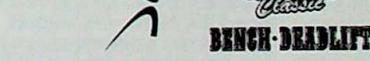
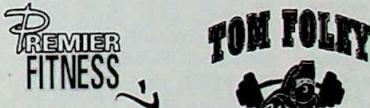
r h k @ v e r i z o n . n e t .

www.geocities.com/floridausapl

DEC, APF-AAPF Southern States

PL/BP, Kieran Kidder, 866-389-

4744, amyljackson@aol.com



USAPL
6th Annual Tom Foley
Bench & Deadlift Classic
Saturday, November 1, 2008
Drug Free
@ 10:00 a.m.

Premier Fitness
430 Nanuet Mall South
Nanuet, NY 1054
(845) 920-0501
www.premierfitnessny.com

~ALL WEIGHT CLASSES~

Proceeds go to the Thomas J. Foley Memorial
Scholarship. Tom Foley lost his life on
September 11th, helping rescue people from
the Twin Towers. Tom was part of
Rescue 3 FDNY.

10 JAN, NASA Gilmer Open (Gilmer, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

17 JAN (NEW DATE), USAPL Louisiana State (Lafayette, LA) Meet Director, Travis Werner, 337-349-2006, traviswerner123@yahoo.com, www.ragincajunpowerlifting.com

24 JAN 09, Capital District Tri-City BP/DL, Bethlehem Area YMCA, 900 Delaware Ave., Delmar, New York 12054, Tom Corazzini, 518-439-4394, ext. 1442, tcorazzini@cdymca.org

24-25 JAN, NASA Natural Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24-25 JAN, Raw Unity Meet (New Port Richey, FL) erictalmant@yahoo.com, www.rawunitymeet.com

24-25 JAN, USPF American Cup (Los Angeles Convention Center) Steve Denison, pwrlftrs@msn.com, www.powerliftingCA.com, 661-333-9800

25 JAN, USPF Los Angeles Fit Expo BP & DL (open - Los Angeles Convention Center) Steve Denison, pwrlftrs@msn.com, www.powerliftingCA.com, 661-333-9800

30-31 JAN, UPA Iowa & Midwest PL, Bill Carpenter, UPA Vice President, (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com.

31 JAN (NEW DATE), USAPL Raw HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

31 JAN (NEW DATE), USAPL NE Regional HS (Scranton, PA) Steve Mann, www.purepowerlifting.com

1 FEB (REVISED DATE), USAPL Raw Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

www.purepowerlifting.com

1 FEB, USAPL NE Regional Collegiate (Scranton, PA) Steve Mann, www.purepowerlifting.com

7 FEB, NASA Arizona State (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 FEB, SSA CandyAzz Classic (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 506-7990, www.ironasylumgym.com.

13-14 FEB, USAPL Women's Nationals (Miami, FL) Robert Keller, 954-790-2249, r_h_k@verizon.net, www.geocities.com/floridasapl

14 FEB, NASA Missouri State (Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

21 FEB, Red Brick Bench Press VI (Red Brick School, Lewiston, NY) Dennis Brochey, 302 N. 5th St., Lewiston, NY 14082, (716) 200-3533, cdbrochey@roadrunner.com, ht_tp:/ / niagarapowerliftingclub.com.

21 FEB, ADAU Raw Power Emmanuel Greater Single Lift Open (Johnstown, PA) Sam Contakos, Box 1084, Johnstown, PA 15907, (814) 270-1464, Jim, paworkout@aim.com.

28 FEB, NASA E. Texas State (Tyler, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

7 MAR, NASA Colorado State (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

14 MAR, NASA Tennessee State (Pickwick Park, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

28-29 MAR, 26th NASA High School Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

OK 73068, 405-527-8513, SQBPDL@aol.com

29 MAR, 10th Pittsburgh Monster BP/DL (men & women, all classes, cash prizes - Pittsburgh Airport Crown Plaza) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

MAR, USAPL Mass High School PL, Eric Cordeiro, eccbeast@yahoo.com

4 APR, NASA Power Sports Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

4 APR, APC Georgia State PL/BP (Athens, GA) L.B. Baker, 770-713-3080, www.americanpowerliftingcommittee.com

5 APR, NASA Pro Power Sports (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

11 APR, SSA Imperium (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 506-7990, www.ironasylumgym.com.

18 APR, MHP Kings of the Bench III & MHP Clash of the Titans II PL (\$5,000 cash prizes, wraps, chalk, belt only - Ronnie Coleman Classic Expo, Mesquite Convention Center, Dallas, TX) Sean Katterle, (503) 221-2238, SeanZilla@HardcorePowerlifting.com, www.HardcorePowerlifting.com, www.MaxPerformance.com, www.MetroFlexGym.com, www.MetroFlexGymProductions.com.

18 APR, 14th Dungeon Powerworks Slam (BP, DL - Three Rivers, MI) Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 4904, 2269-506-5386

18,19 APR, USAPL Indiana State PL/BP (open, masters, teen, youth, high school, jr., out of state lifters welcome - Winchester, IN) Sonny Runyon, 765-716-2587, powerhouse562@comcast.net, Joe

Goodhew, 765-744-6528, j.goodhew@comcast.net

18-19 APR, IPA Power Palooza 11 (Full, BP, DL - Leesport, PA) Gene Rychlak, Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

24-26 APR, UPA Powerlifting & Bench Press National Championships (Grand River Center, Dubuque, IA) Kenny Patterson, UPA President, (614) 563-0279, KPatterson@UnitedPowerliftingAssociation.com, Bill Carpenter, UPA Vice President (563) 599-1390, BCarpenter@UnitedPowerliftingAssociation.com. Entry form: www.upa-iowa.com.

25 APR, NASA Arizona State HS BP/PL (Mesa, AZ) Walt Sword

APR, Spring Bash Push Pull, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-3258

2 MAY, NASA Western States Nationals (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 MAY, NASA Bench Press Nationals (Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 MAY, USAPL New England States Open PL, Greg Kostas, 781-447-6714

18 JUL, SSA Nationals (full power, Ironman, single lift - Tribes Hill, NY) Sandi McCaslin (518) 506-7990, www.ironasylumgym.com.

24-25 JUL, Vermont State Open Raw BP (S. Burlington, VT) All American Fitness Center (802) 999-7845.

JUL, Too Hot to Squat Push Pull, Balanced Fitness Personal Training, Chris Lomuto, 7038 W. Fallen Sun Ct., Tucson, AZ 85743, 520-907-3258

1,2 AUG, NASA World Cup (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

12-13 SEP, USAPL Bench Press Nationals, Gary Kanaga, 591 Central Dr., Broadview Hts., OH 44147, 440-717-9624

17 OCT, SSA Asylum Power (full power, Ironman, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin (518) 506-7990, www.ironasylumgym.com.

24 OCT, NASA Unequipped Nationals (OKC, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

18-20 JUN 2010, USAPL Men's Open & Teen/Junior Nationals (CA) Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, 310-995-0047

MEET DIRECTORS ... there are literally hundreds of meets for the readers of Powerlifting USA to choose from each month. Put a display ad in PL USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting on your ad for FREE!!

2nd LifeTime Fitness Classic
28 JUN 08 - Chanhassen, MN

BENCH	165 lbs	
WOMEN	C. Madsen	325*
Raw	181 lbs.	
Teen II (17-19)	J. Passeri	330
181 lbs.	198 lbs.	
M. Isaacson	J. Bradley	325
Junior	220 lbs.	
165 lbs.	C. Henry(I)	325
B. Ringstrom	242 lbs.	
Masters I (40-46)	J. Biewer	512*
181 lbs.	D. Jensen	385
L. Jereczek	275 lbs	
MEN	E. Krych	407
Open	N. Glover	380
198lbs	308 lbs	
S. Rickford	J. Kollauf	567*
220 lbs.	C. Reuben	424
C. Henry(I)	Subs (34-39)	
SHW	181 lbs	
C. Kadrlík	Stanchfield	341*
Masters I (40-46)	220 lbs.	
198 lbs.	C. Hirdler	341
J. Tyler	308 lbs	
242 lbs.	C. Reuben	424
J. Steffens	Masters I (40-46)	
308 lbs.	198 lbs	
S. Kivistö	E. Maki	358
SHW	220 lbs.	
S. Nutter	S. Teska	314
Masters II (47-53)	242 lbs.	
242 lbs.	J. Steffens	275
R. Delisi	Masters II (47-53)	
T. Pernu	198 lbs.	
308 lbs.	D. Fitzgerald	242
T. Schrupp	242 lbs.	
Master III (54-60)	R. Delisi	363
275 lbs.	J. May	270*
G. Peterson	308 lbs	
Raw	T. Schrupp	385*
Teen I (13-16)	Masters III (54-60)	
100 lbs	275 lbs.	
G. Pernu	G. Peterson	363
165 lbs	Masters IV (61-67)	
D. Ousdigian	220 lbs.	
198 lbs.	L. Kollauf	347*
J. Radunz	Military	
Junior (20-25)	181 lbs.	
181 lbs	C. Williams	303*
C. Williams	IRONMAN	
220 lbs	T. Schrupp	459
E. Wills	R. Delisi	
Open	430	
	C. Henry	394

=MRPF Records. Best Raw Bench: Jason Kollauf 567. Best Equipped Bench: Charlie Kadrlík 639. The 2nd Annual Life Time Fitness Bench Classic wouldn't have happened without the support of the General Manager Mark Laylin. I would also like to thank Bryan Janowicz, Chris Fazi, Jeff Zwiefel and especially Life Time Fitness. Over 150 spectators were on hand to witness some incredible lifts. We had a total of 40 lifters in the Raw, Equipped and Ironman bench contest. In the Ironman division we had a total of 3 lifters. How the Ironman division works is competitors get possible 4 raw and 4 equipped lifts. The Raw division fell under the MRPF (Minnesota Raw Power Federation). A total of 15 new MRPF state records fell with another 29 new Life Time Fitness records. Here's a recap of the day's raw lifting. Let's start with the ladies. Teen 2 lifter Michelle Isaacson in the 181 lbs. division finished with 154. She holds the record in that class, but failed on her final attempt to break it. Britt Ringstrom in the Junior 165 lbs. division finished with a new MRPF record of 154. She's a full time Life Time Fitness trainer who in her spare time is an inspiring powerlifter. The final ladies lifter of the day was Lisa Jereczek. She had an injury last year and was unable to lift. This year in the 181 lbs. Masters I division she finished with 126* for a new record. Teen I competitor Graham Pernu was the youngest lifter of the day at 13. Graham is from a powerlifting family and didn't disappoint in his first contest. At 85-lbs Graham finished with a new MRPF record of 71*. Doug Ousdigian in the Teen I 165 lbs. division finished with record 203*. At only 14 he has the potential to become an outstanding bencher. The last Teen I competitor Jack Radunz who is 15 moved up a weight class from last year into the 198's, finished with a new MRPF record at 248*. Jack was helped again by his Life Time



Competitors at the 2nd Annual LifeTime Fitness Bench Classic. (Trent Hedtke)

Fitness strength coach Nick Campbell. I'm amazed at his progress he's shown in the last two years. We had a smaller Junior division this year with only two competitors. Chris Williams was a double winner with records in the 181-lb. Junior and Military divisions. He finished with 303* and two first place finishes. Eric Wills also moved up a weight class from last year into the 220's. He put on another show this year beating the old record by 82 pounds and finishing with an incredible 385*. The Open Men's raw division was the biggest with 10 lifters. Starting in the 165 lbs. weight class was Christian Madsen. Christian planned on doing the Ironman but couldn't get a shirt to work. Settling for just doing the raw and looking for a double bodyweight lift finished with a new MRPF record of 325*. Jason Passeri, a long time contest promoter actually decided to lift in a contest. Holding one of the oldest records in 181 lbs. weight class he finished with a respectable 330 and a first place award. Jacob Bradley in the 198's finished with 325 for a new Life Time record. Chad Henry another full time Life Time Fitness trainer was one of our three Ironman to compete. Starting with his raw lifts in the 220's he ended up with 325. Missing out on lots of training for this contest because of his job, he still ended up with a nice total in the raw category. In the 242 lbs. class we had two strong individuals. Taking 1st place was Jeremy Biewer who had the largest opening attempt at 512* for a new MRPF record. He came up just short on his two other attempts at 523. Dan Jensen had the task of lifting in the 3rd flight knowing what Jeremy was opening with in the 5th. Never the less he finished with 385 in his first contest and a 2nd place award. In the 275's, we had a battle of friends, Eric Krych and Nik Glover. Only 6 pounds of bodyweight separated these two benchers, but someone had to come out on top. Eric's 407 turned out to be the winner with a new Life Time record. Nik's 380 was a new personal contest best and good for a 2nd place award. In the 308 weight class we had some of the most unbelievable raw benching I've ever witnessed. Corey Rueben, who also lifted in both the Open and Submaster's finished in 2nd place in the Open division with a lift of 424. It was well below his contest best of 496 last year. The winner of the 308 Open division was Jason Kollauf. If anyone can rewrite the record books it's him. Opening up at a mere 501 he then jumped on to 551 and smoked it. On to his third attempt of 567 the weight came up faster than his previous attempt. Next came the biggest raw attempt of the day at an amazing 600 pounds. With the song "Ironman" blasting in the background he controlled the weight all the way down and received the press command. Up the bar went and it stalled half way up. I can't believe Jason had any energy left after the first 3 lifts and still was able to control 600. He ended up setting a new raw MRPF record of 567* and also getting a sword for "Best Raw Lifter" award. The Men's Submaster division started with Mike

Stanchfield. I wanted to personally thank Mike for the use of the kilo plates and the bar. It's always nice lifting with the best equipment available. Mike made the best of being the only one in his weight class by breaking his own record with a lift of 341*. In the 308's Corey Rueben rounded out the Subs with a first place finish with a lift of 424. In the Master I division opened with Eric Maki in the 198 lbs. class. He missed on his second lift and come back strong to finish with a lift of 358. I believe he could post a double bodyweight lift in the near future. In the 220's Scott Teska was a last minute entry. Haven't not been able to prepare for this contest and still compete shows the determination of this individual. Well below his contest best the lift of 314 was still good for a first place. Jason Steffens in the 242's had trouble touching in his shirt so he decided to get his only raw attempt in of 275. The Master II division had Dan Fitzgerald taking first in the 198's with a lift of 242. Even tough he didn't improve on his contest best his technique and form have showed great improvement. Ron Delisi from Durand, Wisconsin in the 242's made my contest maybe his last for awhile. Dealing with health issues and competing in the Ironman he beat his last year best with a lift of 363. Taking second was Joe May with a new MRPF record of 270*. I can't wait to see what he can do with another year under his belt. I just wanted to say that I consider Ron a true friend and I pray that his health improves and we'll see him on the platform again real soon. Moving up a weight class to the 308's Terry Schrupp our last Ironman competitor started with a new MRPF record with a lift of 385*. He's done over 400 pounds raw many times, but just didn't seem to have it this day. The Master III division had only one lifter. Greg Peterson in the 275's hit 363 tying his own record but weighting much lighter than he did last year. The Master IV division also had only one lifter. Lawrence Kollauf at 61 in the 220's hit 347* for a new MRPF record. Now I know where Jason gets all his raw strength. In the equipped or shirted portion of the contest we had 10 lifters. The Open Men's 198's division winner was Scott Rickford. I hope Scott doesn't mind, but let me tell you something about him. Scott is actually in a wheelchair and probably the strongest individual that I know who doesn't have the luxury of any leg drive strength. Having helped him in the last two contests, I'm serious when I say don't be surprised if he goes over 400 pounds equipped. The shirt just didn't work for him today but he still ended up with 325. Sad thing about that is that I witnessed his best raw attempt at 325 pounds just last month. In the 220's Chad Henry who has been just lifting in a shirt for a month did 385 and placed third in the Ironman. I'm sure this won't be his last, as I believe he's got the bug back that he had lifting in his home state of Iowa. Elite Barbell member SHW Charlie Kadrlík who the previous week competed in the first Minnesota UPA contest in Elk River, MN had an almost perfect day. Hitting his

APF Nationals "Battle on Bayou"

4 MAY 08 - Baton Rouge, LA

Powerlifting SQ BP DL TOT

FEMALE

114 lbs.

Teen (13-15)

M. Fontenot 336 149 303 788

Teen (16-17)

A. Harris — 165 — 165

123 lbs.

Master (40-44)

L. Denmon 380 182 331 893

Teen (13-15)

B. Duncan 314 165 309 788

132 lbs.

Teen (16-17)

H. Desoto 231 138 248 617

Teen (18-19)

B. Myers 331 160 336 827

148 lbs.

Master (45-49)

D. Damminga 325 204 402 931

165 lbs.

Master (55-59)

M. Mathis 342 243 331 915

181 lbs.

Teen (16-17)

W. Dycus 347 182 331 860

198 lbs.

Master (65-69)

D. Rawe — 99 — 99

Teen (16-17)

E. Moreno 353 182 353 887

198+ lbs.

Teen (13-15)

S. Simmons 325 176 309 810

MALE

114 lbs.

Teen (13-15)

C. Havard 237 116 215 568

132 lbs.

Teen (13-15)

C. Carolan — 94 — 94

Teen (16-17)

S. Aulds 430 265 452 1146

A. Goudeau 435 231 424 1091

Teen (18-19)

C. Sonnier 419 248 485 1152

148 lbs.

Master (45-49)

T. Judge — 358 — 358

Teen (13-15)

R. Johnson 463 220 474 1157

Teen (16-17)

T. Myers 402 220 386 1009

M. Askew — 281 — 281

Teen (18-19)

C. Hill 446 248 408 1102

K. Simpson 331 220 325 876

165 lbs.

Master (45-49)

S. Lumpe 546 342 424 1312

Master (50-54)

A. Cayer 650 419 628 1698

Master (60-64)

J. Nickle 468 254 507 1229

Teen (13-15)

Z. Romine 441 237 402 1080

A. Frank 336 193 402 931

Teen (16-17)

J. Dunn — 413 502 915

Teen (18-19)

B. Bell 601 303 502 1405

B. Gary 529 314 502 1345

181 lbs.

Master (45-49)

B. Benedict 728 375 540 1642

N. Marinis — 518 — 518

Master (55-59)

D. Pittman 562 391 557 1510

Master (70-74)

R. Edwards 463 303 419 1185

D. Judd 309 138 375 821

R. Edwards — 303 — 303

Teen (13-15)

C. Burlschen 309 204 314 827

J. Manda 226 138 309 672

Teen (16-17)

S. Hill 380 243 375 998

198 lbs.

Master (40-44)

B. Dunn 689 573 551 1813

Master (45-49)

T. Frein 562 375 529 1466

Master (50-54)

L. Hoover 805 557 634 1995

M. Steck 584 435 435 1455

Master (55-59)

P. Butte 524 292 424 1240

B. Kline — 397 — 397

Master (60-64)

B. Gaynor 513 386 639 1538

Submaster (33-39)

D. Hibbing — 276 — 276

Teen (16-17)

N. Bird 474 314 474 1262

Teen (18-19)

B. Carter 584 380 485 1450

R. Westberry 518 320 485 1323

E. Lieux 468 331 480 1279

220 lbs.

Junior (20-23)

D. Jenkins 705 457 507 1670

D. Jones 590 402 562 1554

Master (40-44)

J. Norman 942 540 650 2133

H. Fletcher 904 507 639 2050

E. Maroscher 722 413 617 1753

C. Sanford 507 364 474 1345

Master (45-49)

G. Hayes — 502 — 502

J. Hendrix — 446 — 446

Master (50-54)

P. Roberts 689 397 661 1747

Master (55-59)

R. Olinger 529 342 463 1334

Master (60-64)

J. Burgard 573 309 518 1400

V. Breaux — 446 — 446

Master (65-69)

T. Lancaster 502 402 551 1455

Master (70-74)

B. Bassman — 364 — 364

Submaster (33-39)

R. Pierce 849 551 601 2001

E. Stark — 452 — 452

S. Siemantel — 364 — 364

Teen (13-15)

J. Burtscell 524 353 474 1350

242 lbs.

Master (40-44)

K. Cavaretta 540 441 474 1455

M. Hummel — 601 — 601

P. Wylie — 524 — 524

Master (45-49)

F. Goldberg — 557 — 557

Master (50-54)

L. Mistric 832 562 639 2034

D. Murphy — 529 — 529

Master (55-59)

E. Fitzpatrick — 485 — 485

Master (60-64)

B. Jordan 413 276 507 1196

Submaster (33-39)

T. Irby 1009 705 728 2442

S. Johnson 672 408 551 1631

Teen (13-15)

S. Dobbins 661 364 463 1488

L. Palmer 557 309 507 1372

L. Gould 502 309 457 1268

275 lbs.

Junior (20-23)

M. Smith 584 386 584 1554

Master (40-44)

E. Bustillos 761 551 — 1312

Master (45-49)

G. Damminga 849 507 716 2072

M. Carolan — 457 — 457

Master (50-54)

B. McKee 755 601 590 1946

R. Ryan — 634 — 634

Master (55-59)

S. Finegan — 507 — 507

Submaster (33-39)

L. Estevez 909 645 683 2238

Teen (13-15)

C. Strother 468 342 457 1268

308 lbs.

Master (45-49)

A. Petriño 882 634 634 2149

R. Barlow 854 474 722 2050

Master (50-54)

M. McDaniel — 546 — 546

Submaster (33-39)

A. Mehan 1080 705 722 2508

C. Stutes 1058 705 683 2447

308+ lbs.

Master (40-44)

G. Prince 728 634 650 2012

J. Whitmore 661 441 496 1598

K. Southwood — 645 — 645

Teen (13-15)

J. Lummus 430 270 419 1119

Teen (16-17)

L. Barnes 700 474 579 1753

C. Cable 518 292 430 1240

A. Burton — 408 — 408

Best Lifter Women: Lee Denmon. Best Lifter Junior/Teen Men: Chris Sonnier. Best Lifter Master Men: Alan Cayer. Best Lifter Submaster Men: Toby Irby. If you can't dream, you can't succeed in this sport, it's all about dreaming" —Garry Frank.

The Masters Nationals were held at the Holiday Inn Select on Constitution Drive, in Beautiful Baton Rouge, Louisiana to the locals. The Louisiana Leviathan Garry Frank and APF president, was the Meet Director, MC and CEO for this major event.

All the judging, spotting, Loading and the meet table were worked with precision. Thanks to all those who made this meet possible, first and foremost our lord who spoke the world into existence back in Genesis. I will attempt to give a bird's eye view of what went on. I'll try to keep it on point but don't count on it. I may preach a little jab a lot and philosophize some so I'm asking your forgiveness in advance. Any jabs are with utmost respect and admiration of the individual's jabbed.

Trust me I have many flaws, just ask my wife. Or my therapist. As many times as John Ewing, Greg Theiro and Mike Luckett (Hardcore Barbells) have been coming to Florida over the past five years it was about time some of us Florida lifters showed up at Garry's house. Yeah, That's right we all showed up at Garry's house to take a look in the fridge. Teresa Frank was surprised when she heard a knock on the door and all 120 of us lifters were out in the front yard. Garry and John didn't even seem to mind when a couple of the guys started doing barbell curls out of their monolift. Many lifters representing Florida, Louisiana, Texas, Illinois, Maine, Indiana and Minnesota came out in abundance.

Most were coming to test themselves, see their recent training come to fruition on the platform, achieve a huge goal, set a record, win, PR and all along have a great time in the process. There was some really incredible lifting that went on for two days. Masters lifters going over 2400, 1000 lbs. squats, 700 lbs. bench presses and deadlifts, 9th and 10th graders squatting over 700 lbs., teenage girls with fire in their eyes, deadlifting three and four bills. The meet made up of a variety of lifters which made it more than exciting. Hardcore Barbells delivered on all levels. Now I digress.

About a week before the meet my sweet wife Luanne informed me she was going to "Wax My Back" I forgot all about it but Thursday Night before we left I was on the computer perusing Outlaws and the Elite Fts training logs, in my Fruit of the looms like I do most nights. She sneaks up behind me and slaps a Nads 24 hour hair removal glue strip and yanks a large patch of back hair out by the roots. Zipp Yeoww! The box says you stay smooth and hair free for weeks, Dr. Judd is the chief Spokesperson.

If our Apf V.P. had this done in the warm up area the floor would look like Don King had just sat down for a haircut. The last time Garry had hair on his sphere, Nixon was in the White House. We left Jacksonville Florida at 4:00 am Friday arrived at the hotel about 2:00 pm (central time). Garry and John "The Cajun Powerhouse" Ewing were already unloading plates at the front door. John will nail 2400 soon, no doubt. The set up for the meet was beginning and was completed by 11:30 pm. This meet carefully planned out by Garry and his teammates awhile back. Garry has



STREET ADDRESS



DATE OF APPLICATION

AREA CODE

TELEPHONE NUMBER

MO

DATE

YEAR

AGE

SEX

US CITIZEN

YES | NO

**REGISTRATION FEE
(CIRCLE APPROPRIATE FEE)**

APF \$30 AAPF \$30 APF & AAPF \$40

E-MAIL ADDRESS

hosted a number of national meets, usually about one per year, since 2004. All of his meets are run with everything taken into consideration ahead of time, few surprises. A large painted wooden backdrop was assembled separating the warm up area from the lifting area. An access door was cut out where we would come out to lift when called. We had to stay in the warm up area until it was our time to lift. The Scorers table where Garry announced and Amy Jackson and Hunter worked was on a raised platform perpendicular to the stage only about 10 feet away, giving them easy access to view the lifting and run the meet, similar to a press box in theory. Saturday morning my sweet wife Luanne and I took a short break from the competition to experience some local entertainment. We went to see a Jim Henson exhibit in downtown Baton Rouge. Henson sure was a genius at what he did. What was interesting to me was the display of the original conceptual drawings of Kermit the Frog on legal paper. And where he penned the Muppet song. The things that he could imagine and create were outrageous. Ernie, Bert, Big Bird, and my favorite, Birds imaginary elephant friend Snuffleupagus. Kieran Kidder's favorite Sesame Street Character growing up near Boston Mass, was Cookie Monster. We then viewed a short movie on the disappearance of the wetlands south of New Orleans. These wetlands are in dire need of being restored to their former size to act as a buffer against any future hurricanes. Local musicians are raising money to do just that, planting numerous Cypress Trees and other vegetation to restore the area. Afterwards we walked through a local art and music festival, where we listened to some real Cajun jazz music, and ate some Shrimp Po Boys. We viewed some local artists work, but missing were dogs shooting pool. We then drove thru the LSU Campus, saw the Mississippi River, and returned to the meet. One thing Louisiana and Florida have in common, is a plethora of humongous alligators. I heard last year a couple of Louisiana gators were seen at the Mardi Gras parade walking upright on their hind legs, wearing shades and throwing beads. The women were just finishing up the deadlift. Maegan Fontenot, Sarah Simmons and Brittany Myers stood out from the rest, also Emily Moreno and Bethany Duncan. The girls were mostly pulling Sumo, ripping the weight off the floor. The bar was moving faster than the Space Shuttle at liftoff during this flight. The Cross Trainers team from Texas brought approximately 35 male and female lifters, all high school students. They were just amazing to watch. I don't think a single one of them bombed. The best lifter female was Veteran Lee Denmon, Masters 123 who totaled 892 in three lifts. Debbie Dammenga of Egen, Minnesota had a great day, she dead lifted over 400 lbs. She and her husband Greg, live right near the Mall of America in Egen, a suburb of Minneapolis. Why would I mention a mall in this write-up? Stay tuned. Mary Lynn Mathis did the full meet and the bench only and did well; Dorothy Raye age 69 benched 99 lbs. See all the results for the women, you will be impressed! When that age are looking for the next party and dropping of school out at an alarming rate, these boys and girls are busy getting stronger both mentally and physically, and in the process making their parents and coaches proud. As a varsity sport in Texas over twenty five thousand lifters participate, Garry was saying. Gary just ran the highly successful APF High School Nationals in Texas. They do the squat, bench and dead just like we do. Florida athletes do the bench press and power clean. The APF is committed to the High School lifters. I will mention a couple of teenage lifters who were very impressive. They would be Scott Dobbins and Lorenzo Barnes of Burk Burnett (Texas High School) who showed amazing strength and platform savvy. Scott squatted 705 lbs. with near perfect form and power. Scott is a 9th grader! He went on to total mid 1400's. Lorenzo Barnes, a tenth grader, SHW squatted 705 lbs. and powered 460 lbs. up in the bench. He totaled 1752 lbs. Great job

Lorenzo and Scott! More on Lorenzo later. Junior lifters Daniel Jenkins and Derek Jones competed well. Daniel had a 705 squat. Garry's son Alex had a nice total. There were approximately 25 junior lifters; Daniel Jenkins had the highest junior total at 1669 lbs. Around noon Garry announced there was a stack of pizzas in the back. The lifters tore through 30 Large Dominoes pizzas like a bunch of ravenous wolves. After about 15 minutes there was nothing left but a bunch of dead empty pizza boxes stacked up in the back like pyramids. Luanne said there were guys running off in all different corners of the Ballroom holding their boxes, I can imagine they were nervously staring over the open lids for anybody who dared to come near. I saw Garry sitting over by the photograph table with his personal box. I asked him for a slice. Garry opened his box to reveal the saddest lone third world looking Dominoes pizza slice I had ever seen. He then said "Here you Go Keith" and gave it to me. I think he even picked off the pepperoni. Later Saturday night I saw Lorenzo and about eight of his teammates in the hotel pool. Lorenzo later told me they were playing sharks and minnows, oh to be young again. Lorenzo jumped in the pool one time and the next thing you know all of them were standing at the bottom of the pool, no water. Day one was a huge success. Garry told me he was especially proud of the women lifters on day one. "Obsession is a word used by the weak minded to define the Dedicated." —Garry Frank . Day Two: Things started really heating up on day two. Bars began to bend. The plates began to clang, the lifters got amped up and the music got loud. Score table leader Hunter provided the meet a small hand held iPod with over 5000 songs stored. This ran the sound system. I was about to go out to the truck and grab my Johnny Cash "Ghost Riders in the Sky" CD. Hunter gave me a "you're behind the times look". Don't you just love it when you see grown people walking around with blue tooth's in their ear talking to themselves, or the cashiers at the Quik stop that are yapping on the phone to their buds in the middle of the afternoon? I always wonder if the person on the other end of the line is actively seeking gainful employment. Alan Cayer was the best lifter light weight full meet. Dennis Pittman had a good day. Indiana state chairman and Submaster Larry Hoover from Hawgs Gym, Princeton Indiana, had some kind of success squatting 832 lbs. After I finished lifting around 2:30 pm my wife suggested we take a ride. At first she didn't tell me where we were going. We ended up at the Louisiana Mall. Go figure. There was this gentleman laid back in a lounger near a kiosk in the middle of the mall hooked up to some machine that had a fluorescent light stuck in his mouth. He was getting his teeth whitened. Next thing you know you'll see guys at the mall out in the open getting pedicures with those little cardboard spready things separating their piggies. Luanne bought me a punch card for this service and we returned to the meet. The last time Garry went to the mall, Eastern was flying the friendly skies. Or was it Pan Am? The Wright Brothers? Please don't think I was playing around during the meet. I went for it all on a third bench (705) but fell short. Ron Edwards and Donald Judd were in the (70-74) class. Both had nice totals. Ron, age 70 and a Cape Coral, Florida, native has been lifting since he was 19 years old. In the old days he made use of what was around and mostly did overhead lifts. Now he's retired and plays golf and lifts full time. What a life. He hit a 462 squat smooth and low. Eddie (Gold's gym, Clearwater FL) Fitzpatrick (50-59), 242 Iber, benched 485. The 220 lbs. master's class was huge and loaded with talent. The top two Henry Fletcher and Joe "Ironman" Norman battled it out all day. Henry, a crowd favorite was born in California and now resides in Orange, Texas right across the LA/TX line. He works as a process operator. Henry has only been lifting 5 years but hit a huge 903 squat. Joe is coming back from a neck injury when 1030 lbs. rolled up his neck at the Southern States in December. He

was flawless on the squats going 4 for 4, ending up with 1003 lbs., roughly four times his body weight. Joe is one of the finest squatters in the game now, he goes down without hesitation to where he breaks and then fires right up, most every time. In the end I believe Joe ended up on top. I even saw the Mississippi Flash, Christian Simmons walking around the meet in a tank top. He has dieted down to 220 lbs. Kind of resembled Franco Colombo without the tan. Brian "Vinnie Barbarino" Carroll would even be jealous. Craig "Crush" Stutes, Submaster 275 lbs., from Laffette, La and APC champion showed up to hurt the steel. He squatte 1069 lbs. fast and strong like butter and totaled over 2400. Craig went after a 749 pull to try to take down the giant, Veteran powerlifter Al Mehan. His grip slipped, it was not to be. Stay in the APF, my man. Lester "Bull Cuban" Estevez, former Bailey's gym manager back in the day, hit a PR bench, dead and total. His lifts were 909 644 and 683. Lester is the quintessential come from behind, back against the wall lifter. The 909 squat came on his third he totaled 2237 lbs. for the day, not too bad. Phillip Wyle Carrollton, TX hit a 523 in the bench only. Raymond Pierce is a bigger version of Brian Schwab. He came back on his third bench to stay in the meet and had a nice total. Russ Barlow, a high school teacher and a cornerstone of the new APF came down from Turner, Maine with a few guys. I first met Russ in Daytona in 1997. He nailed over 800 lbs. on the squat and all his benches were easy, he then pulled 727. One Russ Barlow story is worth retelling. In 1989 he was in Seattle, Wa due to his wife being ill. Russ was probably a little down about the situation and went for a walk. He ended up in an alley behind the hospital and was approached in the dark alley by two huge black guys and one huge white guy. Russ thought things were about to get bad and started getting prepared for battle. All of a sudden one of the men in a booming voice asked Russ, "Are you ready to train?" He was an orderly at the hospital and got wind that Russ was a powerlifter from his wife. The rest is history. Russ trained with those guys for 4 months and became great friends with them. Isn't it funny how God will mess with us sometimes, and then immediately make it right. I should mention Jordan Dunn and his Dad Butch. Butch did his last meet in 1985, 22 years ago, he benched 601 lbs. Garry lifted with him at that same meet. Butch had an awesome meet, all his lifts were there. Jordan is the real deal. He was very polite when I spoke to him, saying yes and no sir. He will be a force sooner than later in the 165 Ibers, at age 15 - Yea. He told me he has felt 804 in training but hasn't squatted it yet. Master lifters Mike McDaniel (APF VP) and Buddy McKee (Alabama State Chairman) had good days. Mike went after a key note in the squat and was very close. Buddy went over 600 in the bench. Mike and his wife Beverly judged also. Bob Gaynor, Master 60-64, pulled a nice 640 lbs. deadlift. Roger Ryan, Greg Dammenga, Robert Westberry, Larry Mystic, Fredric Goldburg, Mike Hummell, new lifter Joel Witmore and the biggest guy out there



Bob Gaynor pulled an amazing 639 lbs. in the 60-64 198 lb. class at the APF National Masters meet.

George Prince all had good days. I really wish I could mention everybody but check the results below. You will be impressed. Thanks for the help Robbie and Keith, and Orlando Barbell. Now, onto the studs of the meet, 308 Iber Al "Max Effort" Mehan from Calgary, Alberta, Canada and 242 Iber Toby Irby, Lake City, Florida. They grow peanuts in Lake City about the size of your thumb, I've seen em. Al told me at breakfast he came down to hit a total. That's all he said. And did he ever, 2501 lbs.! He is now a member of one of the select group going over 2500 lbs. Guys like Andy, Chuck, Brent, Donnie, Etc. This a milestone total as is a 700 bench according to Sebastian Burns. Great Job Al! Toby Irby is freaky strong at 242. He is a hard worker in everything. He collects best lifter trophies like candy. Strap on the Titan gear and Toby turns into Superman in Overalls. He has plenty left in the tank and is a class act, 1008, 705, 727, 2441; Best lifter; best total ever for Toby. PR's all day. First thru third place winners from this meet, and Becca and Rick's June senior nationals will combine in November along with international lifters at the World Championships hosted by Kieran and Amy Jackson. You don't want to miss this one. If both legs are broke hop on down to West Palm Beach, FL in November. Our lives are a lot like power lifting. We have our highs and lows. PR days and bomb out days. But we get up and try again, evermore striving to hit the tape full speed, never looking back as Paul writes in Philippians 4/13-14. Go hear a sermon this week; it may change your life. At the end Sunday night I walked back down to the meet ballroom with Garry, spoke to him for a couple more minutes and left him there alone by himself, kind of a surreal moment. The meet was over everybody was gone. The room was cleared out. The equipment was stowed on its way back to Garry's gym. In my mind I could still hear the shouts from the audience, "Come On, Come On", the lifters encouraging each other, the clang of the plates, Garry and KK announcing, "Good lift". As a few more minutes passed by, the shouts turned ever quieter and finally faded off to a low din barely audible, echoing off in the distance, as I went back up to the room and drifted off to sleep. "As I get heavier I start thinking the weight gets lighter". - Garry Frank. (article is courtesy from Keith Southwood)



NASA East Coast Nationals Competitors: (left-right) Wade Johnson (TN), David Connor (NC), David Wilson Jr. (MI), Buddy Nichols (NC), Bradley Blake (NC), Walter Ferguson (NC), Marcus Milner (TN), Mike Price (NC), Ralph Dishman (NC), and kneeling is Henry Thomason (TX). (photograph provided by courtesy of Meet Director Rich Peters)

**NASA East Coast Nationals
5-6 JUL 08 - Hickory, NC**

BENCH	Master II	123 lbs.	Master Pure				
MALE	W. Ferguson	325	R. Pope	220	132	270	623
148 lbs.	PS BENCH		132 lbs.				
Master II	MALE		Master II				
D. Wilson Jr. 292	148 lbs.		T. Davis	270	187	281	739
Master Pure	Open		148 lbs.				
D. Wilson Jr. 292	D. Wilson Jr. 281		Master II				
Open	PS CURL		D. Wilson Jr. 342	292	463	1097	
D. Wilson Jr. 292	MALE		Master Pure				
Pure	148 lbs.		D. Wilson Jr. 342	292	463	1097	
D. Wilson Jr. 292	Master Pure		Open				
275 lbs.	D. Wilson Jr. 132		D. Wilson Jr. 342	292	463	1097	
Submaster II	Pure		Pure				
R. Allman	551		D. Wilson Jr. 342	292	463	1097	
Raw	308 lbs.		220 lbs.				
148 lbs.	Master II		Master I				
Master II	W. Ferguson	132	B. Nichols	634	502	623	1758
D. Wilson Jr. 292	PS DEADLIFT		Open				
Master Pure	MALE		B. Nichols	634	502	623	1758
D. Wilson Jr. 292	77 lbs.		275 lbs.				
Open	Youth		Junior				
D. Wilson Jr. 292	S. Hou-Seye 110		S. Spear	606	364	513	1483
Pure	148 lbs.		308 lbs.				
D. Wilson Jr. 292	Master II		Int				
308 lbs.	D. Wilson Jr. 463		H. Thomason	821	562	683	2067
Push Pull	BP DL TOT		Master II				
MALE			T. Davis	270	187	281	739
242 lbs.			148 lbs.				
Master II			Master II				
K. Hall	430	518	D. Bell	650	—	—	650
Powerlifting	SQ	BP	Open				
MALE			D. Wilson Jr. 342	292	463	1097	
			H. Thomason	821	562	683	2067
			Master Pure				
			D. Wilson Jr. 342	292	463	1097	
			132 lbs.				
			Master Pure				

Application for Registration in the Natural Athlete Strength Association

First Name - _____ Last Name - _____ Date - _____

Mailing Address- _____ City- _____

State- _____ Zip- _____ Phone- _____

Date of Birth - _____ Age- _____ E-mail Address- _____

Keep Copy Of This Card For Your Records - Memberships Are Kept On Computer File And Are Not Mailed

I compete in- Powerlifting BP Only Power Sports

Please Circle Below

High School \$15.00

Adult \$30.00

NASA, P.O. Box 735, Noble, OK. 73068 Phone- 405-527-4589 www.NASA-SPORTS.COM

WHAT THEY ARE SAYING ABOUT.....

