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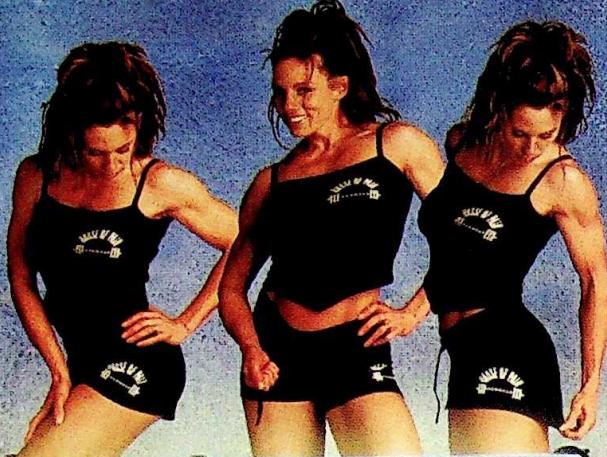
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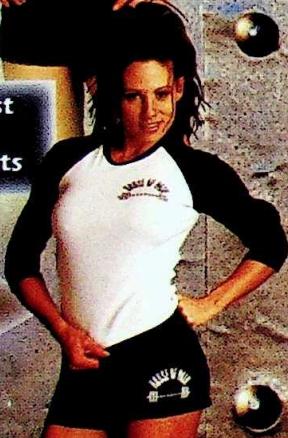
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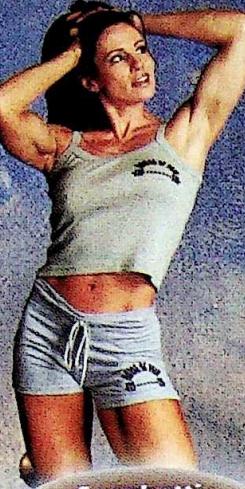
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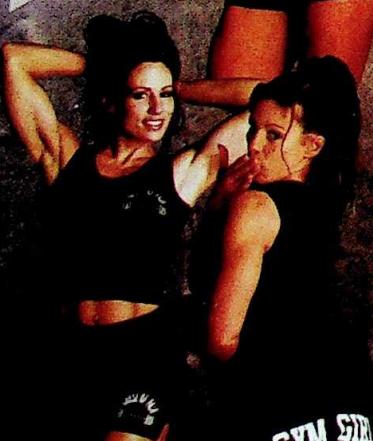
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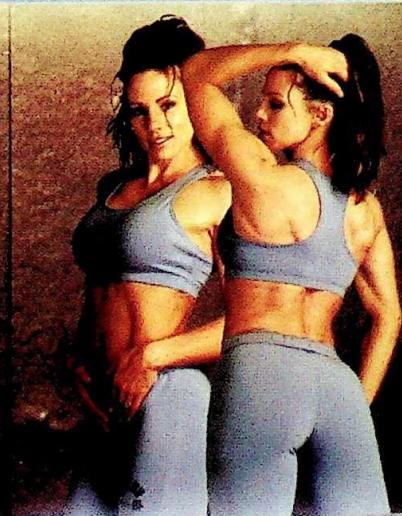
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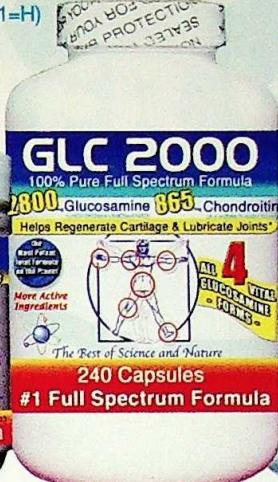
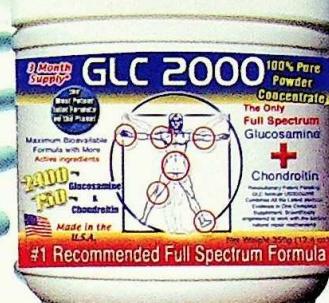
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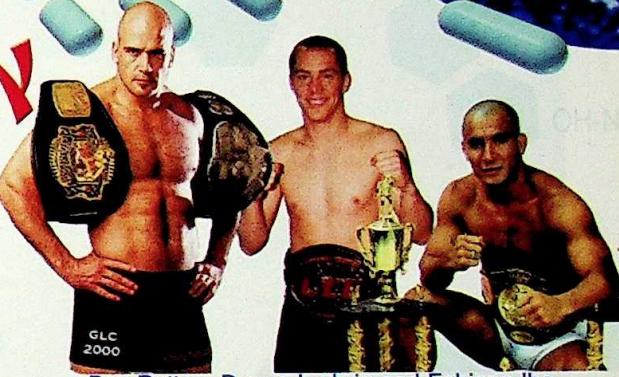
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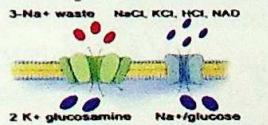
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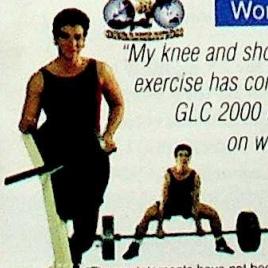
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ON THE COVER Gene Rychlak Jr. (photo by Ned Low)

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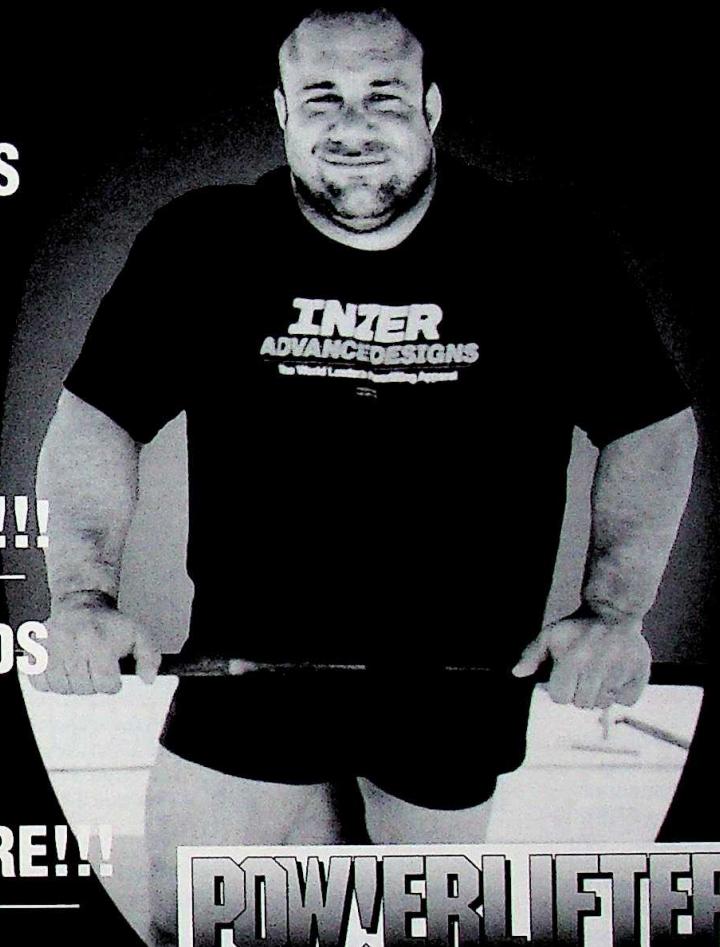
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Promoted by Wendy and Bruce Greig and under the auspices of the C.P.C. (Canadian Powerlifting Congress); this year's North American Championships was a rousing success. The event was held at the Calgary Stampede Center in Calgary, Alberta, Canada. This was the same location as the 1999 WPC World Championships and is where this year's WPC Worlds will be held at the end of November. A Greig staged promotion is always a perfect event and this one was no exception. Last year's facility in Red Deer was spacious, but was about an hour and a half drive away. In view of the fact that this event was a WPC and WPO qualifying event, I was expecting a deluge of Americans to showcase their talent, but I'm embarrassed to say that only 10 USA lifters made the trip north of the border, half of them came representing the Los Angeles Lifting Club from Southern California. The Aviglianos appreciate Bruce's promotional skills bringing several of their up and coming trainees to taste PL competition for the first time. This time everyone from Bruce's Back Alley Gym worked like troopers, helping in every aspect including the set up and teardown. Calgary is one of the top 3 cleanest cities in the world. No graffiti anywhere. Referee, Technical Director, and Computer result tabulator Gordon Santee flew up from California to offer his expertise. Wendy

WPC North Americans

as told to Powerlifting USA by Herb Glossbrenner



Igor Shestakov with the new All Time Record squat of 804 lbs. in the Middleweight class. (Photograph courtesy of Herb Glossbrenner.)

Greig's daughter Wendy did a superb job as emcee. Bruce himself had squatted 909 at age 50 last year, but was debilitated by injuries this year, noticeably limping in sciatic misery; a few days away from having his long disabled shoulder

surgically repaired. It kills him being unable to lift in the upcoming WPC Worlds he's running. The good news is he'll be back next year, making a run for that long delayed 500 plus bench press and that 1000 kg. TOT barrier that's been waiting for him to

crash. He can look forward to many more WPC World Master Records.

Women - fourteen women geared up for action Saturday morning. Last year's heroine Nance Avigliano was on hand to assist Joe with their lifters. She'd inspired many of the girls up here lifting for the first time this day with her spectacular performance in 2002. Retired from Powerlifting, she has set her eyes on another prize: making the Winter Olympic Games in the Women's downhill 'Skeleton.' It's like the luge, careening headfirst and bellydown at incredible speeds. We all wish Nance the best in her newest challenging endeavor! At 114, and perhaps in her first meet, Butenko trained - Russtan born Natalis Frolov, 24, went 9 for 9 - displaying poise and solid looking technique. Her well balanced lifts of 286, 154, 264 - TOT 705 earned her the outstanding lifter award for Open Women. Luzia Montens, 40, won the 123 class, age group 40-44, in her first meet. Pigtails gave her a fresh 'country girl' look. Wendy Greig, 45 @123, entered her new age group with a bang. Proof positive was her nifty 358 SQ, the best I've ever seen her do. Her back was feeling gimpy, but she still pulled 336 for an 848 TOT. Lora Greco, 48, suffered double indignation. She's a hero to a lot, but zeroed in the squat. Later she had to explain to LALC's Jason Greco that they shared the same 2nd

Pyrros Dimas (GRE) had his head in the jaws of defeat at the 2000 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. Randall J. Strossen, Ph.D. photo (Sydney, Australia).

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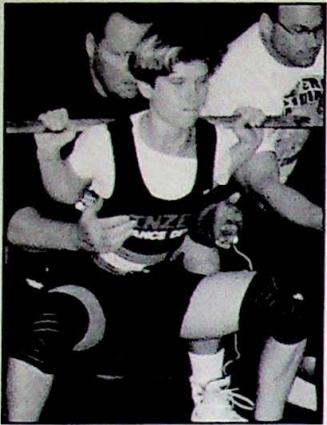
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Natalia Frolova Best Woman Lifter

family name, but were Indians of different tribes. Karen Watson, 34, looked sharp and improved her total 66 lbs. since last year, for submaster gold @132. Cindy Irving, 40, and Bernice Green, 46, looked good in their first competition, both as 132ers. Cindy pulled up 236 to win her age bracket. Bernice Green was recruited by Nance to take up PL, after she observed last year. This bodybuilder, a composite of Melanie Diamond's face with Nance-like muscles and long flowing blond hair took the suggestion to heart and looked sharp; 308 198 308 for 815 in her platform debut. She's found that PL is more physical and less political. Michele Nuefeld, 22, @148 is young and hungry. She's GOT SQUAT and proved it. First 341, then a big 396.8 for 3W and a new Canadian Record. Suffering a Nance flashback, she took a crazy insane 99 lb. jump to 496. We'd say she dared to do it, but today she barely moved it. She BP ed 143, pulled 358 (2nd), and gave 402 a tug - TOT 898. Shari Spencer, 34, proved she is the right type for spikes! Her new hairdo looked real sharp, if you know what I mean. Her lifting was much improved; 104 lbs better TOT than last year. SQ: 385.8, miss 413.4. BP - a big 242.5. (even tried 259) a CPC Women's National record. Her 363.8 DL gave her a 992 TOT. Shari Weighed 155.4 and claimed 75 kg. Submaster honors. Kate McLean, 41, won the 40-44, 165 lb. class gold. Northern Californian Nicolai Meador, 36, was USA's rep here. Adopted by the L.A. Lifting Club, she's been doing Joe's program and did her first ever PL meet here. At 176 lbs, she was overly cautious and came in well under the 181 limit. She went 8/9, with a 363 SQ, 192 BP. She got 203 up, but seesawed it for her only miss. Anatomically constructed for DLing, she fulfilled her destiny... 3 pulls; final 402.3. Impressive! Total 959. A couple of new faces got their feet wet: Donaline Dolan, 34, and Linda Belencuck, 45, won their age groups unopposed with new inspiration to continue. Linda hopped up a big 396 SQ, not knowing her own

strength which brought "ohs" and "ahs" from the impressed audience. Leslie Miller, 54 is a raw-boned farm girl grown up. Hard chores help develop her natural strength. Her exuberant personality is contagious. Her big 3rd attempt 429.9 SQ was like a paperweight. I'm told she's done over 500 in the gym. Whether it be plucking chickens, milking cows, or hoisting iron, Leslie is always "the best she can be!"

Also on Saturday AM, the Teenage and Junior Men lifted in Flight A with the submaster women. That afternoon all submaster and master men competed. Sunday was reserved for Open Men, 275, 308 and Super. The afternoon session saw all the Men's Open lighter classes through 242. For EZ reading I'll continue covering all the men's competition by individual bodyweight classes, covering all the divisions.

MEN 132 - Gary Bobrovitz, 51, didn't make the 375.9 WPC WR SQ he tried, but hammered home a great 249.1 BP, which was a new WR. His 44 lb. jump after his DL opener (270 to 314) was too much. His 855.4 TOT could be over 900, and include a gold medal, with hard work up until the Worlds. Gary Reichard, 43, was the only 148 class lifter of the whole meet, but he was very strong: SQ-573.2, BP-292.1 and DL - 507, TOT-1372.4 - fine lifting. His giant frog-leap to 562 in the DL didn't move. Rabble rouser Vince Graham, 39, was a hot potato at 165. His TOT was a big 1642.4, which not only included a big 639.4 SQ but a CPC record 402.3 bench, and a great 600.7 DL. Which brings us to the meet's best lifter for open men! Soviet born Igor Shestakov, now residing in Canada, is holder of the All-Time World's best SQ @ 181 with an 848.8 done at this meet last year. He increased that this Spring at the CPC Nationals to 854.4. He wanted to have the all time best squat in two bodyweight classes, so he subjected himself to the laborious task of reducing down to 165. He did it the hard way - sitting in the sauna. Russians are tougher than the average bear, and Igor made

this a one-time shot to immortalize himself in PL History. Coming in at 163.8, his smart coach Andrey Butenko wouldn't allow Igor's heart to overrule his head. Compensating for an expected loss of strength due to dehydration and weight reduction his first attempt was still an awesome 350 kg. (771.6). No middleweight had ever started with this much (even in the WPO, which has a 48 hr weigh in!) No question depthwise. He took it low and struggled up. Next he would try to exceed one of the oldest records in PL; that being the 362.9 kg. (800 lb.) lift done by PL legend Rickey Crain seven years earlier at the IPA Nationals in MD. Clad in his "Frantz canvas" suit, he took 804.6, and went slow and controlled to the hole. It clearly was below the parallel plane. Standing up was an ever so slow struggle, but, Igor did it. It was a lift of indisputable credibility, a new WPC World Record that exceeded the official WPC Open Men's 165 WR from the '96 APF Nationals where USA's Jay Rosciglione dunked 766. Igor had tapped his well nearly dry, but still he tried 815.6 on his 3rd attempt, reaching good depth, but he stayed there. BP - a 385.8 opener was good, then he did a miss-make with 396.8. For Shestakov, his sumo DL is hit or miss. He made a 617.4 opener (1818.8 TOT), but missed twice w/ 661.4. We'll see Igor back up to 181, where he belongs, to go against Ron "Lionheart" Palmer for the Open Men's WPC World Title. Can a Russian bear gobble up a Hoosier Lion? We will see which beast will feast?

181-Tyler Tessler, 18, has choir-boy look of soft innocence. I told him he'd be up a couple of weight classes with big improvement when I saw him at the 2002 meet. Last year at 148 he did 402 181 391. This day he posted big time lifts of 562 SQ, 314 BP, and 501 DL (could've pulled lots more) TOT 1377.9. That is an increase of over 400 lbs. in one short year. Cody Young did well in the Juniors while Archie Ulry, 47, tacked a lot of iron on his total, up to

1306 from the 1162 he did last year, in the same 181 category. Ken Allen 181 33-39 top honors with a 1411 TOT on 2nd attempts. Roy Mitchell improved his total a whopping 99 lbs. since last year. He's 74, and that is remarkable. David Hanson, 28, got 2nd place to James Slyk, 41, in the 181 Open Men's division.

198 - Jordan Judge, 20, was yet another inspired competitor. Hewon last year with 518 242 523 for 1284. He sat deep with his canvas suit with 633.8, and was happy as can be when they passed it. He zapped his 2nd BP (347.2), then made a giant leap of faith to 413.4 which was real close. His DL(501.5) declined since last year, and he waived his 3rd. TOT - 1482.6 - a gain of 198.4. Andrew Fisher, 39, took bronze in a 3 man lift-off in the submaster division with a 1262 TOT. Runner-up, in his first contest, was Shea Aubichon, who qualified himself for the "A" Team at L.A.L.C. Shea is married with children and has only been seriously training powerlifting for a little over a year. He has a grueling job working as an electrical lineman, on graveyard shift. Yet this tenacious young man never misses a workout and follows Joe Avigliano's program religiously. He showed great promise with his 8-9 performance: 628 SQ, 567.7 DL and a 1554 TOT, making him a new holder of L.A. Club records. His 352 BP was also a personal best. In a year or so Shea will reach Elite. Brian Johnson, a seasoned performer, sports a ponytail twice as long as Shea's adornment. Brian made a great 722 SQ, 325 BP and 617 DL for 1664.5 and the gold. Winning the 45-49s and 60-64s with 992 and 1383 sums respectively were John Ashby, 48, and Birchmans Pereira, 61. Jason Zalewski, going it alone, made a nice 661.4 SQ, but left the open title vacant when he failed all his benches.

220 - Redhead Randy Etsell did his last meet as a submaster, as he will be 40 by the upcoming Worlds: 738 SQ, 418 BP, and 666 DL for 1824 TOT. He missed tries with a 451 BP and also attempted to pull 699! Fellow countryman Trevor Andrus earned runner-up silver with a 1697 TOT which included a CPC National Record 462.9 BP. Dale Fuller, 42, Norm Lambert, 52, and Wayne Ferris, 58, all lifted in different age brackets solo for uncontested golds. Daniel Feddema, 34, came down a weight category yet still duplicated the fine 1929 TOT he'd made last year @ 242 for a new CPC record aggregate. Sporting tattooed big arms and responding to the audience chants of "Danimal", "Danimal", Dan started out setting a Canadian mark with a 799.1 SQ (and came up with a big 837- not passed) and popped yet another with a 545.6 BP. A new recruit Tim Ironside, 29, @208 looked great doing 683,413,



LALC Team top row, l-r, Joe Avigliano, Butch Pierson, Brad Bartos, Shay Aubichon, Jason Greco. Bottom row, Nicolai Meador, Nance Avigliano, and Brian Meek. (all photographs by Herb Glossbrenner)



Skip Sandberg with a WR 617 DL

578, for 1675.

242- Chris Harker, 23, claimed the Junior accolades. Marc Berthuame, 35, distanced himself from Shane Parker via his 628.4 SQ, winning his age group in a romp. Brent Stradeski, 40, (231.4) posted an impressive 727.5 CPC National Record SQ. Duane Fuss, 46, was a bit off the pace of last year: 722 SQ, 485 BP, 617 DL for 1824 TOT. He easily won his 45-49 bracket. Runner up was Butch Pierson, 48, another new recruit from L.A. Lifting Club. The 242 Open was a real fight – of neophytes. An LALC duo of Jason Greco, 29, from Burbank, CA, and Brad Bartos, 32, from San Diego, CA, were engaged in their first ever PL meet. Bartos rose to the occasion, nabbing huge PRs in both Squat (628.4) and BP(407.9). After his 562 DL slipped from his grasp, and he got a royal ragging from his teammates. I stuck up for him explaining that he was just trying to imitate his hero Brent Mikesell whom he'd met for the first time here. Jason Greco is LALC's resident court jester. What Jason lacks in poise he makes up with noise. He showcased his genetic superiority here; SQ 727.5 (3rd - good for more), and a 485 BP. DL opener - 551.1 (effortless). Second attempt 600.7 - looked hard, completed, but up and down for no lift. Then it was discovered the bar had been misloaded to 650.3. So, he got his 2nd attempt over with the right weight (600.7). He made it and went on to make a gutsy 622.7 on a final attempt - TOT 1835.3.

275- Scott Cummins was off and running. At 19 and 261, he's a big boy with a bright future, if he can get his DL moving. Scott squatted 606.2 and made a 4th attempt 409 BP for an AWPC WR. Matt Hrycha, 40, was the surprise gold medal winner when projected winner Tom Brooks, 44, pulled up lame. Tom negotiated his 677.9 2nd attempt SQ no prob-

lem. Setting up for his final lift of 733, he aborted the lift and dropped out. Hrycha coasted to the finish line after pulling a big 661.4 2nd passing his final lift. Other recipients of the spectacular 5" gold medals that Bruce offered here were; Alex Nita, 45, and Jerry O'Connor, 56, in their respective age brackets. Colin Bonneau, 55, was runner up to Jerry busting the CPC BP record with a powerfully punched 474! Colin lays claim to being the World's Strongest Church Organist. Bonneau saved his best for the bench only competition. We'll cover that later. Always a showstopper, USA's Skip Sandberg, now 63, is the World's best in his 60-64 age group. He weighed in at 246.3, barely over the 242 limit. Skip wanted to add some more WRs to his vast collection. He remembered too late (after leaving the stage without being checked) that his 600.7 was a WR. He also delivered a WPC WR DL as well as a record 1636.9 TOT following his modest (for him) 418.9 BP. Zach Hudak, 23, the Pittsburgh Powerhouse, had equilibrium problems setting up. When he finally walked his 815.6 out, he was denied it due to depth. A unhappy camper, he quickly apologized for his outburst and was allowed to BP and DL. He made a 589.7 BP opener, well off his best of 625. On his 2nd try he pulled 760.6 easily, but got over zealous trying 804.6. He'd had high expectations and was very disappointed. There is a 2300 TOT in him, sooner than you might think.

308- Adam Blasetti, 23, 282.5 nabbed the Junior Division gold with a 1609.3 TOT. Pat Mallough, 46, dunked all 3 good - 727.5! He also was impressive with a 705.4 DL. Pat had no choice but to take a token BP(132.31), the minimum requirement to carry him through, due to injury. Brian Meek, 57, lifted twice; first winning the Masters 308. In the Open competition we got a full dis-

play of his brilliance; an 815.6 SQ at 281 bodyweight and age 57 is awesome. He also blasted up a 551 BP like a rocket, even though it was an inch or so from touching his chest. The Open Division saw Tim Griffin, 28, pick his attempts wisely, going 8-9 and scoring 1890.4 for 5th place. In 4th place was Jim Thompson, 35. Last year he was shy of his goal to break 2000. This year he looked impressive with an 826.7 SQ (no misses). Ditto the BP, with perfect weight selections(534.6). DL- 705, a 2nd, missing only his 722 final effort - TOT 2066. At 6'6" from Billings, MT (USA) at 293.8 he still has room to pack more muscle on his frame. It was nip and tuck for the silver medal between Tom Fannon (aka Williams) of USA and Canadian David Gratton. Fannon, now 32, returned to the platform last year at this meet getting 4th @ 275 with 2017. David Gratton, 31, @282.5 has a legacy to live up to. It's a genetic hookup that goes back 50 years. David's maternal great grandfather, Gerald Gratton, was a world class weightlifter. Gerald died in 1963, eight years before his namesake would be born. The elder Gratton was 5th @ 165 in the 1948 Olympic Games in London with a 292 press, 237 snatch and 308 clean and jerk. He surprised the World, claiming a silver medal for Canada in the 1952 Olympics in Helsinki, Finland. It was there the amazing Canadian in the middle-weight category(165.3 bwt.) posted lifts of 270.1 press, 248 snatch, and 341 clean and jerk. Back to the action here, both men were hot to squat. Both succeeded with an 876.4 SQ. Gratton worked up to it on a 3rd to take a bodyweight lead into the bench. Fannon made it on a 2nd attempt after a titanic struggle to come up. Caught up in the moment, Tommy tried 903.9, but quickly aborted the effort. Gratton deliberately pressed, in turn, 540, 562, and

finally 584.2. Fannon got a ragged looking 589.7 opener and twice tried 633.8 - too heavy. Gratton lifted all 3 DLs(661.4). Fannon first elevated 639.4, then tried 688.9. The 308 winner was a big surprise. It marked the return of Allen Meehan, now 30. The former WPC Open Men's WPCWR holder in the SQ(1010.8) had been sidelined for some time with what many believed to be career ending injuries. He came back with a vengeance here: SQ - 837, and 926 were good lifts. Up to 1003, he got stuck in the hole. In the bench, Al was obviously improved - 595.2. DL - 650, then 688.9, before missing 716.4. -TOT 2221.1. Al looks like a shoe-in to win his first WPC World Title with Israel's Oan Basson waiting for the WPO Superfinals next February.

Superheavies - the Canadian supers had improved dramatically. Three of the four of them did better than ever. Tyler Spearin, 31, (395 lbs) took 3 tries to get his 661.4 SQ passed, then zeroed in the bench. Den Desjarlais, 39, 344.5 had a very good day; 749.6 SQ, as he only took 1 attempt. Len's 534.6 BP, 664.7 DL, and 1948.9 were a triplicate of AWPC World Records for submasters. Bill Baker, 28, (336.5) came through with the best lifting I've seen him do; SQ- 771.6, BP - 468.4, DL - 666.9, TOT- 1907. Mags Schultz, 27 (363.1) had the best performance of his lifetime. He broke the 2000 barrier for the first time. His final SQ(804.6) was a beauty - 3W. He blasted 573.2 BP right up and gave 600.7 a spirited try. His flawless DLing was capped off with 661.4 for 2039.3. The prime time player was Brent Mikesell, 36, a teacher from Spokane, WA (USA). Brent loves to come to Bruce's meets and always thrills the crowd with his incredible squatting prowess. Brent is unquestionably the strongest dunker the World has ever seen. He holds claim to the TOP SQUAT of all time (1107.8) and is one of only 4 men in history who've TOT over 2500 - best 1140 kg/2513.2 on June 28, this year at APF West Coast Open in Newport, OR. He'd hoped to increase all his best lifts and total here. A few days beforehand, a monkey wrench was thrown into the works. A vehicular accident occurred when a guy ran a red light and hit Brent. His massive chest and ribcage was bruised from the steering wheel contact. He'd also whacked his cranium pretty hard against the windshield. Brent was not about to throw in the towel. He'd prepared hard for this competition, and came to give it his all. He opened with 1003 took it down and up. It looked uncomfortable. Up to 1058.2. He took it plenty deep, looking much stronger. Seems like he was just getting warmed up. This the 20th time he'd done over



David Gratton (Canada) has quite an impressive Iron Game pedigree.

(article continued on page 82)

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

(In mid-September Powerlifting USA's Ned Low got to spend some time talking to Gene Rychlak, who's had an amazing 2003, with an 815 bench, and a 1005 lb. squat. Gene was very articulate in assessing his powerlifting career; here are excerpts from the interview.)

Ned Low: How did you get into powerlifting?

Gene Rychlak: I've been training for 20 years. About 15 years ago I was training at a local YMCA, and they were shutting down for two weeks in the summer, so we needed a replacement. We ended up at a hardcore gym half an hour away, and to me it was a "mecca." When the Y reopened, all the other guys want back to it, but I stayed at the hardcore gym.

NL: What do you most enjoy about powerlifting and what keeps you competing?

GR: The quest of doing better. I'm never satisfied. Nothing's ever good enough. I want to be Number One.

NL: What are you proudest of in powerlifting?

GR: The combination of my 1000 plus squat and 800 bench.

NL: What are your PRs?

GR: 1005 squat, 815 bench, and a 2300 total.

And a 715 deadlift.

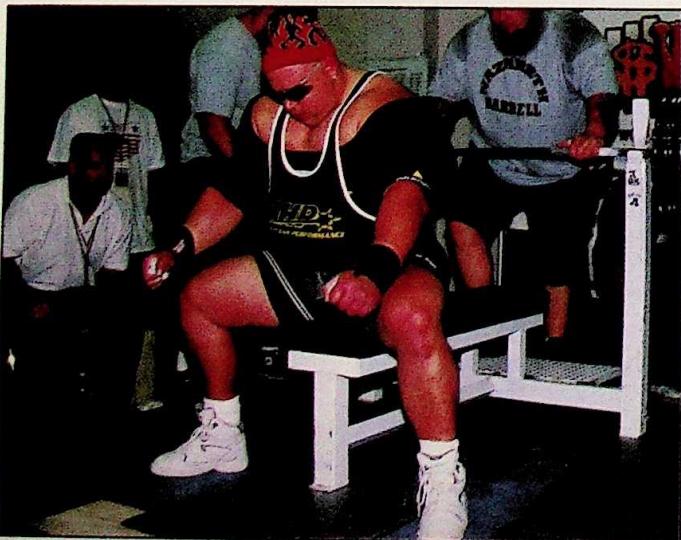
NL: What are your future goals?

GR: Benching 900, having the highest subtotal ever (beating Garry Frank's 1746), the highest total (Garry's 2640). And

Gene Rychlak Jr. interviewed for PL USA by Ned Low



Gene Rychlak Jr. Represents MHP now and will be going for 876 again in the bench at the IPA Senior Nationals



Gene went for it at the Bench Bash for Cash, jumping from 804 all the way to 876, trying to break Mendelson's All Time Bench Press Record

being the first guy to bench 800 in a full meet.

NL: Who would you like to thank?

GR: John Inzer, Gerard Dente of MHP, Bob Nagle and 5th St Powerhouse Gym in Reading, training partners Kyle Millheiser and Mark Hoffman, and my MHP teammate Joe Mazza.

NL: What are your training routines?

GR: It's a hybrid of the West-side System. I've utilized bands for two years, and my bench jumped from 585 to 815.

NL: How often do you train.

GR: We're on a 10 day program. For example 3 days on, one off, 4 on, one off; there are no regular days of the week.

NL: How has your training changed over the years?

GR: I used to do progressive overloads, pyramids, and percentages, and had set days. I don't do any of that now.

NL: Any tips for lifters?

GR: Open your mind. Seek out experienced lifters, to help you avoid overtraining and mistakes. Open your mind.

NL: Tell us about your meet directing.

GR: This year, and next year, I'll put on six meets, some sanctioned, some unsanctioned.

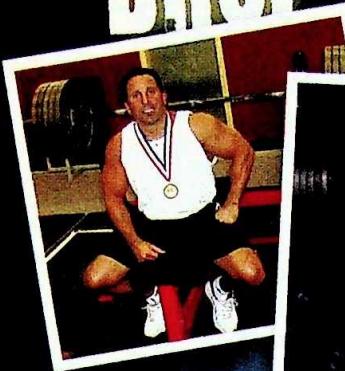
NL: What's the best contact information for you?

GR: www.rychlakpowersystem.com, is under construction right now, and should be ready soon.

NL: Gene, thanks very much for your time.

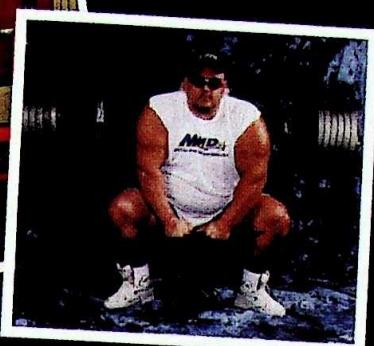
GR: Thank you.

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Joe Mazza

543 lb. Bench Press -
WPO Bench Bash 2003
Sight Set on 600 lbs!



Gene Rychlak

815 lb. Bench Press -
IPA World Championship 2003
Sight Set on 900 lbs!