THE POWERLIFTING TIMELINE ©

-Paul Kelso's unique history wall chart -

THOMAS KLOSE ... 'Terrific work!'; BOB GAYNOR ... '...excellent job!'; JOHN INZER ... 'The depth...thoroughness...quality are outstanding ... extraordinary.'; RICKEY DALE CRAIN ... '... it is really neat.'; TONY CARDELLA ... 'Looks great.!'; JOE ROARK ... 'Paul ... feel free to plug it on my site. No, wait, I will plug it!'; DENNIS UNITT ... '... a must for every powerlifting fan.' (INT'L POWERLIFTER); JOE WOLF ... 'The amount of work and research...had to be incredible.'

WHO DID IT? WHAT HAPPENED? WHEN?

220-plus great lifters, milestones and moments of the game! Listed by year - early days to mid 2007. A laminated 36" x 24" four-color heavy-stock poster, with different info and rare photos front and back.

ORDER NOW !! Only \$24.95 plus \$7.00 S & H(lower 48 states) (shipped in mailing tube) Toll free # 1- 800- 978- 0206 - 9am -2pm EST. Fax: 734- 827- 8122. Money order, cashiers check or personal check to: Trap Bar Training - Dept TLP O Box 4429, Ann Arbor, MI, 48106

Or see: www.trapbartraining.com

Pure	D. Wilson Jr. 342	292	463	1097	
165 lbs.					
Master II	E. Butterworth	424	209	391	
1025	SHW				
Master I	W. Johnson	672	452	672	1797
Power Sports CR	BP	DL	TOT		
148 lbs.					
Master II	D. Wilson Jr. 132	292	463	887	
Master Pure	D. Wilson Jr. 132	292	463	887	
Open	D. Wilson Jr. 132	292	463	887	
Pure	D. Wilson Jr. 132	292	463	887	
220 lbs.					
Master I	R. Dishman	198	452	551	1202
242 lbs.					
High School	B. Blake	121	231	347	700
B. Blake					
Teen	U. Piedras	121	287	402	810
U. Piedras					
308 lbs.					
Master I	D. Conner	154	336	507	998
D. Conner					
Pure	D. Conner	154	336	507	998
SHW					
Master I	W. Johnson	171	452	672	1295
W. Johnson					
Pure					
M. Price	204	457	551	1213	
Submaster II	M. Milner	165	342	606	1113
M. Milner					
Submaster Pure	M. Price	204	457	551	1213
M. Price					
(results provided courtesy of Rich Peters)					



Competitors at the WNPF Lifetime Quad event. (from Troy Ford)

**WNPF Lifetime Quad Contest
27 JAN 08 -**

BENCH	242 lbs.
148 lbs.	(17-19) Raw
Lifetime Open Raw	Griffith 215
Feeney!	155* (40-49) SP
165 lbs.	Sharkey# 475*
(17-19) SP	REPS
Smith	— 114 lbs.
220 lbs.	Lifetime (40-49)
Lifetime (50-59) Raw	Longshore! 43*
Hicks!	315* DEADLIFT
Lifetime Open Raw	(17-19) Raw
Hicks!	315* Griffith 525
(40-49) Raw	POWER CURL
Smith	315 275 lbs.
(40-49) UNL	(50-59)
Smith	325 Grossman! 150*
(60-69) Raw	SQUAT
Davis	315 181 lbs.
Subs SP	Lifetime (50-59) Raw
Perez	425 Weinstein! 320*
Powerlifting	SQ BP DL TOT
105 lbs.	275 LBS.
(13-16) Raw	Lifetime Raw
Klaassen	110 65 165 340
114 lbs.	Bush 560 — — —
(40-49) Raw	300 lbs.
Longshore#	Lifetime Raw
148 lbs.	McLaughlin — — —
Lifetime Raw	Lifetime Open Raw
Leisey	150 105 210 465
MEN	McLaughlin! — — —
181 lbs.	*=American Records. #=Best Lifters.
(17-19) Raw	SP=Single Ply Division. !=WNPF Lifetime
Klaassen	390 225 470 1085
Junior Raw	Drug Free Organization Quad State Lifter
Kilhefner	280 205 430 915
198 lbs.	Team Champs: Ephrata Power Team. State
Lifetime Raw	Championships Challenge Winners: the
Reed	198 lbs. State of Pennsylvania. The first WNPF and
(17-19) Raw	WNPF Lifetime meet of the year. Although
Dilfenderfer	220 lbs. this meet was small which is always small
220 lbs.	in January this was a pretty good meet.
Subs SP	Twenty seven lifters came out to show their
Perez	500 425* 135 1050
242 lbs.	stuff on the WNPF platform. Some lifters
Junior Raw	choose to lift in the new WNPF Lifetime
Fritzinger#	Drug Free Organization and I thank them.
Open Raw	Many WNPF members expressed that they
Miller	will lift in the WNPF because they still hold
Subs Raw	records in this sanction and compete in the
Miller	WNPF Lifetime league because they are
Lifetime Raw	lifetime drug free. We took a lot of heat on
Miller	a website about our new league but no
Lifetime (40-49) Raw	matter what we are going forward with this
	organization. One guy said that many
	people were talking negative about us
	because they had no intentions on lifting
	in this organization or they just can't.
	Thanks to the spectators that came out on

**World Natural Powerlifting Federation (WNPF)
Membership Registration**

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
\$10.00 SPECIAL OLYMPICS
\$20.00 HIGH SCHOOL
\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ (memberships are valid for one year)

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

a cold day to cheer on their favorites and thanks to the WNPF lifters and staff for making this event happen. (from WNPF)

Powerlifting SQ BP DL TOT

132 lbs. (40-49) Raw

Martinez 165 115 230 510

148 lbs. Subs SP

Same! 365* 155 410 930

MEN

114 lbs. (11-12) Raw

Baldwin 125 80 175 380

148 lbs.

(13-16) Raw

Edwards 205 145 315 665

165 lbs.

Lifetime Raw

Morales 255 220 400 875

198 lbs.

Open SP

Edwards 575 425* 540 1540

(50-59) SP

Harris — — —

242 lbs.

Lifetime Raw

Mosley 500 345 510 1355

275 lbs.

(40-49) SP

Francis! 700* 315 715* 1730*

SHW

Lifetime Raw

Walker 620 135 530 1285

WNPF Lifetime

114 lbs.

(13-16) Raw

Garcia 315* 250* 425* 990*

148 lbs.

(13-16) Raw

Adair 225* 155* 325* 705*

165 lbs.

(17-19) Raw

Wilcox 405* 275* 405* 1085*

181 lbs.

(13-16) Raw

Trembly 95* 75* 160* 330*

148 lbs.

(13-16) Raw

Le 300*

Adair 225* 155* 325* 705*

198 lbs.

(40-49) SP

Chambers 150* 135* 225* 510*

120 lbs.

(40-49) SP

Brown 320* 300* 450* 1070*

220 lbs.

(17-19) Raw

Adair 315* 250* 450* 1015*

198 lbs.

(13-16) Raw

Tweed 275 lbs.

(13-16) Raw

Manzke 185*

WNPF Lifetime

198 lbs.

(13-16) Raw

Trembly 400* 185* 425* 1010*

198 lbs.

(40-49) SP

Francis! 700* 315* 715* 1730*

=WNPF National Records. !=Best Lifters.

SP=Single Ply. UNL=Unlimited.

Team Champs Powerlifting: Willy's Power.

Women's Bench Press: Willy's Power.

Men's Bench Press: Willy's Power. (WNPF)

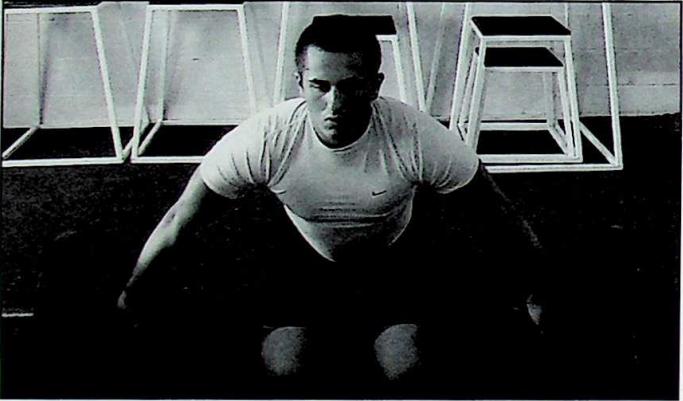
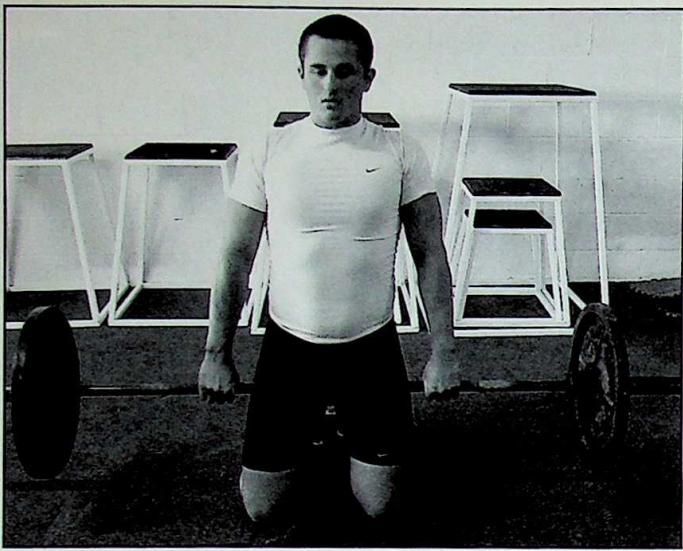
BODYTECHUSA.COM

STRENGTH MAGAZINE

Where the big boys play ®

A monthly E-Strength Magazine featuring
exclusive video clips, photos, and reports of
National and World Strength Competitions.





(continued from page 71)

a world class Olympic lifter, you know, an Olympic medalist. The football players are world class sprinters; even occasionally we have a top 10 heavyweight boxer, but why not a great Olympic lifter? This is simply a lack of good coaching. So why do Olympic lifting? Let's look at a substitute: Olympic lifting movements off the knees — this works.

There are steps to follow. Conditioning to perform the kneeling jumps with a barbell starts like this: Sit on the floor with the feet in front with your legs straight. Place a bar across the upper legs, then clean a press for reps. Set a goal of 135 pounds. The weight will depend on your strength level. This builds the entire body for the following tasks because power lifting requires mostly heavy training.

1. With the bar across the shoulders in the kneeling position, jump upward onto the feet. Set goals like the 135 pounds in the seated press.

2. Put the bar across your upper thighs while kneeling and then jump into a power clean. Always set a goal inside a time period.

3. Set a bar across your upper thighs while

kneeling and jump into a power snatch and, of course, set goals.

4. Set a bar across your upper thighs while kneeling and jump up onto your feet while doing a split snatch. Alternate front leg on each repetition.

For added general jumping preparation the straight leg power clean and straight leg power snatch should be employed. Also try standard jump squats in place. Start light and land on a somewhat soft surface.

These weighted jumps and kneeling jumps with weight for general preparation will, I am sure, lead to a higher jump. They lead to better kneeling weight jumps, which lead to a better squat and deadlift, which in their way raise the box jumping and kneeling weight jumping in turn. I hope all readers will have an open mind and use them to help sprinting and jumping for Olympic and power lifters alike.

REFERENCES: ¹ Explosive Power and Jumping Ability for all Sports by T. Starzynski-Hszanski. ISBN: 0-940149-09-5; ²The World Atlas of Exercises for Track and Field by A. Lasocki. ISBN: 83-916249-0-0.

Westside Barbell
614-801-2060

www.westside-barbell.com

CHAIN CHAIN CHAIN CHAIN CHAIN
TOPPER SUPPLY COMPANY
2108 S. HIGH STREET
COLUMBUS, OHIO 43207

THE SEARCH STOPS HERE!!!
THE COMPLETE POWERLIFTING
ASSEMBLY:
ELITE AND PROFESSIONAL
POWERLIFTERS
5/8" SET \$143.90 1/2" SET \$119.90
TO ORDER CALL TOLL FREE
866-4CHAINS (866-424-2467)
ASK FOR LARRY, IVAN OR RON
MONDAY THRU FRIDAY 7:30 AM TO 4:30 PM
SATURDAY: 7:30 AM TO 12:00 PM EST.
WWW.TOPPERSUPPLY.COM
LOUIE SIMMONS
TRAINING SECRETS




FOR REVIEW "Name the Man who, over the last couple of decades, has done the most to challenge and re-shape attitudes regarding strength training in the United States. Who else could it be but Louie Simmons? What other strength authority has put as many pounds on the totals of high level powerlifters, drawn the rapt attention of elite scholastic and professional strength coaches, and made some history on the lifting platform himself, despite a long history of what should be crippling injuries. Over the years, his writings have reflected a precise, logical, common sense analysis of what works and what doesn't. The natural product of such a process is a book, and now it is here. Written by Louie, edited by his good friend Sakari Selkainaho, with photos by Sakari and Scott DePanfilis, this 238 page volume puts all the great Westside training plans into one place at one time. That is a value hundreds of times the cost of the book itself. Heck, Louie's anecdotes about the things he's seen and done in the world of strength are worth far more than the price of the book by themselves, and this book is loaded with them. In a couple of decades, if you look into the personal libraries of the most successful strength coaches and the strongest powerlifters in the world, you will find this book. Ask yourself, where you want to be in the world of strength 15 years from now, and you'll know what you have to do next (order the book, dude!)"

Spring PL & BP Championships
29 APR 08 - W. Columbia, SC

BENCH MEN	198 lbs.	Open	198 lbs.	B. Rapp	865	225	655	1745
165 lbs.	F. Wihlidal	198 lbs.	B. Rapp	865	225	655	1745	
Open	Raw	220 lbs.	L. Morris	550	425	525	1500	
A. Yezer	Z. Green	220 lbs.	L. Rizer	630	365	425	1420	
198 lbs.	A. Duncan	242 lbs.	R. Cauthen	400	370	340	1110	
B. Stanley	380	242 lbs.	G. Crook	—	—	615	—	
220 lbs.	A. Fersner	242 lbs.	D. Hubbard	435	—	—	—	
R. Pardue	430	275 lbs.	B. Moyer	600	450	560	1610	
R. Cauthen	370	SHW	G. Campbell	—	—	—	—	
Masters	M. Hurtado	SHW	M. Schott	850	705	715	2270	
Powerlifting	SQ	TOT	T. Henderson	—	—	705	—	
Teen	BP	DL	This was my first meet that I promoted by myself. However, I did not work it by myself. I had a tremendous amount of help. More about that later. The meet was small, only 23 lifters. The cut off was 25. The only advertisement I did for this meet was a few flyers handed out at Will & Marge Millman's meet in Charleston a month earlier. I do not like long meets. The goal was to be finished	—	—	—	—	
242 lbs.	525	—	450	—	—	—	—	
B. Thomas	308 lbs.	—	—	—	—	—	—	
D. Johnson	635	465	600	1700	—	—	—	
Masters	198 lbs.	—	—	—	—	—	—	
R. Sutton	315	300	340	955	—	—	—	
RAW	242 lbs.	—	—	—	—	—	—	
C. Laird	475	350	500	1325	—	—	—	

by 3:00 pm. We made it. The North Carolina boys consisted of Brett Rapp, Greg Crook, Adam Yezer, Brian Stanley and Mark Schott. Brett and Mark stole the show with some huge squats. These two are obviously training right because they sure did exhibit some great power. Adam had a tough day with his new shirt, but he took 495 for a few rides. He will come back well over 500 his next meet. His wife and young infant baby were there for support. Brian fell short of his goal with some shirt troubles too, but managed to get one in. He is very strong though. I was really impressed with the deadlifts of Mark and Brett. Very fast and strong. Both had more in them. Mark had the highest total of the day. Very nice guy and look for Mark to total over 2400 in the near future. Our South Carolina boys came determined. Although none had the experience of the NC boys, they manage to push their totals up about 150 lbs each meet. I just love the boys from Orangeburg, the Kings Of Steel! That was Alfonso, Zach and Big Mo. They



Brett Rapp squatted 865 (photograph provided by Thompson).

lift RAW and are a proud bunch. As well they should be. Great sportsman and a good display of character from this group. Big Mo is a whopping 385 pounds. He is capable of another 100 on his raw bench if he trains right. Rodney Cauthen told me that this was his first meet. Although he placed third, he lifted great and is good at all three lifts. Lucas Rizer from Columbia, did his best but he felt it wasn't good enough. He pushed his total up 120 lbs from November. Not bad but I think he expected more. Lee Morris and Brian Moyer are SC State Troopers. They both placed first. All I can say is they were very determined. Nothing was holding them back from victory that day. It is great to see law enforcement involved in Powerlifting. Our guest deadlifters were Big Tex and Greg Crook. Imagine going to a meet just to deadlift. That takes a set of Grandpa's. It was a great day and it went fast even though we had a few problems at first. Thanks to Williams Strength for the trophies. They were a 5 lb plate that they engraved on the back. Mike Ramsey, Eric Smith and Dale Bass were responsible for them. Dr. David Lee, Dr. Barry Fitch and Dr. Mike Stout let us use Progressive Sports Physical Therapy for the event. My fellow employees that helped me personally were Jase Strickland, Heather Taylor, Jessica Scharstein, Teri Marriott, Angie Lembo, Jessica Fulmer and Jonathan Pent. Each did a specific job to make the meet run smooth. Jessica and Heather even became impromptu card girls. They all sold tee shirts and kept things running smooth. My lifting comrades from my powerlifting gym, The Compound were all there to help run the meet. John Morrow, Billy Warren, David McLeod, Barry Sturdivant, Karl Tillman and The Dream, Gary Flowers. Big Hoss, Furman Jeffers was the main spotter. He is 450 lbs of pro wrestling. Dwayne King, a small MMA scrapper did allot of spotting and loading. He is tons of energy and no one can keep up with him. I will never do a meet without him. Lastly, Will and Marge Millman, the SC APF chairman, saved the day. They provided cards, loading charts, personally expedited the event. I can't thank them enough. Also, the Columbia Quad Squad is a female Roller Derby team who were our card girls. (courtesy of Donnie Thompson)

CRAIN POWERBELTS™



Xtreme POWERBELT™

Same Great Belt... Now Lower Price!

\$79.00

*13mm MAXIMUM THICKNESS

*Any 1, 2 OR 3 COLOR suede

*Single or Double prong buckle with SEAMLESS roller or Lever

*6 flawless rows of heavy duty stitching

*MADE IN THE USA

*Made to YOUR EXACT WAIST size

*100% GUARANTEE against normal wear and tear.

Give waist size, color, single or double prong or lever.
For EMBROIDERED NAME BELTS allow 4-8 weeks for delivery.

LEVER BUCKLE ONLY \$20.00



4" laced 11mm Maga
POWERBELT
\$74.00
Also available with Lever \$84.00



2 1/2" BENCHPRESS
POWERBELT
\$59.00
Also available with Lever \$69.00



4" Leather
POWERBELT
\$39.00



Economy/Import
POWERBELT
XS-SXL \$39.00



Style 1 Full Dip Belt
w/ chain
\$39.00
Style 2 Loop w/chain
Fit on your belt
\$25.00

POWER Knee Wraps and POWER Wrist Wraps



2.5 METERS \$27.00
3.5 METERS \$38.00
2 meters
\$17.00



\$17.00

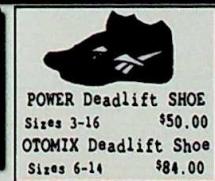


POWER WRAP
\$19.00
POWER WRIST WRAP
\$15.00

SQUAT, DEADLIFT and Training Shoes



The POWER SHOE
(A Real Squat Shoe)
Sizes 3-18
White w/ Black
or Solid Black
\$125.00



POWER Deadlift SHOE
Sizes 3-16
\$50.00
OTOMIX Deadlift Shoe
Sizes 6-14
\$84.00



POWER Deadlift
SLIPPER
Sizes 1-18
\$13.00
OTOMIX
(The Ultimate Trainer)
Sizes 6-14
\$99.00

SHIPPING
\$7.95 MINIMUM
CALL FOR FULL
SHIPPING CHARGES
Oklahoma Residents
Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / PAYPAL

Customer Service 1-405-275-3689 Fax 1-405-275-3739

1-800-272-0051

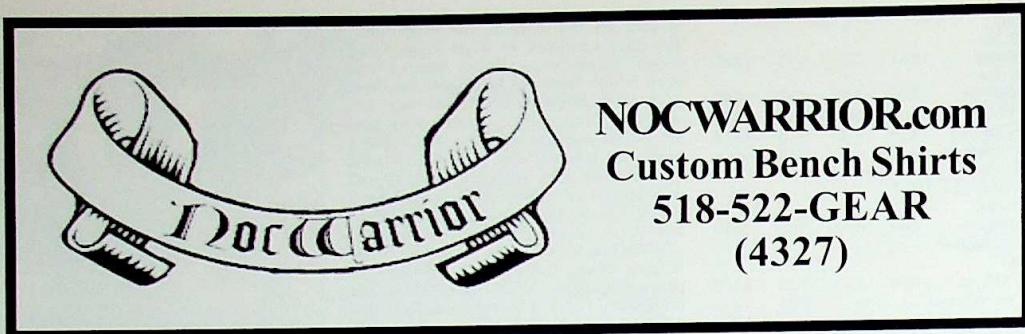


CRAIN

3803 North Bryan Road
Shawnee, Ok. 74804-2314 USA
rcrain@allegiance.tv
www.crain.ws



The Columbia Quad Squad Roller Girls served as contest card girls



NOCWARRIOR.com
Custom Bench Shirts
518-522-GEAR
(4327)

USAPL New England States
17 MAY 08 - Wilmington, MA

Powerlifting SQ BP DL TOT

FEMALE

Teen

S. Nappa 185* 110* 200* 495*

Masters

T. Michaels 215 110 255 580

L. Narkum 145 185* 250 580

Grandmasters

D. Mason 250 140 285 675

Open

L. Narkum 145 185* 250 580

D. Mason 250 140 285 675

M. Messore 190 105 200 495

MALE

Special Olympics

M. Kardok 245 190 315 750

E. Vandall 240 125 225 590

Teen I (14-15)

Z. Bartlett 405 215 425* 1045*

K. Ihlefeld 370 235* 390 995

J. Fadel 330 190 390 910

A. Reynolds 240 160 305 705

P. Bettinelli 225 180 295 700

Teen II (16-17)

R. Moore 530* 275 510 1315

C. Bender 450 315 540 1305

E. Jacintho 425 325 400 1150

J. Fadel 375 220 415 1010

M. Winfield 350 200 400 950

T. Strachan 405 210 455 1070

Teen III (18-19) Lt

L. Jaimes 475 300 405 1180

E. Minelli 345 255 495 1095

R. Quillard 330 225 350 905

J. Puleo 305 215 385 905

B. Iozzo 315 205 375 895

R. Chan 245 190 335 770

Teen III (18-19) Hvy

J. Norcott! 550* 365* 560* 1475*

B. Johnson 480 305 525 1310

J. Crawford 450 385* 425 1260

MALE

Teen III (18-19) Hvy

E. Urrutia 400 260 480 1140

T. Kinney 375* 255* 440* 1070*

Junior (20-23) Lt

J. Caouette 600* 365 455 1420

A. Matson 400 245 440 1085

B. Kingsbury 385 275 375 1035

D. Jaffe 340 305 445 1090

J. Grigsby 350 200 400 950

Junior (20-23) Hvy

J. Nappa 550 345 470 1365

A. Mangan 545 400 510 1455

P. Gorman 425 285 525 1235

J. Muccino 455 340 455 1250

S. Davitt 275 225 450 950

Submasters (35-39)

G. Sousa 530 340* 560* 1430*

F. Juszynski 415 280 505 1200

Masters I (40-44)

M. Farnham 475 365 500 1340

Wadsworth 315 215 340 870

T. Casa 315 255 400 970

Masters II (45-49)

L. Weinstein 500* 300* 510* 1310*

K. Manning 445 335* 455 1235

Masters III (50-54)

P. Mears 380 190 420 990

Masters IV (55-59)

M. Conroy 370 325 435 1130

T. Kerrigan 300 275 350 925

Masters V (60-64)

L. Emerson 380 225 500 1105

Grandmasters (55-89)

Archambault 360* 200* 370* 930*

148 lbs.

P. Mears 380 190 420 990

165 lbs.

S. Ritucci, Jr. 420 330 435 1185

L. Jaimes 475 300 405 1180

198 lbs.

L. Jaimes 475 300 405 1180

198 lbs.

L. Cohen! 660* 445 550 1655

L. Fiorenzano 420 325 405 1150

198 lbs.

K. Conroy

370

325

435

1130

K. Rossi

560

490*

490

1540

1475

R. Keezer

500

350

585

1435

J. Norcott

550

365

560

1475

SHW

Salokangas

485

360

525

1370

N. Mason

420

285

460

1165

J. Dearborn

420

255

400

1075

M. Brith

350

250

450

1050

242 lbs.

J. Ackley

345

315

405

1065

T. Kerrigan

300

275

350

925

SHW

Archambault

360

200

370

930

1310

L. Jaimes

475

300

405

1180

1180

R. Moore

530

275

510

1315

L. Jaimes

475

300

405

1180

1180

R. Moore

530

345

470

1365

G. Sousa

530

340

560

1430

L. Jaimes

475

300

405

1180

1180

R. Moore

530

275

510

1315

L. Jaimes

475

300

405

1180

1180

R. Moore

530

345

470

1365

G. Sousa

530

340

560

1430

L. Jaimes

475

300

405

1180

1180

R. Moore

530

275

510

1315

L. Jaimes

475

300

405

1180

1180

R. Moore

530

275

510

1315

L. Jaimes

475

300

405

1180

1180

R. Moore

530

275

510

1315

L. Jaimes

475

300

405

1180

1180

R. Moore

530

275

510

1315

L. Jaimes

475

300

405

1180

1180

R. Moore

530

275

510

1315

L. Jaimes

475

300

405

1180

1180

<p

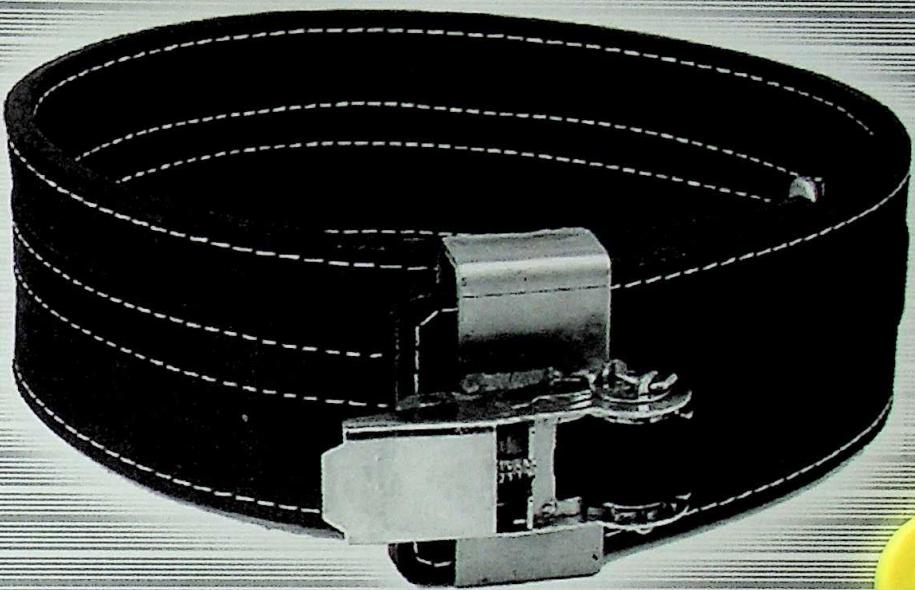
PR BELT

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

- Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!

HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.



- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

PRBELT.COM INZERNET.COM ||||

INZER

ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

5X MORE STRENGTH

Every time you cinch up your weight belt and chalk your hands, you have one goal in mind – demolish your PB! That's why you need the Cell-Tech™ Hardcore/Nitro-Tech® Hardcore Stack. A scientific study showed that the Stack forces a massive 5 times (86.4 vs. 14.3 pounds) more strength on your raw bench press than a placebo in a mere eight weeks! In fact, one extraordinary test subject using the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack jacked up his max bench press by 110 pounds! Johnnie Jackson is living proof that the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack can jack your strength

through the roof! Using the Stack, Johnnie set a USPF World Record with a deadlift of 760 pounds! But the shocking results don't stop there! In the same eight-week study, test subjects packed on a jaw-dropping 660 percent (11.4 vs. 1.5 pounds) more mass than a placebo!

The Cell-Tech Hardcore/Nitro-Tech Hardcore Stack is scientifically designed to pile on the mass you need to spawn unrelenting strength gains! Prepare to see raw results in no time and eclipse your totals when you commit to using the world's most powerful stack – the Cell-Tech Hardcore/Nitro-Tech Hardcore Stack!



- **Scientifically Shown to Add 5 Times More Strength Than a Placebo!**
- **Jack Your Raw Bench by up to 110 lbs. in Only 8 Weeks!**
- **America's #1 Selling Musclebuilding Stack**

GNC LiveWell.

GNC
In Select Rite Aid Locations
**RITE
AID**

**BODY
BUILDING.COM**

the Vitamin Shoppe
SINCE 1977
Answers For Every Body™

hi-health
www.hihealth.com

POPEYE'S
SUPPLEMENTS LOWEST PRICES
www.popeyes.com

**BOB O'LEARY
BOSS**
SPORTS SCIENCE
1.800.666.8870
www.BossUnderwear.net

All trademarks are owned by their respective trademark owners. Cell-Tech™ Hardcore and Nitro-Tech® Hardcore are patented. © 2008,



“Within days of using the stack,
my strength exploded on
my big lifts. Now
my totals are
bigger,
than ever!”

JOHNNIE JACKSON
PBs

Bench – 545 lbs.
Deadlift – 804 lbs.
Squat – 825 lbs.



Jordan Byrnes, age 7, 66 lbs., youth division deadlifter at the Norwich YMCA BP/DL Contest.

Norwich YMCA BP/DL
22 MAR 08 - Norwich, NY

22 MAR 06 - NORWICH, NY	
BENCH	181 lbs.
WOMEN	F. Abbott 1
Open	J. Barrows 2
123 lbs.	275 lbs.
C. Shutz	B. McEwan 4
T. Karba	Master (40-44)
148 lbs.	148 lbs.
T. Jones	C. Byrnes 3
MEN	181 lbs.
Youth (6-7)	T. Harris 3
50 lbs.	198 lbs.
J. Byrnes	B. Clark 3
Teen (16-17)	Master (45-49)
198 lbs.	SHW
Z. Abbott	G. Crammatte 3
D. White	Master (50-54)
Open	275 lbs.
165 lbs.	S. Antzak 4
M. Platta	Master (60-64)

#1 IN POWERLIFTING PERFORMANCE

WHEN YOU WANT YOUR GEAR AND YOU WANT IT NOW!

PLGEARONLINE.COM

PLGearOnline specializes in Titan gear, fast service, and personal expertise in sizing and selection! **Stock and custom sizes available.**

PRODUCTS



Priscilla Ribic, Owner
IPF World Champion & Record Holder

SUITS

- Squat
 - Deadlift

SHIRTS

- Katana
 - Fury
 - F6

WRAPS
(Knee & Wrist)

 - THP
 - Titanium

WRAP BOLIERS

ACCESSORIES

- Suit Slip-ons
 - Ammonia Caps
 - T-shirts
 - PowerWash
 - Grrrip
 - And More!

TRAINING CAMPS & SEMINARS

CONTACT

Need Help?

Need assistance in getting the right gear?
Email: priscilla@plgearonline.com

**ASK ME ABOUT THE SPECIAL
CODE: CPN026**

Visit www.PLGearOnline.com

Junior/Senior					Open Submaster	Open
Sperber-Hi	88	63	115	265	D. Kimsey	Master (40-44)
181 lbs.					Open (25-29) P/F/M	S. Russell
Junior/Senior					E. Cortez	220 lbs.
Davia-Hi	98	55	113	265	Teen (16-17)	Junior
198 lbs.					N. Marchio	N. Arbia
Fresh/Soph					181 lbs.	142
Curatola-Hm	63	38	108	208	Master (40-44)	Junior
MALE					J. Somma	A. Shorb
114 lbs.					Master (70-74)	Master (50-54)
Fresh/Soph					P. Hubbard	D. Haywood
Morton-Hi	90	53	118	260	Open (30-34)	Open
Miller-Hm	83	55	108	245	C. Defoy	T. Henriques
Tattoli-BR	83	43	113	238	Open Submaster	DEADLIFT
Onderdon-NB	83	48	100	230	P/F/M	FEMALE
MacFerre-Hm	78	53	100	230	J. Gardner	105 lbs.
Hicks-Hi	53	33	73	158	Submaster	Open
Faddish-Hi	53	33	73	158	J. Nastek	Master (55-59)
123 lbs.					M. Rossi	P. Azlin
Junior/Senior					Teen (18-19)	209
LaGreca-Hi	73	63	105	240	198 lbs.	Teen (16-17)
132 lbs.					Master (50-54)	E. Malkin
Fresh/Soph					J. VanAllen	226
DeLuca-Hm	98	58	138	293	Master (70-74)	Open
Junior/Senior					B. Dahlamer	M. Andrade
Salvati-Hm	128	110	185	423	259	MALE
148 lbs.					Open (25-29)	66 lbs.
Junior/Senior					J. Davis	Youth (5-6)
Tattoli-BR	103	55	120	278	Open P/F/M (25-29)	M. Somma
165 lbs.					A. Johnson	60
Fresh/Soph					213	105 lbs.
DePasqua-Hm	143	105	193	440	220 lbs.	Open Teen (12-13)
Roberto-HV	113	88	135	335	N. Arbia	J. Etringer
Fisher-HV	100	70	160	330	325	—
Caudle-Hi	110	85	135	330	D. Willis	123 lbs.
181 lbs.					A. Shorb	Open
Fresh/Soph					303	(50-54)
Vavosa-NB	178	103	198	478	Master (45-49)	J. Marchio
Velez-NB	143	55	150	348	J. Shiflett	441
Junior/Senior					314	—
Marcus-Hi	168	95	183	445	Master (65-69)	Master (50-54)
Turdo-RD	110	130	180	420	B. Blough	148 lbs.
Stapperfe-HV	123	85	168	375	Open	Master (45-49)
198 lbs.					J. Patterson	Junior
Fresh/Soph					441	Junior
DelCastill-HV	125	85	173	383	Open	Junior
Junior/Senior					Master (40-44)	Teen (12-13)
Reiter-Hs	163	140	188	490	S. Welch	T. Henriques
220 lbs.					435	336
Fresh/Soph					Open	Teen (16-17)
Negrone-NB	220	83	215	518	L. Stull	L. Stull
Tesauro-HV	173	113	215	500	215	242 lbs.
Junior/Senior					Open	Open
O'Brien-Pe	125	125	203	453	J. Lanouette	Master (25-29)
242 lbs.					R. Lewis	J. Govatos
Fresh/Soph					—	441
Benedetto-HV	183	105	223	510	275 lbs.	M. Lee
Goldberg-HV	125	83	155	363	Master (55-59)	Teen (18-19)
Junior/Senior					B. Blough	Foxcroft
Leon-Hi	205	135	238	578	303	336
Crouder-Hm	163	113	225	500	308 lbs.	165 lbs.
275 lbs.					Open	Junior
Fresh/Soph					D. Coridean	R. Hanners
Rossi-Hi	198	133	103	433	441	507
Junior/Senior					Master (25-29) P/F/M	Open
Pagano-HV	183	153	200	535	E. Cortez	369
Metauro-Hi	165	135	195	495	181 lbs.	Master (40-44)
McDonald-HV	165	110	160	435	D. Coridean	J. Somma
BR=Becton Regional. Hs=Hackensack.					Teen (14-15)	Master (45-49)
Hm=Hammonston. Hi=Hillsborough.					D. Sutton	McCarragher
HV=Hopewell Valley. NB=North Bergen					336	524
PAL. Pe=Pequannock. RD=River Dell. (re-					CURL	Master (70-74)
sults provided courtesy of Mark L. Salandra)					FEMALE	D. Jenkins
					105 lbs.	198 lbs.
					Open	Master (45-49)
					P. Azlin	S. Horwitz
					37	502
					165 lbs.	Open
					Submaster	J. Davis
					60	502
					MALE	Junior P/F/M
					105 lbs.	M. Molina
					Open	Junior
					Teen (12-13)	N. Arbia
					J. Etringer	Junior
					—	D. Willis
					123 lbs.	Open
					Open	T. Henriques
					Teen (14-15)	584
					B. Etringer	Teen (16-17)
					—	L. Stull
					181 lbs.	457
					Master (40-44)	242 lbs.
					J. Somma	Open (25-29)
					137	J. Lanouette
					Master (45-49)	524
					M. Hardesty	Open P/F/M
					60	P. McMillian
					MALE	606
					105 lbs.	308 lbs.
					Open	Junior
					M. Hardesty	Junior
					60	N. Arbia
					Open	Junior
					Teen (12-13)	D. Willis
					J. Etringer	Open
					—	T. Henriques
					Open	584
					Teen (14-15)	Teen (16-17)
					B. Etringer	L. Stull
					—	457
					181 lbs.	242 lbs.
					Master (40-44)	Open (25-29)
					J. Somma	J. Lanouette
					137	524
					Master (45-49)	275 lbs.
					M. Hardesty	Open P/F/M
					60	P. McMillian
					Open	606
					Master (40-44)	308 lbs.
					J. Somma	Junior
					142	Open (30-34)
					198 lbs.	D. Coridean
					Master (70-74)	722
					109	Teen (14-15)
					B. Dahlamer	Teen (14-15)
					584	Teen (14-15)
					Master Team Champions: Team Blough,	Teen (14-15)
					WV. Mixed Team Champions: Team Force,	Teen (14-15)
					VA. Open Team Champions: Team Com-	Teen (14-15)
					pass, MD. Best Lifters Bench: Women-	Teen (14-15)
					Latoya Parrish, MD. Master-Jim Van Allen,	Teen (14-15)
					NY. Teen-Michael Rossi, MA. Open Heavy-	Teen (14-15)
					Aaron Johnson, VA. Open Light-Mike Binkley, NJ. P/F/M-Mike Binkley, NJ.	Teen (14-15)
					Junior-Mike Binkley, NJ. Best Lifters	Teen (14-15)
					Deadline: Women-Patricia Azlin, VA. Mas-	Teen (14-15)
					ter-Jim Marchio, VA. Teen-Jackson Gotatos,	Teen (14-15)
					GA. Open Heavy-Tim Henriques,	Teen (14-15)

VA. Open Light-Kevin McCarragher, SC.
P/F/M-Matthew Molina, VA. Junior-Justin Tripodi, NY. Best Lifter Curl: Women-Megan Hardesty, MD. Master-Mark Wilhelm, MD. Open-Mark Wilhelm, MD. If you're sitting in your house or your office, close your eyes and imagine being led to the door to your back yard. Only, your back yard is literally in an area which is steeped in history and American lore. You open your eyes to discover that you're in Annapolis, Maryland. A place known for travelers, seafarers and political debates for it serves as the Capitol of Maryland and at one time, our nation's Capitol. While the politicians dual on the floor of the State House, 100% Raw brought its 2008 National Bench Press, Deadlift and Strict Curl Competition to the floor of the Annapolis Moose Lodge #296 on June 28th where 50 lifters took to the platform to lay claim to titles and records. Results: The Bench Press competition was highlighted by successes found by lifters in both competed and non-competed weight classes. Those (41 total) in competed weight classes include the following: In the 148 Men's it was Jackson Govatos (GA) taking first place over Matthew Lee (MD) in the Teen (16-17). In the 165 Men's Open, Michael Binkley (NJ) took first place followed by Robert Kibbe, Jr (NY) second, Darren Kimsy (CT) third and Elijah Cortez (MD) 4th. In the 191 Men's Open, James Gardner (VA) took first followed by Jimmie Nastek (MD) second. In the 198 Men's Open, Aaron Johnson (VA) took first with Justin Davis (VA) finishing second. In the 220 Men's Juniors, Nicholas Arbia (VA) took first followed by Derek Willis (MD) second and Aaron Shorb (PA) third. In the 220 Men's Open, Jim Patterson (PA) took first followed by Sean Welch (MD) in second and Tim Henriques (VA) third. There were a number of lifters (19) who crossed over and lifted (total 27) in the deadlift competition. As with the Bench Press, lifters found success in both individual and competed weight classes. Highlights include the following: In the 148 Men's Teen (16-17), Jackson Groves (GA) took first followed by Matthew Lee (MD) in second. It was great seeing Michael Somma (IL) again. Michael lifts in the Youth (5-6) and he hit a 27.5 kilo deadlift. In a lift that has been gaining in popularity and a greater number of participants, the Strict Curl saw eleven lifters compete. Three of these competitors (Scott Russell came from TN) came to lift only in this event! Others had participated in either the Bench Press, Deadlift or both. In the one competed weight class, Nicholas Arbia (VA) took first place over Aaron Shorb (PA) in the Men's Junior 220's. At the end of the meet, a Rep Challenge was held. In the 185's Robert Kibbe, Jr (PA) took first place with 39 reps. And in the 225's, Jim Patterson finished first with 27 reps. The meet opened with a prayer (offered by John Shifflett) and the National Anthem. It took approximately 4-1/2 hours to complete. This was the second time the Moose Lodge

100% RAW Powerlifting Federation

Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

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

REGISTRATION FEE

\$25 - ADULTS

\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW
139 MARLAS WAY, CAMDEN, NC 27921

NOTE: Your 100% RAW Membership Will Expire
One Year From The Date of Application.