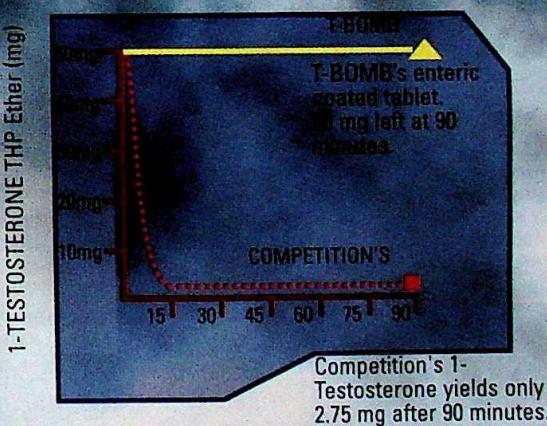
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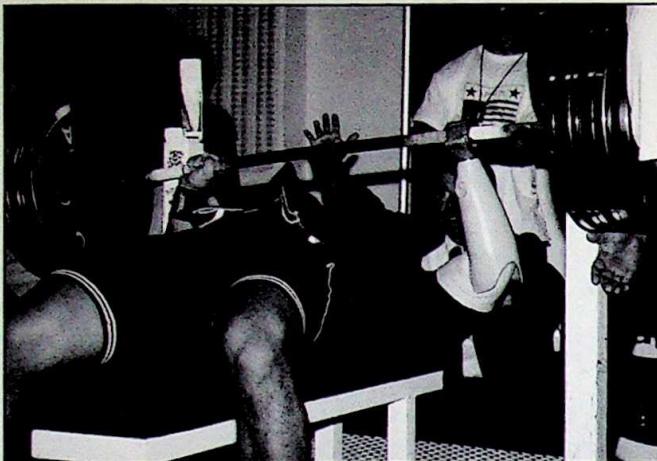
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WPO Bench Bash for Cash



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WPO Bench Bash for Cash - 27 SEP 03 - Orlando, FL

	Bodyweight	Lift	Status
Lightweight Class			
Markus Schick	74.15	272.5	World Record
Joe Mazza	74.25	245	
Brian Schwab	67.50	205	
Gerardo Perez	73.75	205	
Matthew Guthrie	66.35	150	
Middleweight Class			
Scott Albano	99.85	292.5	
John Wardell	101.8	292.5	
Rene Irnesch	95.60	277.5	
Rick Lawrence	99.95	275	
Brad Kelley	99.85	267.5	
Dewayne Nealy	89.70	262.5	
Greg Savino	82.25	255	
Christopher Smith	99.95	255	
Frank Caminita III	82.40	250	
Bart Kelley	99.95	242.5	
Craig Schmalz	82.40	237.5	
Stephen Hartlaub	89.65	235	
Heavyweight Class			
Shawn Lattimer	178.25	367.5	World Record
Gene Rychlak Jr.	158.10	365	
Dan Kovacs	139.12	340	
Brian Riley	141.15	340	
Joel Toranzo	134.90	337.5	
Miguel Rodriguez	154.60	330	
Bil Crawford	124.80	328	World Record
Bill Carpenter	109.80	327.5	World Record
Beau Moore	152.45	327.5	
Ben White	123.15	322.5	
Vincent Dizenzo	140.45	322.5	
Sebastian Burns	130.25	322.5	
Michael Hummel	112.30	282.5	
Bart Quinn	132.85	277.5	



Dan Kovacs hit a big bench.

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INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

Troy Ford: Please give the Powerlifting world some information about yourself?

Shawn Lattimer: My name is Shawn Lattimer. In the WNPF I'm often known as "Big Tiny". A lot of people just call me "Latt". I'm 6'2", and I weigh anywhere from 360 to 400 depending on time of year and my cardio level. I live in Southern NJ with my wife Laray and my bulldog Brock. I'm a mechanical engineer at a chemical manufacturing plant. I have a Bachelor's Degree in Mechanical Engineering from Drexel University, in Philadelphia, PA. I'm a Super heavy weight lifter, and I usually lift in the Lifetime Drug Free Open Class. I am also a member of Bill Crawford's Metal Militia.

TF: When did you start competing in the sport of powerlifting and the WNPF?

SL: My first competition was an unsanctioned touch and go bench meet. A few guys at my gym talked me into going. I was instantly hooked. I went to a few similar meets from 1997 to 1999. I probably did 2 or 3 meets raw, and then I bought a poly bench shirt and did a few more competitions. I first lifted in the WNPF in the summer of 1999. I lifted there for a while, and then kind of faded out for a year to try my hand at strongman competitions. I came back to the WNPF in late 2001. I became most active in the WNPF in 2002. I now officiate both Powerlifting and Strongman for the WNPF as well as competing in the Bench. I decided to compete in the WNPF for several reasons. First is the fact that the WNPF has probably the strictest judging in Powerlifting. If your lifts pass in the WNPF, they will pass practically anywhere. Secondly, I prefer to lift in a drug free federation. I like the level playing field. Third, they have many meets in my area throughout the year, so I can compete with a minimum of travel.

Shawn Lattimer interviewed for PL USA by Troy Ford



Shawn Lattimer went from the WNPF to the WPO in amazing fashion, winning the 2003 Bench Bash for Cash with an 810 bench as a Superheavyweight. (Steve Notaras photograph)

Last, but certainly not least, they run a well organized, fun, family style meet, and most of the lifters are a big group of friends. I really look forward to seeing all of my friends at WNPF meets.

TF: What are your best lifts?

SL: My best gym and meet lifts are: Bench - 810 in a double denim shirt in the WPO, 9/27/03; Raw bench - around 600. I have done 550 raw in competition in the WNPF. Squat - about 600 raw in the gym. This is not my specialty, and I have never squatted in competition. Deadlift - my best gym dead is 605 raw. Once again, I have never deadlifted in competition.

TF: Do you hold any national or world titles?

SL: I am the 2002 WNPF World Champion. I hold several American and NJ State records in the WNPF. I was the first lifter in the WNPF to bench 700 lbs. I also currently hold the WPO Heavyweight record, and I am the 2003 WPO Bench Bash for Cash Heavyweight Champion.

lem is that I love ice cream. I'm also a big steak eater, and I love potatoes. I'm a naturally big guy, so I don't focus on my diet much. I really don't need to gain size, and being overweight is not an issue at superheavyweight.

TF: What are your goals in the sport?

SL: My biggest goal right now is to eclipse the highest bench ever performed as a drug free lifter. I want to be the first person to bench 900 lbs., or at least break Scot Mendelson's current record. I'll be lifting in the WNPF worlds at the end of October, and I would like to set a PR and a WNPF World Record there. Also, I am currently qualified for the WPO meet at the 2004 Arnold Classic, and I would certainly like to win against that level of competition.

TF: What are your interests outside of the sport?

SL: Outside of Powerlifting, I actually have a bunch of hobbies. I spend a lot of time working on cars. I do most of my own repairs, and I do some customizing and modifying as well. I also install car stereo systems, and I am a bit of an audiophile. I read a lot, mostly horror and sci-fi novels. Also, I'm a movie buff, and I like action, horror, suspense, and sci-fi films. Other than that, I spend time with my wife and my dog. I am planning to purchase a Harley before the spring, so I'll soon have a new hobby as well.

TF: Any final comments?

SL: I want to thank my wife Laray for her support; she actually loves to see me compete. I have to thank Bill Crawford and the Metal Militia for teaching me a better way to bench. I also want to thank Karin Klein for making my equipment and helping me out so much. I want to thank the WNPF for giving me a place to compete, and a place to meet literally hundreds of great friends. And, I want to thank Powerlifting USA, for continuing to help advance what I consider to be the greatest sport around.

INTERVIEW

Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

Interview with Germany's Markus Schick shortly after his historical 600lb bench at 165. For PL USA by Thomas Klose, Germany

Thomas Klose: Congratulations, Markus. 3 years ago I interviewed you for PL USA. Then you mentioned that a 600 lb. bench would be a dream for you? Now this mark is history with your performance at the WPO Bench for Cash. How do you feel right now?

Markus Schick: I am extremely happy and still can't believe what happened at the "Bench Bash for Cash". My dream has come true - to be the lightest athlete in history who made the 600lb barrier.

TK: What was your overall impression at the meet, with all those 700lb + lifts etc.?

MS: This was an incredible competition, unique in its outcome. 12 athletes pressed a least 700 lbs., 2 did more than 800 lbs. And there was one nearly good attempt with 876 lbs. This competition made history.

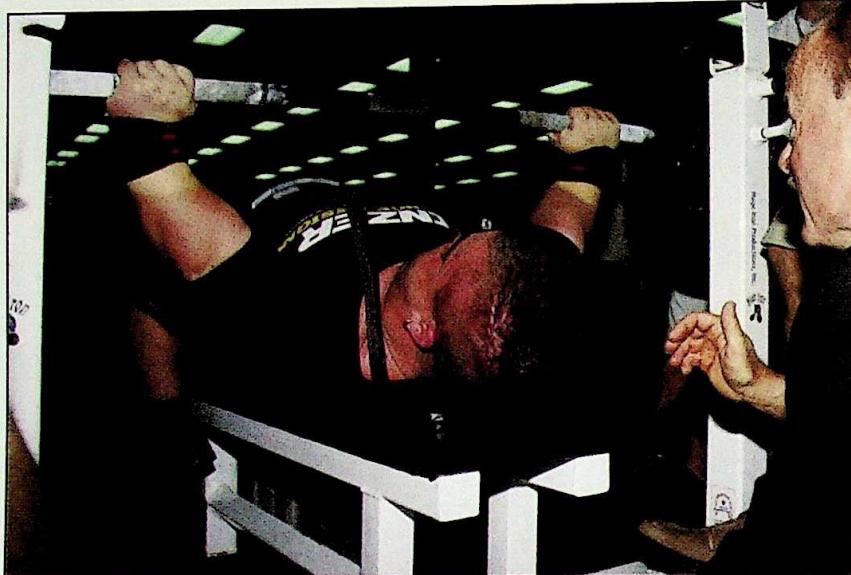
TK: Looks like jet lag etc. isn't that much of a problem for you. How do you manage those short trips to the USA from Frankfurt, Germany?

MS: Concerning the travel to the USA the "jet lag" has never been a problem, because I arrive in the evening. I stay awake for a few hours and then go to bed. Going back to Germany is a bigger problem. I arrive in the morning there, when it is night time in the US. But I don't mind, as the competition is over.

TK: What was your feeling in the days before the meet. Had you planned to break the 600 barrier?

MS: I was a bit nervous, as always. I didn't know how non-adjustable bench racks would affect my performance. My training had gone very well, but I did not think for one moment that I would break the barrier at

Markus Schick interviewed for PL USA by Thomas Klose



Markus Schick benched 600 lbs. at the Bench Bash for Cash (courtesy Steven Notaras)

that time.

TK: I know that you traveled alone. Who actually handled you in Orlando?

MS: I had two extremely good coaches in Orlando that made this day and this success possible for me. Mario Flueckiger from Switzerland, who also coached Rene Imesch, handed the bar to me on the stage and eliminated the problem with those fixed racks completely. My second coach was my best friend and training partner Gunda Fiona von Bachhaus, who supported me mentally in our workouts and led me to this success in Florida. I dedicate my victory and this special day to her.

TK: What training routine did you use for the meet preparation?

MS: I used the 3x3 method of Mieczyslaw Szafranski and Stefan Korte which I modified to my needs with band and chain work and some lockouts in the Smith machine.

TK: Can you give us a short overview of your last week's training poundages

MS: Until about 4 weeks be-

fore the "Bench Bash for Cash" I trained without a shirt. My highest load was a solid single with 230 kg. (507 lbs.) and 4 reps with 200 kg. (440 lbs.) all without the use of a shirt. My best single with a shirt was 265 kg. (584 lbs.)

TK: What kind of shirt did you wear?

MS: I wear the double layered INZER Phenom with Velcro.

TK: Any thoughts of changing to the more radical fabrics?

MS: I got some tips from Bill Crawford, and because of that I will try to change to a denim style shirt. I hope to compete in a denim shirt at next year's Arnold Classics with Bill's help.

TK: Could you take advantage of the 48 hour weigh-in rule?

MS: I do not get any advantage from the 48 hour weigh-in. My weight is pretty much the same at about 74 kg. (163 lbs.). I weighed this at the weigh-in and on competition day.

TK: Would you consider bulking up to, let's say 175 lbs., dehydrate for the weigh in, then get the weight on again?

MS: To be honest, I am not convinced about this idea. I

think the risk of injury would increase due to the dehydration. I am not willing to play with my health. I feel good and strong enough with my current bodyweight.

TK: With Fred Boldt and Joe Mazza you face a new challenge at next year's Arnold. You have met them both. What do you think about your toughest competitors? How will they influence your next training cycle?

MS: The "Arnold Classic" 2004 will be one of the toughest events of all time. A real thriller. All 3 categories are close. Fred and Joe are exceptional athletes, who will make my life hard there. It will be a tough fight between us three and August Clark Jr. could be a factor too. This will push my motivation, hopefully to a new record or personal best. Guys, this will be a hot battle.

TK: I know this is an old question, but what are your future goals now?

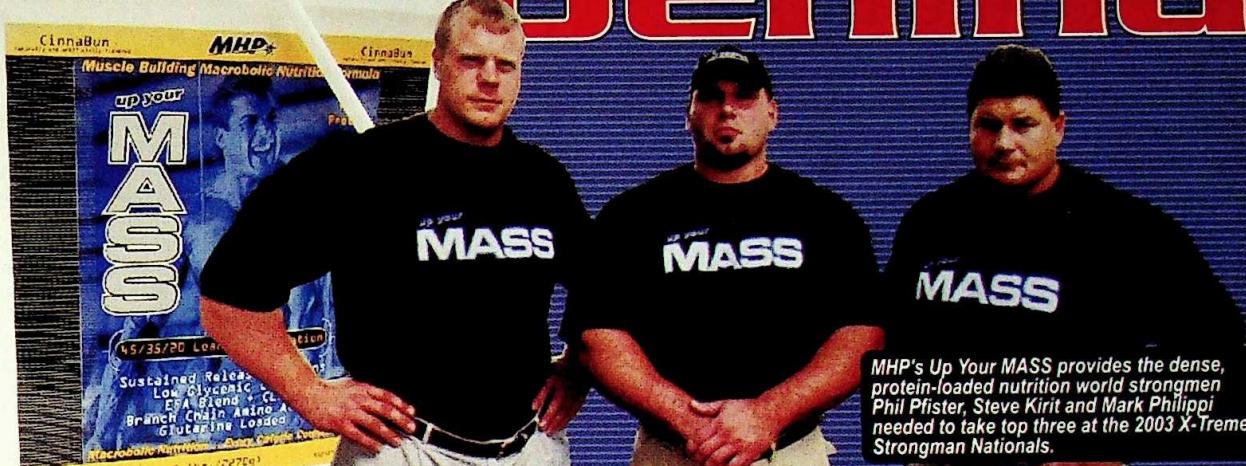
MS: I think a unique 4 times bodyweight bench at 70 kg. (154 lb.) could be within reach. There are goals left for the future. Right now, my next step is to break the 181 lb. All time record of Dave Waterman at 600 lbs. I would be the only one to own 3 all time marks in three different weight classes. I will go for it in December at approximately 77kg. (169 lbs).

TK: Any final comments?

MS: I would like to say thank you very much to my sponsor INZER ADVANCE DESIGNS for years of incredible support and the best equipment in the world. To my training buddies and especially Gundy Fiona von Bachhaus. You are always there for me and build me up when I am down. You are part of my success and I thank you all. My thanks to Mike Lambert's Powerlifting USA magazine, for featuring me so well in the magazine over the years.

TK: Markus, it was a pleasure to interview you. Good luck and all the best for the future.

The Nutrition Breakthrough Behind



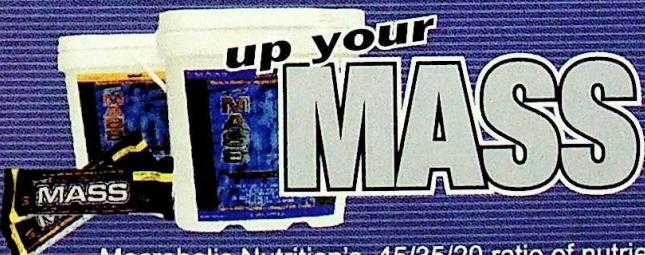
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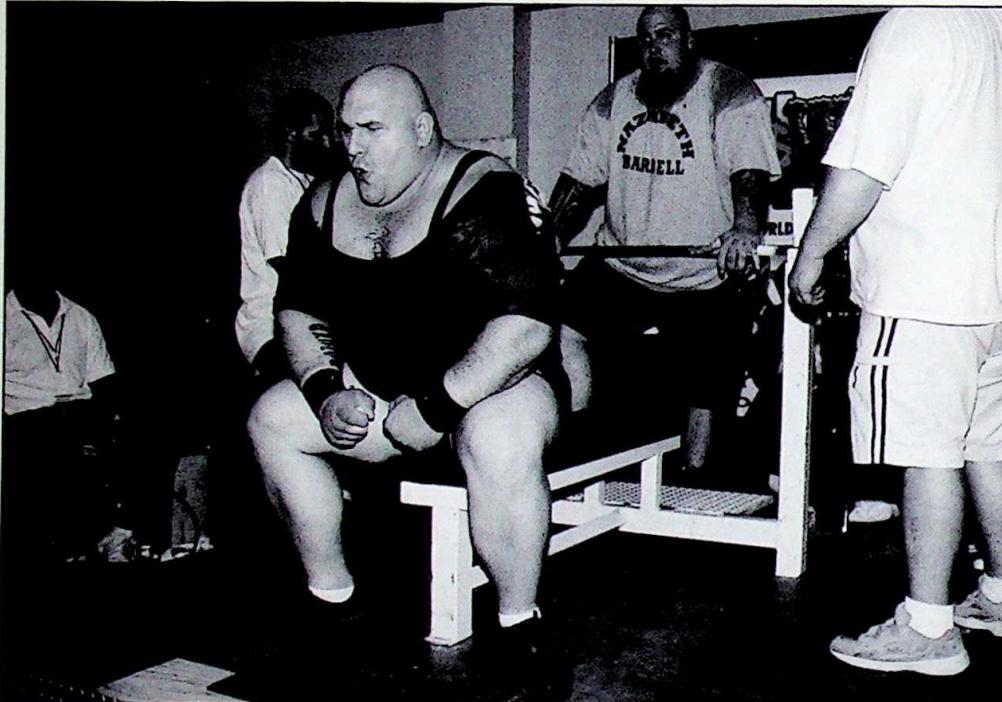
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WORKOUT of the Month

Shawn Lattimer Bench Workout



Shawn Lattimer benched 700 - drug tested - at the WNPF New Jersey Championships. (Notaras photo)

This workout is for benchers. It's great for anybody who wants to bench better, and move more weight. I have seen several individuals make 20 to 30 pound increases in 10 weeks or less. That is regardless of whether you are a full meet lifter or a bench specialist. Of course, I'm a bench specialist, so I would be hard pressed to give you a great workout idea for squatting and deadlifting.

Before getting to the meat of the workout, I have one basic item to address. As a bench specialist, I have two basic rules, which combined with the right bench workout, will help any bencher:

Rule #1 - Do squats. Even if you never plan to compete in squats, or never wear shorts in your lifetime, etc. Squatting builds a lot of back and hip muscles that play directly into benching, and the natural anabolic effects of squatting have been documented for years.

Rule #2 - Do deadlifts. Same as Rule #1, the deadlift works many muscles that help with bench. This is especially important if you have a

big arch, you will need strong back muscles to maintain the arch.

I don't mean that you have to perform a grueling workout for legs twice a week. Work them at least every week. Deadlifts can be done once a week, or some people seem to do well every other week. You can use any program you like, but try to keep it moderately heavy - working some heavy triples or doubles if you like. If you are already working your squats and deads, or you are a full meet lifter, you are already ahead of the game.

The workout I will describe below is designed for a competitive bencher of any weight class or experience, who uses a bench shirt. It doesn't matter what kind of shirt, although I highly recommend checking the rules of your federation and buying the highest performance shirt they will allow.

I will warn you now, this workout is intense, and will leave most people worn out and tired. Many people need some time to become accustomed to the work volume used. For the first week or so, some lifters may

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

The workout requires two days per week. One day is a heavy day using the bench shirt, and the other day is an assistance day where all work is performed raw. The days should be separated as much as possible in the week. I have found that a Tuesday heavy day and a Saturday assistance day work best for my schedule. Some people prefer Tuesday and Friday or Monday and Friday. You should pick a schedule and stick with it as much as possible.

Tuesday - heavy day: Full range flat bench press - Use the widest legal grip you are comfortable with. Warm-up: Use light weights for 3 to 4 sets of 6 to 10 reps. For example, a person who can bench 400 lbs. with a shirt might want to warm-up as follows: Bar x 10, 135x10, 155x8, 185x8.

Start out with a medium weight that you can do 8 reps without tremendous difficulty. I find that 50% of my raw max is a good starting point. Increase by percentages of your raw max as shown. The percentages I am showing are not set in stone; adjust them however you need to avoid training to failure. Take rests of 1-2 minutes or more between sets. 50%x8, 60%x6, 65%x3, 70%x1.

Put on the bench shirt — percentages used now will be related to your shirt max. This can be confusing, because I am changing reference points. It works better due to the fact that your shirt bench will increase much faster than your raw bench. Therefore, you need to treat them like two entirely different exercises when looking at the percentages. 75%x3, 80%x2, 85%x1, 90%x1, 95%x1.

If you are an advanced lifter or you are peaking for a competition add the following: 100%x1, Max single — make an attempt at a PR. If you set a PR, repeat the max single for a higher PR attempt - 75%x2. Bench Shirt off.

Rack lockouts - Rack lockouts use a squat rack or power rack with adjustable safety pins. The pins should be adjusted to allow about a 3" range of motion. Some people set up a bench in the power rack. I prefer to do these lying on the floor in the power rack. Percentages here relate to your shirt max. Use a slightly narrow grip, approximately 2" narrower than your competition grip. When performing rack lock-

outs, press the bar, hold for a 1 count, and drop the bar back to the pins. Do not try to lower the bar slowly. The negative portion of rack lockouts can cause injuries. 75% \times 5, 80% \times 3, 85% \times 3, 95% \times 2, 100% \times 2.

Depending on your level of experience, and where your weak points are, the last two sets may be impossible when you start out. If you cannot do the last two sets, repeat the 85% \times 3. Over time, you will become strong enough to finish these sets.

Floor press - Floor press requires lying on the floor near a low rack or inside of the power rack. The bar is lowered until the elbows touch the floor, the pressed back up. The percentages used here are percentages of your raw max. 50% \times 5, 60% \times 3, 65% \times 3.

The floor press is great for people like me who have a weak spot in their bench about 4-6" below lockout. If you have never done a floor press before, choose slightly lower weights until you are used to this exercise.

Saturday - assistance day: Warm-up in the same manner as on the heavy day workout. All weights on this day are percentages of your raw max. Close grips - Use as close of a grip as you can use and still maintain bar control. 40% \times 8, 50% \times 6, 55% \times 5.

Board press - Use a slightly nar-

row grip, approximately 2" narrower than your competition grip. I use several sets of boards made from stacks of 2x6 lumber. I have 2 through 5 boards. Some people with longer arms may want to use a 6 board. The board limits your range of motion, allowing you to target the weakest areas of the bench motion. I usually use each board for 2 to 3 weeks and then progress to the next board. For example, start week 1 with the 2 board, week 3 with the three board, week 5 with the 4 board, etc. The percentages I am giving are a ballpark for the 4 or 5 board. Different board heights will require adjusting weights appropriately. Advanced lifters may require weights well in excess of their raw max for this exercise. 80% \times 5, 90% \times 4, 95% \times 3, 100% \times 2.

Incline Bench Press - If I am feeling good at this point in the workout, I will do some incline press with a slightly narrow grip. This works a little more of the triceps and is a good exercise to finish the bench with. This can be done with dumbbells or a barbell. I prefer a barbell for all exercises, as it most closely simulates the competition movement.

Triceps - In general, it is good to include at least two extra triceps movements on this day. I typically do a mixture of the following exercises: Cable pushdowns, weighted

dips, overhead dumbbell skull crushers, JM presses, and lying triceps extensions. I mix and match these exercises from week to week. Pick two exercises and do the following as heavy as possible: First Exercise: 3 sets of 6-8 reps, as heavy as possible. Second Exercise: 3 to 4 sets of 6 reps, as heavy as possible.

As with any routine, each individual will require some tailoring of the percentages to match the weights and exercises to his or her ability. It is not uncommon for a person's raw bench to decrease while on this program. One of the major benefits to this program is the fact that training regularly with the bench shirt greatly improves your comfort and ability in the shirt.

As you progress through this workout, you will start to see increases by the third or fourth week. By week 10, you should have set several PRs. The constant heavy work and high volume of shirted singles tends to really help prepare you for a meet.

If you are preparing for a meet on this program, you should keep a couple things in mind. First, it is always a good idea to cut out some assistance movements as you near a meet. I tend to cut out the assistance day altogether 2 or three workouts before the meet. I always take 10 days off before a meet to rest. The recovery actually makes you stronger than the workouts

would have.

Finally, I must admit that not every workout works for everyone. Different people respond differently. I can customize a workout for anyone, and I have done so in the past. If you are a raw lifter and would like some help with a program, or if you are a novice or master lifter who needs a less aggressive workout, I can help you. I can develop a bench workout for anyone who wants to increase his or her bench. I charge \$30 to develop an individual bench workout. The workout I give you is more detailed than what is above, and will include actual weights for each exercise based on the information you give me. I take information from the lifter, such as age, weight class, experience level, and what you have tried in the past, and your goals, to develop both short and long term workout programs. If you can videotape your workouts, I can also critique and make recommendations on form, analyze your strengths and weaknesses, and further customize routines for a small fee. Additionally, if you are in the Southern NJ/Philadelphia area or would like to visit the area, I can do one on one coaching for bench press. If you are interested, please contact me by e-mail at slattimer@yahoo.com.

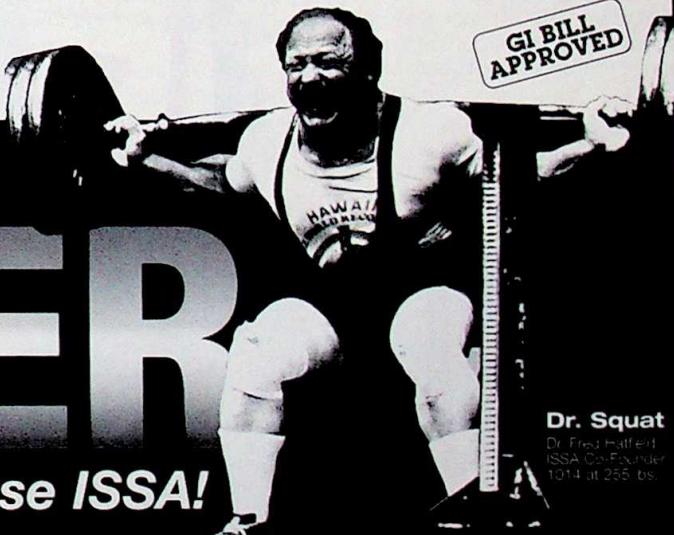
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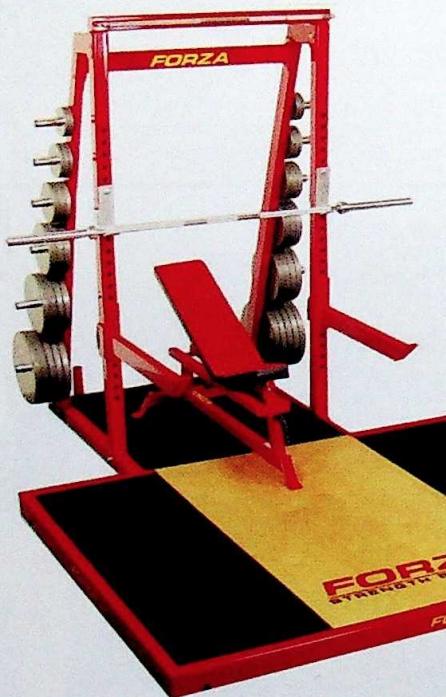
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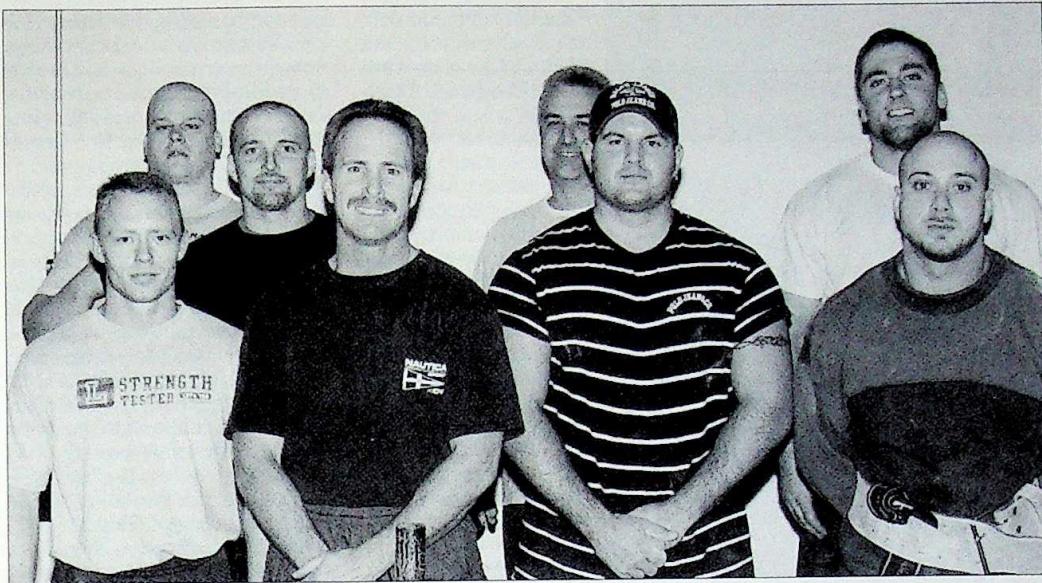


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Sometimes you have to shift gears and move on. This month, I had written an article about "Iron Rocks Barbell" in Warsaw, Indiana. This gym was so

HARD CORE GYM #26 Gym Death and Privacy

as told to PL USA by Rick Brewer, of House of Pain



Iron Rocks Barbell Club: Front Row from left to right - Jason Engle, Chris Shaw, Jayson Harreld, Rob Butler, Back Row from left to right - Rob Marshall, Chris Owens, Terry Golden, and Jamie Bowers (Rick Brewer)

hardcore that it was private! Minimum lifting requirements had to be met to join, so there were only 16 members. Although I loved the twisted exclusivity, they went out of business- so we had to kill that article. (I guess the lesson is that you have to allow enough members to pay the light bill.)

Anyway, let's raise our glass to the former "Iron Rocks Barbell" and help those displaced powerlifters find new training homes. Now, let's shift gears and move on.

Speaking of new training environments, how about those

prison yards? Are they great, or what?

About 15 years ago, I trained with a guy named "Hal". That was his real name, and he went to jail for this- so I better not mention his last name. Hal had plenty of free time, so he started working at a local gym part-time. It was not the gym where we trained, but he liked it because it had a tanning bed. Unfortunately, the police determined that he had hidden a video camera in the tanning booth to record all the pretty girls undressing to tan. As you can guess, that resulted in his

incarceration- and I had to find a new workout partner. Hal lost his job. I never guessed his hidden vice- he kept it private. I wonder how private he was in prison?

Needless to say, I disapprove of such cameras. The hidden cameras in the bathrooms at HOUSE OF PAIN are for security purposes only. Seriously.

A gym that really prizes its

privacy is the Covert Gym. A few people referred me to this place, but it was really hard to track down the owner. I finally got him on the phone, and he told me that several members were under federal indictment for various reasons. He broadly hinted that spooks/spies trained there, and assured me that they were NOT accepting any new members. They had no sign, and no real strategy for economic survival as far as I could tell. Of course, they didn't want any photos taken, and the location was secret.