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

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

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

www.RAWPOWERLIFTING.com

has allowed me to use their venue as part of their community outreach services. I want to thank my fellow members and the officers for the use of the hall. They were a big help in ensuring that we were able to set-up the day prior to the day of the meet. Sponsors included; APT, Critical Bench and BodyBuilding.com. A huge thanks goes out to these folks as they provide much for all of us who participate in strength sport. Along with great products provided by our sponsors, awards were produced by Carl Seeker and Elizabeth City Trophy and Awards. This was Jennifer Beil's first exposure to a powerlifting meet. She was the lone vendor who set up a table to promote her XS Energy and Health Products. Jennifer was gracious in putting together a package of products she sells as an additional award to the Best Lifters. I also want to thank Kaufmann's Restaurant (Gambrills, MD). Kaufmann's catered this event and served hamburgers hot dogs and sodas. We had a great crew of referees and scorer's table help. And I can't thank these folks enough. I had recruited three of Maryland's best referees; Matt Gary, Michael Sichelman and Brian Washington. Their credentials are impeccable and their years in the sport

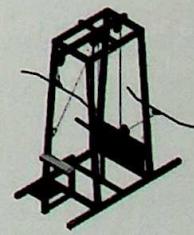
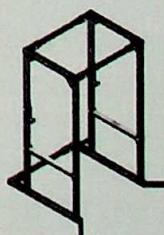
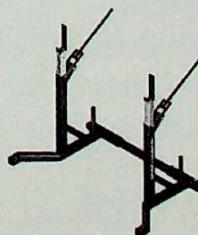
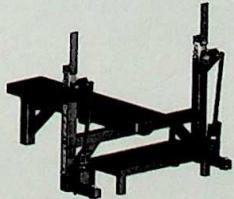
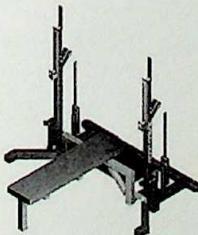
long. They are not only veterans of the sport; they are knowledgeable and focused on each attempt performed by each lifter. They were joined by Wayne Claypatch who is 100% Raw New York State Chairman. I know Wayne to have an eye for detail. This crew did a great job of managing the platform and calling the lifts. John Shifflett (VA State Chairman) was the drug testing officer for this event. At the scorer's table, John Mogavero announced. John served as USPF Maryland State Chairman for 16 years until I took over the reins for a short period of time in 1998. John is a Cat II IPF referee and was responsible for recruiting and training many of the current referees here in Maryland. Theresa, who has become a fixture and the catalyst for performing the administrative duties at the scorer's table, was once again ensuring that attempts were accurately recorded. Serving as spotter loaders were Kevin Prosser and "Big" Dan Corriveau. This coming November, Kevin and Dan will be hosting the 100% Raw World Powerlifting Championships in Hagerstown, MD. This year was the first time in the last couple of years that the National Bench Press meet wasn't held in conjunction with the National Powerlifting Event. This year, the

Powerlifting Nationals will be held in Reno, NV on July 12. Last March, Paul Bossi (President, 100% Raw) and I discussed holding the Bench Press Nationals separate from the Powerlifting Nationals. At the time, he wasn't having much luck finding a venue when I mentioned that I probably could get the lodge. It was then decided that both Paul and I would co-direct the Single Lift nationals. During the week after, I had buyer's remorse. I had directed the USAPL Maryland States in December and the experience was a bit overwhelming for me. Fortunately, Paul held firm in having the Single Lift Nationals here in Annapolis as discussed. I want to thank Paul for his steadfastness and his support in getting me through this one! I need to note that being a meet director/promoter is a LOT of work. For me, it is mentally, physically and emotionally draining. So in closing, thanks goes out to the lifters who came during a time when travel costs are high, those who came and performed support roles (including the preacher from my church, Jeff Upton), the sponsors (especially Mike and Allan for helping me at the literal last minute), my wife Sharon and Paul for sharing this endeavor with me. (Paul Bossi - President)

POLAK MADE LLC

polakmade.com

(717) 428-2561



COMPETITION AND HARDCORE GYM EQUIPMENT DESIGNED AND BUILT BY HIGHLY EXPERIENCED STRUCTURAL ENGINEER, FABRICATOR, AND WORLD CLASS POWERLIFTER. USA MADE, USA STEEL

Many other products, see polakmade.com or request a free catalog

Polak Made LLC, 68 Maple Street, Seven Valleys, PA 17360 (near York, PA)

E-mail: polakmade@aol.com

Ryan Celli	George Halbert
Curt Dennis Jr.	J.T. Hall
AJ Roberts	Robert Wilkerson
Phil Harrington	Brent "Sgt. Rock" Howard
Sam Byrd	Chris Taylor
Vincent Dizenzo	John Bernor
Joey Smith	Rob Luyando
James "Priest" Burdette	Damian Osgood
Nick Winters	Eric "Big Ezy" Downey
Al Caslow	Richard Williams
Mike Wolfe	Matt Rhodes
Travis Bell	Gunny Green

Would you like the chance to pick the brains of the biggest and strongest powerlifters on the planet? What if you could actually talk to the incredible athletes you read about in PLUSA? **YOU CAN!!!**

WWW.WANNABEBIG.COM and our **FREE** forums at **www.wannabebigforums.com** offer you that opportunity and much more!

The list of names you see here is by no means comprehensive. Our forums have *exploded* and more and more powerlifting greats are posting every day!

Here is just some of what you will find on the Wannabebig forums:

- Online journals kept by some of the greatest lifters in the sport. You can read how they train AND interact with them.
- Training and educational videos from the best of the best!
- The pros themselves giving each other training advice and sharing their "secrets".

What are you waiting for? It's FREE! Go to www.wannabebigforums.com and take your chance to interact with the greatest strength athletes on the planet!



ALWAYS THE ORIGINATOR NEVER THE IMITATOR™

Sometimes you don't know how strong you are until you try. At the age of 16, I fell in love with the cold steel of my high school weight room. At a body weight of 135, I benched 165 and squatted 285 raw. I out lifted most boys in my class and set records to last a decade. That wasn't enough, I was still hungry for more, but life got in the way. The years passed by with no weight rooms in sight.

I could no longer put my powerlifting dream on hold and I made a promise to start competing by age 30. November 1999 I jumped in head first, and with the guidance of a couple of seasoned lifters, I entered my first competition just five weeks later. I was hooked!

Through the years I've tried many of the top gear in the field. Belts, shirts, suits, wraps, you name it, I've tried it. Even though the others are quite good, for me Titan is just better and marked the turning point when my career really took off. Like me, Titan never stops trying to top a personal best, as marked by my 3 IPF Open World Titles and 7 IPF Open World records broken.

My favorite...I love the Centurion suit! Fits like a glove and gives you that extra boost of confidence when you get ready to put that bar on your back and walk out with weights that most humans can't imagine handing. Who doesn't want to step on the platform confident?

So it's nearly 20 years later and that 16 year old high school girl is now living the dream, rewriting the record books and loving every minute of it.

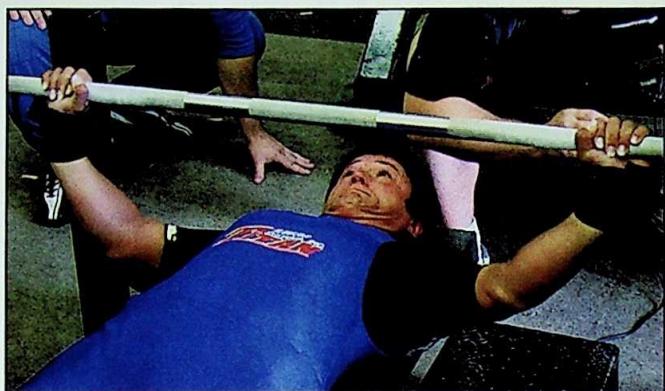
Priscilla Ribic
IPF Champion and Business Owner

**www.titansupport.com
800-627-3145**

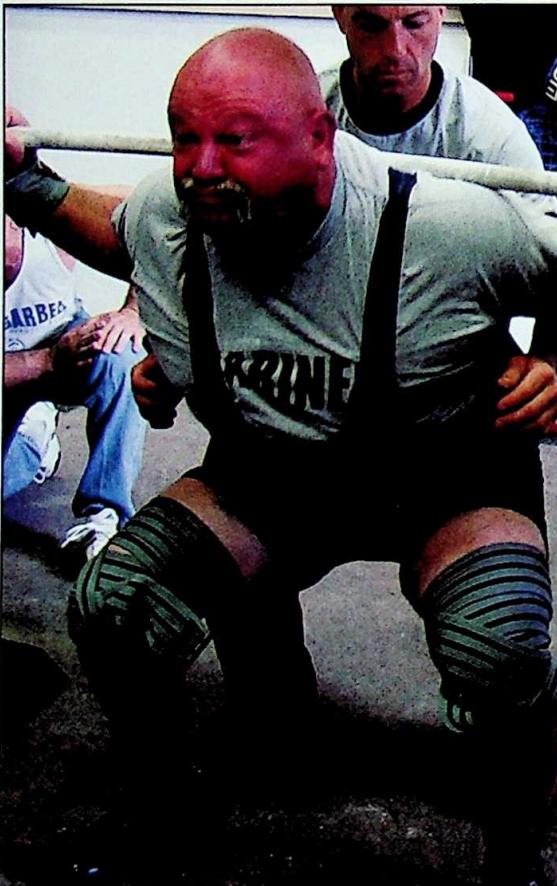
(continued from page 14)

to every competitor, regardless of the level of experience. In no way has the IPA mission been more recognized than by an ever-increasing interest and participation by foreign athletes. The IPA enjoys a special connection with lifters from the Ukraine, welcoming nine exceptional athletes to the 2008 IPA World Championships. Almog Dayan made the long journey from Israel to compete for the second year in a row. IPA President, Mark Chaillet, and Vice President, Gene Rychlak, receive requests for invitations to compete from athletes hailing from around the world on a regular basis. We are proud of their interest and participation and welcome all to join us in our common pursuit of strength. Thank you to all of our outstanding sponsors. York Barbell continues to stand true to its heritage sponsoring its superb facility. The continued support of C.A. Weber Agency, Westside Barbell, Crazy Tomato, and Reliable Equipment ensures a memorable event for every lifter. The IPA regularly welcomes a diversity of lifters drawn in part by the multi-divisional structure of the lifting categories. Standard fare at the National or World meets include three overarching divisions: Amateur (random drug testing, based on total qualification), Professional (no testing, based on total qualification), and Elite Amateur (based on total qualification, 100% drug tested). Under each of the divisions are the men's and women's subdivisions including: teens by age categories, junior, open, submaster, and master by age categories. Lifters can choose between equipped and raw divisions. The raw division is only a couple of years old with the IPA and realized a growth spurt at the 2008 IPA World Powerlifting and Bench Press Championships. Full Power Results: Saturday's lifting featured all teens, women, and men's weight classes through 198 lbs. The majority of the teens lifted raw, with tight competition between raw division 148 pounders Matthew Patterson and Nathan Robinson. Matthew and Nathan lifted neck-and-neck tying with a 750 lb. total. Matthew pinched out Nathan by a mere .4 lbs. of bodyweight to take home the first place in the 148 lb. teen (16-17) raw division and two IPA records with a 315 lb. dead lift and 750 lb. total. Nathan won a hard earned IPA record for a 250 lb. squat. Rounding out the men's teens, and taking home the best lifter award was 165 lb. E.J. Craycraft who at 18 years squatted 440 lbs., benched 265 lbs., pulled 425 lbs., winning the overall award with a 1130 lbs. At 14 years, Sarah Welch seems like a veteran at IPA meets. She has been lifting with the IPA since she was 12, and at the ripe old age of 14 Sarah squeezed out yet another IPA record with a 235 lb. dead lift at a bodyweight of 110 lbs. Sarah also won the best female teen lifter award. The IPA's star teen strength athletes, Anna and Anthony McCloskey both had off days, missing their squats. Anna pulled off a 235 lb. bench, while Anthony benched and dead lifted. Anthony broke two of his own records with a 480 lb. bench and a 675 lb. dead lift. These siblings are talented strength athletes with totals well surpassing the adult Professional totals. Their high totals required that they be moved into the Elite Amateur Division. A history of stellar performances prompted Amie and Gene Rychlak to honor their accomplishments on

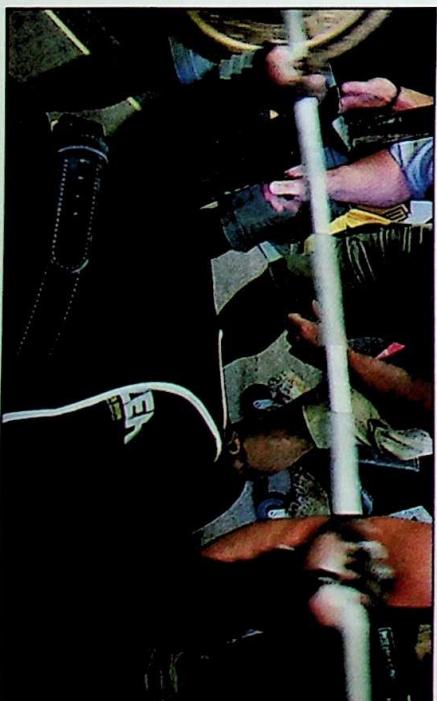
behalf of the IPA with crowd gathered presentation of a handsome plaque featuring a picture collage of their greatest performances. The Elite Amateur Division made a strong appearance among the women. Michelle Borzok effectively ignored the discomfort of poison ivy to break a couple of IPA Elite Amateur records in the 148 lb. class with a 405 lb. dead lift and a 1220 lb. total. That awesome total earned her the Professional Women's Best Lifter Award. Michelle lifted in the Elite Amateur Division that requires mandatory drug testing. Once a lifter of Michelle's caliber meets or exceeds a Professional total as an Amateur, she is



Anna Kurkurina, Ukraine, pressed through an IPA record-breaking bench of 240 lbs. after missing 220 lbs. on her second attempt.



Back after a few years away from competition, Palmer Simpson, Jr. took the Amateur Men's Master Division by storm winning the Best Lifter Award. (courtesy Chaillet)



Robert McCray's picture-perfect 900 lb. BP shows 1000 is just around the corner.

required to move into the Professional Division or the Elite Amateur Division. In either case, the catalyst for the selection of division is a result of having achieved the published Professional total. A lifter may elect to lift as an Elite Amateur rather than Professional to maintain a drug-free status. Because total classification requirements are the same for both divisions, Elite Athletes are now qualified for Professional best lifter awards. Brooke Fineis-Curry set all the records in the 165 lb. Elite Amateur Division. Brooke's composure on the platform is admirable; she's all business. Brooke narrowly lost the Professional Women's Best Lifter Award to Michelle with a 525 lb. squat, 350 lb. bench, and a 425 lb. dead lift for a very respectable 1300 lb. total. Jan Swarthout was a newbie on the platform setting all the records in the raw women's master (45-49) division with a 185 lb. squat, 135 lb. bench, a 335 lb. dead lift for a 655 lb. total earning her the Amateur Women's Best Lifter Award. Our only Professional woman was 132 lb. Jules Furniss who packed in some awesome numbers with a 400 lb. squat, 245 lb. bench, 355 lb. dead lift and a big 1000 lb. total. In the Amateur Raw Men's Open Division, 165 pounder Larry Dyles owned the best lifter title in the Amateur lightweight

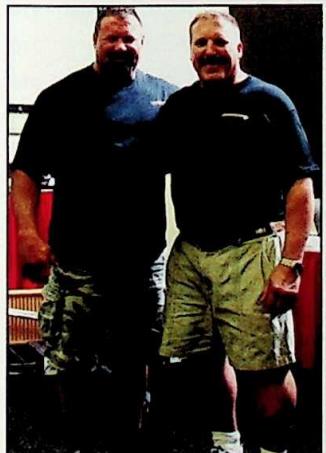
division. More impressively, Larry won this award lifting in the raw division! Larry broke three IPA raw records with a 500 squat, 525 lb. dead lift and a 1390 lb. total. Vadym Kotsaga and two teammates made the long trek from the Ukraine; all lifted in the raw division. Vadym posted significant numbers in the 181 lb. class with a 385 lb. squat, 290 lb. bench, a 465 lb. dead lift and an 1140 lb. total. Vadym's squat, dead lift and total numbers were all records in his additional Professional men's raw division. Lifting veteran, John Rooney, elected to take lifting raw to the next level breaking two IPA raw records wearing only a wrestling singlet, tee shirt and shoes. John squatted an IPA record 600 lbs. and totaled an IPA record 1630 lbs. without even wearing a belt. Shanon Manning took home the gold winning the Amateur Heavyweight Best Lifter Award. Lifting in the 308 lb. class, Shanon broke a couple of IPA records along the way with a 710 lb. dead lift rounding out the day with a 2145 lb. total. In the Professional Men's Open Division, another Elite Amateur Lifter, Brian Crowe, took home the coveted Professional Men's Lightweight Best Lifter Award. This was no surprise, though. Brian is clearly one of powerlifting's premier strength athletes. With a 1665 lb. total at a body weight of 164.7 lbs., Brian seems to consistently lift at least 10 times his bodyweight. David Hoff was undeniably the heavyweight best lifter in the Men's Professional Division. At an age of only 20 and 251 lbs. David posted some super numbers with a big 925 lb. squat, taking 1015 lbs. on a ride for his second and third attempts. A 725 lb. bench was in the cards, rounding out the day with a 750 lb. dead lift. Also of note in the Men's Professional Division is Vinny Cook who at 242 lbs. powered up an 875 lb. squat, 660 lb. bench, and 675 lb. dead lift for the second biggest total of the day at 2210 lbs. Palmer Simpson, Jr. came back strong after taking a few years off from the competitive lifting scene. Palmer won the Amateur Master Best Lifter Award posting an impressive 1605 lb. total in the 275 lb. Men's Master 50-54 division. Whoever said 71 is too old to compete? Certainly not Fred Glass who swept the Professional Men's Master division taking home the best lifter award. Lifting in the 148 lb. class, Fred managed to re-write the IPA record book with a 400 lb. squat, 135 lb. bench, and 365 lb. dead lift, finishing with a 900 lb. total. Fred's charm and enthusiasm made him a headliner at this meet. Les Weibley had a super day lifting in the Amateur 165 lb. Men's Master (45-49). Les' flawless lifting earned him some new records in the books with a 455 lb. squat, 460 dead lift, and an 1170 lb. total. Another 165 lb. record breaker was Ukrainian Anatoliy Cherednychenko who as a raw master (50-54) broke the squat, dead lift, and total records with a 385, 440 and 1060 respectively. Bench Only Results: We've never had such a rousing response to the bench only portion of the Worlds. Nearly 50% of the lifters who registered entered the bench only division. At 121 lbs., Anna Kurkurina also made the long journey from the Ukraine worthwhile breaking an Amateur Women's Master (40-44) bench record bench. Anna opened with 180 lbs., made the jump to 220 lbs. and missed. She came back like a champ with a 240 lb. bench and won the Professional Women's Best Lifter Award in the bench division. Meghann Butler won the Amateur Women's Best Lifter Award for her 170 lb. bench at a bodyweight of 142 lbs. One of the stars



At Middleweight, Brian Crowe's squat of 665 lbs. propelled him to a total ten times his own bodyweight and he took home the Professional Men's Open Lightweight Best Lifter Award.

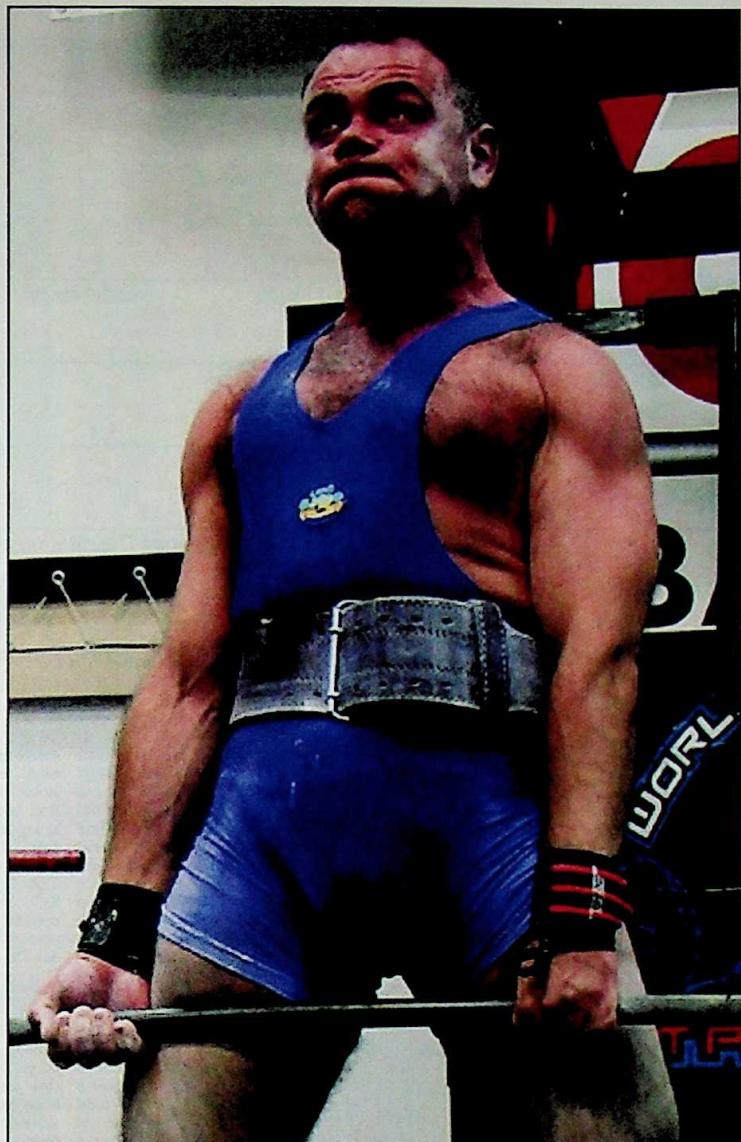


Proving guts and perseverance pays off, Brook Fineis-Curry (women's 165 pound class) accomplished a nearly impossible feat fighting through an IPA record breaking 525 pound squat after missing the same weight on her first two attempts.



IPA President Mark Chaillet (right) and Dan Dague (Lexen Xtreme, Ohio) take a moment from the judges' chairs to smile handsomely for the camera.

of the day was Almog Dayan who arrived Friday from Israel just in time to weigh-in for Saturday's events. Almog increased her bench 45 lbs. since last year at the same 114 lb. bodyweight. Her 215 lb. bench was a record breaker in both the Elite Amateur Women and Amateur Women's Open divisions. Teenager, Jake Bingham, who at the ripe old age of 13 and 161 lbs. walked away with a huge IPA record-breaking bench of 260 lbs. But the guy who walked away with the Teen Best Lifter Award was Dustin Richner who at 18 years and 167 lbs. benched a super 365 lbs. In the Amateur Men's Division the competition stood aside for Velygan Yaroslav who swept up the Amateur Men's Best Lifter award with a very impressive 550 lbs. at a body weight of only 191 lbs. Velygan gave a hearty try at 570 lbs. twice, but without success. The biggest and most impressive bench of the day came from big, affable Robert McCray. Robert made the best use of his 371.5 lbs. of body weight with a picture-perfect 900 lb. bench press. Robert opened with 810 lbs., moved to 850 lbs., and culminated with a seemingly effortless 900 lbs. to win the Professional Men's Open Best Lifter Award. Is Robert the next 1000 lb. bencher? Larry Short's performance had a shaky start missing his opener of 600 lbs. Round two, however, was a success earning Larry the Amateur Men's Master Best Lifter Award. Larry lifting at 270 lbs., age 48, took 625 and 645 for a ride on a third and fourth attempt, but was unsuccessful. The Professional Men's Master Best Bench Award went to Hal Wilson who at 50 years, and 208 lbs. benched 520 lbs. Super heavyweight Shawn Lattimer awed the crowd with an 830 lb. bench, while another SHW, Eric Fetzer powered up 715 lbs. As always, we couldn't pull off these meets without the help of all our dear friends. Many thanks go to their tireless effort and respect for the sport and the athletes who are the genesis of the camaraderie it inspires. Until November, see you then! (results courtesy Ellen Chaillet, of the International Powerlifting Association)



Competing with the IPA for the first time, Ukrainian Vadym Kotsaga earned a place in the Professional Raw IPA record books with a 385 lb. squat, 465 lb. dead lift and 1140 lb. total. (photos courtesy Ellen Chaillet)



Application for Registration

Office use only, do not complete

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

Street Address	City
----------------	------

State or Province	Zip Code	Country
-------------------	----------	---------

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

Pro Am

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

Date

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

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

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



First Name	Last Name	Middle Initial	Today's Date	
Street Address		City	State	Zip Code
Telephone Number		E-Mail address		Date of Birth

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

\$25 Adult Membership \$15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204

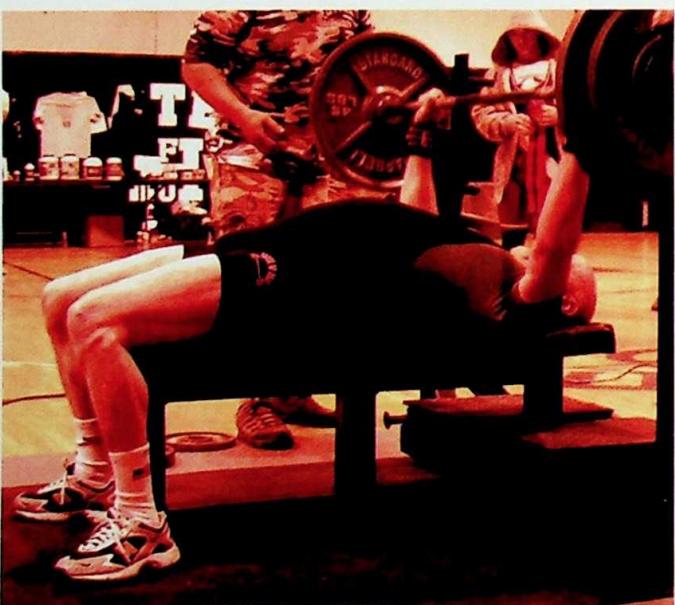
**USA Southern Bash on the Beach
26 APR 08 - St. Geo Isl**

BENCH	308 lbs.
WOMEN	B. Sasson —
Teen (14-15)	Master (40-45)
123 lbs.	181 lbs.
I. Jones	120 T. Green 340
Teen (16-19)	220 lbs.
Super	M. Retter 325
M. Herring	225 242 lbs.
Master (55-59)	G. May 350
K. Castner	105 D. Fisher 550
MEN	275 lbs.
Teen (16-19)	S. Heaton —
165 lbs.	C. Minex 415
B. Ranew	245 Master (46-50)
C. Sullivan	250 M. Patrick 485
J. Roberts	300 Elite
220 lbs.	242 lbs.
L. Smith	300 Master (40-45)
K. Brule	420 K. Millrainy 675
242 lbs.	DEADLIFT
J. Brooks	365 WOMEN
Open	(16-19)
198 lbs.	Super
A. Robinson	360 M. Herring 375
B. Fisher	435 Master (55-59)
J. Herring	450 K. Castner 150
220 lbs.	MEN
T. Whitehead	425 Teen (16-19)
242 lbs.	165 lbs.
K. Smith	530 C. Sullivan 350
D. Fisher	550 J. Roberts 375
M. Christy	600 B. Ranew 375
275 lbs.	220 lbs.
C. Minex	415 L. Smith 450
J. Peeterse	425 K. Brule 575
308 lbs.	Submaster
B. Sasson	— 242 lbs.
Submaster	500 K. Smith (45-50)
198 lbs.	
B. Fisher	435 165 lbs.
J. Herring	450 T. Green 435
242 lbs.	Open
K. Smith	530 275 lbs.
	J. Peeterse 550

The first annual Bash On The Beach was a great, great success! Great lifting, great commordery, and great fun! Right on the beach on beautiful St. George Island. The lifting started off with a bang as Leslie Jones from Body By George smoked an AAPF World Record 135 lb. Bench Press, but beat the rack signal. Kathy Caster had a perfect day with a 105 lb. lift in her first bench press meet. Morgan Herring (my niece) could be the next phenom as she just missed a monster 260 lb. world record bench press in only her second meet! She is only 17 years old. Look out world! The teen men took over

with power to spare as locals Blake Ranew and J.J. Roberts combined for a solid 1-2 first meet punch. BBG lifters Lee Smith and Jarod Brooks and solid lifts while Kyle Brule (coached by world champ Gary Lands) kicked butt with a first meet 420 lbs.! Other standout lifts where performed by my brother Joe Herring (who was just here for the beer!) 450 lbs., Brian Fisher 435 lbs., his brother Dave 550 lbs., big daddy Ken Smith 550 lbs.! BBG lifters Tim Green, world champ Mark Patrick, and Matt Retter, all had great days. Local lifters most were first meet guys also did outstanding. Leading the way were Glen May, Anthony "no shirt" Robinson, and Chris Minex 415 lbs.! Jaco Peeterse 425 lbs.! The co meet director Tim Whitehead lifted and really did well as he smoked 425 lbs. just missing 440 lbs. World champ Matt Christy went insane as he did a first time 600 lbs. Multi world champ Ken Milraney drove all night long from Tennessee and proceeded to do a PR

world record 675 lbs.! Not bad for an old man! In the deadlift, great lifts continued as Kathy "first time" Castner smoked 150 lbs., but the star of the show this day was Morgan Herring as she shattered the AAPF Teen world record killing 375 lbs.! She then nailed 400 lbs. but hitched, wow! Only her second meet! Not to be out done, Kyle Brule smoked 575 lbs. in his first deadlift meet and so did the terminator 15 year old phenom and WABDL world Chris Arnold as he smoked a 455 lbs. in his first DL meet. Are you kidding me? These teens rock! Other great lifts Tim, Lee, Big Daddy 500 lbs., and Jacob 550 lbs.! Many thanks to Tim Whitehead our host on the island, judges Ken Anderson (who flew in from Dallas), world champ Sandra Herring and the Blue Parrot and the Buccaneer Inn, and everyone else I forgot. All were so courteous! This was probably the funnest meet I have every been to in my 25 years powerlifting. We will be back! (Thank you to George Herring for results)

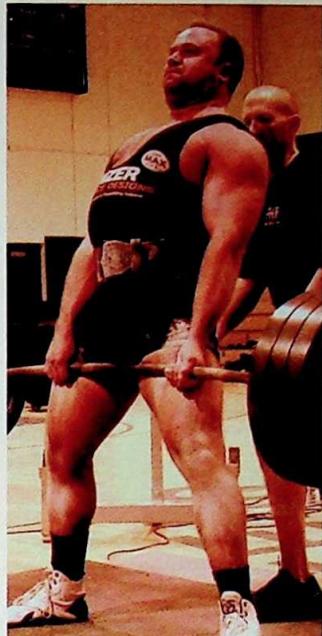


Peter Hubbard won the WPA Master IV Raw Worlds at 181. (Taylor)

**WPA World Championships
10-11 MAY 08 - Fair Haven, VT**

BENCH	242 lbs.
FEMALE	Open
132 lbs.	S. Miller 605
Submaster Raw	N. Hughes 555
A. Ferland	100!* 275 lbs.
UNL	Junior
Submaster	L. Cicarelli 550
R. Cook	265!* Master II
MALE	B. Borofsky 380*
165 lbs.	341 lbs.
Master III	Open
M. St.Laurent	347 M. Luckie 705
Open	DEADLIFT
M. St.Laurent	347 181 lbs.
181 lbs.	Teen (16-17)
Master IV Raw	J. Pallante 535!*
P. Hubbard	250!* 242 lbs.
Submaster	Open
B. Brown	375 M. Ahern 675
220 lbs.	Open Raw
Master II	D. Cospito 550!*
K. Matton	550 Master II Raw
Open Raw	D. Cospito 550!*
C. Clapp	430 275 lbs.
Submaster Raw	Submaster
J. Koenig	350 G. Breault 550
Push Pull	BP DL TOT
FEMALE	123 lbs.
E. O'Connell	Open 110 240 350
181 lbs.	Junior Raw
J. Aikay	95 225 320
UNL	Submaster
R. Cook	265!* 175 440
MALE	198 lbs.
Open UNL Gear	515 505 1020
J. Matta	Teen (13-15)
N. Bauman	210 270 480
Teen (16-17)	335 500 835
C. Wade	220 lbs.
Open	D. Herbert 470 520 990
D. Herbert	275 lbs.
Junior	R. Hayward 400 510 910
R. Hayward	FEMALE SQ BP DL TOT
132 lbs.	132 lbs.
Master I	Master I
W. Poitras	210 125 240 575
Submaster Raw	Submaster
T. Howard	225* 115 250 590
148 lbs.	Open Raw
K. Conway	220 100 235 555
Teen Raw	Teen Raw
K. Conway	220 100 235 555
165 lbs.	Master I Raw
B. Bowen	230 120 270!* 605
220 lbs.	Master I
T. Jones	330 250 330 910
Open Raw	Open Raw
M. Bean	250* 160 300 710
Submaster Raw	Submaster Raw
M. Bean	250* 160 300 710
MALE	MALE
105 lbs.	105 lbs.
Teen (13-15) Raw	Teen (13-15) Raw
H. Forte	245 100 270 615
114 lbs.	Teen (13-15) Raw
C. Parker	125 105 200 430
132 lbs.	Open Raw
D. Blake	230 155 325 710
Teen (16-17) Raw	Teen (16-17) Raw
P. Willette	225 180 310 715
148 lbs.	148 lbs.
Master II	Master II
J. O'Connell	300* 190 380 870
165 lbs.	Master I
J. Lamonica	— — — —
181 lbs.	Open Raw
J. Aikay	530!* 45 175 685
Open Raw	Open Raw
A. Audovokine	— — — —
Junior Raw	Junior Raw
J. Langevin	420!* 320 560!* 1295!
Master I Raw	Master I Raw
C. Ploof	405 285 425 1115

198 lbs. (40-49) Raw				
J. Lafferty	475!*	340	485!*	1300!
Open Raw				
M. Berby	505	425	570	1500
Open Raw				
J. Lafferty	475	340	485	1300
Open UNL Gear				
J. Matta	575	515	505	1595
Master I				
W. Lacy	435	300	500	1235
Submaster Raw				
R. Gilman	300	275	350	925
220 lbs.				
Master I Raw				
D. Ierardi	365	300	475	1140
2421 lbs.				
Submaster				
M. Ahern	700	475	675	1850
275 lbs.				
Open				
N. Marcoux	550	480	635	1665
308 lbs.				
Submaster				
S. Grenier	665	550	700	1915
=World Records. *=State Records. Womens Best Lifter Full Power: Tina Jones. Lightweight RAW Best Lifter Full Power: Josh Langevin. Heavyweight Raw Best Lifter Full Power: Mike Berby. Heavyweight Best Lifter Full Power: Mike Ahern. Lightweight Best Lifter Full Power: Josh Langevin. Women's Best Lifter Push-Pull: Erin O'Connell. Women's Raw Best Lifter Push-Pull: Janelle Aikley. Best Lifter Push-Pull: James Matta. Women's Best Lifter Bench Press: Rebecca Cook. Women's Raw Best Lifter Bench Press: Annie Ferland. Lightweight Best Lifter Bench: Marcel St. Laurent. Raw Best Lifter Bench: Curtis Clapp. Heavyweight Best Lifter Bench: Mike Lackie. Lightweight Best Lifter Deadlift: Joseph Pallante. Heavyweight Best Lifter Deadlift: Mike Ahern. Raw Best Lifter Deadlift: Dave Cospito. Special thanks to our sponsors Powerlifting USA magazine and Alan Thomas of APT wraps				



Sebastian Grenier won the 308 lb. Submasters WPA World title.

and a very special thanks to Marcel St. Laurent for bringing down an impressive selection of Canadian lifters, Mr. And Mrs. James Matta and staff of Fair Haven Fitness for making this a very well run and efficient event, and our spotters/loaders and referee's for doing an outstanding job throughout the weekend. (by Scott Taylor)

NASA East Texas Open 14 JUN 08 - Tyler, TX

BENCH	Raw			
FEMALE	275 lbs.			
Raw	Pure			
148 lbs.	J. Hays	369		
Master Pure	PS BENCH			
R. Hedrick	110			
MALE	275 lbs.			
198 lbs.	Master II			
Teen	R. Harris	325		
T. Norton	193			
242 lbs.	PS CURL			
Master Pure	242 lbs.			
J. Rocker	204			
275 lbs.	Pure			
Master Pure	275 lbs.			
C. Bowen	187			
Novice	R. Harris			
K. Wilkerson	502			
PS DEADLIFT				
Open	275 lbs.			
A. Moye	430			
Police/Fire				
C. Bowen	441			
Push Pull	BP DL TOT			
FEMALE				
148 lbs.				
Master Pure				
R. Hedrick	110	217	327	
MALE				
275 lbs.				
Master II				
D. Norton	331	502	832	
308 lbs.				
Submaster I				
C. Anderson	435	502	937	
Powerlifting	SQ	BP DL TOT		
148 lbs.				
High Scool				
M. Toy	314	182	331	827
165 lbs.				
High Scool				
D. Goucher	353	198	413	965
Junior				
T. Vick	287	176	336	799
181 lbs.				
High Scool				

D. McHugh	254	165	331	750
Junior				
N. Briggs	419	303	485	1207
Teen				
C. Goucher	496	347	502	1345
198 lbs.				
High Scool				
D. Ivy	435	298	474	1207
C. Plummer	342	220	336	898
Master II				
J. Toy	468	281	457	1207
Master Pure				
Routhouska	424	325	430	1179
Open				
K. Lasiter	557	303	529	1389
220 lbs.				
Master II				
S. Johnson	557	424	540	1521
Master II/Police/Fire				
T. Clark	524	336	513	1372
Teen				
M. Worley	391	209	402	1003
242 lbs.				
Master II				
K. Romero	529	342	601	1472
275 lbs.				
Int/Novice				
K. Wilkerson	535	518	551	1604
308 lbs.				
Int/Open Raw				
H. Thomason	750	502	601	1852
Power Sports CR	BP	DL	TOT	
FEMALE				
148 lbs.				
Master Pure				
R. Hedrick	61	110	217	388
MALE				
165 lbs.				
Junior				
B. Gatons	132	237	430	799
198 lbs.				
Submaster Pure				
B. Brock	149	314	419	882
275 lbs.				
Master II				
R. Harris	171	325	430	926

(Thanks to Rich Peters for these results)

We make weak hands and missed deadlifts obsolete!