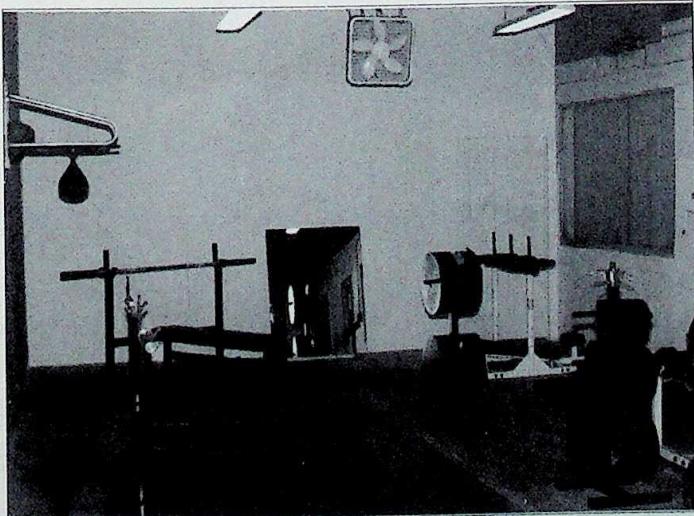
Kind of hard to verify, with all the makings of a practical joke. Maybe they exist, maybe they don't. Thankfully, I've seen all of the old Mission Impossible episodes, and both of the far-fetched movies. Plus, I've seen many other spy movies- and I even read a lot of spy books when I was younger. So I did a little research.

I can't tell you where we got these photos, and I can't tell you who these lifters are. It's top secret how strong they are, and don't try to call because they have no phone.

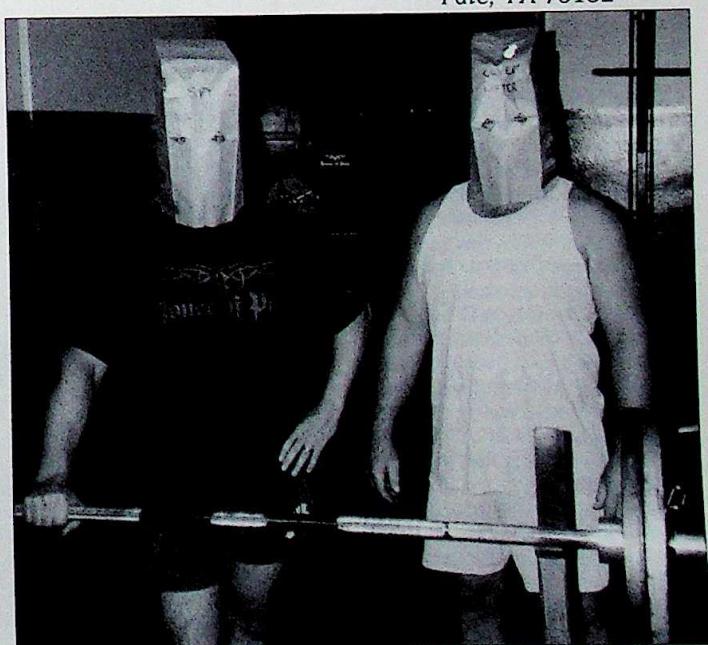
On casual Friday, they get to wear clown masks.

Next month, we look at a Cajun lifter that y'all are all gonna like. In the meantime, practice jumping off a ladder- to get ready for next month's training tips.

Comments?
Rick@houseofpain.com
or HOUSE OF PAIN
PO Box 333
Fate, TX 75132



Inside the former twisted exclusivity of Iron Rocks Barbell Club



The top secret Covert Gym displaying some of its finest members

The 21st IPF Junior World Championship was held in Koscian, Poland on September 9-14, 2003. The venue was a large gymnasium, and for most of the week it was a standing room only crowd. Hosting the championships was a very significant event in Koscian. The meet director and staff met every detail, and received a great deal of support from the town itself.

Most of TEAM USA arrived at the Motel 2000 late Monday night. The hotel was in the small town of Steszew, about 25 minutes by bus from the venue. The trip was uneventful, except for some of the team who arrived from the southern states whose luggage didn't arrive until the first day of lifting.

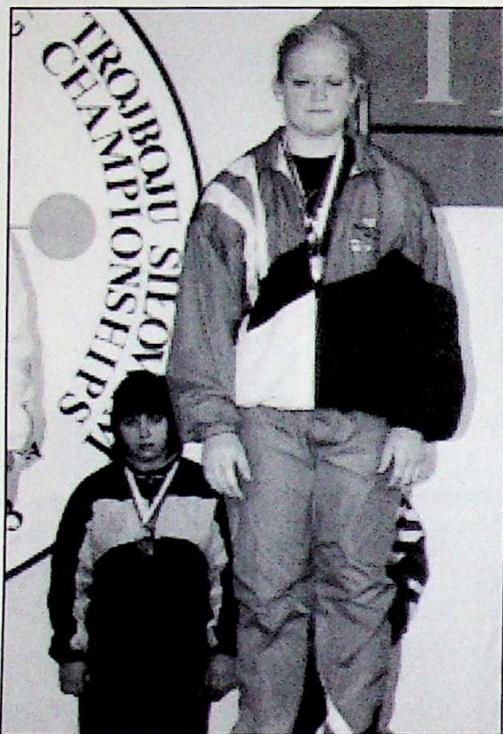
The championships kicked off with an opening ceremony that included a parade with a marching band that included athletes, coaches, and town officials. After a short speech by the town mayor, the competition was quickly underway.

The 44 kg. class was won by Iryna Trubilina of Ukraine with a 350 kg. total. This was a tight contest with Sanna Apuli of Finland, who pulled for the win on her final attempt and missed. Erin Dickey of the USA rounded out the class in 5th. Erin has been working hard on her lifting technique and is showing improvement in many areas. With even more experience, she will continue to contend for the U.S. at both the Junior and Open level.

The 48 kg. class had only 4 lifters, but it was one of the best battles of the meet, with Jennifer Maile of the USA up against Oksana Dmytryuk of Ukraine. Oksana lead at subtotal, but Jen had nailed 3 good squats and was only back by 15 kg. It takes more than that at the subtotal to top Jen. There is no better weapon in tight competition than a big pull, and after an easy 170 kg. second attempt, she hauled in 2.5 kg. more for the win with room to spare. Jen was happy to repeat as Jr. World champion, and the USA women had their first medal of the competition, a gold.

At 52 kg., Olena Dmytryuk of Ukraine, the twin sister of Oksana at 48, ran away with the gold medal with 435 kg., a 20 kg. margin. Inna Tairova of Russia was in 2nd, followed closely by Ashley Awalt of the USA. This was Ashley's first international competition, and she performed very well. After 3 good squats ending at 152.5, she made 2 bench presses and was still in the hunt to place very well. After a small jump on her second deadlift, she made a jump on her 3rd that would have placed her in 2nd. Ashley missed, but earned the US women medal

IPF JUNIOR WORLDS as told to PL USA by Mike O'Donnell



Jessica Watkins brought home gold in a big way

number two and the bronze overall with a 7/9 day. Look for Ashley to improve steadily and contend for a spot on the Women's Open team in the future.

The 56 kg. class was won by last year's 3rd place finisher, Kira Pavlovskaya of Russia. Kira exhibited pure dominance in breaking Inna Filimonova's JWR squat with 188.5 kg., and had a very large

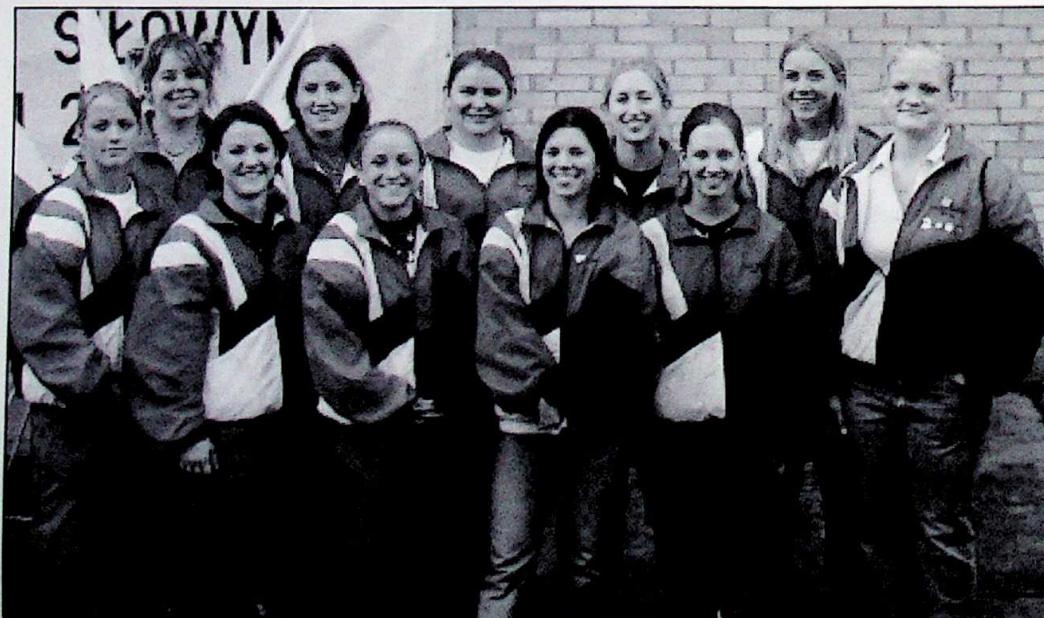
margin of victory, 100 kg. This was also the Russian team's first gold medal of the competition. Lifters for team USA in the class were Codi Grubbs and Alyssa Hitchcock. Codi, from Louisiana Tech, moved up from the 52s and did very well at her first competition in her new class, earning silver overall while winning a 3 way tie for this spot at 377.5 kg., with Agnieszka Leszczynska of Poland and Denisse Molina of Ecuador at the same total. After earning that silver, Codi was a true team player, helping several of her teammates backstage. Alyssa had to drop several kilos to make the 56 kg. limit. It took it's toll on her strength level, but she was able to finish 6th. This class was heavily contested, and Alyssa was only 10 kg. from the same total that won 2nd place. Alyssa is

tall for this class, and is considering staying up a class in the future. Alyssa was a member of last year's Sub-Junior team to Taiwan as well.

The 60 kg. class was won by Natalya Barybina at 510 kg. total, in a perfect day for the Russian lifter. It looked like a battle for second place between Aigul Gaifullina of Kazakhstan and Anastasya Sukhacheva of Russia, last year's

champion in this class. Sukhacheva couldn't get a deadlift in and was out of the competition. That left Aigul with silver and lifted Robin Niederkorn of the USA into the bronze. Robin put 35 kg. on her total from last year with a 6/9 day. This is Robin's 3rd Junior Worlds, and she is accompanied by her father Bob who is very supportive of her lifting. Robin is much stronger than her lifts show. She has made some progress with her lifting gear, and with some changes to her training, Robin could total in the 500 kg. range soon.

The 67.5 class saw what looked like a tight battle between last years winner, Lesya Gumincka, and Zhanna Ivanova, both of the Ukraine. Zhanna is the daughter of many time Ukrainian champion Larysa Ivanova. The matchup didn't last very long, however, as Lesya couldn't get a bench in. She started at 120 kg., missed, then mysteriously jumped 5 kg., and couldn't push the weight. This left the door wide open for Ivanova, who hit some big lifts on her way to a 562.5 total and 2nd in the best lifter competition with 584.8 Wilkes points. Zhanna is bound for the Ukraine's open women's team. This is one of the reasons that the Junior Championships is an exciting competition, because every year future open lifters are showcased, and many go on to become open champions. The silver was awarded to Mandeep Kaur of India, who finished 117.5 kg. behind Ivanova, probably the largest margin of victory of the competition. The USA lifter in this class, Jan Morello of Louisiana State University, had a very solid 8/9 day in her first international meet, finishing with 422.5 kg. Jan moved up to the 67.5 class recently and showed steady improvement. With time and continued consistency, look for her in the medals at



WOMEN'S TEAM USA at the IPF Junior World Championships... (photos courtesy of Dr. Larry Maile)

sistency, look for her in the medals at this championships in the future.

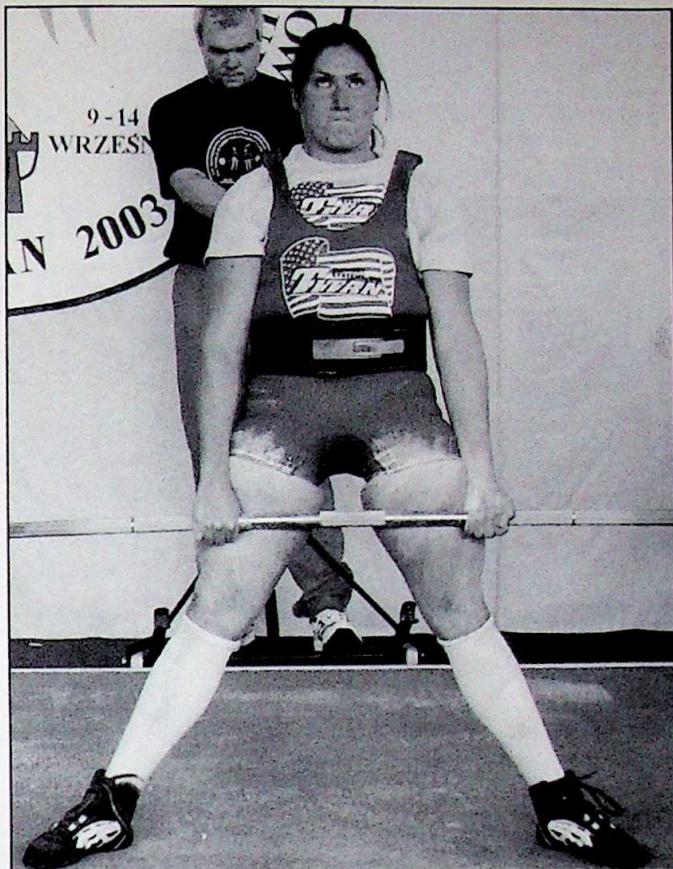
At 75 kg, Yuliya Zaugolova of Russia ran away with the victory by 80 kg. over Yana Petrenko of the Ukraine. Yuliya hit an open world record squat for this class at 255.5 kg., along with the gold medal bench and deadlift to give her the best female lifter of the meet at 607 Wilkes Points. This was an incredible performance for the Russian, and we may see Yuliya on Russia's Women's Open team before long. Following Petrenko in 3rd was the USA's Kimmie Everett. This Louisiana Tech lifter has made excellent progress over the last year, ending up with 487.5 kg. on an 8/9 day. Kimmie was also the 75 kg. lifter for the USA Women's Open team. With further progress and solid performances, she will continue to be a fixture on both teams in the future.

The 82.5 kg. class saw the USA women earn their second gold medal of the competition. Jessica Watkins was tops in the class, finishing her Junior career in style. Alexandra Murashova of Russia was the runner up, with Tatyana Kudryavtseva of Kazakhstan at bronze. Murashova started the day with a JWR squat of 252.5 kg. Jess motored through 3 good squats as well, ending at 240 kg. a personal best. The tide turned in the bench press when the USA lifter rammed up 3 good benches, ending at 142.5. The Russian was only able to manage her opening attempt of 120 kg. This put Jessica ahead by 10 kg. going into the deadlift. She managed to outpull all others in the class by 12.5 kg, giving her a 30 kg. margin of victory. With the meet over, Jessica wanted a 4th attempt at a JWR deadlift of 237.5 kg. The bar was loaded after a quick pause and she setup to pull, only to stall at near completion. This lift and much more will come soon. All of Jessica's lifts were women's Ameri-

can records as well. Jessica has been progressing quickly the last few years, and look for more to come. This class was relatively deep as well, with 4th and 5th place tying at 562.5 kg, a total that would have won this competition in past years.

The 90 kg. class saw the dominance of Yulia Kurina of Russia. This is Yulia's 5th time to participate on the Russian Junior team, and she didn't disappoint. Known for her squat, she came up with an open world record of 270 kg. with some room to spare. After a PR 135 kg. bench, she pulled a deadlift well under her PR, 210 kg. This gave Yulia a 55 kg. win over Ganna Lytvyn of Ukraine. Following the Ukrainian with Bronze was Anna Sliwinska of Poland with a 520 kg. total. The American lifter in this class was Danielle Miller of Louisiana. Danielle had some early miscues in the squat, but got things together to total 390 kg. in her first Junior Worlds. This level of competition is a big step from lifting at home, and this experience will definitely pay off for Danielle.

The 90+ class saw one of the tighter battles of the competition between Valeria Scheglova of Russia and Viktoriya Olenytsa of Ukraine. In the end, missed lifts cost the Ukrainian, and a Russian lead at subtotal caused Olenytsa to make some big jumps in the deadlift, pulling with a great effort but missing. This gave the Russian women their final gold medal, with Ukraine in 2nd, and steadily improving Hildeborg Hugdal of Norway the bronze medal. The lifter for team USA in this class was Amy Robertson of Indiana. Unfortunately Amy suffered a back injury in the final weeks before the competition and couldn't lift. She still opted to make the trip and was a great support for the team, and made many friends in the process.



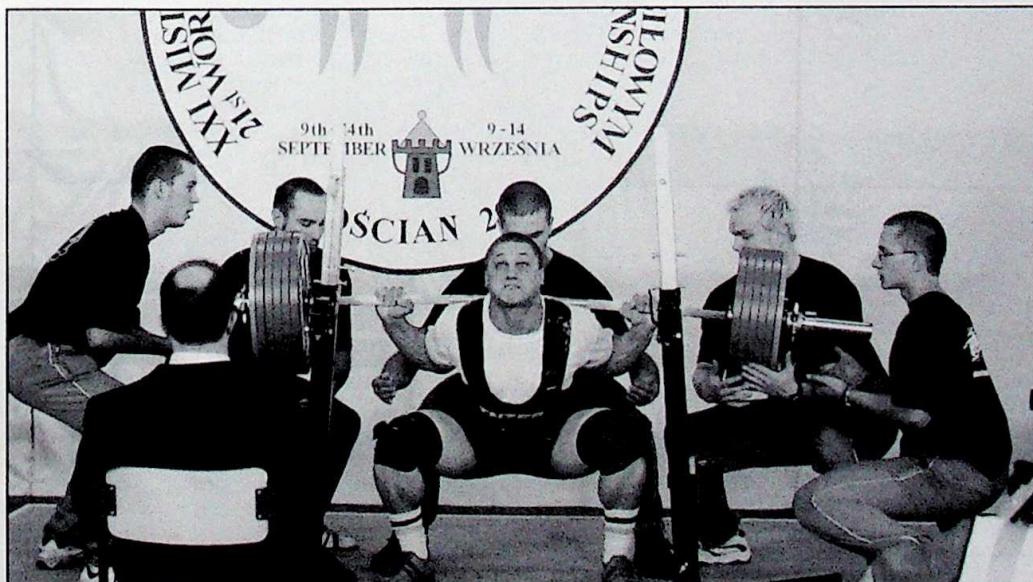
Kimmie Everett pulled her way into a bronze medal in the 75 kg. class

The men's competition began Thursday afternoon with the conclusion of the women's lifting. At 52 kg, Sergey Fedosienko of Russia was victorious by a margin of 100 kg. over Jeremy Scruggs of the USA. The Russian was also the best male lifter of the competition, with a world class 608 Wilkes Points. Look for Fedosienko's results in the future, including the Men's Open World Championships in Denmark later this year. After he was done compet-

ing, Sergey was seen by many to be bench pressing much more than he made in the competition while trying on a new bench shirt. Jeremy Scruggs of the USA team had a 6/9 day for 2nd place, while making an excellent total of 517.5. With more experience and some gear updates, Jeremy will be making some nice progress in the future. Jeremy also received silver medals in all three lifts.

The 56 kg. class saw the USA win gold, with Damario "Doc" Holloway victorious by a comfortable margin with a 585 kg. total. Doc would have squatted more, but bar placement issues caused him to miss his 2nd attempt. Doc also just missed a big JWR deadlift attempt of 257.5 kg. In 2nd was Mitsumori Koga of Japan at 527.5 kg. Kuat Sarbalayev of Kazakhstan won bronze with 515 kg.

At 60 kg, Alexander Zolov was another dominant member of the Russian team, totaling an eye popping 690 kg. en route to the gold. World records of 260.5 and 180 kg. in the squat and bench, respectively were the foundation for this big total. In a surprise 2nd, Ryun Laniec of Canada totaled 525 kg. to nail down this spot. He missed a few attempts early, but got it together in the deadlift to secure this spot. Grzegorz Kepczynski of Poland won bronze with 520 kg. There was no Ameri-



Mykalo Artsimovich of the powerful Ukraine team, with his 320 kg.squat. He finished in sixth place.

(article continued on page 70)

NOTHING IS IMPOSSIBLE ... NOTHING! "I've learned that there is no limit to human or athletic potential. We are unlimited possibilities." - Judd Biasiotto

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

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

The truth is that we are limitless. We have the power to do what ever we want to do. Nothing is beyond the scope of man. There is nothing that is hopeless, nothing that is impossible, and there are no boundaries for man. Just look at what we have achieved in the last millennium. It is astonishing! We have literally gone from throwing stones to launching laser rockets, from crawling on our hands and knees to walking on the moon, from yelling at our neighbors to worldwide telecommunication ... it is awesome what we have accomplished. And we are just in the embryonic stage of our development.

Dr. JUDD

Things to Think About Bees, Trees, and Frogs

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



Kali Bogias (Canada) would not quit her quest to be a world champ

opment. Believe me in the next millennium we will go into the stars, into new galaxies, into the heavens. You just wait and see.

NEVER GIVE UP ... NEVER! "Life has two rules: Number 1 - Never quit!; Number 2, Always remember rule Number 1."

- Duke Ellington

When I was in first grade, my teacher told me a story about two frogs that jumped into a deep pale full of cream. The pale was so deep that the frogs were unable to jump back out. It didn't take them long to realize that they would most likely drown. The one frog that was a real pessimist surveyed the situation and said, "This is hopeless. There is no way we can get out of here. We are going to drown." The other frog that was a perpetual optimist said, "I can't get out, but I won't give in. I'll swim around until my strength is spent. Then I'll die satisfied knowing that I

had done my very best to survive." The pessimistic frog swam a little longer; then he said, "This is useless," and with that last despairing cry, he gave up and disappeared under the cream. The optimistic frog refused to give in though; he swam around and around for hours. Then he noticed something the cream was starting to get thicker. The more he swam the thicker it got until finally the cream turned into butter. Once on top of the butter the frog was able to easily hop out of the pale. Through his persistence he survived.

When my teacher first told me that story I didn't get the point. I was too worried about the frog that gave up and died. I was devastated about that poor frog. Then about three years later it finally dawned on me. I know I'm a little slow, but I did get the point. If the frog hadn't given up, he would have survived along with his buddy. In fact, if he hadn't given up, it would have been a lot easier on his buddy. Two frogs could have

churned that cream into cheese a lot faster. See how I eventually put that all together.

Like the optimistic frog you have to continue to persevere when things look the darkest. If you're going to overcome adversity, you have to develop a mental toughness. A mindset that says, "I refuse to give up, no matter how bad things are. I refuse to quit!" When everything seems to be going wrong, that's when you have to get really tough mentally. You have to believe that you can still achieve your goals provided you persist. If you start thinking it's hopeless, you're finished . . . you're the next frog buried in cream. You have to believe in yourself.

PATIENCE IS A VIRTUE

.... "Many of life's failures are people who did not realize how close they were to success when they gave up." - Thomas Edison

In the Far East, there is a tree called a Chinese Bamboo. It's a magnificent, tall, woody plant. Its grandeur and beauty are astounding. A full-grown Chinese Bamboo easily stands over one hundred feet. Amazingly, the tree seldom grows more than three or four feet the first four years after it's planted. During the first four years, the people water and fertilize the tree with seemingly little results. Then in the fifth year, within a span of five weeks, the tree grows ninety feet in height. Is that incredible or what? Of course, the reflective question is did the tree grow ninety feet in five weeks or five years? The Chinese will tell you straight away that it grows ninety feet in five years. Why? Because they know that if they fail to water or fertilize the tree any time during those five years, it will die.

The same thing happens in life all the time. You work like crazy to make gains, but the results you get are at best negligible. It's as if your effort is totally fruitless. Then all of a sudden everything seems to fall in place, and the next thing you know you're making enormous gains. This is the way it invariably happens in powerlifting. You work like hell for years, and then all of a sudden everything falls into place and the next thing you know -- you are a hundred feet tall!

Judd Biasiotto Ph.D.

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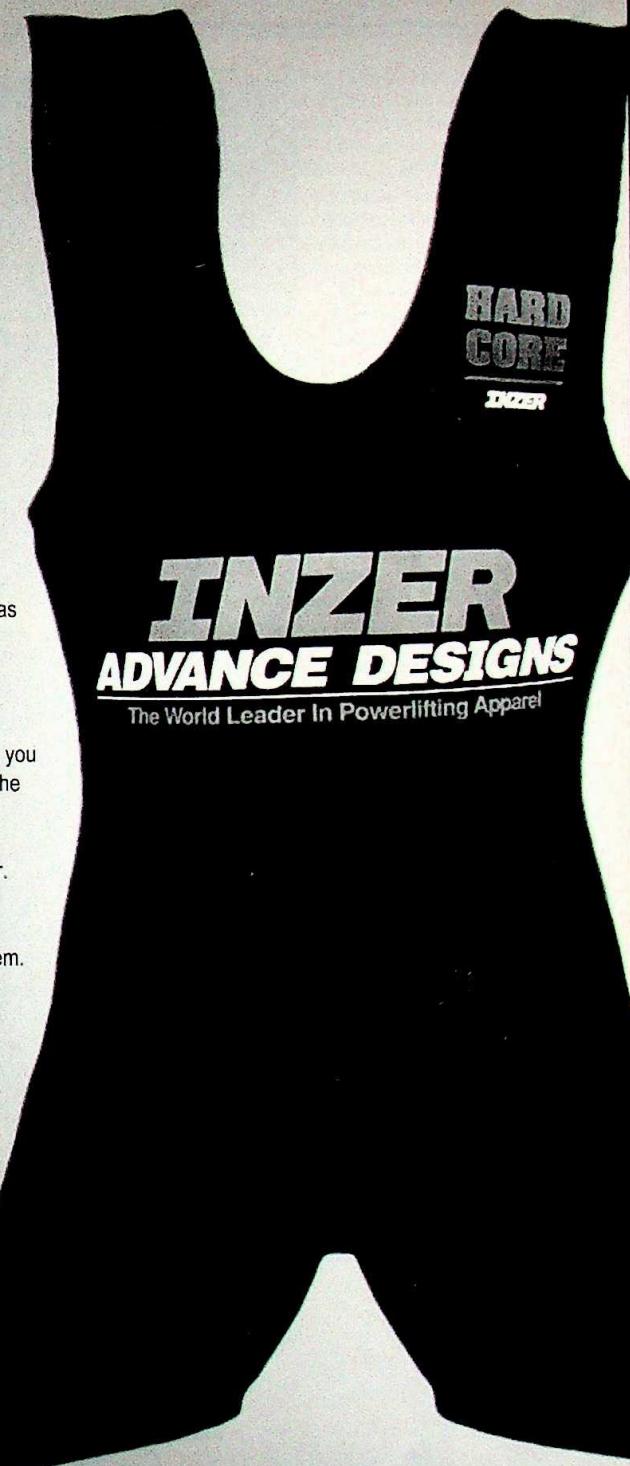
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I have been subscribing to *PL USA* for 11 years and have been a competitive powerlifter for 10 years. I have competed in the ADFPA, ANPPC, AAU, APF, and the WNPF. The bulk of my lifting has been done in the WNPF, where I also occasionally serve as a judge. I also am a meet director for local JCC meets twice a year.

I believe Dr. Judd has been a bit off the mark in his articles depicting the degradation of powerlifting, which has occurred over the years. He has let the individual off way too easy, while laying the majority of the blame at the feet of the various organizations. I am glad there are so many organizations to choose from. I choose to lift in the WNPF because the organization is and always has been incredibly supportive of its lifters. The staff from the top on down

The Disturbing State of Powerlifting

knows the lifters personally when they arrive to compete on their platform. It is this "personal touch" that has kept me competing there through the years.

I tend to agree with Louie Simmons on the subject of equipment. I will always seek to compete for an organization that allows the use of the gear I choose to employ. The IPA would also appeal to me for this reason. The degradation of powerlifting can be traced to the millions of categories a lifter can enter at a meet so that he/she can ensure a first place finish and a trophy. The lifter can enter the lifetime drug-free submaster police/fire division if he doesn't want to merely enter the drug-free open and compete *mano*

a mano against the young lions coming up. Better yet, the lifter can enter the lifetime drug-free/raw/equipped/submaster/police/fire/natural divisions. This way, he/she might win one of these divisions, and be tagged as the national champ.

One of my training partners, Dan Petrilli, who competes in Olympic Weightlifting finds all this quite amusing. In weightlifting, there may be just one organization, but there is also a limited number of divisions the athlete may enter. Somehow, I can't see Louie Simmons entering the Supermaster/ equipped/ division so he could avoid competing against a younger lifter. How many "Nationals" does each organization hold a year? The watering down of the

sport can also be attributed to the excessive number of "named meets" an organization holds per year. (Place name here — Regionals, Nationals, World's etc...) Further watering down the sport is the increasing number of children competing. How can this sport expect to gain respect and credibility when it allows 7 year olds on the competitive platform? This is allowed simply for the profit of meet directors. The number of organizations available to the lifter has not watered down the sport of powerlifting, the lifter who is in pursuit of finishing first rather than hit a PR has watered it down. I can't tell you how often I see the same lifter finish first doing the same exact number he/she has been lifting for years because he/she can enter divisions void of competition. I wouldn't care if I finished 10th as long as I can PR. I believe it is the Counting Crows who once sang "It's better to be better than to be anything". I wholeheartedly agree. We live in an age where the emphasis is on finishing first rather than improving one's performance. Many lifters I have seen at meets would rather finish first than, let's say, 8th with a tremendous improvement in their numbers. The lifter that has not finished first should be immensely proud of his improvement. This is the sign of an athlete hungry to improve. In choosing an organization, I would choose an organization that allows the use of gear I choose to wear. I would also hope that this organization would be progressive in keeping up with the changes in gear. I'm not saying I should be allowed to wear a quadruple-ply aluminum reinforced shirt, but is there really any harm in allowing wraps or an open back shirt? Troy Ford, Lester Fields, and the consistent officiating enforced by the late Ralph Peace have kept me competing in the WNPF for years. The lifters in this organization have always been helpful to anyone in the warm-up room needing help with shirts, wraps, etc. Choose an organization that is not only user friendly, but also supportive of you the athlete. Also, look in the mirror and ask yourself, "Is finishing first the most important reason I compete? Is this why I spend countless hours training?" Good luck, train hard, and hit some PRs.



Back in the Early Days the USPF was the only organization in the USA and (at one point) it had membership of over 9000, national meets sometimes had over 20 entries in a single weight class, and USA lifters (like Mike Bridges, above) were virtually completely dominant at the IPF World Championships.

Lee Zimmerman
"From the Basement"
Philadelphia, Pennsylvania

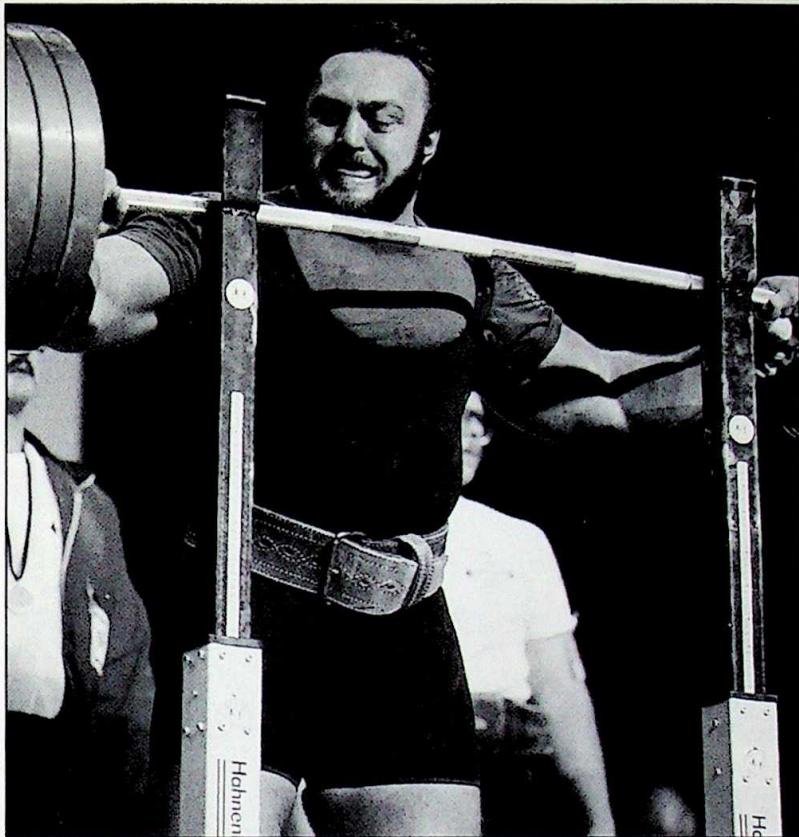
FORCE TRAINING

by Jim Wendler
Elite Fitness Systems

Question: For the past couple months, my elbows and shoulders seem to hurt so much that I can barely lift without taking a tub full of **IBUPROFEN**. I know this is unhealthy, so I can't do this forever. I have scheduled an appointment with an ART specialist, but is there anything else I can do, especially with my training, that can help cure this problem? Please help because the pain is really limiting my training and my progress.