Captains of Crush® Grippers

Are you tired of dropping deadlifts?

It's bad enough to lose a contest because you don't have the overall horsepower to pull the winning deadlift . . . but what if you missed the lift because your grip gave out?

If you don't want this to happen to you, we'll show you how to develop the kind of grip strength that will allow you to hang onto any deadlift you can pull. We have the equipment, the knowledge, and the system that strips away the voodoo and eliminates the guesswork . . . leaving you with record results in record time.

Captains of Crush Grippers®, the gold standard of hand grippers, are the worldwide benchmark for building and testing hand strength, and they come in ten strengths—suitable for everyone, from youths to grand masters, from novices to elite-level lifters. Proudly designed and built in the USA. 

Each \$19.95 plus S&H: \$6.00 U.S.; US\$11.00 Canada; US\$16.00 all others

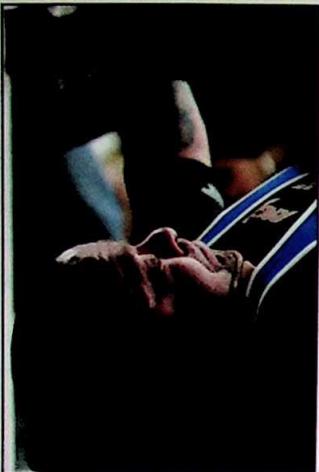
Available in our on-line store at www.ironmind.com.

IRONMIND®

STRONGER MINDS. STRONGER BODIES™

IronMind Enterprises, Inc. . . . Hand Strength Headquarters™ . . . since 1988.





Jason Coker the crowd favorite



Bobby Fields - 7 reps with 500.



Frank Caminita in with the lions



A Texas Style Cheerleader Claps

(continued from page 10)
750x1,0; FRANK CAMINITA
650x1,0; JOE CEKLOVSKY
600x1,0,0.

HW (under 259):
ROB LUYANDO 800x2,
850x2;
BOBBY FIELDS 750x1,
700x2.

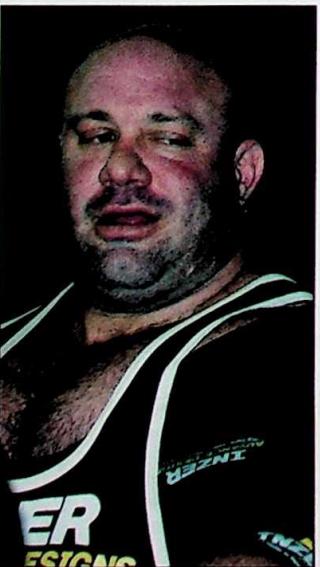
SHW (over 259): SCOT
MENDELSON 850x2,
900x1,0;
TINY MEEKER 800x2,0
950x0;
GLENN RUSSO 750x2,
850x1,0; SEBASTIAN BURNS
750x0, 700x2; GENE
RYCHLAK 850x1; PAUL KEY
800x1,0 850x0.

SXR division (Set weight X most Repetitions): Two weight classes contested.

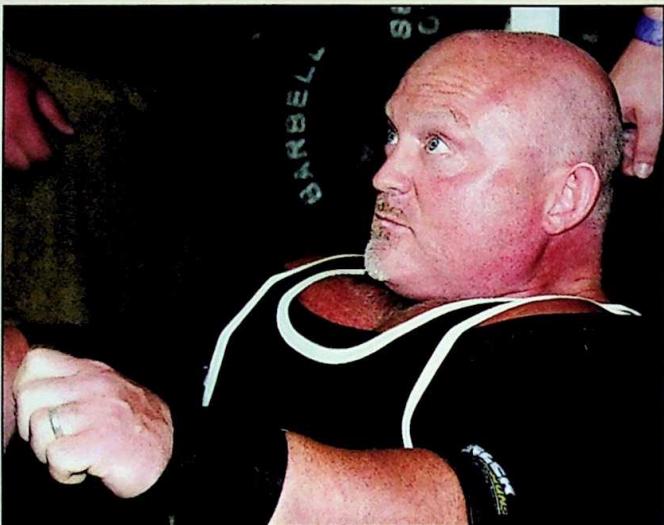
HEAVYWEIGHTS (UNDER 259)
500 Pound Bar: JASON
COKER 9 (4500); ROB
LUYANDO-8(4000); BOBBY
FIELDS - 7 (3500); JESSE
KELLUM - 6 (3000); FRANK
CAMINITA — 4 (2000).

400 Pound Bar: JASON
COKER - 16 (6400); JESSE
KELLUM - 15 (6000); FRANK
CAMINITA - 10 (4000).

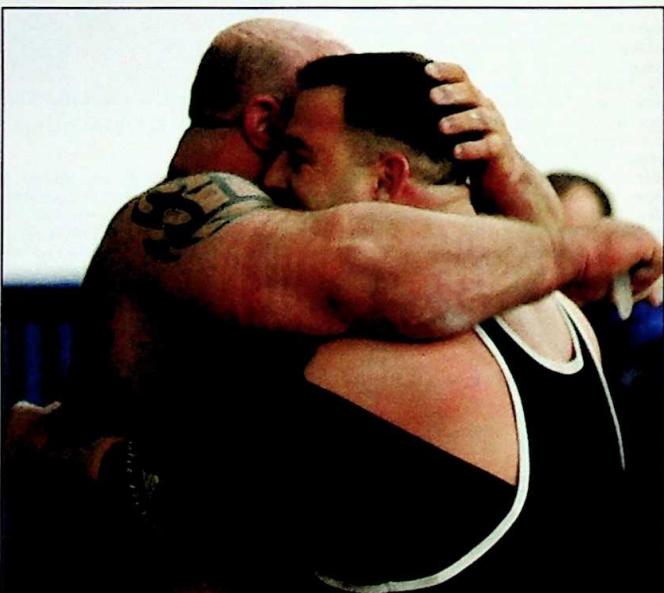
SHW (over 259)
600 Pound Bar: TINY MEEKER
- 11, 10, 7 (16,200); SCOT
MENDELSON - 11, 10, 6
(15,600); GLENN RUSSO - 8
(4800); SEBASTIAN BURNS
- 6(3600); PAUL KEY-3(1800).
500 Pound Bar: GLENN
RUSSO - 17 (8500); SCOT
MENDELSON - 13 (6500);
TINY MEEKER - 12 (6000).



A Very Serious Scot Mendelson



Jesse Kellum among the spectacular lineup of bench superstars.



Magnificent Effort ... Mandy and Tiny celebrate strength history.

SUPERLIFTING PRO BENCH PRIZE WINNERS

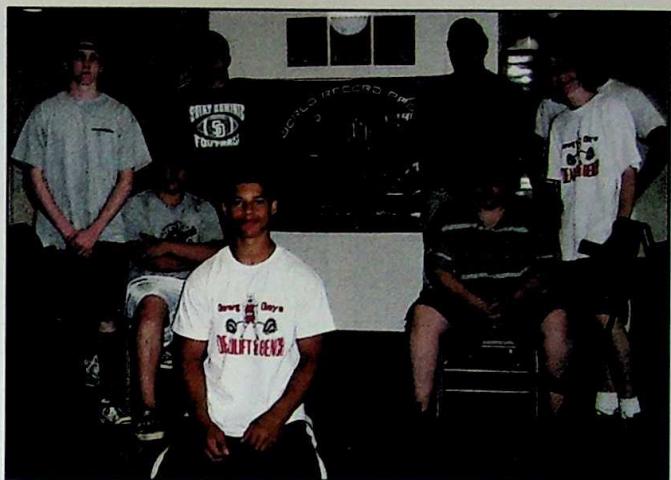
JASON COKER \$3,000
(1st MX2, 1st SXR, 1st SXR);
ROB LUYANDO \$2,000
(1st MX2);
SCOT MENDELSON \$2,000
(1st MX2);
TINY MEEKER \$1,000
(2nd MX2, 1st SXR);
GLENN RUSSO \$750
(3rd MX2, 1st SXR);
JESSIE KELLUM \$500
(2nd MX2);
BOBBY FIELDS \$500
(2nd MX2);
SEBASTIAN BURNS \$250
(4th MX2).

Prizes were awarded as follows:

MX2 - \$2000 1st;
\$500 2nd;
\$250 3rd (3rd place HW no-show awarded to 4th place
winner in SHW);
SXR - \$500 1st each division and round.

**ADFPF Mexico Record Breaker
24 MAY 08 - Mexico, MO**

BENCH				
MALE				
Raw				
220 lbs.				
Teen I				
D. Duncan	190	BP	DL	TOT
Push Pull				
MALE				
Raw				
220 lbs.				
Teen II				
C. Ebers	225	360	585	
275 lbs.				
Teen I				
D. Leeth	100	180	280	
Powerlifting	SQ	BP	DL	TOT
MALE				
165 lbs.				
Teen I				
B. Acid	260	215	360	835
319+ lbs.				
Teen II				
A. Crum	450	225	400	1075
Raw				
115 lbs.				
Teen II				
Blankenship	145	125	225	495
123 lbs.				
Teen I				
R. Wathen	75	65	110	250
198 lbs.				
Teen II				
T. Hargrave	375	260	460	1095
275 lbs.				
Teen III				
J. Stumpe	405	315	405	1125
I would like to thank Judith and Roger Gedney as well as Tim Piper and his wife for driving down from Macomb, Illinois, to more or less run the meet. I'd also like to thank Alan P. Thomas of APT for his generous donation of wraps and other "swag". I'd like to thank Mike Lambert and Powerlifting USA magazine for providing excellent reporting on the sport I love so much. There were a few first time competitors and other lifters who have a few meets under their belts. This turned out to be a teens only meet. The big lifts of the day were a 450 lbs. equipped squat by Teen II lifter Andy Crum. Andy went on to when the ADFPF Nationals Men's Teen II SHW division. The biggest bench of the day was a 315 lbs. by Jared Stumpe, a 275er. Jared also had the biggest total of the day, 1125 lbs. The second biggest total went to Tommy Hargraves with a 1095 lb. (Thanks to a 460 DL). We will be hosting another meet in the fall or winter and all area lifters are welcome. (Thank you to Bill Duncan for providing these powerlifting meet results)				



Competitors at the ADFPF Mexico Record Breakers: (kneeling in front) Brandon Acid; (seated, l-r) Daniel Duncan, David Leeth; (standing, l-r) Christian Blankenship, Chris Ebers, Jared Stumpe, Andy Krum, Skyler Wathan, Tomm Hargrave. (courtesy Bill Duncan)

Battle Up North

26 APR 08 - Dannemora, NY

		SQ	BP	DL	TOT
Powerlifting					
135 lbs.					
Pacheco	275	225	285	785	
Ufares	175	200	330	705	
140 lbs.					
Darling	265	185	330	780	
Cross	250	240	300	790	
150 lbs.					
Riggs	300	225	350	875	
165 lbs.					
Pilaccil	405	285	480	1170	
Stalgaitis	200	200	350	750	
171 lbs.					
Raposo	500	295	500	1295	
181 lbs.					
Loster	350	285	475	1100	
C. Jackson	505	350	600	1455	
W. Coleman	600	350	525	1475	
220 lbs.					
Melendez	530	415	465	1410	
Parkinson	400	375	—	775	
R. Corapi	485	315	425	1225	
SHW					
Washington	425	375	400	1200	
J. Moore	1000	600	700	2300	
Master (40-45)					
Wright	405	325	595	1325	
Master (45-50)					

S. Aster 700 320 535 1555
Best Lifter: J. Moore. The Annual Postal Power-Lift took place after all the hurdles put before the nineteen lifters. The meet taking place was an accomplishment in and of itself. Therefore we would like to thank Mr. Lashway as well as Mr. Bond of the Recreation Department at Clinton Correctional Facility, without their help the meet surely would never have gotten off the ground. We would have liked to send photos of the day's events, however Security deemed it to be a risk, stating that photos containing groups of convicts would be considered "gang" related. So all we have is words and the Official tallies to convey all that took place. It is unfortunate we were not able to document the accomplishments as we would have liked and forward them to you. Regardless, you can rest assured that the lifters gave it their all. Things got off to a slow start as the placing of weight classes and experience levels took a lot of time, although it was worth the effort as some massive amounts of weight were pushed and pulled. The stand out was Big John Moore, who broke his own impressive records from the previous year, this guy is hell bent on breaking records once he is released in November, with the

numbers Big John put up it won't take long. He opened with a "light" 955 squat, on his next lift he missed his first attempt at a 1000 lbs. squat, due to a late depth call by the judge, any deeper and John would have been sitting. His third lift was absolutely beautiful, John went below parallel with 1000 lbs. on his back and came up setting a N.Y. State Prison Record that will not be touched for years to come. Big John Moore is a man to keep on eye on, regarding power-lifting that is, gotta make that clear. As far as I am concerned John can now "insist upon himself" Big John's trainer S. "Dis" Aster, having worked with him the past five years, was present at the meet as a competitor also spending the morning psyching John up and it must have worked. John went on to hit a 600 lbs. bench and an "easy" 700 lbs. deadlift, bringing John the Prison Record with an impressive 2300lbs. at a body weight of 315. Good going John. Another milestone was Big John's trainer coming out of retirement, it is anyone's guess as to his true age, although he is believed to be in his early fifties. "Dis" Aster, in the Masters Class, hit a deep 700 lbs. squat bum shoulder and all. Adding a 320 lbs. bench and finishing with a 535 dead-lift ending the day with a more than impressive total 155lbs. at a body weight of 228, not bad for an old timer. This year's meet saw new faces. We had the Mighty Midget, at a 198 lbs. hitting a sweet 600 lbs. squat. Coleman is his name and he will be putting up massive totals in years to come, for sure. C. Jackson in the 181 lbs. weight class hit a whopping 600 lbs. dead-lift. A few first timers made the grade, A. Pacheco at a light 132 lbs. took his weight class with some nice lifts, aren't many light weights running around the Big House putting up numbers. R. Corapi is a new lifter who with proper training and direction most certainly will do better next year. We also had novices who showed up to help support the program and did all they could towards adding extra points toward the Facility totals, good show guys. We need to thank Big Patty B. for his superb spotting. Pat is from the old school and has been powerlifting for years, he helped put the team together and his support is irreplaceable as he knows the sport inside and out. Well fellow powerlifters we enjoyed being able to share the day with you. Thanks to Powerlifting USA, the greatest magazine. We truly appreciate the insight this mag offers, although we only get to see and share the one or two copies floating around the facility from time to time, but we absorb and implement all it offers. Stay Strong. Si Vis Pacem, Para Bellum! (Steve "Dis" Aster)

AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: www.adpf.org

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

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

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

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations _____

Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF. The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officials who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF. All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

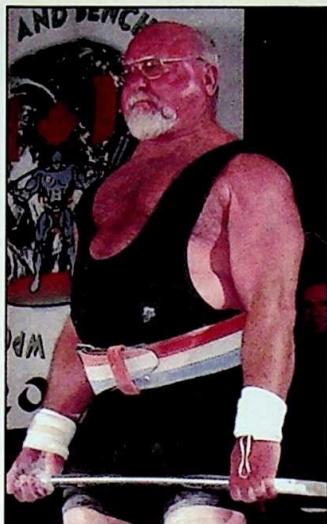
WABDL 15th Iron Gladiator
8 MAR 08 - Pasco, WA

BENCH	Submaster
WOMEN	132 lbs.
Disabled	R. Unson 198
123 lbs.	
R. Talley	82* 165 lbs.
Junior	C. McEwen 220
148 lbs.	
E. Lyman	181 114 lbs.
Master (40-46)	S. Aparece 45*
123 lbs.	
R. Moore	121 114 lbs.
148 lbs.	
T. Jacobs	220 181 lbs.
165 lbs.	
T. Nummi	187 198 lbs.
181 lbs.	
J. Wooldridge	C. Frost 209
—	4th-214*
Master (47-53)	Teen 916-17)
132 lbs.	
D. Sutton	104 R. Talley 82*
148 lbs.	
N. Huxley	236* K. Sua 209*
181 lbs.	
E. Harwood	MEN
187	Class I
198 lbs.	
P. Michaels	165 lbs.
154	Z. Bryson —
199+ lbs.	198 lbs.
M. Huston	231* C. Gomes 402
Master (54-60)	T. Miller 325
148 lbs.	
L. Lastufka	— A. Taylor 402
Master (61-67)	4th-424*
114 lbs.	
M. Buchanan	99 J. Sandlin 418
198 lbs.	Kamakeeaina 341
P. Robey	220!* 259 lbs.
Master (80-84)	G. Loss 473
148 lbs.	
M. Whinston	68!* R. Roeser 407
Open	
114 lbs.	309+ lbs.
D. Snow	165 M. Mattila 541*
132 lbs.	V. Eldridge 424
R. Unson	198 J. Noblit 540*
4th-204	
148 lbs.	
L. Powell	181 B. Nikolaus 446
198 lbs.	J. Turney 352
P. Robey	— Law/Fire
199+ lbs.	Master (40-47)
A. Bowman	253 308 lbs.



Age is Just a State of Mind.. Jim Waldo pulled 567 @ 198/39 years of age, and at 50 he pulled a 681 record at 220 in Pasco.

S. Sandberg	435*	J. Curtis	143
Master (75-79)	148 lbs.	T. Shepard	104
N. Munly	176	T. Coffelt	225*
Master (80-84)	165 lbs.	A. Whinston	93
148 lbs.		Open	181 lbs.
			T. Belen 341
			4th-364!*
		Evangelista	427
		4th-435!*	242 lbs.
			B. Henry 187
			165 lbs.
			Teen (18-19)
		K. Lyons	337*
		181 lbs.	165 lbs.
		D. Linerud	440!*
		198 lbs.	259 lbs.
		B. Hill	385
		220 lbs.	DEADLIFT
		A. Taylor	402
		Master (40-46)	148 lbs.
		4th-424	T. Jacobs 415*
			242 lbs.
		Kamakeeana	341
		308 lbs.	181 lbs.
		F. Hofer	—
		309+ lbs.	Master (47-53)
		D. O'Neill	—
		114 lbs.	J. Morris 281
		C. Mickelson	744
		165 lbs.	N. Huxley 325
		4th-551	1814 lbs.
		Special Olympian	E. Harwood 303
		123 lbs.	198 lbs.
		D. Hammond	126*
		132 lbs.	P. Michaels 363
		C. Hedeon	110*
		4th-374*	Master (54-60)
		Submaster (33-39)	132 lbs.
		220 lbs.	S. Gilliland 259
		S. Moore	314
		259 lbs.	M. Lewis 325*
		C. Hedeon	110*
		4th-187!*	Master (61-67)
		T. Qadir	182
		198 lbs.	Master (80-84)
		N. Purcell	71
		Teen (12-13)	181 lbs.
		165 lbs.	D. Backiel 303
		165 lbs.	148 lbs.
		Teen (14-15)	M. Whinston 143
		165 lbs.	Open
		132 lbs.	114 lbs.
		181 lbs.	D. Snow 319
		M. Perry	104
		Teen (16-17)	132 lbs.
		97 lbs.	R. Unson 296
		J. Hendee	88!*
		198 lbs.	148 lbs.
		G. Holzinger	314
		123 lbs.	T. Jacobs 415*
		275 lbs.	Submaster
		242 lbs.	132 lbs.



600 at 66 years!.. Skip Sandberg

R. Unson	286	184 lbs.
165 lbs.	J. Rankin	—
C. McEwen	363*	Master (61-67)
Teen (12-13)	165 lbs.	
97 lbs.	R. White	275
K. Mikesell	115	181 lbs.
114 lbs.	R. Schuller	451*
S. Aparece	132*	198 lbs.
132 lbs.	G. Holzinger	451
S. Mikesell	159	K. Scheif
242 lbs.	242 lbs.	
114 lbs.	S. Sandberg	600
J. Patching	—	Master (75-79)
Teen (16-17)	181 lbs.	
199+ lbs.	VanBuskirk	325*
L. Corulli	380*	242 lbs.
Teen 918-19)	242 lbs.	
198 lbs.	Master (80-84)	
S. Patterson	281*	148 lbs.
MEN		A. Whinston 132
Class I		Open
148 lbs.		309+ lbs.
W. Baxter	424	J. Mickelson 534
165 lbs.		Special Olympian
Z. Bryson	429	132 lbs.
198 lbs.		C. Hedeon 170
H. Cotto	501	4th-181*
T. Miller	424	Submaster (33-39)
308 lbs.		220 lbs.
R. Roeser	600	S. Moore 479
309+ lbs.		Teen (12-13)
M. Mattila	446	165 lbs.
132 lbs.		T. Qadir 203
J. Curtis	253	198 lbs.
4th-275*		N. Purcell 170
Junior (20-25)		4th-192*
198 lbs.		Teen (14-15)
H. Cotto	501	132 lbs.
220 lbs.		M. Perry 170
S. Clendaniel	485	181 lbs.
242 lbs.		J. Gonzalez 358
J. Turney	473	198 lbs.
Master (40-46)		D. Dix 336
165 lbs.		Teen (16-17)
Cunningham	501	97 lbs.
220 lbs.		J. Hendee 203
J. Carza	573	4th-209!*
275 lbs.		132 lbs.
J. Garcia	562	J. Curtis 303*
308 lbs.		148 lbs.
B. Mikesell	722	N. Gonzalez 452
Master (47-53)		4th-462!*
220 lbs.		T. Shepard 209
D. Rodgers	573	165 lbs.
259 lbs.		T. Clendaniel 374*
J. Waldo	666	242 lbs.
4th-701!*		J. Curtis 336*
309+ lbs.		148 lbs.
J. Garcia	534	Teen (18-19)
Master (54-60)		148 lbs.
165 lbs.		W. Baxter 424
J. Benesi	325	165 lbs.
		N. Wilks 286



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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		Y N		
Street Address			Club Name	
City		State	Zip	Area Code/Telephone
Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex
Elite Mater I II III IV	World National	Y N		M F

Registration Fee: \$35.00

Teenagers, Disabled,
& Special Olympians: \$25.00

Make checks payable to and mail to:

**WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS**
PO Box 27499
Golden Valley, MN 55427

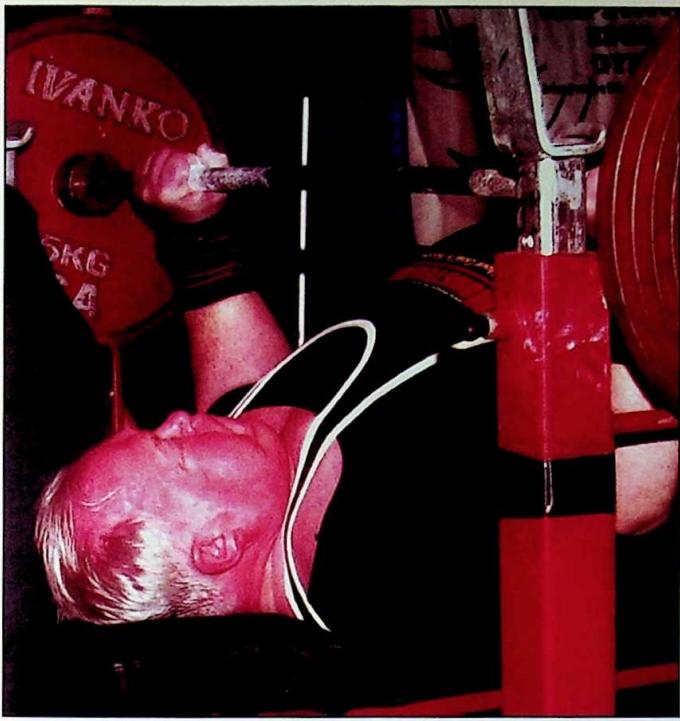
If under 18, have parent initial _____

Signature _____

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

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

!=World Records. #=National Records.
*=State Records. The WABDL Iron Gladiators World Records Breakers was held at the Red Lion Hotel. Ten world records were set, which was the 15th annual in Tri-Cities, Washington. There are three small cities in southeastern Washington that are



Randy Patterson .. with a law/fire 56+ WABDL World Record 617#

part of the Tri-Cities; Pasco, Kennewick, and Richland. It is the one of Hanford Nuclear Facility that made plutonium for the nuclear bombs dropped in Japan. It is no longer active, but is the site of a 15 billion dollar clean-up effort of radioactive waste that employs about 12,000 workers. The Westinghouse Corporation is the main contractor. There is a minor league Class A Colorado Rockies baseball team and a minor league hockey team. The star of this event was Randy Patterson. Last year he benched 705 at age 59, weighing 354. He subsequently had a heart attack and lost 60 lbs. This year at age 60, he weighed 336 and became the first man in history to bench 600 at age 60, and then he passed the drug test. He benched 617.2 in a single-ply shirt. He has been training and competing consistently since 1978 with no breaks. Other world records in the bench included Freddie Evangelista in Master 47-53/148. Freddie is 53 and lifetime drug free and he benched 435.2 in a single-ply shirt. He had set more world records than any lifter in WABDL. He has passed four drug tests over the last ten years. Other world record in the bench press were set by Pat Robley in 61-67/198. She is 66 and benched 220.2. She is coached by Joe Head, who has had great success with all of his lifters, especially his female lifters. Melicent Whinston, at age 80, benched 682 at 143 lbs. for a world record. In Open/181 men Don Linerud set a world record with 540. In Teen 12-13/165 Tariq Qadir set a world record 187.2 bench. In Teen 16-17/97 Jacob Hendee set a world record 88 lbs. Jacobs is legally blind. In 16-17/181 Travis Belen, weighing only 167.8 set a world record 364.8 in a single-ply shirt. World records in the deadlift were set by Jim Waldo with a huge 701.9, weighing 244 at age 51. Jim goes to Alaska every year for about four months and is on a crab boat for almost the whole time. I've always felt that constant exposure to ocean air will make you stronger, all things being equal. Melicent Whinston, at age 80, deadlifted 154.2 for a world record in 80-84/148. Jacob Hendee set a world record in 16-17/97 with 209.2. Nick Gonzalez set a world record 462.7 in 16-17/148. Other notable bench presses were Andy Taylor who set an Idaho Class I record of 424.2 at 220. Michael Mattila at super set an Oregon record 541.1 in Class I. In Master 40-46/220 James Noblit set an Oregon record 540, his 6th record in the last four years. In Master 40-46/275, Joe Garcia got his

first 500 bench. In Master 47-53/Super, Joe Mickelson got a Washington record 551. Joe is the WABDL Washington state chairman and goes to every Washington and Idaho meet that has been held over the last two years to conduct drug testing and to make sure the judging is done properly. He works for the Seattle Water Department and has 200 employees that report to him. In Open 242, Ryan Nielson set an Idaho record 529. At Super, James Crawford benched 744 and locked at 834, but it went into the rack too soon. James weighed 352 and is originally from Hawaii. He is one of many Hawaiian lifters over the last 30 years who have excelled in the bench press. Skip Sandberg, at age 67, set a Washington record 435.2 in Master 61-67/242. Skip is originally from Colorado and has been competing in bodybuilding and powerlifting since 1963. He also passed the drug test and has a very successful fence company in West Richland, Washington. He also deadlifted 600.7 in this contest and is the man who helped get me my sponsors so I could put on my first meet in the Tri-cities in 1994. Skip never misses a workout and has tremendous passion for the sport. Other notable deadlifts were Pamela Michaels-Olson, who in spite of dealing with cancer, set a Washington record 374.7 in Master 47-53/198 weighing 184. Two years ago she was deadlifting 303 and four years ago she was deadlifting 260. In Master 40-46/148 she pulled a Washington record 415.4. She is coached by Joe Head and everyone of his lifters have perfect deadlift form. He has had two of his pupils, Victoria Reese and Riika Ylitalo pull 457.2, and Carol Myers pulled 402.2 in Master 40-46/123, and she also pulled 424.2 in Master 47-53/132. CJ McEwen, coached by a 700 deadlifter, Mark Jackson, pulled an Oregon record 363.7. Mark was pulling 700 in the late 80's and early 90's. Kayla Sua, another one of Joe Head's pupils, pulled a Washington record 380.2 in Teen 16-17/UL at age 16 and has limitless potential. Tim Clendaniel pulled a Washington record 374.7 in Teen 16-17/165 and Billy Henry, who is the head of the Northwest Blind Students of Washington pulled a Washington record 336 in 16-17/242, weighing only 222. In the team standings, Joe Head's Headquarters Fitness was first, the Washington School for the Blind out of Vancouver, Washington was second and coached by Joe Mickelson, third was Team End Zone, out of Everett, Washington coached by Joe Mickelson,

and fourth was the Northwest Association of Blind Athletes, coached by Billy Henry. Outstanding deadlifters were Jim Waldo in Master 40-53 with 701.9 at age 51, Owen Van Buskirk who set an Oregon record 325 at age 78 weighing 179 in Master 54+, Nick Gonzalez, who pulled 462 at 147.8 in Teen 16-19, Josh Gonzalez, who pulled 358 at 169.8 for Teen 12-15, Teresa Jacobs in Master women who pulled 415.4 at 147.8 in Master 40-46, Kayla Sua for Teen women with a 380.2 at unlimited and William Anthony Baxter who pulled 424.2 at Class I/148. Outstanding benchers were Christopher Gomez 402 at 198/Class I, Michael Mattila 541.1 at super, James Noblit 540 at 216 in Master 40-53 Randy Patterson, 617.2 at age 60/Master 54+, Nadine Huxley 236.7 at 148/Master 47-53 women, for Master women 40-53, Pat Robley for Master women 54+ with 220.2 in 61-67/198, Don Linerud in Open men with 540 world record at 181, and James Crawford 744 at super, Travis Belen in Teen men with 364.8 at 167.8 and Clara Frost in Teen women with a Washington record 214.7 in Teen women 14-15/198 weighing 191.2. We had 113 lifters, the 15th year in a row with over 100 lifters at this meet. I want to thank the judges, Mike Scott, Don James, Dick Schuler and Brian Baertlein. The scorekeeper was Gary Thomas, and on the computer as Elman Thomas. James Partch was the platform supervisor and brought the kilo set. Roger Nelson set up the warm-up room. The sponsors were Brent Mikesell of Iron Gladiator, who sells great t-shirts and Inzer products and gear. Alan Thomas of Apt Wraps, Jon Doyle or USP Labs, Pete Alaniz and Ken Anderson of Titan Support Systems, Mike Lambert of Powerlifting USA, Brian Welker of Welker's Competitive Edge Gym, Shawn Madore of GLC 2000, Grace Cloninger fo House of Pain West, Chet Groskreutz of Ivanko, Giorgio Usai Jr. of Forza Strength Systems, the makers of the best benches in the world, and Neal Spruce and Odd Haugen of Apex Fitness Group, the makers of the best creatine in the world. (from Gus Rethwisch)

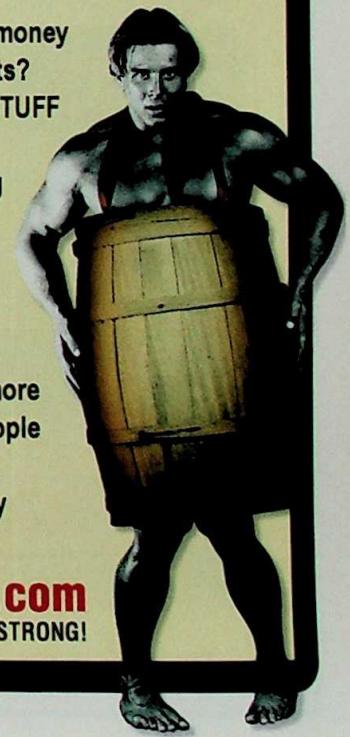
WNPF Lifetime Southern States 9 FEB 08 -			
BENCH	(20-23) SP	Gonzalez	425*
WOMEN	BENCH Reps		
148 lbs.	148 lbs.		
Open	148 lbs.		
Lawson#	Lifetime		
150*	Paige	25	
181 lbs.	220 lbs.		
(40-49) Raw	Thompson!	160*	
160*	Lifetime		
MEN	Burritt!	21	
148 lbs.	WOMEN		
Lifetime Open	148 lbs.		
Paige	Open		
335	Lawson!	25	
220 lbs.	DEADLIFT		
(40-49) SP	MEN		
Burritt!	500*		
Open SP	181 lbs.		
Burritt	Open Raw		
500*	Waldron	605	
242 lbs.	(50-59) Raw		
(20-23) SP	Benson#	445	
660*	Gayton		
(20-23) Raw	(50-59)		
Howell	310	470	
Lifetime Raw	Gayton		
198 lbs.	198 lbs.		
Howell	(50-59)		
300 lbs.	Meyers#	710	
Powerlifting	SQ	BP DL	TOT
148 lbs.			
Sams	355*	140*	400*
MEN			895*
165 lbs.			
(50-54) SP	500*	300*	500*
Brown			1300*
181 lbs.			
Subs SP			
Wilson	500*	350*	455*
242 lbs.			1305*
(13-16) Raw			
Brown	450	300	365
275 lbs.			1115
(13-16) Raw			
Weigand	405	225	425
275 lbs.			1055
(40-49) UNL			
Rhaodes#	650*	440	675
			1765*
!=WNPF Lifetime Organization Lifters.			
#=Best Lifters. *American Records. SP=Single Ply. UNL=Unlimited Lifters. (WNPF)			

Going Broke Buying Junk Supplements?

Tired of wasting your money on worthless supplements? Then why not give HOT STUFF a try? Either you agree it's the best bodybuilding supplement you've ever used or we'll refund all of your money – no questions asked!

Visit our website for more details on what many people have called "the greatest supplement in the history of bodybuilding."

HotStuffWorld.com
20 YEARS AND STILL GOING STRONG!