Answer: Having sore elbows and/or shoulders seems to be a recurring theme among all strength athletes. Besides the usual therapy of going to a chiropractor, ice, traction, an ART specialist, **IBUPROFEN**, etc. there are a number of things that you can do in your training that can help alleviate elbow and shoulder pain.

The first thing is to monitor your form on your lifts. This goes for everything; your dynamic, max effort and accessory/supplementary training. I hear from many people that their elbows bother them when doing dynamic bench training. There are several ways to combat the pain. One easy way is to make sure you are not using bands every week. Cycling them is the best way to avoid the pain; do not use them for more than 3 weeks at a time. Also, when performing your benches on this day, make sure to separate the reps. What I mean by this is concentrate on performing each rep perfectly. Don't rush through the set just to do it. Pause at the top for a second or more and do another perfect rep. I have found that when I do this, my elbow pain has gone away and my bench form has gotten better. Too many times people are so concerned with trying to get their set done



Bill Kazmaier was so big that simply fitting into the apparatus caused some pain.

in 3 seconds that their form is awful. This does not mean that the set is done slowly. It means the set is done explosively and with good form.

The same concept can be used when doing your accessory and supplemental lifts. I've watched many people perform their triceps extensions and rows with sloppy, fast form. These lifts, especially the extensions, seem to give people the worst elbow pain. But if you watch them lift, they rarely perform them with strict form and use momentum and body-english to move the bar/dumbbells. When using better form, you will initially use less weight, but you will build up to your former weights in time. Also, because you will be using less weight, it should give your body a chance to heal. Having said that, use common sense. If a certain exercise does give you pain, stop doing it and find an alternative. Remember that there are countless exercises

that you can do and it is up to you to find out which ones work. Obviously if what you are doing is causing you pain, it probably isn't working for you.

I've also found that using the Safety Squat Bar and the Cambered Bar for my max effort squat/deadlift workouts have done wonders for my shoulder health. By using these bars, you are not putting your shoulders into a position of a static external rotation. This is what happens when you are squatting or doing good mornings with a straight bar. I have not done any max effort work squatting or good mornings with a straight bar for almost a year and my shoulders and elbows have thanked me. If you have any questions on what exercises that these bars are used for, visit the Exercise Index at EliteFTS.com.

For dynamic squat work, I've found that the 8 foot squat

bar is the best solution. Because of the extra foot of the bar, one is able to take a wider grip on the bar. This is great for the larger lifter and someone that has very poor shoulder flexibility. Also, by taking a wider grip, this will eliminate biceps tendonitis which plagues many lifters. If this does not work for you, you can always perform several weeks of dynamic squat work with the Safety Squat Bar and/or the Cambered Squat Bar to help take your shoulders out of the lift entirely. I don't know if you can do this throughout an entire squat cycle. The jury is still out on that. But if you are not able to squat with a straight bar, at least you will be able to train effectively and optimally on this day. This is much better than doing nothing and going backwards. Both of these bars can be purchased at EliteFTS.com.

I would also like to point out that I believe that having proper sleep and a (somewhat) nutritional diet can help your pain. I have found that using essential fatty acids and getting enough rest has helped my body recover.

I hope I have given you some ideas on how to improve your training and speed up your recovery process. I have used the above ideas for some time and have found that my elbow and shoulder pain has almost completely gone away. When I do begin to hurt, I re-examine my lifting and it's easy to see what needs to be altered. Remember that if you are always hurt or injured, there is no way that you will be able to perform at your best on the platform.

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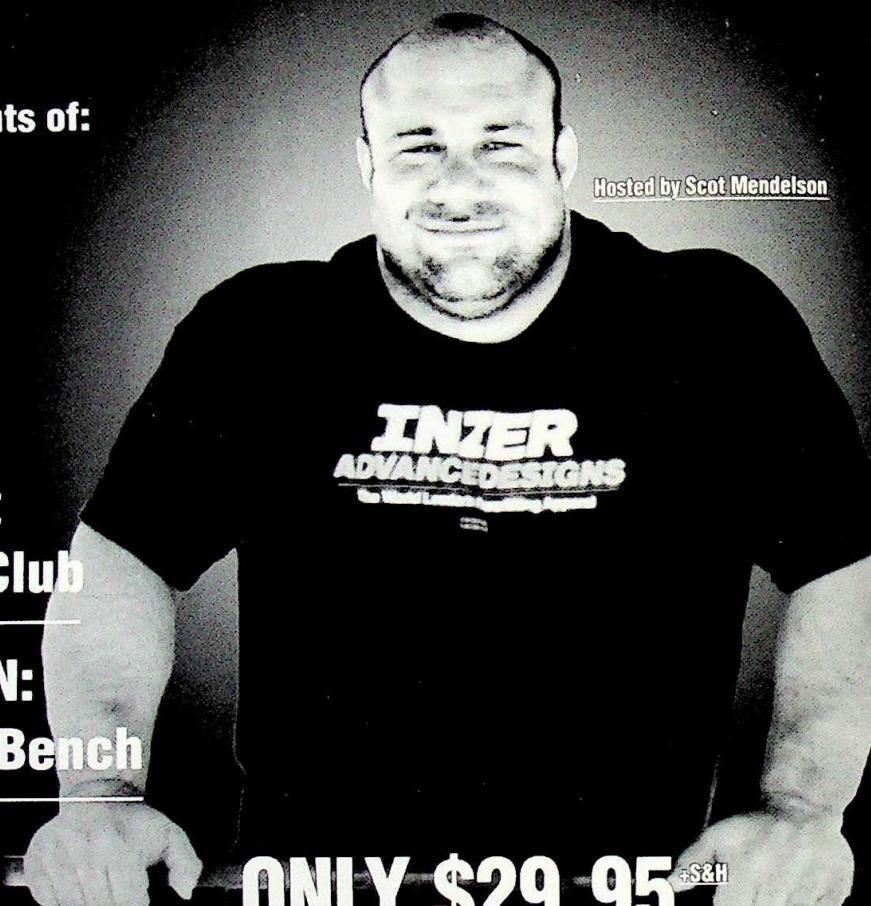
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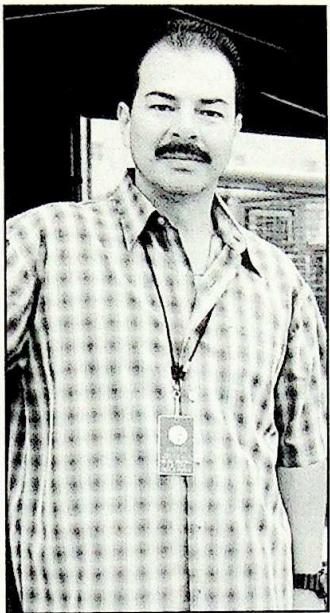
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OFFER!

It may be November already, but out here in Southern California it's still beach weather. And *POW!ER SCENE* made it to Venice's Muscle Beach for that famed locale's last meet of the season.

Earlier this year Muscle Beach was the setting for Scot Mendelson's world record 875 lb. bench. Well, the APF West Coast BP Championships didn't have any 800 (or 700) lb. benches, but it had the usual sand, sun, surf, and sightseers that *POW!ER SCENE* has covered for many years.



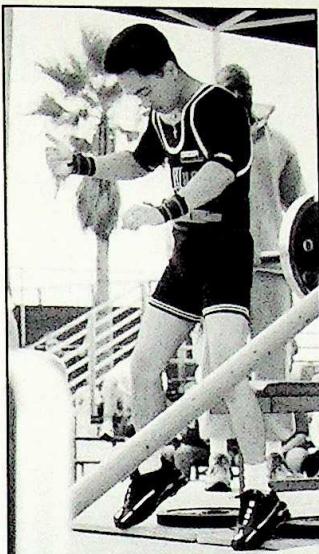
Victor Jauregui... Sr. Rec. Director @ Venice's Muscle Beach.

This year there's a new staff at Muscle Beach, and we met up with Senior Rec. Director Victor Jauregui (who grew up in Venice) and meet expeditor Jemma Santos. Along with meet director Kevin Meskew, announcer Chuck LaMantia, and the rest of the staff, they did an excellent job.



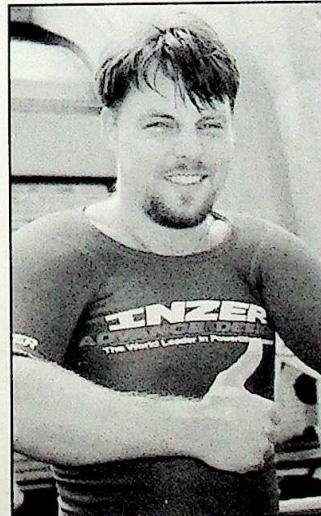
Jemma Santos... Meet Expeditor

POW!ER SCENE



Hung Pham ... hit a 314 at 114

The lifters did an excellent job, too. 114 lb. lifter Hung Pham hit a 314, nearly tripling his bodyweight. Narbe Mansourian hit a 347 at 147, and 51 year old Johnnie Walker popped a 358 at 191. Ian Chapman, who trains in the San Diego area at Kegrice Physique, drove up the night before, and then, at 198, drove up a 407 bench. Ian told us he's been lifting (bench meets only) for ten years, and the 407 is his PR.



Ian Chapman ... got a PR ... 407

Near Muscle Beach is Venice's L.A. Urban Fitness store, where we get our protein powder. LAUF recently hosted one of its frequent Saturday

events, and we caught up with owner George Salem and the owner of [sexyswimwear.com](http://www.sexyswimwear.com), Colleen Kelly, who had two models on hand displaying the



Colleen Kelly & George Salem (N. Low)

suits.

Still in L.A., but not anywhere near the beach, is the reigning Bench Press Champion of the World, Scot Mendelson. Scot is still retired, but who knows what the future will hold. Scot is currently doing some phone based personal training for clients; for info call him on his cell, 818-399-0905.

We were at Scot's home gym, where he runs his FIT personal training business, for a video shoot for *POW!ERLIFTER VIDEO*'s new Special Edition video, "BENCH PRESS KINGS". Scot is both the host of the video and one of the big benchers in it who takes us through their bench workouts.

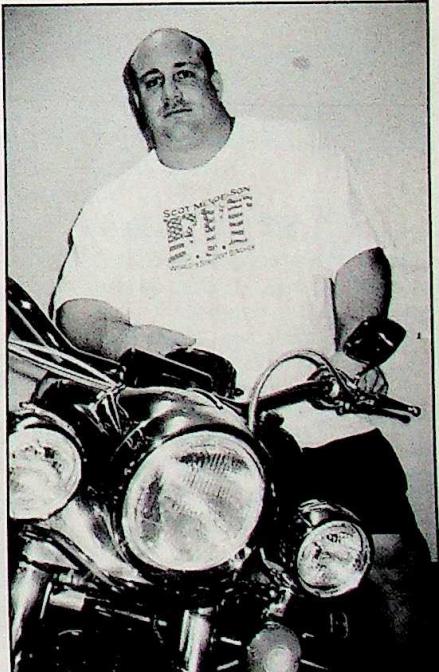
POW!ERLIFTER VIDEO has taken the

bench workout footage of star lifters Ryan Kennelly, Scot Mendelson, and Josh Bryant, combined with that with Anthony Clark's bench training, added in a visit to Louie Simons at the Westside Barbell Club, and topped it off with the upclose footage of Scot's 875 lb. world record bench. The video is only \$29.95 (plus s&h), and it's available by calling toll-free 1-800-227-2355 (or see the ad in *PL USA*).

POW!ERLIFTER VIDEO also has a Special Offer currently on, where you can get "BENCH PRESS KINGS" FREE, when you subscribe to *POW!ERLIFTER VIDEO*, which comes out four times a year and covers the powerlifting world. That's the same 800 number, and *POW!ERLIFTER VIDEO* lets you cancel anytime.

Finally, from across the US in Pennsylvania, Gene Rychlak spoke to *POW!ER SCENE*, and he's going for some big numbers in upcoming meets. We'll have more about what Gene's up to in next month's column. "til then, stay strong, and keep enjoying the world's strongest sport.

NED LOW

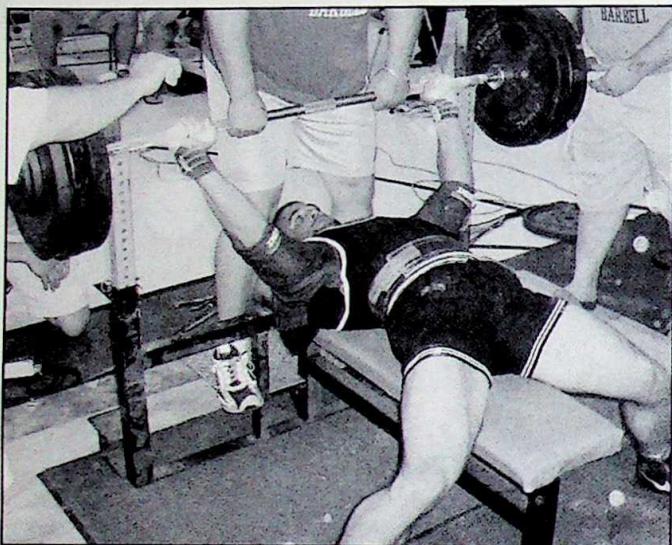


Scot Mendelson ... in his home gym - F.I.T.

When striving for proper technique, our intentions are to lift the most weight in contest situations. Proper technique is not intended to produce a championship physique, but rather a world record performance.

Bench Press

For training, use three different grips. Alternate from index finger just touching the smooth part of the bar to a grip that is 2 inches wider, to a grip



Fred Boldt has made gigantic gains in the bench press after training under Louie Simmon's eye and practicing the "Westside" lifting form.

where the little finger is in contact with the power ring. Take the bar out of the rack by yourself, pulling the shoulder blades together and gripping the bar as tight as possible. Next, pull the bar off the rack as if doing a pull-over. This activates the lats properly. Pull the bar straight above the point on the chest where you want to make contact with the bar. Lower the bar quickly in a straight line. Press the bar straight up and a little toward the feet; this is the shortest distance to press and eliminates the shoulder the lift, instead of rotating the bar back over the face, possibly causing pec and rotator injuries. Never intentionally press the bar over the face.

Hold your breath for up to 5 reps. Holding the breath defines heavy

training. Take as much air in as possible before lifting the bar from the rack. Lower the bar as fast as possible, stop the bar eccentrically as fast as possible, and reverse to the concentric phase as fast possible. When training, raise your head as the bar is lowered and keep eyes on the bar throughout the movement. Use either a thumb or thumbless grip.

Contest Technique

Your technique in contests without a shirt should be the same exempt use a wider grip. In contests with a bench shirt, always use a thumb grip. Your grip should be maximum. Use a lift-off. As the bar is lowered, first raise the head, then the shoulders as if doing a sit-up. This will enable you to bring the bar lower on the body

without it rolling out of your hands. Raising the shoulders will allow you to wear a tighter shirt. Once the press command is given, slam your head and shoulders back down on the bench for stability. Keep the feet out in front of, and press down on the heels to ensure that your butt the bench. A longer torso is more advantageous for bench pressing; therefore avoid shortening the torso by arching the lower back. In addition, an extreme arch can cause injury.

Squat

First, take air into the abdominal section and chest. Place the hands evenly on the bar, and



Amy Weisberger - super squat technique

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LOUIE SIMMONS
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arch the back to take the bar out of the rack. Don't push with the legs; this will cause you to bend or hunch the back. Hands should be wide enough to avoid bicep tendonitis. Pull the elbows forward by contracting the shoulder blades together. The thumbs should be around the bar. The feet should be pointed as straight as possible. Lifters with large waistlines may have to point their feet out slightly in order to break parallel. Your stance should be as wide as possible, provided that your flexibility is good. This utilizes more squatting muscles.