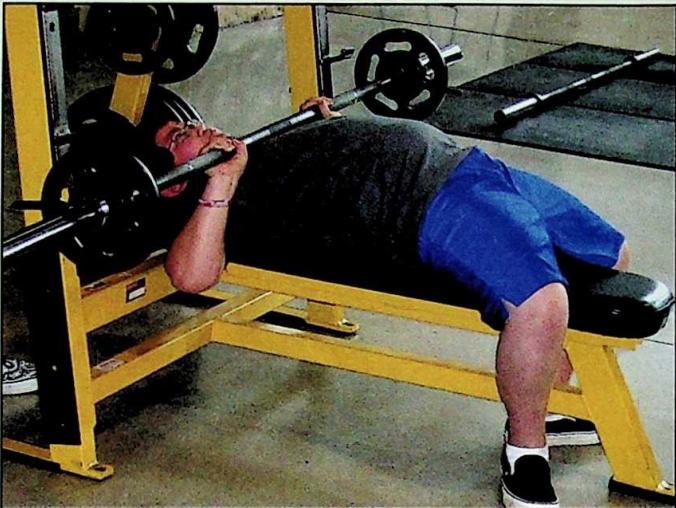


MU Strength Club Push Pull
3 MAY 08 - Columbia, MO

	BP	DL	TOT
132 lbs.			
Teen (10-13)	—	180	180
N. Duncan	—	270	270
165 lbs.			
T. Parris	270	—	270
181 lbs.			
C. Barr	265	380	645
K. Hennessey	265	—	265
198 lbs.			
K. Luecke	365	465	830
220 lbs.			
K. Ogar	—	435	435
Teen (14-16)			
D. Duncan	190	—	190
242 lbs.			
S. Marley	365	545	910
Open			
G. Lake	395	600	995
275 lbs.			
M. Taylor	355	475	830
Teen (14-16)			
D. Leeth	95	200	295

The MU Strength Club hosted its second

successful event at the University of Missouri Columbia campus MU Rec Center. Meet director Becky Rich welcomed 11 lifters from the campus and surrounding community, ranging in age from 10 to 24. Masters lifter Bill Duncan assisted by judging while Rich ran the head table. Highlights of the meet included a 395 bench and 600 deadlift by newcomer Gordon Lake, a 180 deadlift by 10 year old Noah Duncan and a post-competition exhibition 625 deadlift by Lake. There were a number of lifters who, like Lake, finished before they were done, including 20 year old Mike Taylor who benched 355 and deadlifted 475, but could have easily totaled over 900. There was a crowd to cheer on the athletes, and journalists from the campus and community newspapers to take photos and chronicle the event. Thanks to Becky Rich and the MU Strength Club for organizing the event, the MU Student Rec Center staff for use of their equipment and facilities, to the Strength Club and sponsor ProMera Health LLC for the gift bags and Bill Duncan for judging. (from Bill Duncan)



Noah Duncan, 10 years old, attempts a 65 lb. bench at 132 lbs. at the MU Strength Club Push-Pull. (photograph by Bill Duncan)

CRAIN 1-800-272-0051

Library

POWERLIFTING, OLYMPIC LIFTING & STRENGTH TRAINING FOR SPORTS

It's Back Limited Supply!	The Bench Press - Words Greatest Bench Pressers \$20.00	Bench Assault - The Beginner's Guide To Powerlifting \$19.95	Squat and Deadlift Blitz / O'Brien \$15.00	BIGGEST - The Biggest Book On Powerlifting \$16.95	Powerlifting's Greatest Bench Presser / J. Smith \$19.95	Women's Biggest Bench Press / Poston \$4.00	Add 50 to 75 lbs. To Your Bench Press / Lain \$16.00	John Black Presents Powerbuild / Black \$16.95
Pat Casey, King Of The Powerlifters Williams \$15.95	Super Squats / Strossen \$16.95	Squatting At A Premium / Williams \$19.95	RICK WELLS / The Bench Press / Wed \$15.00	Check Out Other Books By Rick Wells: Muscle & Fitness, Men's Physique, Muscle Mag, Muscle Dev, Developmental And Research \$19.95	Call For Complete List \$19.95	BUY 4 PLUSA AND GET 1 FREE \$5.00 and up	POWERLIFTING USA Magazine \$5.00 and up	Powerlifting Magazine Binders Reg \$15.00 NOW \$7.50
Strongest Shall Survive / Star \$24.00	Powerlifting Grooves / \$19.95	Speed Strength Training For Football / Koenig \$15.95	All Sports Training Manual / Everstone \$8.00	Quantum Strength & Power Training II / O'Shea \$25.00	Explosive Lifting For Sports Book w/ DVD / Hartman \$43.95	Weight Training Technique / McRobert \$29.95	Supertraining / Siff \$55.95	Facts And Fallacies Of Fitness / Krebs \$39.95
Kettlebell Shred Book / Kelso \$14.95	Optimal Muscle Training / Koenig \$27.95	Sports Chalk Training Guide / ISSCA Hoffeld \$10.00	Relax Into Stress Free Living / Totsukawa \$34.95	Beyond Strength Training / Totsukawa \$34.95	Power To The People / Totsukawa \$34.95	Bullet-Proof ABS / Totsukawa \$34.95	Russian Kettlebell Challenge / Matsumura Book \$24.95 Video \$39.95	Weightlifting Media / Director \$34.95
PAYH	Koob Letters / Anderson \$16.00	Power By Paul / Anderson \$16.00	Secrets Of My Strength / Anderson \$19.95	Victory And Glory / Anderson \$19.95	Youth Strength / Anderson \$14.95	Paul Anderson - The Biggest Muscle Gear / Anderson \$24.95	200 Years Ago I / Anderson \$19.95	Father & Son / Anderson \$14.95
A Greater Strength / Anderson \$15.95	Forty Years / Anderson \$14.95	How It Is / Anderson \$19.95						

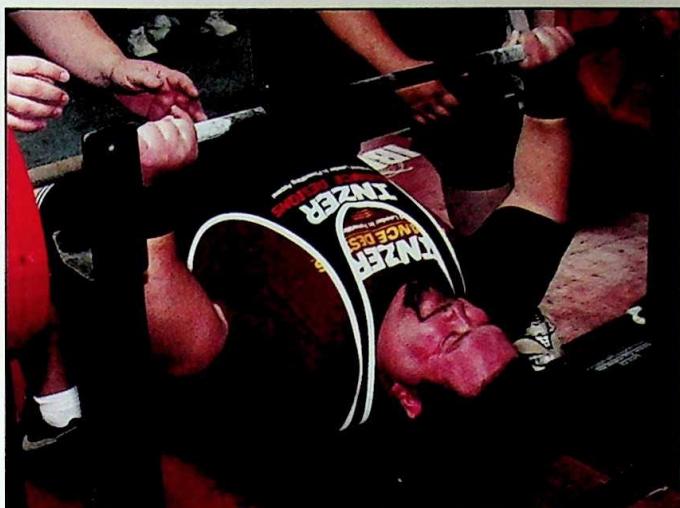
CRAIN

3803 North Bryan Road
Shawnee, Oklahoma 74804-2314
rcrain@allegiance.tv
www.crain.ws

SHIPPING
\$7.95 MINIMUM
CALL FOR FULL
SHIPPING CHARGES
Oklahoma Residents
Add 6.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE - ALL SALES FINAL
NO EXCHANGES OR RETURNS ON BOOKS & VIDEOS
Check / Cash / Credit Card / PayPal
Customer Service 1-405-275-3689 Fax 1-405-275-3739
1-800-272-0051

	BP	DL	TOT
148 lbs.			
Open Raw			
T. Walker	195	315	510
Youth (12-13) Raw	110	230	340
B. Brown			
4th-DL-250			
198+ lbs.			
Master (45-49) Raw			
I. Owens	105	265	370
MALE			
114 lbs.			
Youth (12-13) Raw	100	215	315
G. Daubenmire			
148 lbs.			
Open			
S. Warren	280	420	700
Youth (12-13) Raw	85	225	310



David Adams benched 575 at the
IBP King of the Hill Push-Pull.
(Photo courtesy from Keith Payne)

165 lbs.			
Teen (14-15) Raw			
C. Taylor	315	315	
	4th-DL-340		
Teen (18-19) Raw			
J. Winger	290	360	650
Youth (12-13) Raw			
J. Davis	105	215	320
181 lbs.			
Intermed. (24-34) Raw			
W. Brothers	315	445	760
Master (55-59) Raw			
M. Brady	270	500	770
Master (65-69)			
J. Shoaf	275	335	610
Open Raw			
W. Brothers	315	445	760
Youth (12-13) Raw			
A. Hodges	110	235	345
	4th-DL-240		
198 lbs.			
Master (45-49)			
B. Nichols	430	605	1035
Open			
B. Nichols	430	605	1035
Master (50-54)			
B. Langenfeld	230	360	590
220 lbs.			
Teen (14-15) Raw			
L. Power	210	325	535
Teen (18-19)			
J. Breisch	340	545	885
242 lbs.			
Intermed. (24-34) Raw			
D. Smithy	385	440	825
	4th-DL-450		
Junior (20-23) Raw			
B. Sampson	325	405	730
Novice Raw			
J. Driver	330	365	695
Open Raw			
D. Smithy	385	440	825
	4th-DL-450		
Police/Fire/Military Raw			
J. Driver	330	365	695
Teen (18-19)			
J. Warren	450	555	1005
	4th-DL-575		
275 lbs.			
Master (40-44)			
R. McMillan	385	535	920
Novice Raw			
M. Adams	320	475	795
	4th-BP-325	DL-485	
Open			
R. McMillan	385	535	920
308 lbs.			
Master (50-54) Raw			
W. Greene	315	500	815
	4th-BP-330		

Female Outstanding Lifters: Tammy Walker-Open, Patty Sesler-Master, Brionna Brown-Teen. Male Outstanding Lifters: Buddy Nichols-Open, Buddy Nichols-Master, Jordan Warren-Teen. Teams: Chesnee Power Team 1st Bench Press, ARMS Power Team 1st Push Pull. Venue: WNC Barbell. (Thanks to Keith Payne for sending results)

Allentown YMCA/YWCA Sportsfest 26 JUL 08 - Allentown, PA

			Powerlifting	BP	DL	TOT
FEMALE	Teen II		Raw			
Open Raw	M. Stompane	345	Open			
K. Fields	E. Dietterich	295	A. Rychlak	215	325	540
MALE	C. Wyant	280	MALE			
Open Master I	R. Ferguson	255	Junior			
J. Norrell	Master III	315	B. Demek	320	550	870
J. Rubio	W. Dinder		MALE			
Open			Raw			
R. Seyfried	Master III		Open			
J. Garcia	C. Lourary	415	R. Kennedy	225	375	600
B. Garcia	Junior Open		R. Hallet	240	500	740
Master I	J. Burger	600	Teen II			
W. Ramos	Raw		K. Gebhardt	225	305	530
Raw	Teen I		R. Ferguson	255	440	695
	C. Bachert	295	C. Matchulat	305	425	730
Open			Open			
S. Fejes	Teen II		Master I			
J. Marina	D. Poloni	485	D. Slagfrield Jr.	410	525	935
M. Anthony	Master I		D. Yarnell	350	565	915
S. Welly	W. Jones	600	Master I			
Master V	Master II		M. Bey	400	405	805
F. Claps	M. Impo	390	Master III			
Teen I	Master IV		C. Getz	235	360	595
C. Bachert	B. Hill	620	(Thanks to Allentown YMCA for results)			

CRAIN 1-800-272-0051

rcrain@allegiance.tv

DVD LIBRARY

TRAINING SECRETS OF WESTSIDE BARBELL

- Squat Workout /2 DVD \$65.95
- Bench Press Workout /DVD/ REVISED \$59.95
- Bench Press Secrets / DVD \$40.95
- Deadlift Secrets / DVD \$39.95
- Reactive Method/ DVD \$49.95
- Special Strengths / DVD \$59.95



Ken Lain DVD SPECIAL! All 3 for \$50.00



World's Most Powerful Lift DVD
\$29.95
World's Fastest Lift DVD
\$29.95



Rick Weil
Bench Press
DVD /VHS
\$29.95



Larry Paulsen
Training DVD / Pacifico
\$29.95



The Surge
Redding Story /
DVD
Dialogue In French
\$29.95



Strength Video
For All Sports /
Kinesiology
Dialogue In French
\$29.95



Strongman Main Record
DVD / Anderson
\$29.95
SPECIAL \$10.00



Bodybuilding
Legends
DVD / Anderson
\$29.95



Bill Pearl &
Dave Draper Seminars
& Side Shows DVD
\$29.95
SPECIAL Both for \$49.00



6 Time World Champion Mike Bridges' DVD series

- Mastering The Bench Press - 001
- Mastering The Squat - 002
- Mastering The Deadlift - 003
- Mental Muscle - 004
- Mike Bridges "Up Close" - 005
- Beginning Weight Training & Powerlifting - 006

They're Back!

\$19.95 each

6 titles to choose from

SPECIAL All 6 for \$99.00



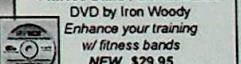
Around The World / U.S.A. Weight Team

Paul Anderson Reminiscences In His Gym

Paul Speaks To Athletic Coaches / News Media

The World Strongest Man Becomes A Christian

Paul Speaks To You On Weightlifting



Fitness Band Fundamentals
DVD by Iron Woody

Enhance your training
w/ fitness bands

NEW \$29.95

Dennis Weis Interviews Kenny Lain
CD \$6.00

Power Unlimited - A Documentary

This film chronicles the history of powerlifting through archival footage and interviews from legendary powerlifters such as Ed Coan, RDC, Lee Moran, Capt. Kirk, and many other rising stars like Scot Mendelson, Scott Cartwright and Priscilla Ribic.

Order your very own
DVD today! \$29.95

Paul Anderson CD's

\$9.95 each / choose from 5 titles

Around The World / U.S.A. Weight Team

Paul Anderson Reminiscences In His Gym

Paul Speaks To Athletic Coaches / News Media

The World Strongest Man Becomes A Christian

Paul Speaks To You On Weightlifting

Advanced Powerlifting Techniques - DVD \$29.95

by Rickey Dale Crain

Everything You Need To
Know The Squat, Bench,
And Deadlift! ALL IN ONE!

POWERLIFTINGFLIX

We have Powerlifting & Bodybuilding meets
from 1974 to present - All federations
call or e-mail for complete list



•Buy 4 Get 1 FREE•

This applies to meet DVDs ONLY

\$29.95
each DVD

ALL PRICES ARE SUBJECT TO CHANGE

IBP Tarheel State Championships
26 APR 08 - Pfafftown, NC

BENCH	275 lbs.
FEMALE	Open
132 lbs.	M. Steward 560
Novice Raw	308 lbs.
E. Yelton 90	Master (45-49) Raw
198 lbs.	T. McVicker 480
Intermediate (24-34)	308+ lbs.
Raw	Intermediate (24-34)
E. Williams 155	Raw
MALE	C. Adams 465
165 lbs.	Open Raw
Submaster (35-39)	J. Gentry 450
J. Hedman 275	4th-460
181 lbs.	DEADLIFT
Open Raw	MALE
J. Quick 250	165 lbs.
220 lbs.	Submaster (35-39)
Intermediate (24-34)	J. Hedman 445
Raw	220 lbs.
K. Foust 340	Intermediate (24-34)
Junior (20-23)	Raw
R. Adams 360	K. Foust 510
Master (40-44)	Junior (20-23) Raw
R. Smith 525	R. Adams 520
Master (40-44) Raw	Master (40-44) Raw
L. Scales 390	L. Scales 550
Master (50-54) Raw	242 lbs.
S. Whitted 340	Junior (20-23)
Open Raw	S. Bowles 525
L. Bullins 450	Novice Raw
242 lbs.	C. Wall 445
Novice Raw	308+ lbs.
C. Wall 245	Open Raw
Powerlifting	J. Gentry 700
FEMALE	SQ BP DL TOT
123 lbs.	
Youth/Teen (12-13)	Raw
C. Spencer 90	55 125 270
148 lbs.	4th-DL-135
Intermediate (24-34)	Raw
A. Ruygrok 185	120 310 615
165 lbs.	4th-DL-315
Open Raw	
T. Walker 250	205 315 770
198+ lbs.	
Junior (20-23)	Raw
A. Marrow 265	245 345 855
MALE	
88 lbs.	
Youth/Teen (12-13)	Raw
J. Delgado 110	65 160 335
123 lbs.	
Youth/Teen (12-13)	Raw
A. Day 275	135 255 665
4th-SQ-290	BP-140



James Gentry pulls 700 at the IBP Tarheel State meet (Keith Payne)

Moms Muscle Magic Balm

All natural & organic ingredients

World Class Powerlifter Approved

"I use Moms Muscle Magic on myself & my clients,
It is a superior pre & post workout muscle balm"
Lee Beane 1998 AAU World Powerlifting Champion



Check out all our products online @

BEACHBABYORGANICS.COM

375 lbs., he took a 4th attempt and hit an easy PR of 400 lbs.! This kid is a true puller and he is lifting raw. Chuck Blain won the 181 masters with a PR pull of 430 lbs, also gelling best lifter. Jon Miller from Team Miller won the 308 submaster with an easy 455 lb. pull missing his third Adam Miller took the SHW open with an easy 560 lb. pull also missing his third which would have been a PR. Robert Hanson lifting in the 259 masters took the title with a solid 550 lb. pull on his second attempt. Big thank you to Paul Brother Bear Mercado and his wife Jen, Jeff and Ally, Ken and Jamie. We had about 40 people watching and it was another fine day in the gym. Chris Grim had his boy at the meet and the little guy was working out with a dumbbell pulling on a true test of strength for everyone. (courtesy Duane Burlingame)

New England Raw 1 JUN 08 - Warwick, RI

BENCH	M. Lovell 350
WOMEN	C. Worsley 345
J. Bazeck 120	M. Ferrazzoli 315
MEN	220 lbs
Teen	R. Furtado 455
b. Henson 170	J. Carreiro 385
L. Eskeland 95	242 lbs.
Submaster	N. Andrade* 500
M. Lovell 350	275 lbs.
K. Rosat 275	J. Moore 405
Master	308 lbs
C. Tabulina 325	B. Tucker 405
B. Tucker 405	N. Silva 385
D. Henson 290	DEADLIFT
Mioduszewski 265	MEN
Open	Master
123 lbs.	C. Tabulina 505
B. Henson 170	B. Willoughby 400
Open	Open
148 lbs.	198 lbs.
R. Noxtrick 250	181 lbs.
P. Stewart 375	181 lbs.
4th-400	181 lbs.
P. Nigito 240	181 lbs.
R. Noxtrick 325	242 lbs.
C. Grimm 405	4th-385
C. Simon 345	Open
SHW	SHW
A. Miller 335	A. Miller 560
Master	Master (70+)
181 lbs.	165 lbs.
C. Blain 275	R. Lee 255!
198 lbs.	220 lbs.
J. Hickey 275	S. Coogan 500
220 lbs.	G. Koch 300
G. Koch 245	255 lbs.
R. Hanson 550	R. Hanson 550
F. Michaels 565	Submaster
J. Miller 455	
The 2008 N.P.A. Midwest open had lifters from three states. Our meet went smooth and by the numbers with a few lifters getting personal records. Thank you to all the helped out with judging, spotting, loading and keeping track of lifts. In the Bench press, teenage lifter Ryan Noxtrick started us off lifting raw. This was his first meet and he had a nice lift taking the 181 title with 250 lbs. Next up was Pier Nigito also lifting in his first meet. Pier took the 148 open with a press of 240 lbs. Gary Koch came down from Wisconsin to win the 220 masters with a press of 240 lbs. Joe Hickey lifting in his first meet won the 198 class with a press of 275lbs. Chuck Blain won the 181 masters with a press of 275 lbs. Big Adam Miller from team Miller won the SHW open filling in for Joel with a press of 355 lbs. First time lifter Chris Grimm won the 242 open with a solid 405 lb. press lifting raw. Cory Simon took second in the 242 open with his opener of 345lbs. Fred Michaels finished the field hitting a PR on his third attempt to win the masters 242 class with a press of 565 lbs., which gave him best lifter honors. He could have done 580 lbs. on this day, 600 should be made at his next meet. On to the deadlift we had Richard Lee come out retirement at age 70 this young man pulled an easy 255 lbs. to take the win lifting raw. Richard is what the sport is all about, good health and a great attitude. Ryan Noxtrick lifting in the Teenage 181 class pulled a strong 325 lbs. to take the win. He took fourth and pulled an easy 385 lbs. for a PR, awesome job! Gary Koch filled in for his son who was sick and took 2nd in the 220 masters with a pull of 300 lbs. Stuart Coogan won the 220 masters with his opener of 500 lbs., another great master lifter from Wisconsin. Patrick Stewart won the 181/220 lbs. he took a 4th attempt and hit an easy PR of 400 lbs.! This kid is a true puller and he is lifting raw. Chuck Blain won the 181 masters with a PR pull of 430 lbs, also gelling best lifter. Jon Miller from Team Miller won the 308 submaster with an easy 455 lb. pull missing his third Adam Miller took the SHW open with an easy 560 lb. pull also missing his third which would have been a PR. Robert Hanson lifting in the 259 masters took the title with a solid 550 lb. pull on his second attempt. Big thank you to Paul Brother Bear Mercado and his wife Jen, Jeff and Ally, Ken and Jamie. We had about 40 people watching and it was another fine day in the gym. Chris Grim had his boy at the meet and the little guy was working out with a dumbbell pulling on a true test of strength for everyone. (courtesy Duane Burlingame)	

*Best Lifters. We once again had a great turn out, which included many first timers, who said they had more fun lifting than wearing the equipment. I would like to thank all who helped at this event, which includes Mike Diorio, Dave & Lori Roderick, Ray Roberts, Ray Makers, Mike Brown, Nate Silva, Joe Mapya, Andrew Marigan, Tim Moffit, Diane DePalma, and judges Larry Larson, Jeane Gargella, and Russell Beccal. Special thanks to all the lifters for coming to this year's meet, thanks to all the sponsors for your support and especially Mike Tarro at Tarro Law Associates. Thanks to PLUSA for posting these results. (Joe Reeves, Meet Director)

APT PRO GEAR

WORLD RECORD PROVEN!

700+ PRODUCTS!



CUSTOM BUILT
LIFTING STRAPS



POWERLIFTING
BELTS

USE THE PROMO CODE
PROGEAR FOR A
FREE SET OF 12"
WRIST WRAPS AND
15% OFF OF YOUR
ENTIRE ORDER!



T-SHIRTS

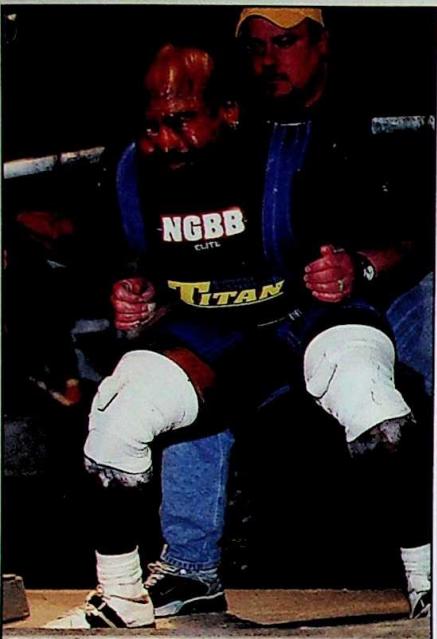


WRIST/KNEE
WRAPS

ProWristStraps.com

TOLL FREE 1-888-236-1258 E-MAIL APT@PROWRISTSTRAPS.COM





Steve Goggins ... the first man past 1100 lbs.

(continued from page 18)

5. BULL STEWART:

He came on the scene right at the time the ADFPA was beginning. Bull grew along with the ADFPA. ("Bull made a huge impact on the ADFPA. Big 800 lb. + squats and deadlifts." Steve Denison) He won titles and set records at 242 and 275. He lost to Kuc early on, but no one else in the ADFPA could touch him. National Championships, American Records, World Records and WDFPF World Titles were commonplace for Bull. He was one of those lifters who looked strong and was strong. Bull was a great ambassador for the sport. ("A proud and modest lifter." Joe Pyra) He is still active in meet promotion.

6. DAVE JACOBY:

Dave started competing in the early 80's and his career lasted into the 90's. Dave lifted out of Canton, Ohio. He stood 5'9" tall and weighed a very solid 240 lbs. Nicknamed "Superman". (Always quiet and reserved until he went out on the lifting platform." Marty Gallagher) Dave won the USPF Senior Nationals in 1984, 85, 86, 89, 91 and 92. He had 3 solid lifts. In IPF World Competition Dave captured 5 World Titles and finished 2nd twice. ("Played King of the Hill successfully until his pre-mature retirement." Jon Smoker) Dave always said he had great genetics and Powerlifting was what his body was made for. You don't realize how good Dave was until you look at his record. The number of IPF World Titles speak for themselves.

7. GEORGE FRENN:

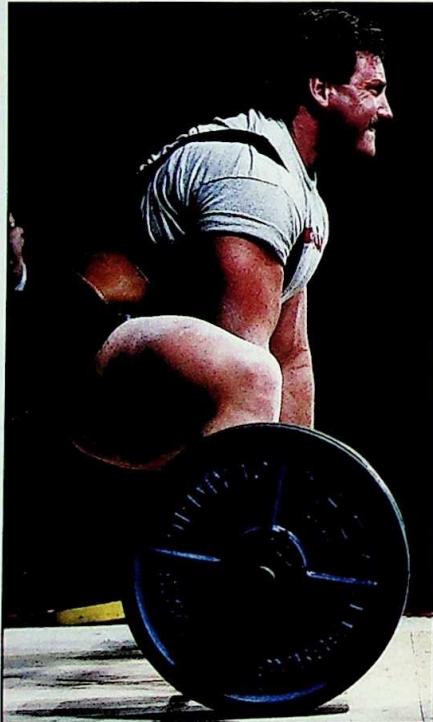
One of the early stars of the sport. George always marched to his own drummer. George was a world class track and field athlete, in addition to being a world class powerlifter. ("A totally different era, but he was a strongman ahead of his time because he was a training innovator." Jon Smoker) George, along with Peanuts West, had the greatest effect on how powerlifters trained. Squatting was George's favorite exercise, and his squat was light years ahead of everyone else. George appeared on the cover of Sports Illustrated and was very much involved in the politics of amateur athletics. He was born 12/26/41 and died 6/26/06. Ron Fernando did a nice article on George in the August 2006 Issue of Powerlifting USA.

8. STEVE GOGGINS:

Steve made the Top 10 at 220 along with 242. He also competed at 275. He won USPF National Titles in 1992 and 1993. He took APF National Titles in 1989, 1991, 1995 and 1996. He was also the 1995 WPC World Champion. No matter what weight class he lifted in, Steve always handled super heavy weights, not always to the satisfaction of the judges. When he got his big lifts passed he was almost impossible to beat. ("Because of his squat style his squats were hard to call." Will Morris) ("His bent over squats were legendary." Steve Denison) Steve was always capable of challenging the squat record. He had a long and very successful career.

9. TERRY McCORMICK:

The quiet man from California ("Clark Kent off the platform, Superman on the platform." Ken Croxdale) Terry won National and World Titles. He was also an IPF World Record Holder ("Another incredible lifter at the deadlift especially." Rickey Crain) Terry did all the big meets from the mid 70's to the mid 80's. He had a good squat and bench, but his big deadlift snatched victory from defeat on more



Dave Passanella ... what might have been?

than one occasion. ("Always competitive and balanced in his lifting." Gordon Santee) Terry was liked and well respected by all. ("Truly a gentleman in the sport of Powerlifting." Gordon Santee) ("A true gentlemen of the sport." Gus Rethwisch) Terry currently lives in Fountain Valley, CA and works for Easter Seals.

10. CARLTON SNITKIN:

Carlton had an extremely long career. He competed on the National Level for almost 25 years. He competed at 198/220 and 242. Carlton was always in the hunt, he had 3 good lifts. Senior Nationals, Hawaii Invitational, World Championships were commonplace for him. ("An old school lifter who was a senior class act and one of the best." Rickey Dale Crain) The Connecticut resident took on the best over a long period of time. Carlton was another lifter who let his lifting do the talking for him. He was

a credit to the sport.

Other 242 lifters. Receiving support were Greg Panora, Jim Grandick, Brian Carroll, Justin Graalfs, Mel Hennessy, Dan Wohleber, John Kanter.

275's

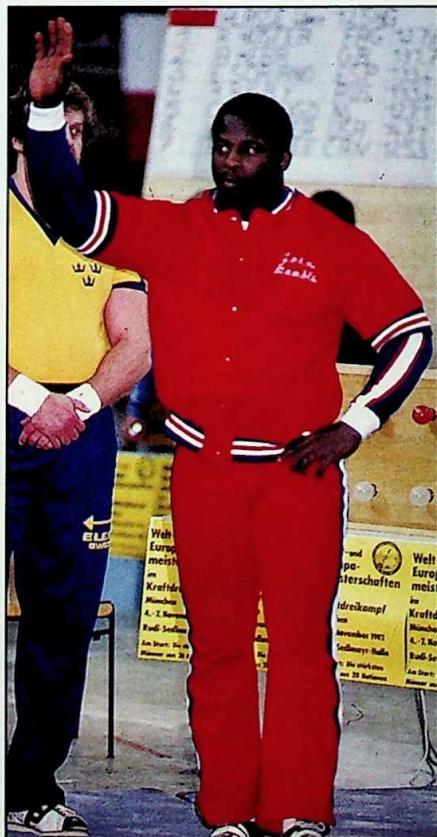
1. KIRK KARWOSKI:

Captain Kirk is the Top 275 lifter. His record speaks for itself. National and World Titles almost every year. Kirk is from Maryland and stands 5'7" tall. At one time he held the World Record in the squat in both the 242 and 275 lb. weight classes. ("The King of the Squats." Rickey Crain) He started his career in the mid 80's in the ADFPA. Early on Kirk had a great squat, but an average bench and deadlift, hard work changed that. He then switched to the USPF and IPF where he was dominant Kirk is one of the few to walkout 1000 lbs. He was another lifter who really enjoyed the sport. Kirk trained hard and heavy, and he believed in 5 rep sets, adding weight each week. ("A wild

Crazy guy." Ken Croxdale). 6 IPF World Titles. ("Kirk exemplifies intensity. I competed against him at the 95 Seniors in Baton Rouge where he crushed me by 400 lbs. and squatted 1003 lbs." Steve Denison) Kirk is young enough that he may treat Powerlifting fans to a comeback.

2. JOHN KUC:

John's lifting at 275 was in the ADFPA. When the ADFPA was formed John decided to show the Powerlifting World you could lift drug free. ("What he did in the ADFPA made him King of drug free lifting, and showed a lot of people a different way." Jon Smoker) He won 4 consecutive ADFPA National Titles and set squat, deadlift and total records. ("When he lifted in the earlier days of the ADFPA, he resolved that he would compete and lift more



John Gamble ... former NFL strength coach

than he had in prior organizations under different circumstances." Joe Pyra) His 856 lb. deadlift is one of the oldest USAPL Records still on the books. ("John Kuc was in a class alone." Will Morris) John was not an equipment aided lifter. John pulled over 850 lbs. in a singlet and no belt.

3. DAVE PASSAMELLA:

What a talent whose career and lift was ended in a tragic automobile accident. ("A most incredible young lifter cut short in his prime. Who knows what his numbers would have been." Rickey Crain) Before his death Dave was the Director of Player Development at Georgia Tech. He began his power training at Thorbecke's Gym in Arizona. Dave had unbelievable potential. In 1980 he totaled 2458. A 1030 Squat (Single ply and walkout), 573 bench (IPF Style), and a 854 deadlift. ("What a shame. He was going to get even better." Jon Smoker) Dave had no limits. ("Dave was very humble about his accomplishments." Dr. Tom McLaughlin) A great loss to his friends, family and the sport of Powerlifting.

4. JOHN GAMBLE:

John dominated the 275 lb. class in the early 80's. ("John Gamble was a stud horse." Will Morris) He came on the scene like a rocket, won titles, set records and then disappeared. ("His ability to move big numbers, far beyond his training lifts were mind blowing." Will Morris) He was also a great track and field athlete. The 1980 Olympic Boycott caused his switch to Powerlifting. John was famous for dropping large amounts of weight within 24 hours to make 275. "He feared no weight or

nobody and in his every day life he was low key." Will Morris) He competed in the USPF and IPF. ("he was never beaten in a National or International meet." Marty Gallagher) John always conducted himself as a gentleman.

5. STEVE GOGGINS:

We have seen Steve's name before at 220 and 242. ("A surly, take no prisoners kind of lifter." Jon Smoker) Steve's career was long and very successful. Steve could go from single to multi ply as early as anyone. ("He was a very strong dude, his squat was unreal. The sad thing was he was locked between weight classes. Had he been a Natural 275 Iber he would have been unbeatable." Will Morris) Steve was around 5'7", so weighing a full 275 was tough for him. He put up some outstanding totals in the WPO. ("He performed a 1100 lb. squat that many consider the deepest of all heavy multi-ply monolift squatting." Steve Denison) The Chatham, Virginia lifter has left his mark on the sport.

6. ERNIE HACKETT:

The "Hack" was a big time powerlifter and an outstanding squatter. He started training at age 16. He was a 1978 graduate of Northeastern University as a physical therapist. He used that knowledge to improve his training and recovery methods.

Ernie believed in training hard. He trained 6 days per week, 2 or 3 hours per workout.

He won an IPF World Championship. He held National, American and World Records. ("Another Powerlifting legend who was one of the best." Rickey Crain) Ernie was a lifter who was quite willing to share his knowledge with

others. Ernie left the sport at the top of his game.

7. DAVE WADDINGTON:

Another great lifter and big time squatter from Ohio. ("One of the greatest squatters of all-time." Gus Rethwisch) Dave lifted at 275 and Super. When he lifted the squat records were always in jeopardy. Dave was the first man to officially do 1000 lbs. He was the 1978 Senior Nationals Champion. American and World Squat Records is what you think of when you think of Dave Waddington. Dave just seemed to know how to get his body to respond to his training. One of the many champions from the State of Ohio.

8. DAVID SHAW:

You had to see this guy in person to appreciate how big he was. ("Known for his physique, he delivered lifts to match his muscular development." Gordon Santee) The Los Angeles lifter was about 6' tall and weighed about 275. He looked much bigger. Did many of his competitions before the 275 lb. class was accepted and lifted as a light Super. David competed in all the big meets. The Seniors, Worlds, Hawaii Invitations. ("The ultimate in musculature." Gus Rethwisch) Dave held the IPF World Deadlift Record. David was a true gentlemen and a credit to the sport. ("Even to this day when David shows up at a Powerlifting meet, people flock to him for his knowledge and wisdom." Gordon Santee)

9. TONY CARDELLA:

Tony has been a long time USAPL and IPF competitor. He won his first World Title last year. He has made steady progress over the last 5 years. In addition to this

lifting Tony has worked hard to improve Powerlifting. ("Tony has worked his butt off for the USAPL as a Team Member and as the web master for the USAPL Website." Steve Denison) Came into National prominence as a member of the Texas A&M Power Team. Tony is a great representative for the sport. ("He has already won an IPF World Title, and he will win more. Tony is a prime example of what the USAPL is about." Will Morris) For Tony, the best is yet to come.

There were many other lifters who received support, including champions like Tom Henderson, Larry Kidney, Greg Lowe, Mark Chaillet, Fred Hatfield, Scott Yard, Charles Bailey, Jim Grandick, Chuck Vogelpohl, Mark Bartley.

Next month we will cover the Super Heavyweight Class.

BOB GAYNOR



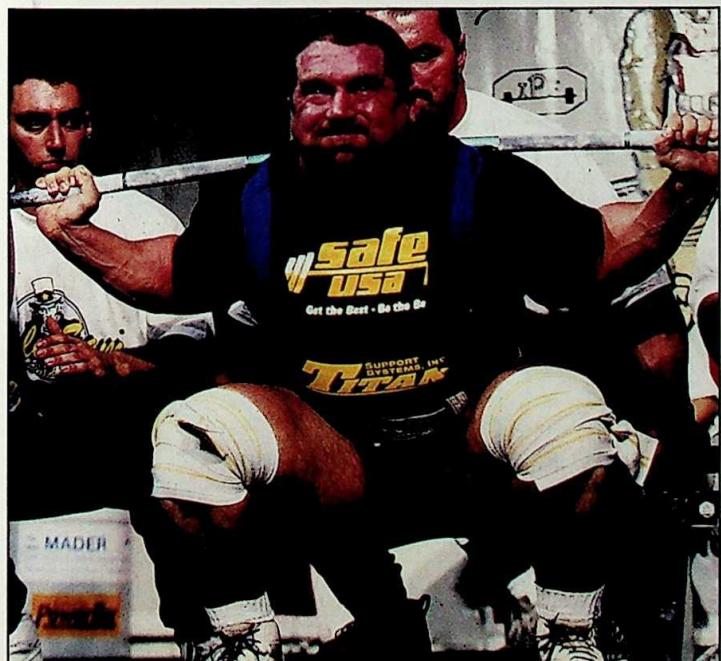
Dave Jacoby... multi-IPF Champ



Bull Stewart... former NFL player



Doug Furnas a great athlete.



"Captain" Kirk Karwoski ... certainly 'buried' his championship squats.

Gym Warriors Meet
17 May 08 - Peabody, MA

BENCH		E. Mertinor	500
(45-49)		Raw	
J. Flynn	480	181 lbs.	
198 lbs.		S. Oleson	300
(40-44)		D. Pennant	300
R. Purcell	455	198 lbs.	
A. Ramirez	405	Teen	
(50-54)		A. Amatu	480
181 lbs.		N. Corbett	270
F. Quirk	385	(13-15)	
217 lbs.		K. Duby	—
K. Mattson	555	C. Flynn	—
Open		Junior Raw	
220 lbs.		R. Rotondo	435
C. Stoey	360	Master	
B. Cotu	405	C. Clapp	430
K. Mattson	555	SHW	
242 lbs.		L. Desimone	350
(Thanks to Paul DeSimone for the results)			

(Thanks to Paul DeSimone for the results)



At the Gym Warriors Meet, Scott Oleson, in the open 181, benches 315 raw while judges Ernie the Greek, C.J. Digambarino, and Head Judge Paul DeSimone look on, and spotters Misha Levit and Al Archavardi get set. (photograph provided courtesy Paul DeSimone)

USAPL Seattle Summer Classic
12 JUL 08 - Seattle, WA

FEMALE	BP	DL	TOT
198 lbs.			
J. Miller	110	276	386
MALE			
D. Schurman	287	507	794
J. Johnson	—	441	441
198 lbs.			
D. Barstow	226	—	226
R. Chwalek	—	—	—
220 lbs.			
R. Tidmarsh	—	342	342
242 lbs.			
R. Hamilton	220	375	595

Pull BIG - NOW!



**2 time IPF World Champ
Brad Gillingham's Deadlift
DVD shows you the training
program that produced 50
plus contest deadlifts over
800 lbs., plus the "5 X 5"
squat program that lets you
blast up both lifts at the same
time. \$25.95 plus \$6.00 ship-
ping and handling (\$31.95
total) to Powerlifting USA,
Box 467, Camarillo, CA
93011 or call us at 800-448-
7693 to use your Visa or
MasterCard.**

Powerlifting	SQ	BP	DL	TOT	NASA	New Mexico State	Master III	J. Wood	193	105	243	540		
WOMEN					26 APR 08 - Rio Rancho, NM									
114 lbs.					BENCH	Raw								
V. Shaw	182	—	—	182	FEMALE	165 lbs.	Master I	J. Sierer	105	94	254	452		
123 lbs.					123 lbs.	Junior	Master II	E. Keen	198	116	237	551		
I. Pantilat	265	204	314	783	Submaster II	A. Vineyard	270							
K. Clark	220	138	314	672	T. Adelmann	259	Master IV	E. Waugh	165	94	226	485		
L. Lamp	231	187	237	656	Raw	B. Hudson	132	Master III	Open					
132 lbs.					165 lbs.	Novice/Pure		E. Waugh	165	94	226	485		
R. Unson	231	198	298	728	Master I	A. Vineyard	270	E. Waugh	198	116	237	551		
M. Chapman	204	72	204	480	J. Sierer	94	181 lbs.	Pure						
148 lbs.					Master II	Submaster I		E. Waugh	165	94	226	485		
J. Wong	265	138	303	705	E. Keen	116	D. Torrez	309						
F. Ireland	231	143	276	650	Pure	198 lbs.		E. Keen	198	116	237	551		
181 lbs.					E. Keen	116	Open	198 lbs.						
E. Gremer	320	116	303	739	198+ lbs.	E. Billings	353	Master I						
T. Gack	165	143	254	562	Junior/Pure	220 lbs.		D. Collins	287	154	331	772		
UNL					M. Keen	176	Master II	198+ lbs.						
C. Oleru	149	132	237	518	MALE	B. Richardson	187	Junior/Pure						
MEN					181 lbs.	Pure		M. Keen	292	176	314	783		
114 lbs.					Int	E. Meyer	386	MALE						
A. Diallo	116	72	176	364	J. Skinner	—	242 lbs.	165 lbs.						
123 lbs.					Novice	Master III		Master V						
C. Moreno	105	55	154	314	J. Skinner	—	J. Whitlow	320	A. Caceres	595	331	540	1466	
148 lbs.					Submaster Pure	Novice		Novice						
W. Natividad	331	220	353	904	T. Duran	303	R. Rodriguez	391	T. Frantay	270	243	364	876	
165 lbs.					198 lbs.	Open		R. Rodriguez	391					
C. Wood	397	270	419	1086	Master II	Submaster II		A. Caceres	595	331	540	1466		
M. Brusser	287	254	413	953	E. Duran	314	Pure	R. Rodriguez	391					
R. Clawson	298	204	419	920	Master III	J. Moskowitz	336	Submaster II						
B. Switzer	270	182	353	805	220 lbs.	R. Rodriguez	391	R. Rodriguez	391					
J. Moreno	88	66	182	336	Int	Submaster Pure		Submaster II						
181 lbs.					Z. Shook	—	R. Rodriguez	391	A. Caceres	595	331	540	1466	
B. Tote	441	353	474	1268	Master II	Novice		Submaster II						
T. Ross	452	254	513	1218	198 lbs.	R. Rodriguez	391	R. Rodriguez	391					
D. Emeott	468	276	441	1185	Master II	242 lbs.		Submaster II						
M. Fregierro	441	276	457	1174	E. Duran	314	D. Medina	364	F. Bennett	347	—	—	347	
T. Young	413	259	474	1146	Master III	J. Moskowitz	336	220 lbs.						
C. Granados	353	220	353	926	220 lbs.	R. Rodriguez	391	Master II						
198 lbs.					Int	R. Rodriguez	391	Submaster Pure						
J. Siregar	551	375	480	1405	Z. Shook	—	R. Rodriguez	391	G. Schuster	480	325	480	1284	
R. Franklin	446	298	557	1301	Master II	Teen		Submaster II						
R. Mui	430	265	513	1207	198 lbs.	P. Hernandez	353	R. Hernandez	353	J. Schuster	480	325	480	1284
R. Nielsen	419	265	468	1152	Master II	Submaster II		P. Hernandez	353	Junior				
B. Rodrigues	402	314	424	1141	198 lbs.	G. Schuster	325	275 lbs.		M. Allen	700	452	584	1736
J. Berrios	452	314	364	1130	Master Pure	J. Allen	—	Submaster II		Master II				
F. Rongo	303	248	424	976	Master I	242 lbs.	D. Medina	364	D. Medina	364	347	—	—	347
S. Faulkner	259	254	303	816	A. Shileds	474	308 lbs.		F. Bennett	347	—	—		
D. Borchardt	309	154	309	772	A. Shileds	474	Master I		M. Allen	700	452	584	1736	
220 lbs.					Police/Fire	Master II		M. Adelmann	402	Pure				
D. Marx	529	342	562	1433	Master II	198 lbs.	M. Adelmann	402	M. Allen	700	452	584	1736	
G. Reboton	518	292	529	1339	Submaster II	242 lbs.	PS BENCH		M. Allen	700	452	584	1736	
Z. Sahraie	457	314	502	1273	W. Adams	—	F. Bennett	309	308 lbs.					
J. Dietz	402	358	441	1202	Teen	Master I		M. Adelmann	402	Master III				
P. Cappetto	358	243	502	1102	275 lbs.	D. Collins	66	331	H. Heyman	402	220	402	1025	
D. Fisher	303	209	402	915	Master II	P. Hernandez	353	275 lbs.		High School				
R. Knudsen	276	254	276	805	275 lbs.	A. Ramse	303	275 lbs.		A. Ramse	303	226	364	893
242 lbs.					Master II	R. Harris	176	Master II		Master I				
G. Nucci	551	413	524	1488	M. Butkovich	369	PS DEADLIFT		R. Harris	176	276	402	970	
S. Seiber	524	353	601	1477	Submaster I	FEMALE		FEMALE		O. Hinojos	292	276	402	970
J. Turney	502	380	502	1383	308 lbs.	A. Hernandez	441	114 lbs.		J. Valdez	215	165	309	689
B. White	303	303	463	1069	Int	High School	143	198 lbs.		High School	143	165	309	689
275 lbs.					Manzanares	386	A. Romero	143	198 lbs.					
J. Rhodes	402	281	452	1135	Manzanares	386	MALE		W. Santana	—	—	—		
J. Dick	265	303	375	942	Novice	275 lbs.	Submaster II		B. Long	468	347	474	1290	
W. Nelson	149	132	276	557	Manzanares	386	Master II		R. Harris	435	220 lbs.			
R. Pool	—	132	281	413	Push Pull	BP DL	TOT	R. Harris	435	220 lbs.				
UNL					FEMALE				B. Long	468	347	474	1290	
E. Bath	—	—	—	—	123 lbs.				D. Rino	534	347	535	1415	
(results courtesy USAPL/Paula Houston)					Master IV	S. Sermay	33	72	S. Sermay	33	72	105		

R. Finch	364	375	491	1229	Master	R. Harris	176	320	435	931
Submaster II					(Thanks to Mike Adelmann for the results)					
K. Parker	513	402	546	1461						
242 lbs.										
Master III										
J. Whitlow	138	320	480	937	6th Lakeland Hills YMCA					
Submaster Pure					17 MAY 08 - Mountain Lakes, NJ					
B. Koski	430	281	424	1135	BENCH	Heavyweight				
275 lbs.					WOMEN	M. Khawta	300*			
Int					Open	M. Herman	300			
D. Whitlow	562	402	584	1549	M. Bartone	135*	Open			
Open					Masters	R. Perri	350			
D. Whitlow	562	402	584	1549	D. Fleck	90*	J. Bock	375		
Pure					K. Deangelis	100	J. Waddilove	355		
D. Whitlow	562	402	584	1549	N. Nally	65	Submasters			
SHW					E. Crivelli	60	Fitzsimmons	315*		
Master V					MEN	R. Bruno	275*			
M. Fowler	452	402	441	1295	Teen	Masters				
Power Sports	CR	BP	DL	TOT	Lightweight	L. Rosati	315*			
FEMALE					Z. Bolcar	265*	Wisniewski	225		
123 lbs.					A. Cronk	265	Silver (60+)			
Master IV					L. Lareau	235	J. Giordano	140*		
S. Sermay	33	33	72	138	*=Best Lifters. (courtesy of Hank Sisca)					



Participants at the Lakeland Hills YMCA Bench Meet (Hank Sisca)

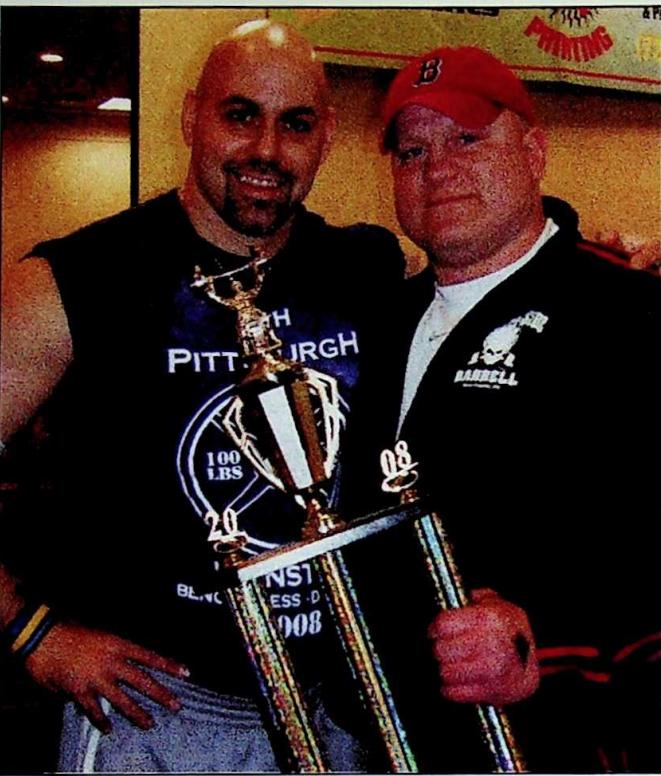
USAPL South Dakota
22 MAR 08 - Sioux Falls, SD

BENCH	181 lbs.
FEMALE	K. Leisinger 270
198+ lbs.	State Champs Master (70-79)
Master II	114 lbs. 165 lbs.
C. Kahle	D. Nelson 143 J. Ochs 113
MALE	165 lbs. Open
148 lbs.	A. Lenz 143* 165 lbs.
High School	MALE M. Dowling 363*
S. Rusk	Sioux Falls 181 lbs. (16-17) M. Shane 418
Junior	198 lbs. C. Howard 292
S. Rusk	C. Friend 336 K. Leisinger 270
Teen	State Champs 220 lbs. Master (50-59) J. Lenz 385
S. Rusk	165 lbs. 165 lbs. SHW
165 lbs.	M. Dowling 363* P. Brinks 562
High School	M. Mason 114 D. Pearce 341
J. Ramsey	Powerlifting SQ BP DL TOT
181 lbs.	Sioux Falls Open (16-17) 181 lbs. (18-19) 198 lbs.
Master III	D. Szymanski 418 265 507 1190
H. Denish	C. Friend 424 336 424 1184
198 lbs.	J. Wade 435 363 374 1173
Master I	S. Doniea 275 374 402 1052
220 lbs.	Guest

123 lbs.	T. Gappa 418 308 473 1201	J. McClurg 468 270 501 1240
State Championships	Teen (16-17) 148 lbs. T. Schwebach 396* 240* 468 1113*	M. Smit 440 330 451 1223
Teen (16-17)	Teen (18-19) 181 lbs. A. Havrevold 424 365 551* 1212	T. Schepper 578 407 617* 1603*
148 lbs.	220 lbs. T. Kinsella 507 374* 462* 1113*	J. Lenz 485 385 440 1311
220 lbs.	Master (40-49) 165 lbs. J. Kunzman 567* 402 557* 1537*	D. Kendrick 551 418 540 1510
220 lbs.	Master (40-49) 165 lbs. M. Nelson 165 143 225 534	FEMALE State Championships Open
220 lbs.	165 lbs. M. Nelson 165 143 225 534	A. Lenz 192 143* 264 600
220 lbs.	=State Records. Best Lifter Overall: Tim Schepper. Best Lifter Master: Monte Mason. Best Lifter Teen: Tony Schwebach. Best Bench: Phil Brinks. Team Champions: Sioux Falls Sanford. Lifters who qualified for the Masters Nationals in Miami, FL: Dianne Nelson, Joe Kunzman, Monte Mason, Ken Leisinger, Jerry Ochs. Lifters who qualified for the High School Nationals in Kalamazoo, MI: tony Schwebach, David Szymanski, Christina Friend, Thomas Gapps, Tyler Kinsella, Alex Havrevold. Note: Any lifter with a legal individual lift may compete at single lift nationals. (Thanks to the USAPL for providing these results)	Master
165 lbs.	165 lbs. M. Nelson 165 143 225 534	
165 lbs.	165 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	Open 148 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.	181 lbs. K. Leisinger 225 270 369 865	
165 lbs.	Master (70-79) 165 lbs. J. Ochs 231 209* 303 744	
165 lbs.	181 lbs. A. Priebe 424 242 435 1091	
165 lbs.		

9th Pittsburgh Monster Meet
30 MAR 08 - Pittsburgh, PA

BENCH	C. Slovick	470	
WOMEN	Raw		
114 lbs.	J. Cassidy	500	
Raw	C. Blodgett	420	
J. Lehman	125	J. Float	385
Junior	C. Dilucente	340	
N. Freed	145	Novice	
123 lbs.	J. Walak	325	
Raw	S. Pollard	625	
A. Marx	105	275 lbs.	
132 lbs.	Teen (17-19)		
Master	J. Paul	375	
R. Patterson	110	Master	
165 lbs.	M. Plaso	575	
Open	D. MuMurtrie	465	
K. Devenyi	150	Submaster	
181 lbs.	T. Gibson	730	
Raw	Junior		
M. Patterson	135	K. Argauer	375
MEN	Police		
148 lbs.	M. Zingaro	675	
Teen (17-19)	M. Plaso	575	
G. Sikorski	250	Open	
Raw	T. Gibson	730	
V. Bologna	280	M. Zingaro	675
P. McIntyre	245	B. Yarnell	425
T. Phillips	200	308 lbs.	
181 lbs.	Master		
Teen (17-19)	R. Bigrigg	625	
N. Fazio	260	Junior	
Grandmaster	B. Rosyak	550	
T. Miller	235	Novice	
Master	A. Burton	460	
C. Wargo	460	Open	
J. McMinn	310	R. Bigrigg	625
R. Keebler	300	J. Haney	625
Submaster	SHW		
J. Williams	415	Grandmaster	
F. Malara	335	B. Foster	415
Police	D. Valasek	330	
J. Williams	415	Open	
T. Miller	235	K. Patterson	625
Raw	BENCH for Reps		
J. Williams	415	225 lbs.	
N. Forman	240	J. Williams	34
Novice	T. DeRiggi	30	
G. Dugan	315	R. Ny	26
Open	T. Mortimer	25	
E. Eliason	450	315 lbs.	
J. Williams	415	J. Williams	20
T. Hamer	380	J. Cassidy	20
F. Malara	335	D. McMurtrie	20
198 lbs.	R. Bigrigg	18	
Master	M. Scappe	17	
B. Zemaitis	420	J. Patterson	12
Junior	DEADLIFT		
C. Sparks	305	WOMEN	
Police	114 lbs.		
T. Russo	500	Junior	
D. Stitch	305	N. Freed	325
Raw	Raw		
D. Stitch	305	J. Lehman	285
Novice	123 lbs.		
S. Buzas	325	Teen (17-19)	
Open	A. Antoinette	245	
C. Dugan	430	Open	
J. Ihlenfeld	430	A. Marx	285
B. Zemaitis	420	132 lbs.	
S. Umberger	340	Master	
220 lbs.	R. Patterson	220	
Teen (17-19)	165 lbs.		
N. Milardo	355	Novice	
Grandmaster	M. Grubisha	350	
G. Langham	435	Open	
J. Herbein	270	M. Grubisha	350
P. Carroll	265	S. McKenzie	350
Master	K. Devenyi	300	
E. Durci	385	MEN	
Junior	148 lbs.		
C. O'Neil	455	Raw	
B. Moore	380	P. McIntyre	400
Police	T. Phillips	380	
S. Cook	510	181 lbs.	
Raw	Teen (17-19)		
J. Patterson	450	N. Fazio	435
D. Ragan	425	Raw	
A. Spimal	330	F. Malara	485
B. Klaus	265	N. Forman	415
Open	J. Float	400	
L. Kavulic	325	Novice	
242 lbs.	J. Float	400	
Teen (17-19)	Open		
R. Ny	350	T. Hamer	520
Submaster	198 lbs.		
S. Pollard	625	Master	
F. Halajcio	540	B. Dickson	600
Junior	Junior		
N. Begonia	480	J. Celli	455
Police	Novice		



730 lb. Bencher and Overall Best Bencher **Terry Gibson** with Meet Director **Mike Barravecchio** at the 2008 Pittsburgh Monster Meet.

F. Lung 620 Raw
Open A. Spirnak 520
C. Dugan 600 B. Klaus 500
S. Umberger 540 Open
220 lbs. D. Dorn 660
Teen (17-19) 242 lbs.
N. Milardo 565 Raw
T. Porco 450 C. Dilucente 525
Teen (14-16) J. Float 500
B. Sandor 450 275 lbs.
Master Junior
K. McNeish 650 K. Argauer 590
T. Myers 620 Open
Junior J. Haney 625
E. Melodini 570 SHW
B. Moore 525 Raw
S. Herrman 725

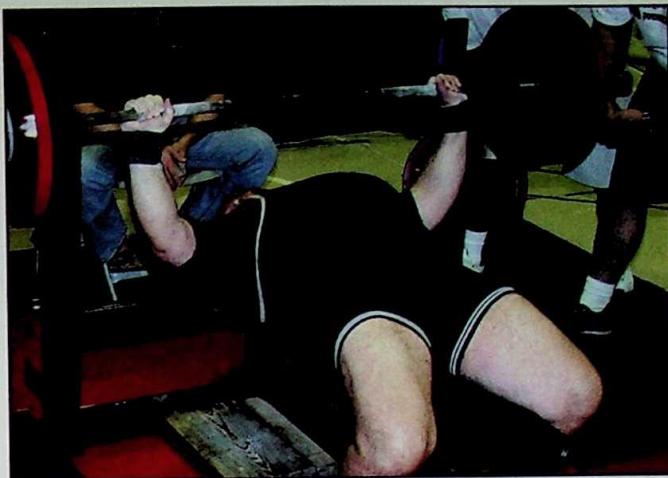
Best Overall Bencher: Terry Gibson. Best Overall Deadlifter: Darren Dorn. Best Raw Bench: Jarod Cassidy. This years Monster Meet was held at a new, larger venue, The Pittsburgh AirportCrowne Plaza. The accommodations were spectacular! We were able to provide the lifters with one of the largest "warm-up" areas that I have seen in more than 20 years in the sport. This year we welcomed 73 benchers and 36 deadlifters. Some of the highlights of the bench were Vince Bologna with 280 at 148. At 181, Jacob Williams blasted 415 weighing 173. T.R. Russo out of Southside Barbell took the 198 class with a 500 lb. bench. Scot Cook won with a 510 at 220. The 242 class saw some big benches. Scot Pollard came down from Southside Barbell and hit a solid 625. The "Bronx Bomber" Jarod Cassidy hit a very easy 500 at 242 raw. Jarod is good for 550 raw but was saving some gas for the 315 rep contest. The 275 class had two more "Monsters" from Southside Barbell, Terry Gibson came in looking like a rhino and nailed a massive 730. Terry showed why he is a crowd favorite being a call act in the warm-up room and on the main stage. Terry, I know you're reading this, I want 800 next year, keep it up! Another Southside "animal", Marc Zingaro, took the police division with a huge 675. Wierton, WV Police Departments Finest, Mike Plaso hit a big 575 despite some bench shirt problems. I expect some big things from Mike in the very near future! At 308, my training partner, Rick Bigrigg had some shirt problems for the second year in a row, but got

his opener of 625 quite easy. Rick is a 700lb bencher. I see it everyday at West Hills Barbell, he just needs to put it together at a meet, his day will come! Some of the highlights from the deadlifts were Natalie Freed with a 325 at 114. Todd Hamer, RMU strength coach, won the 181 with a 520. At 198, Fei Lung came from Celli's Fitness Center and pulled 620 under the guidance of record holder Ryan Celli. D. Dom took the 220 class with 660. At SHW, a very massive S. Herrman hit a convincing 725 to end the show! Some of the following people helped to make the Monster Meet another huge success. My awesome wife, "Stefania"! My daughter Paige and son Zachary. Mom and Dad, Gary and Marlene. Joe "Bug" Pokorny, Eric Fischer, Don Deselle, Pete Shandrick, Micky Lonkert, Bob Gift, Butch Starko, Andy Morgan, Dave Stich, Mike Scappe, Rick Bigrigg, Mary Lynn Pelino, Rob Cappozolo, Donne Sineway, Jim Rikowski and Chuckie Carr. Finally, a big thanks to Steve MacDonald, USA Strongest Man. For the second year in a row, Steve helped out all day, going on little sleep. Thanks again Steve! I would also like to thank Ryan Celli, owner of Celli's Fitness Center, for being such a big supporter of the Monster Meet. Celli's is an awesome powerlifting gym, located in Pittsburgh. Stop down and see him, and if your lucky, his wife Dana will be working the desk! Also a big thanks to the guys at Southside Barbell out of New Castle for sending so many guys down. Next year will be the 10th year for the Monster Meet and promises to be the best one yet! With more cash prizes and bigger awards! Train hard and see you next year! (M. Barravecchio)

NASA South Texas State
24 MAY 08 - Alvin, TX

BENCH	275 lbs.
FEMALE	High School
Raw	E. Moss 336
148 lbs.	Int
Novice	H. Thomason 540
A. Rawley 94	Master I
MALE	E. Dublin 650
181 lbs.	Pure
Submaster	E. Dublin 650
Pure	D. Olsstad 424
E. Campos 331	Submaster I
J. Clark	496
PS BENCH	MALE
D. Olsstad	424
SHW	55 lbs.
Master I	Youth
E. Stevens 457	P. Garner 40
Raw	275 lbs.
198 lbs.	Open
Open	J. Clark 496
G. Garner 369	PS CURL
G. Garner 369	MALE
Submaster II	55 lbs.
G. Garner 369	Youth
D. Olsstad	P. Garner 28
220 lbs.	High School
High School	D. Blessing 110
D. Blessing 276	242 lbs.
242 lbs.	Novice
Master I	C. James 193
S. Vlasek 342	SHW
Master II	Master Pure
R. Tippett 386	G. Wells 94
275 lbs.	PS DEADLIFT
Master I	MALE
D. Noland 441	198 lbs.
L. Elliff 402	Junior
Open	H. Parker 551
J. Clark 496	Novice
Submaster II	H. Parker 551
Push Pull	BP DL TOT
MALE	
165 lbs.	
Novice	
E. Campos 132	243 375
275 lbs.	
Open	
D. Olsstad	424 568 992
Pure	
D. Olsstad	424 568 992
Submaster I	
D. Olsstad	424 568 992
Submaster	
Pure	
D. Olsstad	424 568 992
Powerlifting	SQ BP DL TOT
FEMALE	
101 lbs.	
High School	
C. Boley 132	61 171 364
105 lbs.	
Teen	
S. Sanchez 204	116 254 573
148 lbs.	
High School	
R. Reyna 243	110 237 590
Teen	
M. Sanchez 243	110 243 595
198+ lbs.	
High School	
S. Hunchibird 287	110 276 672
MALE	
165 lbs.	
Int	
J. Aguilar 364	204 303 871
Novice	
J. Aguilar 364	204 303 871
181 lbs.	
Master I	
J. Chaney 402	283 546 1231
Master II	
R. Sherwood 513	316 493 1322
Master III	
J. Christian 204	149 468 821
Master Pure	
R. Sherwood 513	316 493 1322
Novice	
J. Chaney 402	283 546 1231
Open	
J. Chaney 402	283 546 1231
Police/Fire	
J. Chaney 402	283 546 1231
198 lbs.	
Int	
A. Veron 353	353 502 1207
Novice	
C. Reeve 502	331 502 1334
242 lbs.	
High School	
L. Martinez 248	127 292 667
275 lbs.	
Int	
H. Thomason 821	540 650 2012
Junior	
E. Moss 507	336 457 1301
Master I	
J. Cannon 452	309 452 1213
Open	
D. Olsstad 645	424 568 1637
J. Cannon 452	309 452 1213
Pure	

D. Olstad	645	424	568	1637	275 lbs.
Submaster I	645	424	568	1637	Master Pure
D. Olstad	645	424	568	1637	A. Lovick Novice
Submaster Pure					W. Trail Open
D. Olstad	645	424	568	1637	S. Berry Submaster II
Raw					457 342 518 1317
220 lbs.					S. Berry 457 342 518 1317
Novice					308 lbs.
A. Schen	424	375	485	1284	Master I
242 lbs.					D. Shingleton 496
Int					Power Sports CR
M. Cabrera	375	248	424	1047	MALE
Novice					320 BP DL TOT
C. James	502	402	562	1466	220 lbs.
D. Lambert	375	287	424	1086	Master I
M. Cabrera	375	248	424	1047	G. McNeil 187 358 606 1152
Submaster I					242 lbs.
D. Lambert	375	287	424	1086	Master I
Submaster Pure					S. Vlasek 149 342 452 942
B. Slocum	424	331	546	1301	275 lbs.
275 lbs.					Open
Master II					T. Emelander 209 402 584 1196
J. Leribeus	502	353	551	1405	(Thanks to Rich Peters for these results)



Walter "TRUCK" Ferguson at the IBP Raw Bench Press event. (photograph courtesy of Keith Payne)

Dr. Mauro Di Pasquale's ANABOLIC SOLUTION The Holy Grail Of Diets for Powerlifters

MASS & STRENGTH

The Anabolic Solution will

- Maximize Muscle Mass
- Minimize Body Fat
- Increase Energy
- Improve Health

**Receive the Anabolic Solution FREE
with the purchase of one of our systems.**



eXersol

Exersol is the exercise solution for bodybuilders and power athletes. It provides you with everything you need before during and after training so there's no guess work.

Exersol will help you maximize muscle mass and strength.

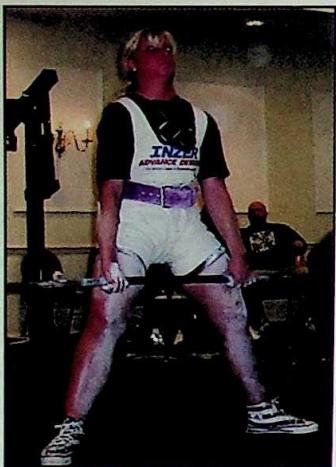


Nitabol

Nitabol will increase nighttime levels of testosterone, GH and IGF-I, and provide you with the nutrition you need to stop nighttime catabolism, and to increase protein synthesis and fat burning all night long.

MD+
www.ASforPL.com
 email: ceo@metabolicdiet.com or call toll free 1-866-397-1343

IBP Raw BP & SC Championships 25 APR 08 - Pfafftown, NC		
BENCH	Raw	Raw
FEMALE	J. Cravy	285
198+ lbs.	Open Raw	
Master (45-49)	B. Jones	545
Raw	Police/Fire/Military	
M. Boyles	150	Raw
4th-160	A. Kearney	420
Master (40-44)	Submaster (35-39)	
Raw	Raw	
L. Marrow	220	A. Kearney 420
4th-225	308 lbs.	
MALE	Master (40-44)	
148 lbs.	Raw	
Open Raw	Marrow Sr. 375	
E. Wright	305	4th-380
4th-315	Master (50-54)	
Submaster (35-39)	Raw	
Raw	W. Ferguson 350	
E. Wright	305	308+ lbs.
4th-315	Master (40-44)	
M. Perry	300	Raw
165 lbs.	W. Marrow 360	
Master (45-49)	STRICT CURL	
Raw	FEMALE	
S. Hargrove	270	198+ lbs.
Teen (12-13)	Master (45-49)	
G. Dale Jr.	185	Raw
4th-190	M. Boyles 80	
181 lbs.	MALE	
Master (65-69)	123 lbs.	
Raw	Teen (12-13) Raw	
J. Shoaf	250	A. Day 65
198 lbs.	132 lbs.	
Master (40-44)	Open Raw	
Raw	B. Etringer 90	
S. Deans	350	Teen (14-15)
B. Owens	275	Raw
Novice Raw	B. Etringer 90	
B. Owens	275	165 lbs.
Open Raw	Youth/Teen (12-13)	
S. Deans	350	Raw
Teen (16-17)	G. Dale Jr. 100	
Raw	4th-105	
J. Marrow	375	181 lbs.
220 lbs.	Master (65-69)	
Master (40-44)	Raw	
Raw	J. Shoaf 110	
R. Smith	500	198 lbs.
Novice Raw	Master (40-44)	
D. Williams	320	Raw
242 lbs.	B. Owens 115	
Intermediate (24-34)	Submaster (35-39)	
Raw	Raw	
D. Smithey	360	G. Dale 150
Junior (20-23)	R. Day 115	
S. Boyles	380	242 lbs.
Open Raw	Junior (20-23) Raw	
D. Smithey	360	D. Phipps 135
Police/Fire/Military	Open Raw	
Raw	D. Smithey 190	
D. Becker	365	275 lbs.
275 lbs.	Open Raw	
Intermediate (24-34)	B. Jones 205	
Outstanding Lifter Bench Press:	Rubin Smith.	
Outstanding Lifter Strict Curl:	Ben Jones.	
1st Place Team:	Hercules Power Team.	
(courtesy of Iron Boy Powerlifting)		



Rachael Mayer in Lake George.

AAPF Nationals						
12-13 APR 08 - Lake George, NY						
BENCH	E. Brown	342				
MALE	Teen (16-17)					
148 lbs.	A. McCloskey	485				
Master (80-84)	242 lbs.					
P. Bush	116	Master (50-54)				
165 lbs.	D. Murphy	309				
Teen (16-17)	Master (55-59)					
J. Dunn	408	E. Fitzpatrick	424			
181 lbs.	Open					
Master (40-44)	D. Murphy	309				
M. Bingham	441	275 lbs.				
Police/Fire	Master (40-44)					
M. Bingham	441	E. Hubbs	606			
198 lbs.	Master (55-59)					
Junior	K. Tawzer	—				
K. Platt	430	Open				
Open	E. Hubbs	606				
J. Matta	529	Police/Fire				
220 lbs.	K. Tawzer	374				
Master (45-49)	Submaster (33-39)					
S. Luciano	551	D. Szymanski	612			
Master (55-59)	308 lbs.					
M. Hammond	430	Master (40-44)				
Master (65-69)	J. Robinson	705				
Powerlifting	SQ	BP	DL	TOT		
FEMALE						
123 lbs.						
Master (55-59)						
S. McCallion	248	110	231	590		
148 lbs.						
Open						
J. Stabile	342	154	380	876		
Teen (18-19)						
R. Mayer	380	215	320	915		
165 lbs.						
Master (45-49)						
C. McKenzie	430	231	358	1020		
181 lbs.						
Open						
S. Detman	502	209	402	1113		
S. Mendelson	507	276	375	1157		
198+ lbs.						
Master (50-54)						
M. Tawzer	182	121	303	606		
MALE						
114 lbs.						
Teen (13-15)						
W. Flesh III	—	154	259	413		
A. Forezzi	—	121	231	353		
148 lbs.						
Junior						
S. Mattison	474	342	441	1257		
Master (40-44)						
C. Morse	502	325	452	1279		
Master (70-74)						
F. Glass	364	121	369	854		
165 lbs.						
Junior						
K. Chester	623	551	474	1648		
Master (50-54)						
G. Sagor	441	209	386	1036		
Master (70-74)						
R. Flores	502	215	502	1218		
Open						
J. DiGirolamo	628	397	507	1532		
Police/Fire						
T. Potts	391	309	320	1020		
181 lbs.						
Junior						
D. O'Brien	513	358	474	1345		
Master (40-44)						

M. Trulock	546	276	540	1361
VanAlstyne	661	452	524	1637
D. Naughton	331	474	452	1257
Master (45-49)				
M. Larsen	435	193	364	992
Master (50-54)				
R. Ruettiger	573	364	524	1461
Open				
D. Cagnolatti	716	562	590	1868
D. Kirschen	772	546	584	1901
E. Stone	705	347	468	1521
V. Lysobey	639	435	535	1609
Submaster (33-39)				
E. Domanski	656	369	573	1598
N. Hibbing	557	331	507	1394
Teen (16-17)				
J. DiMaggio	—	165	347	513
198 lbs.				
Junior				
B. Bott	606	369	513	1488
W. Benson	463	342	463	1268
Master (70-74)				
J. Ellis	424	231	413	1069
Submaster (33-39)				
R. Clark	705	463	634	1802
Teen (16-17)				
N. Bird	—	298	474	772
Teen (18-19)				
R. Deschenes	—	364	606	970
220 lbs.				
Master (40-44)				
J. Rebera	705	507	551	1764
Master (45-49)				
B. McCord	590	386	551	1527
B. Garnett	540	386	502	1427
Master (55-59)				
D. Zenzen	700	380	518	1598
Open				
C. DelPreore	788	540	606	1935
A. Infante	502	364	496	1361
Police/Fire	Master (40-44)			
D. Zenzen	672	380	518	1571
Teen (18-19)				
Z. Zenzen	—	480	584	1064
242 lbs.				
Master (45-49)				
J. Dibble	733	535	584	1852
Open				
J. Dibble	733	535	584	1852
275 lbs.				
Master (45-49)				
P. Burgess	485	265	364	1113
308 lbs.				
Master (45-49)				
T. Lane	799	457	661	1918
Master (65-69)				
D. Reph	413	187	474	1075
Teen (18-19)				
N. Fonck	—	502	573	1075
308+ lbs.				
Teen (16-17)				
C. Cable	—	270	397	667
Best Lifter Junior				
Bench: Jordan Dunn.				
Best Lifter Master Bench: Edward Fitzpatrick.				
Open Submaster Benches: Dale Szymanski.				
Best Lifter Junior: Kalin Chester.				
Best Lifter Master Light: Rich Flores.				
Best Lifter Open: Jo Jordan.				
Best Lifter Master Heavy: Tim Lane.				

FEMALE				
165 lbs.				
Open				
S. Herzig	220	143	320	683
181 lbs.				
VanBeugen-NED	287	628	375	1290
Open				
Oladotti-ISL	364!	220	397!	981
MALE				
132 lbs.				
Youth				
Steinbreche-GER	220	110	226	557
Teen				
Ritter-GER	254	165	342	761
148 lbs.				
Rich Flores.				
Cerepanov-GER	375	204	397	976
Junior				
McCann-IRL	491!	276!	463!	1229
Master (40+)				
Willis-GBR	430*	248	430	1108
165 lbs.				
Harutyuna-GER	441	353	441!	1235
Large-GER	353	281	430	1064
Master (40+)				
Hiecke-GER	440			
Haubner-GER	352			
Open				
Omer-GER	441	287	529!	1257
181 lbs.				
Wenzlaw-GER	148			
Roy-GER	396			
Seabright-GBR	181			
Hiecke-GER	440			
Haubner-GER	352			
Open				
Bialostocki-GER	165			
Freiberg-GER	540!			
181 lbs.				
Master (45+)				
Wiener-GER	440			
Langfritz-GER	137			
Master (50+)				
Bucher-GER	341			
Schwade-GER	165!			
Master (65+)				
Hildebrandt-GER	352!			
123 lbs.				
242 lbs.				
Open				
Schmidt-GER	143			
Dietz-GER	396			
148 lbs.				
Master (40+)				
Hoekstra-NED	418			
Kohlstock-GER	237			
Master (40+)				
Wenzlaw-GER	363			
Master (45+)				
Willis-GBR	253			
Frtsche-GER	429			
165 lbs.				
Frtsche-GER	418			
Drury-GER	—			
Master (80+)				
Seisenberge-GER	—			
Hansel-GER	—			
Open				
Brodie-IRL	716	386	595	1698
Murphy-GBR	700	402	617	1720
Brodie-IRL	—	—	—	—
Murphy-GBR	—	—	—	—
Seisenberge-GER	573	463!	642!	1678
Master (50+)				
Berghmans-NED	507	287	485	1279
Open				
Pashynov-UKR	617	353	584	1554
242 lbs.				
Staat-GER	353	193	386	931
Master (50+)				
Kurda-GER	440			
Open				
Bouzioris-GER	385			
Reitzle-GER	374			
Kraft-GER	463			
Scholze-GER	352			
Master (60+)				
Grether-AUT	319			
Master (50+)				
DEADLIFT				
Eschenasy-GER	319!			
FEMALE				
115 lbs.				
Schaumann-GER	292			
Master (60+)				
Vasina-UZB	110			
Tejkl-GER	325			
Master (50+)				
Heindl-AUT	254!			
198 lbs.				
Open				
Dittrich-GER	325			
Kummer-GER	231			
Open				
McNamara-IRL	413			
165 lbs.				
Kwiatek-GER	407			
Master (50+)				
Elfner-GER	391			
Heindl-AUT	513!			
Buchmelter-GER	385			
242 lbs.				
Open				
Hochstetter-GER	595			
275 lbs.				
Master (45+)				
Pollex-GER	694			
Master (60+)				
Carter-GBR	761!	392	683	1836
308 lbs.				
Master (40+)				
Kossen-NED	772	540	672	1984
Open				
Tanner-GBR	639	540	617	1797
Fosdall-ISL	838	661	750	2249!

Joe DiMaggio at the AAPF Nats.				
100				
123 lbs.				
Master (40+)				
Seabright-GBR	276!	176	298	

MASSIVE POWER

It all comes down to this. Plate upon mercilessly stacked plate – waiting for a challenger bold enough to attempt to pull its bone-crushing weight. Pain and sacrifice don't even begin to describe what you put your body through in preparation to accomplish this gravity-defying lift. True plateau-smashing power only comes with massive size. That's why you need to add as much quality mass as possible using Mass-Tech™ – the world's most powerful weight-gain formula. Taking just two daily servings of Mass-Tech, you'll load your system with more than 2,000 massbuilding calories, 114 grams of anabolic protein and up to 388 grams of energy-powering carbohydrates. With the scientifically advanced Mass-Tech™ formula, you'll be able to power through the heaviest lifts imaginable!

- **Shocks muscles into mind-blowing growth**
- **Forces massive muscle growth directly on your chest and arms**
- **Anabolic compounds clinically proven to build dense muscle mass**
- **Causes explosive gains in strength – fast!**

GNC Live Well.

GNC RITE
AID
In Select Rite Aid Locations

BODY
BUILDING.com

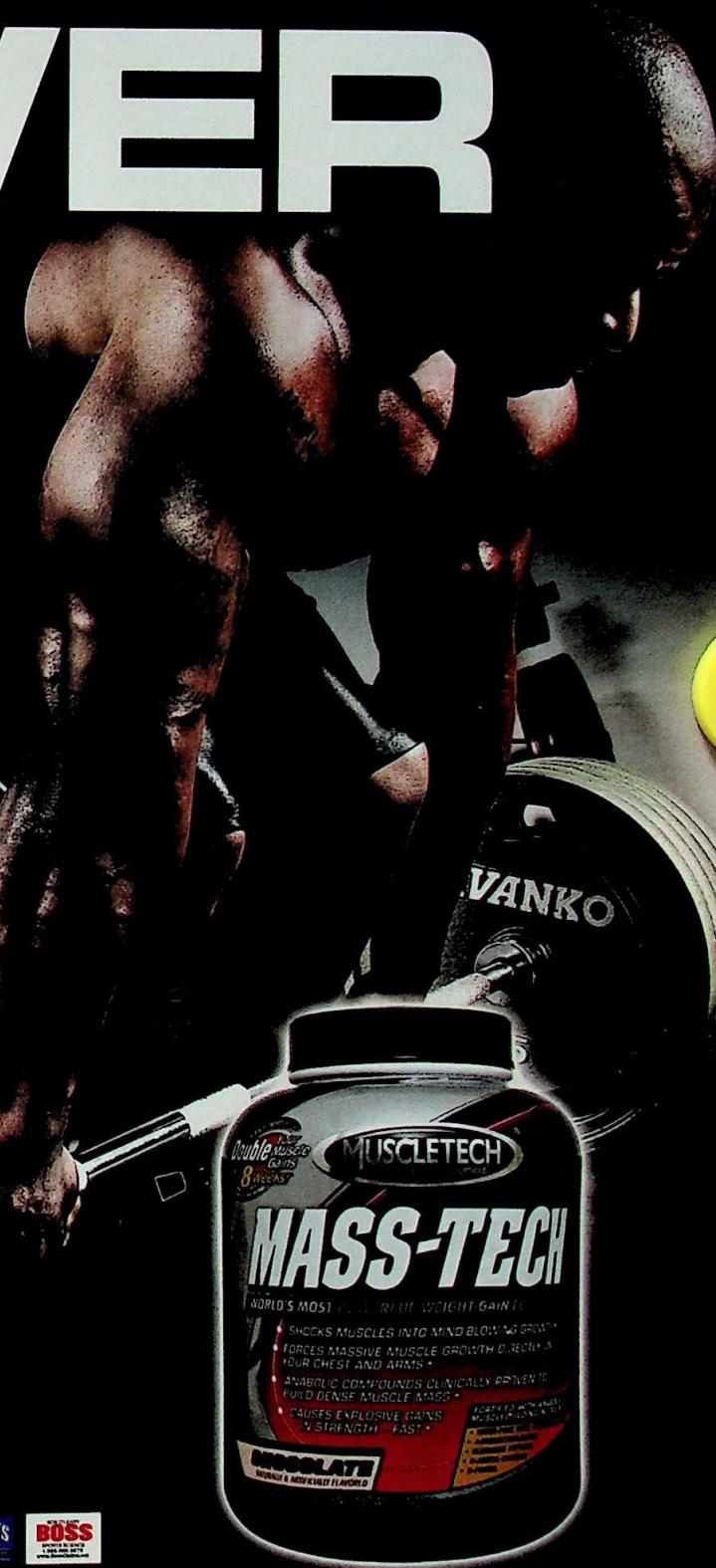
Vitamin
Shoppe

POPEYE'S
LTD.

BOSS
SUPPLEMENTS

MuscleTech.com Supplements That Work!®

An 8-week study examined the addition of 2,000 calories (2,060 calories are found in two servings of Mass-Tech, when each is mixed with two cups of skim milk) to a high-protein diet containing approximately 2,300 calories and a weightlifting program. On average, subjects gained 6.8 pounds of mass along with 1.2 inches on their chests and 0.5 inches on their arms. Control subjects gained only 1.3 pounds of mass. All trademarks are owned by their respective trademark owners. © 2008. For more information on Mass-Tech, visit MuscleTech.com.™



NEW PRODUCT

"The development of **HEXAGHEN**, the first orally effective maximum threshold IGF-1 activator, is going to breed a new generation of monstrous bodybuilders. Scientists have proclaimed IGF-1 to be the 'new holy grail to muscle growth'. It poses extremely anabolic actions and is the critical mediator of muscle growth as it stimulates both the differentiation and proliferation of myoblasts. This means IGF-1 has the ability to increase not only the size but the number of muscle cells. IGF-1 also enhances muscle growth by increasing amino acid uptake and protein synthesis. With the discovery of IGF-1's powerful anabolic effects, world class bodybuilders sought out a means to directly increase IGF-1 through recombinant IGF-1 injections. Most report 20 to 30 pound gains of lean muscle in just 3 months. Now, through the development of **HEXAGHEN**, you can experience the extreme anabolic effects of IGF-1. **HEXAGHEN**'s maximum threshold IGF-1 output triggers extremely anabolic muscle cell hyperplasia and muscle cell growth.



HEXAGHEN

Pharmodynamic IGF-1 Optimizer
Stimulates Muscle Cell Growth
Mediates Muscle Hyperplasia
Fastsorb™ Delivery
Patents Pending

ZRT TESTED
INCREASES IGF-1 up to 12,000 ng/dl

Dietary Supplement
56 Fastsorb™ Tablets

HEXAGHEN
Pharmodynamic IGF-1 Optimizer

HEXAGHEN's efficacy is made possible through the utilization of a unique combination of highly specialized actives, which includes a GHRP-2 hexapeptide and a IGFBP-2 inhibitor. These advanced compounds are administered in a patent pending Fastsorb tablet, which provides oral mucosal delivery, critical for these potent yet fragile compounds to be absorbed directly into the bloodstream, bypass the gastrointestinal tract and first-pass metabolism in the liver, preserving their effectiveness as an IGF-1 Activator. **HEXAGHEN** is clearly the most exciting muscle-building breakthrough on the bodybuilding circuit today. Scientists at MuscleMeds selected ZRT Laboratory to validate **HEXAGHEN**'s effectiveness in raising IGF-1 levels in a doctor controlled medical trial. ZRT test results revealed that subjects showed an amazing 12,000 ng/dl increase in free IGF-1 after only 2 weeks of use. Join the Next Generation of Bodybuilding Freaks!"



Sports Photos

CALIFORNIA SPORTS SPOTLIGHT
WWW.CSSPhotoDesign.com

Phone: (916) 359-2670
Email: css@winfirst.com

VIEW PRINTS ONLINE
Contact CSS with Your Custom Order

EVENT DVDS AVAILABLE
DVDs Available Within Days Following Event

CONTACT US ABOUT BOOKINGS
Book Early to Ensure Your Coverage

WWW.CSSPHOTODESIGN.COM



HUGE GAINS IN 2 WEEKS!
ONE BOTTLE C-750 STRENGTH FORMULA 120 CAPS, ONE BOTTLE STRENGTH IN A BOTTLE 90 CAPS, ONE BOTTLE STRENGTH IN A BOTTLE LEVEL 2 90 CAPS..
PRICE \$119.00

**ELITE
GEARMAN
USERS**

TONY CONYERS - 854 SQUAT AND 2023 TOTAL AT 165LBS.
BRENT MIKESELL - 1143 SQUAT - IRONGLADIATORS.COM
BEAU MOORE - 1125 SQUAT AT THE 2005 ARNOLD CLASSIC
JIM HILTS - 665 ALL TIME RECORD BENCH AT 181
GREG JURKOWSKI - GEARMAN FOUNDER - 800 DEADLIFT

ORDER NOW!

WWW.GEARMANNUTRITION.COM
1.613.843.7652

(article continued from pg. 20)

Record try a good ride, but stalled at the top. But now the USA had a Gold. Final results Cieri (USA) first, Bast (GER) second, Kishimoto (JPN) third.

Men's 220lbs: Tim Anderson had placed third and second at the two previous Worlds. This year he wanted to complete the set. To keep pace, the US team needed that as well. Tim decided to put in 584lbs. as his opener to see where the competition was. With only Kuc from Poland willing to even match it, we decided to up it and see what would happen. The call was for 595 lbs. It had the desired effect on the field, as it became a two man race as many others lowered their openers, knowing that they would only be competing for bronze. This was just the reaction we were hoping for. Tim and Kuc both missed their openers coming back to get them on their second tries. They would both try and miss 600 lbs. on their final attempts, Tim ending with 595 lbs. and Kuc with 584. With no one else in contention, Tim had his Gold and so did the USA. Final results Anderson (USA) first, Kuc (POL) second, Chida (JPN) third.

At the end of Day Two the team scores were: WOMEN - Japan 40, USA 35, Hungary 32, Germany 32, Belarusia 29, Norway 29, Finland 27. MEN - USA 57, Japan 52, Germany 38, Poland 33. Deep into the night of day 2 the coaches discussed whether the Women could continue to claw and scrape and if the Men could win what had shaped up to be a two team race.

DAY 3: Women's 181lbs: This class gave the USA a chance to get the team lead. Devan Doan at the ripe age of 20 is the most experienced on the US Women's team. She made her first World team at the age of 15 in 2002. She has been on the last 7 World teams and has taken home 4 IPF open medals. Devan opened the heaviest with 308 lbs., but she got it out of her groove and almost dropped it on her head. Her top two competitors made their lifts and took 319 lbs. as their seconds. Needing Gold to secure the team title we followed with 319 as well, Hungary and Czech Republic both made their lifts and although Devan easily pushed the weight she touched too low and it was a no lift. With Devan being the lightest, the decision was made to stay with 319 and hope that the top two would battle each other into misses and Devan would win on bodyweight. Even if they got their lifts, the third place would give us enough points to get the team lead. It seemed to be working, as after a couple of changes, the top two both settled on 336lbs. as their final attempt. Devan, knowing she had placed the second lift low, took care to make sure her third attempt was on the money. It flew to the top without a problem and was turned down 2 to 1 by the side judges. An immediate appeal was made to the jury because the call was again for touching to low. With the head judge giving a white light and having the best vantage point it was hard to believe the call. She had placed the bar directly in the middle of the label on her shirt, there was no way this could have been low. Unbelievably, the jury upheld the call and it was still a no lift. To add insult to injury, the other two lifters missed their third attempts which would have given Devan the Gold as well as the team the lead. In my opinion, this was by far the WORST call I have seen in the last 9 Bench Worlds I have been to. Devan, as the true class act that she is, just picked up her equipment and went back to helping out

her teammates as she had been doing through the entire championships. Final results Ulvezczi (HUN) first, Takacova (CZE) second, Szczepanik (POL) third.

Women's 198lbs: There were no US women in the 198's which was won easily by returning champ Strik from the Netherlands. Final results Strik (NED) first, Szabo (HUN) second, Myntinen (FIN) third.

Women's SHW: The USA had two athletes. After the disappointment in the 181lb. class, the US Women stood 6th. With Hungary's win in the 181s, they were now first (47 points), Finland had moved into second (42) with a 3rd and 4th in the 198s. Japan was now third (40), with Germany 4th (38) and Belarusia 5th (36). Another problem was the Norwegian was rank first in the Heavyweight class which would be enough to get them 3rd (41 points) dropping the USA to 7th.

Stephanie Dzurnak at her second Worlds is always happy and joking around. Having medalled last year she was looking to repeat the feat this year. She opened conservatively with 286 lbs. and made it look easy. With the Norwegian girl missing her opener Stephanie stood third. Knowing we needed every team point possible, Steph only went 308 lbs. on her second but got it turned down by the judges. The Norwegian got her second which assured her the Gold. Steph was now in 4th and wanted a shot at a medal. Needing team points, we would have to wait to see how her team mate was going to do, so the decision was to repeat the 308 for now.

Lana Allen was the other US woman in this class and couldn't be more different than Stephanie. I'm not sure she said more than 10 words to me the entire meet. She opened conservative as well to assure team points. Her 275 lb. opener was ridiculously easy, and put her fourth. Like Stephanie, she missed her 308 lb. second on a technicality. After the Norwegian assured gold the decision had to be repeat the 308 for a third to try to catch them, as a team. The US girls were now 4th and 6th which had brought the USA up to 4th as a team. Lana would try the 308 first; the lift would move her past Stephanie for 4th and assure a 2nd place finish for the Women's team. No pressure though, miss it and US can be no better than 4th. Without saying a word she walked out on stage and buried it as easy as her opener. The US Women were now guaranteed 2nd as a team. This would allow Steph to up her third to try for the bronze. She gave 341lbs. a heck of a ride but it stalled at the top and left her 5th. Lana would end up 4th at her first Worlds, enough said. Final results Holte (NOR) first, Lade (USA) second, Heittokangas (FIN) third.

Men's SHW: The Heavyweight class had no US men and was won in an upset by Lehto from Finland. Final results Lehto (FIN) first, Wahlqvist (SWE) second, Midote (JPN) third.

Final Team Results: WOMEN- Hungary 47, USA 43, Finland 42, Norway 41, Japan 40, Germany 38, Belarusia 36. MEN - Japan 60, USA 59, Poland 49, Germany 48

The Women came into this meet ranked 6th. The entire USAPL should be proud of these ladies for what they accomplished. They scrapped and clawed and made lifts and came up with two IPF medals. But as a TRUE Team, even with just those two medals they came home 2nd as a team, only 4 points out of 1st, but more amazingly only 3 points out of 5th. If you have never seen a TEAM compete at the World level it is something to behold, and it was truly my pleasure to be part of it.

In the end, the Men's team took Team Silver, only one point behind Japan. Every single lifter got in a lift, and no lifter placed less than 6th. In fact, out of the 10 lifters, the USA Men's team took a total of 6 medals; 2 Gold, 3 Silver, and 1 Bronze. I can assure you that EVERY attempt was with the team goal in mind. We went to win as a team and every USAPL member should be proud at how well they were represented.

The 2008 IPF Bench Press World Championships was very successful for the USA team. We took 19 athletes and came home with 8 total medals, with 3 Gold, 3 Silver, and 2 Bronze. Both teams took home the 2nd place team trophy and combined they outscored every other country. Prague is a beautiful city with a great night life, which allowed the team a much needed get away after a great competition. The World banquet was especially eventful, including the dance off between Scott Lade and Coach Miguel Ruelan. It was also nice to see the Anderson's get in touch with their Spanish heritage.

Thanks to USA Team sponsors; Titan Support System, APT wraps, and House of Pain for providing the entire team with the equipment we need to compete. We would not perform as well without them. A special thanks to the other USA team coaches Marvin Coleman and Miguel Ruelan, we couldn't have done it without you. Also thanks to Steve for the 10 dollars. And finally thanks to the USA athletes for letting me be part of your success.

Bozyczko (POL) second, Yulchiv (KAZ) third.

Men's 275lbs: The US men had two lifters. Byron Nichols was our other rookie, but not a rookie to World competition. He has competed and medaled at the Masters Worlds. This year, after he made the Open team, he decided to skip the Masters Worlds to see how he matched up against the big boys. He had the 4th highest opener, but missed his groove and couldn't lock out the 622 lb. lift. To keep pace with all the made lifts ahead of him he tried 633 on his second. Again, it flew off his chest but he just couldn't lock it out. I said only one thing "listen for me, I will be the one yelling chest up". It worked; he kept his chest up and rammed 633 lbs. to the top. He was 5th and the happiest guy in the gym. To put it in perspective, he could have won the Masters by 30lbs.

Scott Lade or "Big Sexy" as we like to call him was our last lifter and if he could muster Gold we still had an outside chance at the team title. Midote the reigning heavyweight World Champion would have to be third. Scott Lade has the most explosive strength I've seen. When it goes good it goes real good, and in warm-ups it was going good. Needing Gold, the plan was to open the heaviest and try to stay there. Unusually, he missed his opener of 672, but it didn't matter he still had to chase Gold. We upped his second to 677lbs. to get him into Silver position. He made the 677 and it was now time to go back after the Gold. Holte from Norway had made 683 on his second so the call was 688 lbs. on the bar for Scott's third attempt. Again, a miss and you're a possible 4th, but go for it because the team needs it. Unfortunately, Scott was spent from the long week of supporting his teammates and being in another country. Trying to push over 670lbs. for the third time was just not going to be. He missed the 688, but with two other lifters missing their thirds as well, he still ended up 2nd. One of the toughest things to see is a lifter disappointed in the Silver, because he felt he let his team down. Final results Holte (NOR) first, Lade (USA) second, Heittokangas (FIN) third.

Men's SHW: The Heavyweight class had no US men and was won in an upset by Lehto from Finland. Final results Lehto (FIN) first, Wahlqvist (SWE) second, Midote (JPN) third.

Final Team Results: WOMEN- Hungary 47, USA 43, Finland 42, Norway 41, Japan 40, Germany 38, Belarusia 36. MEN - Japan 60, USA 59, Poland 49, Germany 48

The Women came into this meet ranked 6th. The entire USAPL should be proud of these ladies for what they accomplished. They scrapped and clawed and made lifts and came up with two IPF medals. But as a TRUE Team, even with just those two medals they came home 2nd as a team, only 4 points out of 1st, but more amazingly only 3 points out of 5th. If you have never seen a TEAM compete at the World level it is something to behold, and it was truly my pleasure to be part of it.

In the end, the Men's team took Team Silver, only one point behind Japan. Every single lifter got in a lift, and no lifter placed less than 6th. In fact, out of the 10 lifters, the USA Men's team took a total of 6 medals; 2 Gold, 3 Silver, and 1 Bronze. I can assure you that EVERY attempt was with the team goal in mind. We went to win as a team and every USAPL member should be proud at how well they were represented.

The 2008 IPF Bench Press World Championships was very successful for the USA team. We took 19 athletes and came home with 8 total medals, with 3 Gold, 3 Silver, and 2 Bronze. Both teams took home the 2nd place team trophy and combined they outscored every other country. Prague is a beautiful city with a great night life, which allowed the team a much needed get away after a great competition. The World banquet was especially eventful, including the dance off between Scott Lade and Coach Miguel Ruelan. It was also nice to see the Anderson's get in touch with their Spanish heritage.

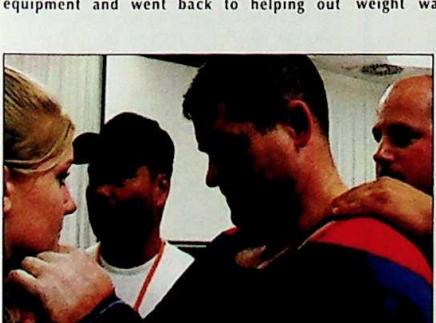
Thanks to USA Team sponsors; Titan Support System, APT wraps, and House of Pain for providing the entire team with the equipment we need to compete. We would not perform as well without them. A special thanks to the other USA team coaches Marvin Coleman and Miguel Ruelan, we couldn't have done it without you. Also thanks to Steve for the 10 dollars. And finally thanks to the USA athletes for letting me be part of your success.

Donovan Thompson,
USAPL World Bench Team Coach

19th IPF World Bench Press 25-28 JUN 08 - Prague, CZR

BENCH	Zeitlinger-AUT	441
WOMEN	Vallazza-AUT	430
105lbs	Hedman-SWE	430
Yukako-JPN	Gilbert-GBR	386
Kozdryk-POL	Chabra-IND	287
Svajtakova-SVK	Miyake-JPN	—
115lbs.	Inoue-JPN	—
Nagaya-JPN	Shyngelich-BLR	181lbs.
123lbs.	Salamian-HUN	579
Sandvik-FIN	Manoma-USA	573
Kiria-FIN	Thurman-USA	573
Watanabe-JPN	Nahela-BLR	535
Butar-BLR	Thlewlewt-USA	513
Pracella-FRA	Gavornikov-SVK	463
Lindberg-FIN	Szostak-POL	463
Iga-JPN	Hawker-GBR	441
Bentzon-USA	Riis-DEN	441
123lbs.	Smith-USA	198lbs.
Adelmann-USA	Cieri-USA	595
Hougaard-DEN	Bast-GER	590
Obrowski-POL	Kishimoto-JPN	557
Jader-SWE	Jader-SWE	551
Radwanska-POL	Obrowski-POL	529
Kaniaki-POL	Piszak-HUN	529
Andreasen-NOR	Steinerova-CZE	518
Elek-HUN	Blanquez-ESP	452
132lbs.	Jamal-MOR	408
Althaus-GER	Leblevenec-FRA	—
Matejova-SVK	Zubrik-LAT	—
Gaudreau-USA	Bondik-KAZ	—
Radwanska-POL	Kati-CZE	—
Takabana-JPN	Markvat-POL	—
Steinerova-CZE	220lbs.	—
Tachitskaya-BLR	Anderson-USA	595
Reichler-GER	Kuc-POL	584
148lbs.	Chida-JPN	562
Bachhaus-GER	Espipov-GER	562
Prymachenk-BLR	Koskinen-FIN	546
Virkkunen-FIN	Green-GBR	540
Glomstein-NOR	Schauer-HUN	529
Nielsen-DEN	Eincinas-FRA	518
Noglegaard-SWE	Schneider-GER	507
Wendl-GER	Havrikl-CZE	496
Forys-POL	Day-NZL	485
165lbs.	Maudinov-KAZ	474
Arntsen-NOR	Herrgott-FRA	468
Blikra-NOR	Vahesalu-EST	441
Birnfeld-GER	Perales-ESP	—
Nanasi-HUN	Jumataev-KAZ	—
Smith-USA	Sommikovs-LAT	—
Szollos-HUN	Nilsson-SWE	—
Hrabalova-CZE	Aas-NOR	—
Brown-CBR	242lbs.	—
Ulvezczi-HUN	Hirvonen-SWE	628
Takacova-CZE	Bozyczko-POL	606
Szczepanik-POL	Yulchiv-KAZ	601
Niakaih-BLR	Doan-USA	601
Owsianska-POL	Beck-CER	601
Doan-USA	Giffen Jr.-CAN	579
198lbs.	Krejca-CZE	562
Strik-NED	Biloir-FRA	557
Szabo-HUN	Roven-NOR	540
Myntinen-FIN	Janes-SVK	540
Nokuha-FIN	Berke-HUN	540
Speth-GER	Singh-GBR	529
Kaur-IND	VandeVen-NED	507
Pawlak-POL	Ebi-CMR	535
Johansson-SWE	Pinc-CZE	—
198+lbs.	Maroy-NOR	—
Hugdal-NOR	Baldursson-ISL	—
Lonn-SWE	VandeLaan-NED	—
Meulen-NED	Minami-JPN	—
Allen-USA	Pullinen-FIN	—
Dzurnak-USA	Bryniarski-POL	—
Kovacs-HUN	Hara-JPN	—
Gimeno-ESP	Kircher-GER	—
123lbs.	275 lbs.	—
Kraft-DEN	Holte-NOR	694
Wszola-POL	Lade-USA	678
Klein-GER	Heittokanga-FIN	678
Nakayama-JPN	Rejek-POL	639
Adden-FRA	Sandvik-FIN	634
Kolsovsky-SVK	Nichols-USA	634
Lipsete-HUN	Furesund-NOR	617
148lbs.	Leesmann-EST	584
Noda-JPN	Cserna-HUN	562
Smith-USA	Lange-GER	562
Huk-BLR	Stegelman-DEN	540
Bazso-HUN	Jahneke-GER	—
Zeitler-HUN	Svensson-SWE	—
Petrenack-USA	275 lbs.	—
165lbs.	Lehto-FIN	716
Schick-GER	Wahlqvist-SWE	716
Hara-USA	Midote-JPN	711
Fardan-DEN	Smulter-FIN	672
Selberg-SWE	Ehlinger-GER	667
Kovač-HUN	Havrdá-CZE	650
148lbs.	Enzinger-AUT	623
165lbs.	McCull-NOR	617
181lbs.	Fjoren-NOR	612
204lbs.	Kasa-HUN	557

Best Lifters WOMEN: Tamara Althaus, Justyna Kozdryk, Yukako Fukushima. MEN: Daiki Kodama, Ove Lehto, Daisuke Midote.



A Team Effort - Devan Doan helps father Dave Doan, with Mike Hara and Scott Lade.

USAPL Popeye Open
24 MAY 08 -

	SQ	BP	DL	TOT
FEMALE				
SHW				
Open				
K. Gaines	135	85	225	465
MALE				
181 lbs.				
Senior				
B. Lundak	375	235	375	985
Open				
D. Wilton	305	215	375	895
198 lbs.				
Freshman				
J. Marylko	275	245	380	900
Open				
C. O'Toole	465	345	475	1285
220 lbs.				
Open				
C. Mueller	385	325	415	1125
275 lbs.				
Open				
T. Jones	400	255	415	1070
Venue: Power Body USA Fitness. Coordinator: James M. Bell. (results from USAPL)				

Night of the Living Dead IV
3 NOV 07 - Elizabethton, TN

	Lightweights	Heavyweights	
T. Eiseman	766	J. Searcey	856
D. Holloway	576	M. Nease	776
D. Wilcox	601	R. Anderson	706
C. Kerley	526	M. Ferris	681
C. Conner	541	C. Dennis	731
Hollingsworth	401	T. Shelton	631
J. Nave	401	M. Wood	636
W. Stover	456	J. Skinner	601
J. Smith	431	O. Tofason	626
A. Campbell	476	S. Nease	556
A. Malone	441	M. Milner	601
W. Wagner	366	A. Sizemore	501
P. Head	416	A. Hilliard	511
J. Hall	366	M. Isreatel	456
R. Hicks	—	G. Canter	441

Almost 400 fans were spilling out of the stands, the fog machine was spewing misty insanity, the sound system was pumping out surging intensity, and 30 of the best deadlifters from three countries were eager to attack the bar. It had to be the fourth annual Night of the Living Dead deadlift competition. The 2007 edition saw



James Searcey hauled up an amazing 856 weight 350 lbs. (photograph courtesy Alex Campbell)

POWERLIFTING PARAPHERNALIA

Nose Tape	Ammonia Inhalant	New Lower Price!	Heat Pain Liniment w/applicator	DMSO - 3 oz.	Mueller O.D.A Spray	1/2" Cloth Backed Tap Roll	Dry Hands	Chalk - 6 oz. Blocks (1 lb.)	Pod Chalk Cone
\$4.00	Capsules	10 count box	2.33 oz. \$12.00	roll on 60% Strength	10 oz. / \$10.00	4 oz. / \$8.99	The Ultimate Grip Solution*	\$10.00	Talc for deadlifting
2 for \$10.00		2 for \$10.00					2 oz. \$2.50		\$8.00
The Organizer #200 (holds 150 tablets)		The Seven Pack #70 (holds 75 tablets)		The VitalFinder Drink Mixer (high-powered portable blender)		Traning Straps Style #2 (2" cotton or nylon) Padded		Mega Power Hooks / padded pair	
\$9.95		\$3.95		\$4.95		\$10.00		\$21.95	
Mueller Ice Bag		Style #1 (Leather w/ webbed back)		CRAIN Sports Bag (assortment of colors)		#1 Striped or Solid Lifting Socks (red, black, grey, royal & others)		Include Size Small (12"-14")	
\$7 Reusable		\$9.00		\$29.95		#2-Sloopy Socks white only		Medium 9-11"	
\$9.95		\$10.00		\$15.00		\$8.00		Regular 11-14"	
Mueller Tub-O-Quench Electrolyte Sports Gum		Autographed Color Picture Of Rickey Dale Crain (5 x 10)		CRAIN Embroidered Cap		#3-Sloopy Socks white only		Large 14-17"	
300 pcs. tub Reg. \$36.00 NOW \$27.00		\$6.00		\$12.00		\$8.00			
Web Fabric (not pictured)		\$47.95		The Bag (leather fanny pack)		Pro Neoprene Elbow Sleeve (one sleeve)		Pro Neoprene Knee Sleeve (one sleeve)	
\$24.95		\$47.95		\$12.00		\$6.95		\$12.95	
CRAIN Mouse Pads (designs may vary)		MANTA RAY (for back squats)		Sleep Bag (for front squats)		Neoprene Bar Pad w/ leatherette covering		Strength Bands - pair	
\$3.99 OR DESIGN YOUR OWN		\$47.95		\$47.95		\$14.95		#1 White (5-35 lb.) - \$18.00	
Bumper Sticker At No Charge With Order Just Ask For It		OR Design Your Own \$1.00		Arm Blaster (helps you do a perfect curl)		\$39.00		#2 Red (10-50 lb.) - \$27.00	
I'M CRAIN TRAINED		POWERLIFTING World's Greatest Sport		Ab Wheel (helps you get a strong, lean abs)		\$9.95		#3 Blue (25-80 lb.) - \$36.00	
CRAIN				Fractional Plates Set of 4 (1/4, 1/2, 3/4, 1 lb. Plates)		\$49.95		#4 Green (50-120 lb.) - \$45.00	
								#5 Black (60-150 lb.) - \$54.00	
								#6 Orange (70-170 lb.) - \$84.00	
								#7 White (80-200 lb.) - \$105.00	

NEW 2008 PRODUCT CATALOG SENT OUT WITH ALL ORDERS



CRAIN

3803 North Bryan Road
Shawnee, OK 74804-2314 USA

rora@elegiance.lv
www.crain.ws

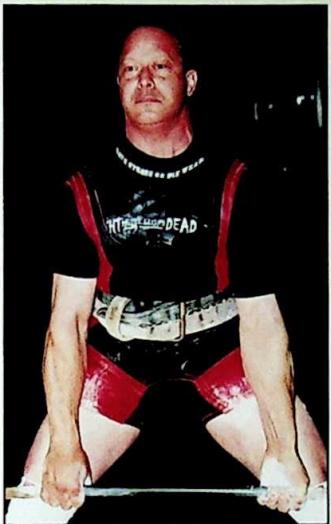
SHIPPING
\$7.55 MINIMUM
CALL FOR FULL
SHIPPING CHARGES
Oklahoma Residents
Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / PAYPAL
Customer Service 1-405-275-3689 Fax 1-405-275-3739

1-800-272-0051

New DVD!
Check out the NEW DVD on
Fitness Band Fundamentals
by Iron Woody \$29.95

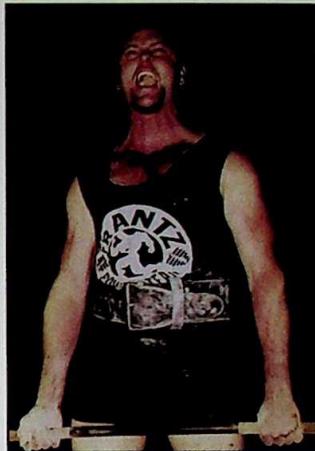
huge growth over the previous year with more than double the lifters and double the cash and prizes. The lifters were divided into 15 lightweights and 15 heavyweights. There were several of the world's greatest deadlifters in each flight and things were sure to get interesting. The lightweights saw some fine lifting. Chad Kerley was not only a fine lifter with well over three times bodyweight on his pull, but also with some physical limitations like nerve damage to his grip that made him a crowd and lifter favorite. Another fine performance was turned in by a high school lifter, Charlie Conner. He was coming off of an all-American performance at the 2007 USAPL High School Nationals and scored his first three times bodyweight pull. Pulling into third was the young and strong Derek Wilcox. Last year he went over 500, but this year he was immensely improved with a 601 pull on his second. That was just a few of the highlights from the fantastic lightweight lifting, but the real battle came down between two of the world's best. Doc Holloway from Duluth, GA had just returned from Austria a little over one week before trying to help the American team win the IPF world championships. He decided to come and lift on short notice and he did not disappoint. The crowd was anxious to see how much weight that tiny 133 pound man could pull as he opened with 541 pounds. The crowd was aghast when he vaporized the weight. That was just the beginning of the jaw dropping as they were about to witness one of the world's greatest deadlifters for over 2 decades, Tom Eiseman. He opened with a conservative 726 pounds. The crowd had witnessed him win the title he previous year, so they knew what he was capable of, and he did not disappoint. He smoked the weight to lockout and the dog fight was on. Doc raised his second to 576 pounds. He set up to the bar with precision and then released all of the fury of his 130 pound frame. Again it was good. The crowd roared with approval. Eiseman strategically chose a 766 pound second. The Master's II all-time American record was Tee Meyers' 745, but the New Jersey Freak Show was going to try and obliterate it by 21 pounds. He set up as he always does with almost painstaking technique. He finally locked into place and began his pull. He pulled it relatively easily up to near lockout, but then the bar stalled. He was not completely locked out, but all he had to do was pull his shoulders back. After a second, his shoulders finally lurched into position as his shoulders settled ever so slightly back. Would it be enough, did the bar merely stop and not lower slightly before completion? The crowd turned to the lights and awaited the verdict. Three whites! Now Doc would have to pull for victory and he settled on 591 pounds. That



Tom Eiseman won the lightweight division, pulling 766 lbs. at 184 lbs. bodyweight. (Alex Campbell)

would be Herculean 4.44 times bodyweight pull. Again he set up and the crowd was on its feet creating a cacophony of elation. He ripped it from the floor as it got to his knees and then stalled never to rise further. Eiseman had enough to win, but he wanted world history. He wanted to be the lightest man in history to pull 800 pounds, and to do it at almost 50 years old. The bar was loaded for the historic pull and the crowd was deafening. The crowd was on their feet shaking their noise makers. The lifters had followed him to the very back of the platform to encourage him. It was not any lifter against any other lifter, but only Eiseman versus history. He stood there behind the platform as the weight was loaded. He has been compared to a 10th degree black belt preparing to demolish a pile of bricks and that is exactly how he was focused. He had his eyes closed and his hands clasped and his nostrils were flared and he was breathing deeply. You could see his eyes fluttering under the lids and his emotions were trying to be held in check. Finally the bar was loaded and he stepped to his destiny. The crowd was spilling out of the stands and onto the floor. He finally began his pull and as the weight creaked off the floor and up his shins, it stalled and then fell before it reached his knees. History would have to wait. The fireworks were not over as the heavyweights were still to take the stage. Some of the highlights were Olafur Torfason (the son of Torfi Olafson), making his powerlifting debut after only a couple of weeks of training and what a debut it was. He pulled 626 at 260 pounds obbodyweight. Just imagine what will happen when he actually trains. Two men that represented North Georgia Barbell well were Russel AndersonDrew going 706 at his first deadlift competition and Curtis Dennis Jr. hitting an amazing 731. Just like the two super lightweights that duked it out, there were 2 of the greatest super heavy pullers to ever walk the planet set to unleash their pulls. Mike Nease is ranked third all-time in the master's pull and two years ago was ranked the #1 SHW of any age in America. This year he was ranked fourth and was ready to move back up. Unfortunately he had a tough go and was only able to pull an easy 776 and just missed a huge jump up to 826. But he was not the only human forklift in the heavyweight division. James Searcy was just coming off of his Clash of the Titans' victory and had limited training, but the nation's #2 ranked SHW puller was ready to give it his all. He opened with an 801 pound pull which he destroyed and then was ready to attack 856. He stuck his entire nose down into a bottle of nose tork and began to take huge huffs. With every breath, he would let out a growl and a bark

letting everyone know why he was aptly named "the Pitbull". He stormed the platform and took his time setting up and then hauled that weight up to victory without even a pause. The crowd went berserk and James went into the crowd and they swarmed him. More amazing is that James did his pulling raw. That has to be the biggest raw pull in America for the past several years. It was an amazing night of lifting with such huge growth that some changes will have to be made to deal with the popularity. There will be advanced registration only next year with no entrants the day of the meet. Also, there will be changes to the cash and prizes to encourage more heavy weight lifters. Stay tuned to the internet for the details. This meet would not have been possible without our wonderful sponsors: Valley Forge Auction Company, Quest Nutrition, APT, NGBB, and Planet Rage. We look forward to further expanding our sponsor base next year as well. If anyone would like more information please contact Alex Campbell at (423)725-2415. (Thanks to Alex Campbell for the results)

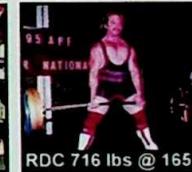


Wayne Stover pulled 456 in the lightweights. (Stover photograph)

The Cutting Edge Summer Classic					
28 JUN 08 - Albany, NY					
	SQ	BP	DL	TOT	
FEMALE					
123 lbs.					
Open					
A. McCallion	210*	144*	210*	564*	MALE
198 lbs.					
Open Raw					
C. Morrison	400*	350*	—	750	
220 lbs.					
Teen (18-19)					
P. Plessas	280	210*	370	845	
275 lbs.					
Open					
S. Burns	—	750*	—	750	
Master (40-44)					
Physically Challenged					
H. Harris	—	370*	—	370*	
308 lbs.					
Teen (13-15) Raw					
J. Fuller	—	—	305*	305	
			4th-DL-325*		

(Thank you to Cutting Edge Sport Sciences for providing us with these contest results)

CRAIN CX1 & CX2 XTREME LIFTING GEAR



Custom Alterations on Shirts or Suits \$15.00

Adding Velcro to Shirts or Suits \$25.00

* When ordering SHIRTS please give chest, shoulder and bicep measurements.

* When ordering SUITS please give height, weight and thigh measurements.

FOR EXPERIENCED LIFTERS ONLY!

The CX1 material is the top of the line CX1 poly available. It performs like canvas but is a true poly.

CX1 Power SHIRT	90° sleeve Stretch back	\$145.00	DOUBLE PLY	\$175.00
CX1 Power SUIT® (SQUAT)		\$145.00	DOUBLE PLY	\$175.00
CX1 Power SUIT® (DEADLIFT)		\$145.00	DOUBLE PLY	\$175.00

The CX2 material is the THICKEST single poly available.

The longest lasting garment you will ever purchase.

CX2 Power SHIRT	Xtreme Cut Stretch back	\$145.00	DOUBLE PLY	\$175.00
CX2 Power SUIT® (SQUAT)		\$145.00	DOUBLE PLY	\$175.00
CX2 Power SUIT® (DEADLIFT)		\$145.00	DOUBLE PLY	\$175.00

One, Two & Three Color Combinations
Available No Extra Charge
Navy Blue, Black, Red, Royal Blue, White
Light Blue, Forest Green or Gold

Lifting Singlet
XS-XL \$35.00
2XL \$37.00 3XL \$39.00
4XL \$41.00 5XL \$43.00
All Colors Available • Give Height & Weight

Power SLICKERS
an easier way to put on a bench shirt or squat suit
XS-XL \$17.95
Specify If Slickers Are For Bench Shirt or Squat Suits
Give Height & Weight

The Original and Genesis Power Gear

		Single Ply	Double Ply
Power Bench Shirt	\$42.00	Genesis Power Suit • (Squat)	\$64.00 \$123.00
Power Suite	\$42.00	Genesis Power Suit • (Deadlift)	\$64.00 \$123.00
Mega Power Bench Shirt	\$64.00	Genesis Power Trainer	No straps w/ legs \$49.00 \$ 93.00
		Genesis Power Brief	No legs \$34.00 \$ 63.00



3803 North Bryan Road
Shawnee, OK. 74804-2314 USA
ronair@allegiance.tv
www.cran.ws

SHIPPING
\$7.95 MINIMUM
CALL FOR FULL
SHIPMENT CHARGES
Oklahoma Residents
Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / PAYPAL
Customer Service 1-405-273-3669 Fax 1-405-273-3739

1-800-272-0051



Event Promoter **Joe Wheatley**
with the lone female competitor
at the meet **Georgiann Puckett**.

USPF Muscle Beach Push Pull
2 AUG 08 - Venice, CA

Push Pull BP DL TOT

WOMEN 132 lbs.

Open

G. Puckett 132 209 342

Master (40-49)

G. Puckett 132 209 342

MEN

132 lbs.

Junior (20-23)

D. Otsuka 238 402 640

148 lbs.

Junior (13-15)

M. Tronske 127 303 430

Junior (16-17)

K. Tanaka 303 320 623

R. Watson 193 292 485

Open

F. Astilla 292 452 744

R. Watson 193 292 485

165 lbs.

Junior (16-17)

R. Madera Jr. 231 430 661

S. Johnson 215 419 634

Junior (20-23)

S. Hokama	408	535	942
B. Tanaka	276	480	755
Master (60-69)	—	408	408
T. Miller	181 lbs.		
Master (70-79)			
R. Simon	226	336	562
Open			
J. Lipanovich	320	480	799
198 lbs.			
Junior (18-19)			
C. Henderson	270	485	755
R. Garcia	259	391	650
Junior (20-23)			
E. Joseph	413	540	953
N. Beckmann	292	570	862
F. Sanchez	325	468	794
Master (50-59)			
S. Kylis	331	502	832
J. Avila	209	562	772
Master (60-69)	204	518	722
L. Hernandez			
Open			
B. Mendoza	524	435	959
B. Littlefield	435	474	909
J. Hernandez	364	524	887
M. Conant	364	452	816
D. Harris	331	480	810
4th-DL-501			
M. Olivares	331	474	805
F. Sanchez	325	468	794
Submaster (35-39)			



Louie Hernandez a legend from Pomona PD, is still pulling big.



Steve Denison & Patrick Collard

Master (50-59)	—	—	—
S. Denning	—	—	—
Open			
D. Reneau	540	551	1091
M. Schroeder	446	502	948
Q. Doudera	364	562	926
J. Fishchbach	358	524	882
G. Reeves	254	375	628
275 lbs.			
Junior (16-17)			
G. Mahin	298	446	744
Junior (20-23)			
T. Navarro	314	606	920
4th-DL-622			

Open			
C. Randall	215	402	617
308 lbs.			
Junior (16-17)			
B. Stockton	336	562	898
Master (40-49)			
A. Galafate	524	573	1097
P. Collard	617	165	783
Master (60-69)			
B. Meek	474	474	948
Open			
A. Galafate	524	573	1097
B. Meek	474	474	948
P. Collard	617	165	783
308+ lbs.			
Junior (20-23)			
A. Cissell	413	485	898
Open			
T. Coleman	623	733	1356

Thanks to Steve Denison for results. "Fifty Eight competitors 'threw down' for the USPF Muscle Beach Push/Pull on August 2, 2008. Meet Director Steve Denison ran a tight event where the sun was shining, the competition was fierce and records were broken. The cheers went up for Ryan Girard of Santa Barbara as he broke Bob Seibold's 220 Open Bench Record that was set in 1993. The old record was 551 and Ryan benched an incredible 633 pounds. Patrick Collard broke Steve Denison's Master 40-44 age group record of 611, set in October 2006, with his 617 bench. Steve's comments were 'congratulations, I'll be back!!! A number of high school first time competitors were in attendance and we encourage them to continue their interest in powerlifting. Two teams battled it out, with team UCLA taking first and the ILX Ironheads from Camp Verde in Arizona taking second. The bleachers were packed with fans - cheering on the impressive efforts of all the lifters. Special thanks to Ken Anderson Powerlifting and Titan Support Systems, the Title Sponsors of the event. Joe Wheatley Productions would like to send special congratulations to Steve Denison, Meet Director, Chuck Lamantia, Announcer, and all the referees who worked the event. With their expertise and support the Powerlifting Events at Muscle Beach are a fantastic experience." (Thanks to Joe Wheatley for meet report)



UCLA Team included Stephen Hokama, Nathan Beckman, Dean Otsuka, Brent Tanaka, Kevin Tanaka, and Phillip Russell



ILX Ironheads: Dawane Harris, Greg Reeves, & Ritchie Watson



Application for Registration
UNITED STATES POWERLIFTING FEDERATION

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		Y N		
Street Address		City		
State	Zip	Area Code/Telephone		
Email	Referee Status	Current High School	Special Olympian	Inmate
	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	/ /
Card Issued By				

Registration Fee \$30.00

Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS

P.O. Box 650
Roy, Utah 84067

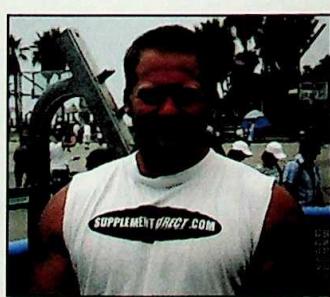
NOTE: \$15 SPECIAL FEE APPLIES TO: Special Olympians; High School with proof of enrollment; and inmates when paid with institution check. All USPF sanctioned meets will be subject to drug testing.

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

Signature _____

If Under 18 have Parent Initial _____

White: USPF Office Yellow: Member Pink: Meet Director



Ryan Girard of Santa Barbara, CA

SERVING THE INDUSTRY FOR OVER 30 YEARS!

**CL-95810
BIO SEATED MILITARY PRESS**



\$649

Bi Angular Arm Movement to Duplicate Natural Motion

**C82626-WP
GLUTE & HAM STRING MACHINE**

Extra Wide Diamond Toe Plate for Foot Support
Adjustable Horizontal & Vertical Slide
Special Contoured Seat, Front & Rear Hand Grips



\$499

2" X 4" Base for Stability

**C-PRO92580
TITAN POWER RACK-96"**

(PLATE RACK INCLUDED)



\$849

*Plates not included

3" X 3" X 11 Gauge Steel Tube Construction
Self Locking Jumbo Steel Pins
Self Locking Jumbo "J" Hooks
Front Deep Knurled Chinning Bar
33" Space between front & rear Posts

LEG CURL & EXTENSION



\$449

Rotary range-of-motion adjustment enables various start positions
Easy pull pin adjustment to switch from leg extension to leg curl exercises

**KETTLE BELLS
SOLID OR ADJUSTABLE**



TDS
35LBS

SPECIAL POWER LIFTING BARS

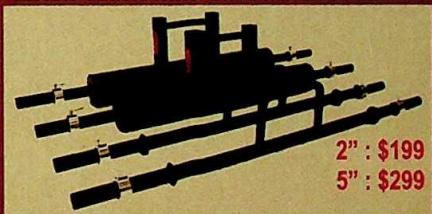


Cr. Collars
Included

(IM-0260-O) MEGA TRICEP CURL BAR - 86" LONG-\$199
(IM-0250-O) MEGA BOW BAR - 92" LONG-\$269
(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$229

FARMER'S WALK - 2" & 5"

BLACK FINISH WITH CHROME COLLARS



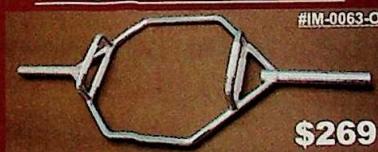
2" : \$199

5" : \$299

**UNBEATABLE
PRICES & QUALITY**

SINCE 1974

MEGA SHRUG BAR

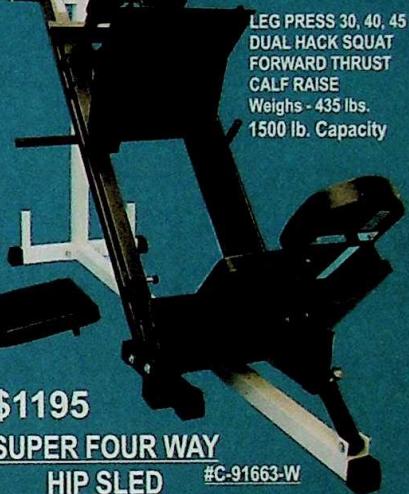


#IM-0063-O

\$269

1000 lb. Capacity
Deep Knurled for Better Grip
1.25" Dia. Steel Bar - Knurled & Chrome Plated Plates, Stand & Collars are not included

**BENCHES, CALF MACHINES
DUMBBELL RACKS, LAT MACHINES
PLATE HOLDERS, POWER RACKS
SMITH MACHINES, PLATES
HEX DUMBBELLS, BARS,
WEIGHT SETS
STRONGMAN EQUIPMENT
AND MORE!!**



**\$1195
SUPER FOUR WAY
HIP SLED**

#C-91663-W

WEIGHTED VEST 50 lb.



#IM-5634

ONE SIZE FITS ALL
ADJ. 2LB - 50 LB.

\$129

(Free shipping in USA)

PLYO BOXES



6" - \$54.95; 12" - \$65.95
18" - \$89.95; 24" - \$109.95
30" - \$129.95; 36" - \$139.95 & 42" - \$159.95
BUY A COMPLETE SET AND SAVE EVEN MORE!!

**Call for Special Discounts for
Government & military orders**

160 Home St., Elmira, NY 14904

Tel: 800-446-1833

Fax: 607-733-1010

Email: info@newyorkbarbells.com

New York Barbell of Elmira, Inc.

15,000 Square Ft. Showroom Open to the Public

030108

Once only available in Europe - Now sold in the U.S. A.

3

Years in the making...

If You Like Kre-Alkalyn. EFX Creatine...
You're Gonna LOVE New Kre-Alkalyn. EFX Pro!

WE HAD TO BE PATIENT:

We didn't wanna just jump on the pre-workout bandwagon. To do this the right way, it took All American EFX - the "Kre-Alkalyn. Pros" to pull it off. The end result is a Kre-Alkalyn. formula so powerful and potent, we had to hold back just a little to keep it street-legal...for you - **THE NATURAL FREAK™!**

COPYCATS BEWARE:

We already know companies will try and copy what we've created. But here's a little secret...it CAN'T be duplicated! Kre-Alkalyn. EFX Pro uses our multi-patented Kre-Alkalyn. EFX (which has been clinically proven to outperform monohydrate by a whopping 28.25%*) and a precise blend of unique herbal extracts specifically chosen for their intensifying effects. This potent combination works synergistically to "flip the switch", giving you the most incredible mind and muscle activation you've ever felt before!

THIS IS SCIENCE - NOT BAKING A CAKE:

Kre-Alkalyn. EFX Pro is an exact formula known only to 2 people - EFX President Brian Andrews and EFX V.P. Bruce Butterbrey. This coveted formula is also neatly tucked away in a safe located somewhere in CA.

We've built our reputation as the guys who brought you the First and Original Kre-Alkalyn. brand. We didn't start out trying to create the world's strongest creatine - it just happened to turn out that way! Try Kre-Alkalyn. EFX Pro today.

Call now for a FREE SAMPLE of KA PRO:
(888) 238-1864 x.1000

Your EFX rep will hook you up.

Supply demand supplies are limited.

*The relative bioavailability of Kre-Alkalyn to Creatine on body composition, performance and strength. See study: "Effect of Kre-Alkalyn on Strength and Body Composition in Resistance Trained Men", Dr. Simeonov, Bulgarian Medical Center, Sofia, Bulgaria.

- Wholesale inquiries welcome!

www.aefx.com

NATURAL FREAK
FUEL • FOCUS • HIGH FIBER

this is what it feels like...

Each crash-proof dose of KA PRO gives you:

- ⇒ **FOCUS**, with the precision of a laser beam
- ⇒ **Unstoppable raw POWER** with new levels of intensity
- ⇒ A "state" of controlled training **AGGRESSION**
- ⇒ **PERFORMANCE** that will make your competition drool with envy



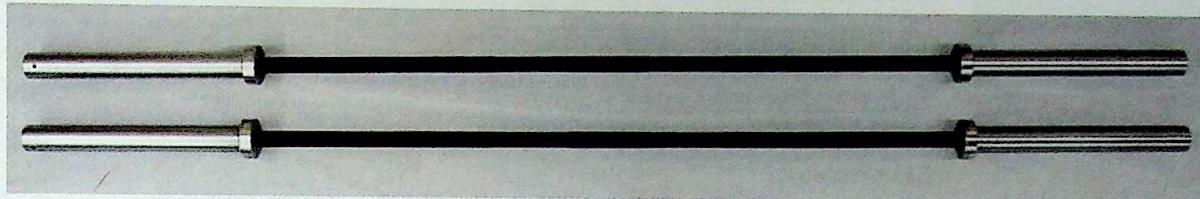
ALL AMERICAN
EFX
Get Noticed

QUEST NUTRITION & ATHLETICS

Ivanko Authorized Distributor Dealer

www.Quest-Nutrition.com

888-357-8378



IPF approved Q-Bar & Training Bar.

Q-Bar \$568. Training Bar \$340.

IVANKO®
Engineered Passion

IVANKO CBPP PLATES FEATURE

* Precision calibrated (better than 10 grams accuracy) * Thin plates allow more weight on bar
* Plates color coded for fast weight identification *IPF approved

Q-Competition (Starter Set): \$2289.00 Total 284KG (626Lbs.)



Item Number	Qty.	Color Code	Weight (Kg)
CBP-.25KG	2	Black	0.25 Kg
CBPP-.5KG	2	Black	0.5 Kg
CBPP-1.25KG	2	Black	1.25 Kg
CBPP-2.5KG	2	Black	2.5 Kg
CBPP-5KG	2	Black	5 Kg
CBPP-10KG	2	Black	10 Kg
CBPP-15KG	2	Yellow	15 Kg
CBPP-20KG	2	Blue	20 Kg
CBPP-25KG*	6	Red	25 Kg
CO-2.5KG	2	Competition Forged Pressure Ring Collars	
Q-BAR	1	20Kg, IPF Approved, 1500 Lbs. Test	

***ADDITIONAL CBPP-25KG (Red): 20% OFF, \$125.00 EA.**

The Q-Competition Starter Set (total 284KG) has 2 additional 25KG (Red) plates,
compared to our competitor's Starter Set (total 234kG).

Also our Starter Set is \$400 less than our competitor's Starter Set!

* 6 Reds (25KG) + Bar & Collars = 385 Lbs. (175KG)



ADER Kettlebells

Authorized Dealer for ADER Kettlebells

Call or email for details & pricing.

888-357-8378

www.Quest-Nutrition.com

UNCLASSIFIEDADS

\$3.00 per line per insertion
Figure 34 letters & spaces per line

Ivanko plates, bars, and collars.
Weightlifters Warehouse,
1-800-621-9550

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable **accurate machined steel fractional plates** since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere **PDA** 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida 33302

The Trap Bar is Back!

The Original Gerard Trap Bar, the unique training bar that builds leg and back strength like no other, is available again for strength athletes.

- The Gerard Trap Bar
- Kelso's Shrug Book
- Okie Grip Barbell Collars
- Dinosaur Training by Brooks Kubik
- More to come!

Visit us on the web to grab your own Trap Bar and we will include receive a free unpublished Trap Bar workout, courtesy of Dr. Ken Leistner. www.trapbartraining.com Or contact us at 1-800-978-0206

Texas "Original" 28mm Power Bar \$195.00. 27mm Deadlift Bar \$295.00. 30mm Squat Bar \$395.00. Shipping Additional. Weightlifters Warehouse. 1-800-621-9550

Hardbound Strongest Shall Survive & Defying Gravity Signed. \$55. Bill Starr, 1011 Warwick Dr., 3-C, Aberdeen, MD 21001

PL USA BACK ISSUES for current inventory - call 800-448-7693

USAPL State Games of the West 27 JUL 08 - Colorado Springs, CO

BENCH		Master II					
FEMALE		T. Cencich	441				
148 lbs.		242 lbs.					
Open		Open					
S. Norkoli	193	S. Carradine	562				
165 lbs.		Master IV					
Open		C. King	243				
A. Miller	231	Master VI					
MALE		VanBuckley	243				
165 lbs.		275 lbs.					
Junior		RW					
D. Rios	276	W. Ehlers	402				
181 lbs.		275+ lbs.					
Open		Master VII					
V. Narolskyy	579	J. Telljohn	—				
Powerlifting	SQ	BP	DL	TOT			
WOMEN							
105 lbs.							
Master II							
R. Jackson	176	138	259	573			
123 lbs.							
Master II							
T. Kemper	298	165	320	783			
Teen II							
R. Talley	94	77	171	342			
165 lbs.							
Master II							
D. Jeffery	209	138	231	579			
Master V							
J. Wood	187	105	226	518			
Teen I							
S. Bair	99	61	105	265			
181 lbs.							
Master I							
J. Draper	314	254	424	992			
Master II							
J. Lereew	331	165	309	805			
198 lbs.							
Teen III							
M. Baugh	116	88	204	408			
MEN							
198 lbs.							

Teen III						
T. Mitchell	209	204	254	667		
242 lbs.						
Teen II						
B. Henry	215	187	342	744		
MALE						
181 lbs.						
Master I						
O. Eehn	446	281	435	1163		
C. Hankerson	171	154	254	579		
Master II						
F. Agos	452	342	568	1361		
Open						
C. Carter	342	220	375	937		
G. Correa	204	182	259	645		
198 lbs.						
RW						
C. Clark	402	309	441	1152		
Master III						
R. Keele	441	259	452	1152		
Open						
P. Burke	402	265	474	1141		
220 lbs.						
Junior						
M. Vassilev	502	342	513	1356		
Open						
M. Ehlers	402	375	468	1246		
A. Barrera	237	270	353	860		
N. Dehnke	193	215	309	716		
242 lbs.						
Open						
V. Gushterov	617	474	705	1797		
B. Briot	540	331	557	1427		
RW						
D. Juma	402	303	546	1251		
Master II						
S. Seacrist	441	331	408	1179		
275 lbs.						
RW						
K. Macmillan	568	424	650	1642		
D. Hutchins	584	358	606	1549		
Junior						
J. Briggs	606	336	551	1494		
UNL						
D. Manuel	518	314	485	1317		
Master IV						
T. Monroe	220	220	331	772		

(Thanks to USAPL for providing results)

KELSO'S SHRUG BOOK

A unique book with 27 illustrated shrug moves. Improves upper back, shoulder girdle and your total. New BP info is worth the price. Also "trap bars" and chest expansion. "Paul has done more for my bench

\$14.95 + S&H. Toll free # USA 888-934-0888, ext. 3. Order online from www.hatoffbooks.com or many websites.

GIFTOFSTRENGTH.com

Owning your copy today of "The Best of the Chest with Kathy Roberts". Kathy's complete bench workout is now available on DVD. Back workout video, "Attack the Back with Kathy Roberts", is also available. Check out her website. Kathy Roberts, Lifetime Drug Free World Champion Powerlifter. Powerlifting and much, much more. Featuring Up and Coming Drug Free Powerlifters and Bodybuilders, professional tennis results and photos. Interesting publications and articles such as: Strengthening Your Lower Back and Knee Exercises, Building a Better You, Quote of the Month, and other great links. If you'd like to link to this site, it must be reciprocated. Drug free websites only. If you'd like to advertise on this site, send me an email with your site location and contents and it will be reviewed. Check it out yourself today!

AFPF/AAPFP Membership Application

Check the box that applies below

- American Frantz Powerlifting Federation
 Amateur American Frantz Powerlifting Federation
 Please Print Clearly & Complete All Entries

Last Name	First Name	M.I.	
Street Address			
Date of Application			
City		State	Zip Code
Area Code	Telephone Number	Date of Birth	Age
Sex	U.S. Citizen	YES	NO
Registration Fee (Circle Appropriate Fee)		Registration Number	
AFPF: \$30	AAFPF: \$30	Email Address	
Fill out card completely, make check payable to AFPF/AAPFP and mail to: Are you a previous AFPF or AAPPF Member? <input type="checkbox"/> YES <input type="checkbox"/> NO			
AFPF/AAPFP - West 3010 N. Torrey Pines Drive. Las Vegas, NV 89108 702-656-6762 630-546-3769			
AFPF/AAPFP - East 62 So. Broadway Aurora, IL 60543 603-546-3769			
If under 18, have parent initial here	I certify that the above answers are correct and that I am eligible in accordance with the rules of the AFPF or AAPPF		
Signature X			

TOP 100

For standard SHW/125+ Kg. USA lifters in results received from JUL/07 through JUN/08

PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, 1and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

NEXT MONTH... TOP 114s

CORRECTIONS ... Mr. Nuzzolio's name was misspelled (Nuzzulito) in our July 2008 (pg. 102) and February 2008 (pg. 77) issues. Joseph Chaney should have been credited with a 540 deadlift at 165 and a 573 deadlift at 181 on our Masters TOP 20 rankings for 2007. On our Women's TOP 20 ranking list for 2007, Ms. McCloskey should have been listed with a 429 deadlift in the 198 lb. class. Bruce Stevens should have been listed for his 507 lb. bench press on the TOP 20 Masters ranking for the 198 lb. class. John Nelson should have been credited with a 534 lb. bench press on the 2007 TOP 20 Masters ranking for the 220 lb. division. and Randy Nesuda's 710 squat should have been ranked as well. If you find errors in our rankings or results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	1160 Smith, M..8/19/07	1070 Kennelly, R..4/12/08	865 Siders, B..12/2/07	2850 Thompson, D..1/19/08
2	1155 Thompson, D..1/19/08	986 Mendelson, S..7/28/07	865 Gillingham, B..3/1/08	2601 Siders, B..12/2/07
3	1107 Hoskinson, J..3/16/08	931 Brandenburg, .11/17/07	856 Searcy, J..11/3/07	2530 Smith, M..1/29/08
4	1102 Cartwright, S..6/1/08	914 Luyando, R..11/10/07	810 White, M..4/19/08	2520 Manly, J..2/23/08
5	1085 Wilson, M..4/20/08	909 Vick, R..5/17/08	805 Thompson, D..11/18/07	2502 Bell, M..12/1/07
6	1063 Vaughn, J..12/2/07	900 Meeker, T..11/18/07	804 Theriot, G..9/22/07	2500 Hoskinson, J..1/19/08
7	1058 Stutes, C..5/4/08	900 Thompson, D..1/19/08	804 Karabel, L..1/26/08	2500 Wilson, M..4/20/08
8	1041 Ewing, J..3/16/08	900 McCray, R..6/24/08	804 Harris, S..3/1/08	2455 Coles, Z..1/19/08
9	1040 Coles, Z..1/19/08	860 Lattimer, S..2/16/08	800 Fought, C..1/29/08	2453 Vaughn, J..12/2/07
10	1030 Wenning, M..8/19/07	854 Wong, S..2/16/08	785 Patterson, J..12/1/07	2453 Theriot, G..6/1/08
11	1025 Bell, M..4/19/08	835 Key, P..3/15/08	777 Abbott, P..7/21/07	2447 Stutes, C..5/4/08
12	1020 Manly, J..2/23/08	830 Bologna, A..6/7/08	777 Lilliebridge, E..1/26/08	2430 Wenning, M..8/19/07
13	1019 Cross, J..5/18/08	826 Womack, M..10/13/07	777 Nease, M..11/3/07	2425 Roberts, A..4/19/08
14	1014 Frank, G..6/1/08	804 Gerona, D..7/14/07	771 Cartwright, S..6/1/08	2420 Fought, C..1/19/08
15	1008 Roberts, A..4/19/08	804 Webster, T..7/15/07	771 Moore, B..6/14/08	2380 Clark, C..1/19/08
16	1008 Theriot, G..6/1/08	804 Harrison, T..9/1/07	770 Manly, J..2/23/08	2375 Cartwright, S..6/1/08
17	1005 Coleman, T..8/19/07	804 Bell, M..2/16/08	770 Ufford, K..5/08	2360 Fay, C..2/23/08
18	1000 Fought, C..1/19/08	804 Bradshaw, R..2/23/08	766 Vaughn, J..12/2/07	2337 Tillington, G..6/1/08
19	1000 Fay, C..2/23/08	800 Barbaccio, A..11/8/07	760 Nichols, J..11/11/07	2331 Karabel, L..1/26/08
20	992 Siders, B..6/15/08	800 Menne, J..12/18/07	755 Coles, Z..1/19/08	2309 Gillingham, B..10/20/07
21	960 Johnson, W..2/23/08	788 Crawford, J..2/23/08	755 Rhodes, M..2/16/08	2305 Barbaccio, A..11/18/07
22	953 Tillington, G..6/1/08	782 Merrill, W..1/26/08	755 Brandon, J..6/1/08	2292 Lewis, J..7/15/07
23	950 Clark, C..1/19/08	777 Siders, B..12/2/07	755 Brown, M..8/19/07	2287 Lilliebridge, E..1/26/08
24	942 Karabel, L..3/1/08	760 Wilson, M..11/18/07	750 Tokarski, C..12/29/07	2281 Cross, J..5/18/08
25	931 Lewis, J..3/1/08	760 Sanders, J..12/8/07	750 Smith, M..1/19/08	2280 Johnson, W..2/23/08
26	930 Rhodes, M..11/18/07	760 Dennis, C..3/15/08	750 Clark, C..1/19/08	2270 Schott, M..4/29/08
27	930 Steltenkamp, D..6/29/08	755 Shell, J..1/26/08	749 Mikesell, B..2/17/08	2260 Coleman, T..8/19/07
28	925 McDaniel, M..9/22/07	750 Lane, H..7/21/07	749 Cross, J..5/18/08	2255 Janek, C..12/1/07
29	903 Lilliebridge, E..1/26/08	750 Ratsch, P..4/19/08	744 Dennis, C..4/12/08	2213 Dowling, B..10/14/07
30	903 Pearson, D..6/1/08	744 Thompson, R..7/15/07	738 Grantano, C..7/14/07	2215 Pearson, D..6/1/08
31	900 Brown, M..8/19/07	735 McCaslin, Z..1/20/08	733 Grove, J..2/16/08	2205 Rhodes, M..11/18/07
32	900 I'Alien, S..8/19/07	730 Hicks, A..10/28/07	733 Christus, J..3/1/08	2204 Christus, J..3/1/08
33	900 Janek, C..12/1/07	730 Manly, J..2/23/08	733 Pearson, D..6/1/08	2170 Lenigar, M..10/27/07
34	900 Court, M..12/15/07	727 Jordan, S..6/7/08	730 Fay, C..2/23/08	2166 Grove, J..2/16/08
35	881 Petriño, A..5/4/08	725 Wenning, M..8/19/07	730 Corrdean, D..4/19/08	2155 Feliciano, N..11/3/07
36	870 Moore, Ben..6/28/08	725 Howell, A..11/10/07	730 Wilson, M..4/20/08	2154 Harris, D..6/15/08
37	865 Murray, D..5/10/08	725 Stutes, C..3/8/08	729 Hendrix, R..5/5/08	2149 Petriño, A..5/4/08
38	860 Steifel, D..4/12/08	722 Lewis, J..10/6/07	727 Cole, C..7/21/07	2145 Manning, S..6/29/08
39	859 Phillips, B..9/22/07	722 Tillington, G..6/1/08	725 Reggith, 12/8/07	2143 Ewald, C..8/4/07
40	854 Barlow, R..5/4/08	720 Register, 9/8/07	725 Gilpin, J..1/19/08	2140 Saldivar, D..8/19/07
41	850 Gibes, A..8/19/07	716 Manno, T..11/18/07	725 Rowe, B..1/19/08	2125 Ufford, K..11/3/07
42	850 Schott, M..4/29/08	716 Overby, K..4/19/08	725 Herrman, S..3/30/08	2125 Gormus, R..11/18/07
43	850 Mahoney, T..5/17/08	715 Fetzer, E..6/29/08	722 Studevant, K..10/14/07	2120 Brandon, J..6/1/08
44	850 Ufford, K..6/28/08	711 Roberts, A..4/19/08	722 Damminga, G..10/27/07	2116 McNett, J..11/17/07
45	848 Gillingham, B..10/20/07	710 Dowling, B..10/14/07	722 Edgett, D..11/18/07	2116 Steifel, D..4/12/08
46	843 Thomason, H..7/14/07	705 Forstner, D..11/18/07	722 Barlow, R..5/4/08	2110 Court, M..12/15/07
47	843 Wilkerson, R..9/22/07	705 Peshek, J..2/9/08	716 Cahill, J..2/29/08	2083 Gaudreau, D..3/1/08
48	843 Christus, J..6/15/08	705 Robinson, J..4/13/08	715 Schott, M..4/29/08	2080 Patterson, J..12/1/07
49	840 Brandon, J..6/1/08	705 Schott, M..4/29/08	710 Ewald, C..8/4/07	2077 Mikesell, B..2/17/08
50	835 Saldivar, D..8/19/07	705 Luckie, M..5/11/08	710 Hoskinson, J..1/19/08	2075 Payne, J..4/12/08
51	835 Kovach, B..10/27/07	700 Hodge, M..8/11/07	710 Payne, J..4/12/08	2061 Moore, B..6/14/08
52	832 Grove, J..2/16/08	700 Shields, A..8/19/07	710 Manning, S..6/29/08	2050 Kahle, R..8/5/07
53	830 Lenigar, M..10/27/07	700 Crawley, S..9/8/07	705 Lewis, J..7/15/07	2050 Brown, M..8/19/07
54	826 Fiss, 6/15/08	700 Feliciano, N..11/3/07	705 Hulslander, D..7/15/07	2050 Barlow, R..5/4/08
55	825 Manning, S..6/29/08	700 Hoskinson, J..11/8/07	705 Coleman, T..8/19/07	2044 Phillips, B..9/22/07
56	821 Dowling, B..10/14/07	700 Smith, M..1/29/08	705 Davenport, S..10/14/07	2039 Seacy, J..4/12/08
57	821 Searcy, J..4/12/08	700 White, M..4/19/08	705 Knowles, J..11/11/07	2039 Thomason, H..5/10/08
58	821 Shull, T..4/19/08	694 Lade, S..3/2/08	705 Bell, M..12/1/07	2039 Fiss, 6/15/08
59	815 Forby, T..10/27/07	685 Likens, W..6/7/08	705 Lahourcade, R..12/1/07	2030 Gibes, A..8/19/07
60	810 Damminga, G..10/27/07	683 Hodge, R..9/15/07	705 Roberts, A..12/1/07	2030 Shields, A..8/19/07
61	810 Ginez, F..3/29/08	683 Theriot, G..6/1/08	705 DeGiovine, J..2/23/08	2028 Davenport, S..10/14/07
62	805 Barbaccio, A..11/18/07	680 Clark, C..1/19/08	705 Pope, J..2/29/08	2017 Damminga, G..10/27/07
63	805 Biggs, T..3/29/08	677 Saldivar, J..12/1/07	705 King, B..3/1/08	2011 Prince, G..5/4/08
64	804 Feliciano, N..11/3/07	677 Watts, W..4/12/08	705 Henderson, T..4/29/08	2010 Peshek, J..11/3/07
65	804 Beckham, G..12/1/07	677 Mott, W..6/14/08	705 Courtard, N..6/7/08	2006 Shull, T..4/19/08
66	804 Mikels, B..2/17/08	676 Lewis, D..6/21/08	701 Reich, K..11/18/07	2000 Neal, M..9/22/07
67	804 Isabella, T..6/29/08	675 Janek, C..12/1/07	700 Dillard, T..7/26/07	2000 Morrow, J..11/10/07
68	800 Pugh, J..7/22/07	675 Harris, M..12/15/07	700 Barbaccio, A..11/18/07	1995 Wilkerson, R..9/22/07
69	800 Pesek, J..7/29/07	672 Sheffield, J..7/29/07	700 Yager, C..12/2/07	1980 Beatty, M..8/19/07
70	800 Pegg, J..8/19/07	666 Barnes, S..6/1/08	700 Byerly, S..3/29/08	1978 Beckham, G..12/1/07
71	800 Neal, M..9/22/07	665 Lenigar, M..10/27/07	700 Gentry, J..4/26/08	1975 Forby, T..10/27/07
72	800 Fishbein, R..10/13/07	661 Ryan, R..9/1/07	700 Walker, C..5/17/08	1962 Freiwald, Z..12/2/07
73	800 Gormus, R..11/18/07	661 Hobmeier, M..1/26/08	700 Hinckman, K..6/29/08	1951 Pugh, J..7/22/07
74	800 Saccone, N..2/16/08	661 Gralnik, T..2/16/08	699 Vick, J..10/13/07	1951 Biersbach, R..8/4/07
75	800 Davis, D..3/29/08	660 Raines, D..8/5/07	699 Dowling, B..10/14/07	1951 Allred, T..2/23/08
76	800 Knowles, S..5/17/08	660 Coles, Z..1/19/08	699 Hedlesky, M..2/29/08	1945 Mahoney, T..10/20/07
77	799 Lane, T..4/13/08	660 Fay, C..2/23/08	699 Thomason, H..3/1/08	1945 Summer, B..3/1/08
78	782 Ewald, C..8/4/07	660 Johnson, W..2/23/08	699 Freiwald, Z..4/12/08	1940 Gilkin, P..W..12/2/07
79	782 Kahle, R..8/5/07	650 Ewald, C..8/4/07	694 Welch, E..11/18/07	1940 Gilkin, P..J..19/08
80	780 Briggs, T..2/23/08	650 Cartwright, S..8..11/07	694 Isabella, T..6/29/08	1940 Knowles, S..5/17/08
81	777 Martin, C..10/14/07	650 Gormus, R..11/18/07	683 Kahle, R..5/5/08	1934 Hendrix, R..5/5/08
82	777 Allred, T..2/23/08	650 Marchant, D..11/18/07	683 Madvig, B..9/15/07	1934 Isabella, T..6/29/08
83	777 Gaudreau, D..5/5/08	650 Gaudreau, D..3/1/08	683 Phillips, D..2/23/08	1930 Kovach, B..10/27/07
84	771 Biersbach, R..8/4/07	650 Borstad, T..4/19/08	683 Nickerson, J..4/12/08	1929 Wenningham, J..4/5/08
85	771 Jordan, A..4/12/08	650 Bankston, B..4/19/08	683 States, C..5/4/08	1918 Leo, J..12/1/07
86	766 McNett, J..11/17/07	644 Schultz, D..3/1/08	680 Mahoney, T..10/20/07	1918 Lane, T..4/13/08
87	766 Hendrix, R..5/5/08	644 Southwood, K..5/4/08	680 Janek, C..12/1/07	1912 Flonta, D..2/17/08
88	765 Beatty, M..8/19/07	639 Christus, J..7/15/07	680 Gaylor, R..3/29/08	1910 Davis, D..3/29/08
89	755 Davenport, S..10/14/07	639 Dickey, D..6/1/08	677 Gaudreau, D..3/1/08	1907 Dennis, C..3/15/08
90	755 Summer, B..3/1/08	636 Kadrik, C..12/1/07	677 Grill, M..6/7/08	1905 Biggs, T..3/29/08
91	755 Smith, H..3/16/08	635 Saldivar, D..8/19/07	675 Wenning, M..8/19/07	1905 Ginez, F..3/29/08
92	750 Morrow, J..11/10/07	635 Petrov, A..9/15/07	675 Lenigar, M..10/27/07	1901 Israelson, M..5/18/08
93	750 Patterson, J..12/1/07	635 Nutter, S..4/5/08	675 Gormus, R..11/18/07	1900 Walker, C..5/17/08
94	750 Boyce, A..3/29/08	633 Patterson, K..9/9/07	675 Steltenkamp, D..6/29/08	1884 Jordan, A..4/12/08
95	750 Nichols, J..3/29/08	633 Anderson, R..9/15/07	672 Castro, J..11/18/07	1880 Boyce, A..3/29/08
96	750 Taylor, R..3/29/08	633 Aleaga, V..11/18/07	672 Forstner, D..11/18/07	1879 Martin, C..10/14/07
97	750 Payne, J..4/12/08	633 Karabel, L..12/2/07	672 Ryder, K..2/29/08	1875 Moore, Ben..6/28/08
98	749 Harris, S..6/15/08	633 Prince, G..5/4/08	672 Forester, C..3/1/08	1870 Fishbein, R..10/13/07
99	749 Westbrook, J..6/15/08	633 Kolberer, R..6/1/08	672 Denison, S..6/14/08	1867 Benefield, T..11/11/07
100	749 Oxx, S..6/15/08	628 Dolan, J..1/26/08	670 Saldivar, D..8/19/07	1855 Lahourcade, R..12/1/07

ER-RACKS

**THE CHOICE FOR CHAMPIONSHIP
MEET DIRECTORS WORLDWIDE**

Angled rollers on the uprights make lateral adjustments easy and safe.

Easy Pin Adjustments. Solid Core within Uprights Makes Pin Slide Easily Through.

No Special Tools Needed to Assemble or Transport. 55" x 18" x 22" Box Fits in Your Car!

No hydraulics! Use Lever to Quickly Lift Any Amount That Can Be Loaded On the Bar.

Switch from Squat to Bench Configuration in Minutes!

Adjust Uprights to Wide or Narrow While the Bar is Still on the Rack!

Spotters Platform for Additional Ease and Leverage for Lift Offs and Spotting



\$2,400 Plus Freight
Delivered to Your Door!

www.er-racks.com

LIFTERS TOP TO BOTTOM: JEFF DOUGLAS AND DAISUKE MIDOTE - PHOTOS CHRISTY NEWMAN

Adjustable Bench Safety Bars Protect Lifters While Benching Maximum Loads!

INZER

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE™

MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.



13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort.

Extra firm leather will conform over time for a permanent personal fit.

Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style

suede both sides, suede inside only, or smooth leather both sides.



- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

- Highest quality suede provides non-slip surface.
- NOT BRADED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

WE MAKE POWER GEAR A SCIENCE

1-800-222-6897

INZER® POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.



**SOLE MOLDED
TO PERFECTION**

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

INZER POWER SHOE \$119.95

Available in solid white with scarlet red logo.
Solid black available soon. Sizes 4 1/2 - 15

**INZER®
ADVANCE DESIGNS**

The World Leader In Powerlifting Apparel
P.O. Box 2981 • Longview, Texas 75606
800-222-6897 • 903-236-4012