To descend, push your glutes out to the rear. Push the knees and feet out to sides. Raise the chest and push the traps into the bar as you descend until you break parallel.

To ascend, first push the traps into the bar by arching the back. Don't push with the feet first, which may cause the bar to shift forward and the squat will turn into a good morning. This is nonproductive and dangerous. Again push out on the feet and knees, and push the abs into your power belt. This provides the most economical path to completion of the lift.

If a Monolift is not available, to take the bar out of squat stands, first step back with one foot, then the other, to achieve a fairly even stance. To return, simply step one foot forward and then the other, and lower the bar into the rack.

Box Squatting

When box squatting, the procedure is identical to the competition squat except you are sitting on a box. To sit on the box, push your knees out to the sides and your glutes out to the rear. This means that your shins will be past perpendicular, allowing the hamstrings, hips, and glutes to be stretched maximally. Sit fully on the box. Relax the hip muscles momentarily, and then flex to come up, just like a competition squat. Push the traps into the bar first, while pushing the feet out to the sides and come up to completion.

Remember to push your feet out to the sides on both the eccentric and concentric phases of the lift.

Deadlift

When using the conven-



Matt Smith's already big deadlift has been moving up very steadily.

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tional style of deadlifting, center the bar over the joint of the big toe or closer. However, if you get too close to the bar, it may swing forward when you pull upward, causing difficulty in locking-out. The shoulder joints must be behind or over the bar to start. Pull slightly toward the center of the body to keep the bar close to the legs, and always push the feet out to the sides. For most lifters, pointing the feet out provides a stronger start, because of greater leg drive. Pointing the feet straight enables a strong finish, due to increased hip rotation.

The back position can vary due to the wide variety of body structures. Most lifters arch their

lower back while rounding the upper back, but not too much to straighten out. The head position can vary from looking straight ahead to looking downward about 6 feet in front of the bar.

The most common hand grip is the standard reverse grip. Some use an overhand hook grip, arms hanging in a straight line. As you get bigger, you may have to use a wider grip.

When using the sumo style of deadlifting, the width of your stance depends on your flexibility. The longer your legs, the wider stance possible. Keep the hips as high as possible, providing your back is in proper position. Pull yourself slightly lower

than your best starting position. Then rebound out of the bottom, setting up a stretch reflex.

Keep air out of the lungs. Instead, use abdominal breathing. This keeps the torso short for better leverage.

Keep in mind that body structure can dictate what style is best for you. However, the information above will work for the majority. At Westside we have 21 members who have benched 600 or more, 32 who have squatted 800 or more, and 7 who have deadlifted 800 or more.

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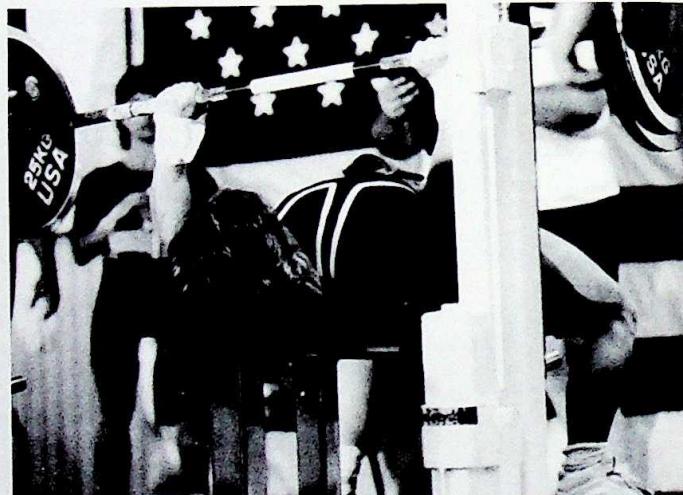
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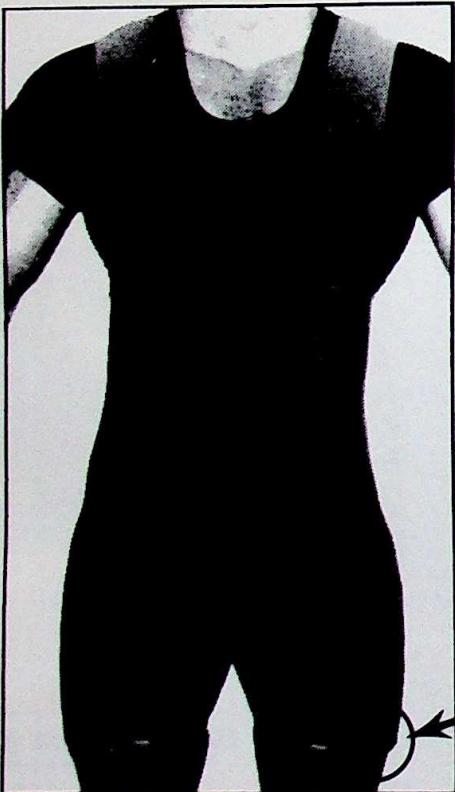
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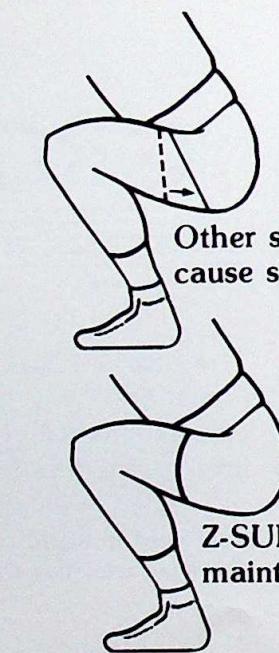
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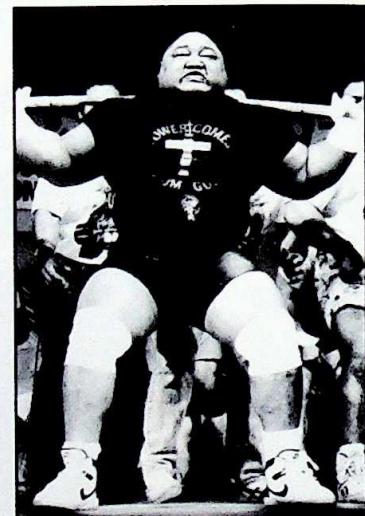


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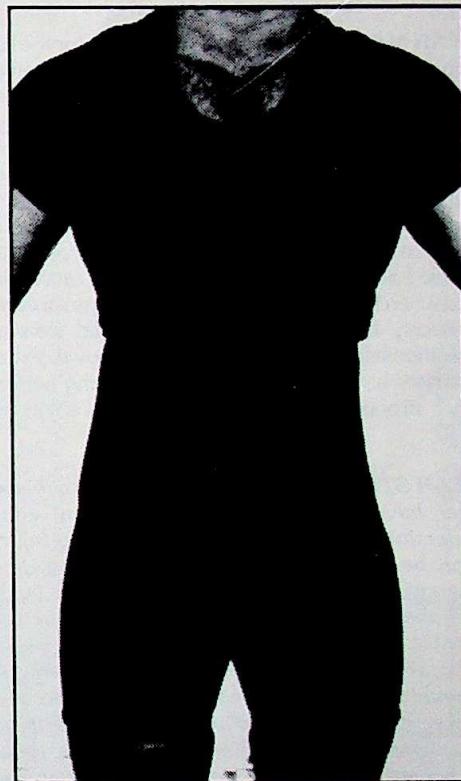
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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 2RR#4 Cobourg, Ontario, Canada K9A 4J7 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I've been a powerlifter for the last 5 years. I suffered from a L5-S1 herniated disc in high school football, top Doctors told me that I'd never be able to be physical again. It would be hard for me to workout or anything with consistency due to my injury. Well thanks to great information from you as well as other sources, I've have made my gains quicker than expected. This year I won the state championships and ranked in the top 100 list in PL USA. In the gym I've already beat my old numbers and keep getting strong through proper exercise, nutrition and rest. My only concern is that from a structural standpoint, should I add any supplemental exercises or should I still workout like I did when I squatted only 320, because my squat is twice that now and obviously that style of working out did wonders, but would any alterations shock me into a whole new growth pattern? I see how many exercises have sprouted up, and are being performed by individuals much stronger than myself. The question is if its not broke do you still fix it?

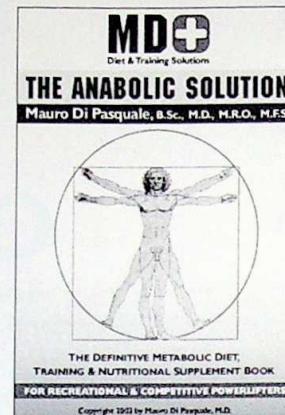
DEAR STEVE: I commend you on your achievements, especially after having so much negative medical advice. You have to understand that while there is almost no injury or problem that can't be overcome by intelligent training, few people lack the wherewithal to make it happen. Doctors go by the numbers and as such their advice is geared to what the pathetic, average person is capable of doing.

As far as changing your routines and workout style, I think the famous theological saying that you quoted says it all. If it's not broke, don't fix it. On the other hand if you're not getting anywhere and your training has stalled out, then that's the time to try something different to see if it can kick start you again. For most of my competitive career I basically worked out the same way, with some rather minor variations, although at times, especially at the beginning, I did try almost everything under the sun to find out what worked best for me. As far as new exercises, there basically aren't any, just variations on the old ones. In fact a lot of these new exercises were done by others decades ago and have simply been reintroduced. It's basically a variation of the "back to the future" theme. Success in powerlifting (and in anything else for that matter) is measured by determination, drive and consistency. Mix in some common sense and a yearning to learn and apply as much as you can about training and nutrition, and you've got a powerful brew. And it sounds like you're cooking along just fine. **MAURO**

DEAR MAURO: I tried the GH boost last night and I had very active dreams so to speak, what does this indicate?

DEAR TOM: Thanks I added some specific ingredients in the new GHboost, including niacin and acetyl-l-carnitine (ALCAR). The changes, along with the rest of the formula, does more than just increase GH and IGF-1 levels. GHboost also has significant neuroprotective and neurotrophic effects on brain function, cognition, and energy levels. You're going through

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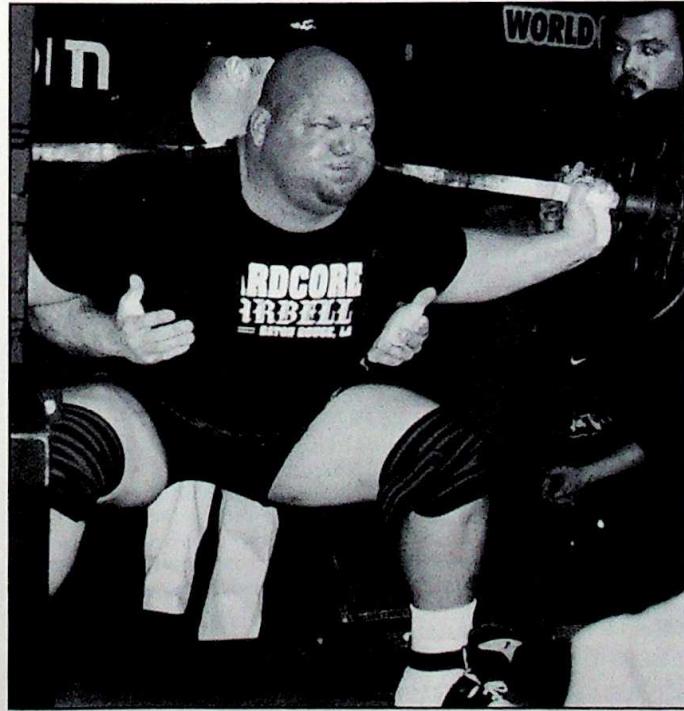
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some of the initial changes in cerebral metabolism which can result, among other things, in an increase in dream and their intensity. That aspect should settle down within a week or so as you continue to use it. Here's what someone else had to say when they used GHboost.

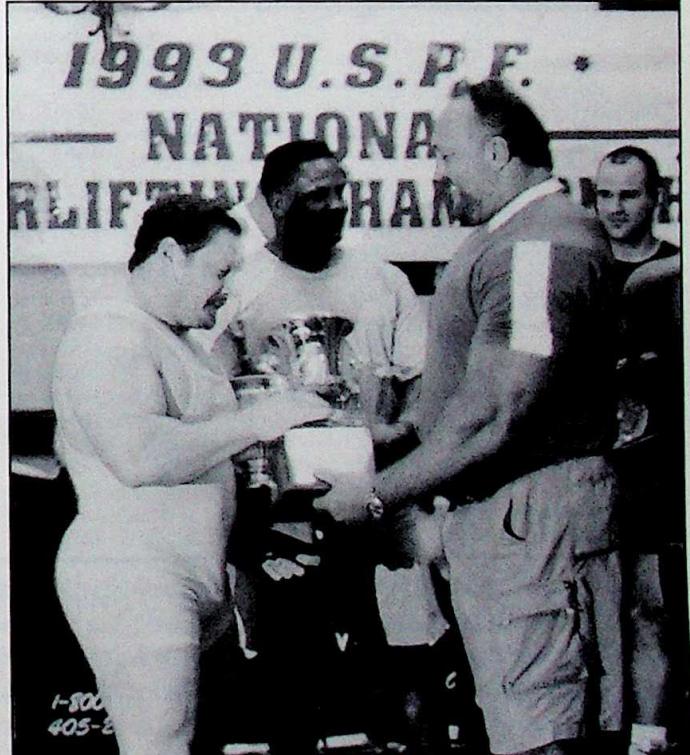
The new formula is interesting. I definitely notice a difference in concentration... felt smarter. The down side is I have less patience for stupidity. It also has a greater affect on energy levels and as I wrote you before it took me a week to adjust to it so I can take it before bed. The first week it kept me wired. **MAURO**

Cole's Club - All -Time Highest Total (Multiple Performances) by Herb Glossbrenner

Rank	TOT/kg	TOT/lb	LIFTER	YOB/NAT	BWT	SQ	BP	DL	DATE	LOCATION	FED
1	1212.5	2673.08	Frank,Garry	64USA		460.0	342.5	410.0	18OCT03	Gautier,MS	APF
2	1197.5	2640.03	Frank		164.60	460.0	327.5	410.0	16JUN02	York,PA	APF
3	1182.5	2606.97	Frank		170.15	457.5	332.5	392.5	01DEC01	Daytona,FL	APF
4	1180.0	2601.45	Frank		170.10	455.0	335.0	390.0	24JUN01	Daytona,FL	APF
5	1162.5	2562.87	Frank		166.05	435.0	305.0	422.5	09NOV02	New Orleans,LA	WPO
6	1151.0	2537.52	Bolton, Andrew	70GBR	148.00	455.0	272.5	423.0	01MAR03	Columbus,OH	WPO
7	1150.0	2535.32	Frank		170.10	440.0	315.0	395.0	24FEB01	Daytona,FL	APF
8	1150.0	2535.32	Goggins,Steven	63USA	120.45	500.0	250.0	400.0	01MAR03	Columbus,OH	WPO
9	1150.0	2535.32	Frank		163.80	465.0	292.5	392.5	15MAR03	Jacksonville,FL	APF
10	1140.0	2513.27	Mikesell, Brent	67USA	151.49	502.5	272.5	365.0	28JUN03	Newport,OR	APF
11	1135.5	2503.34	Mikesell		149.50	500.5	275.0	360.0	22MAR03	Red Deer,ALB,CAN	WPC
12	1133.98	2500.00	Frank		170.00	426.38	303.91	403.7	03DEC00	Burbank, CA	APF
13	1128.0	2486.81	Bolton		149.00	440.0	268.0	420.0	28JUL02	Bournemouth,GBR	WPC
14	1120.37	2470.00	Smith, Matthew	74USA	152.18	439.98	294.83	385.55	13APR03	Newark, OH	IPA
15	1120.0	2469.18	Frank		169.80	427.5	295.0	397.5	19NOV00	Las Vegas,NV	WPC
16	1119.5	2468.08	Turtainen,Ano	67FIN	124.40	456.0	272.5	391.0	12AUG01	Orlando,FL	WPO
17	1117.5	2463.67	Coan, Edward	63USA	108.80	455.0	260.0	402.5	17DEC98	Las Vegas,NV	USPF
18	1115.84	2460.00	Clark, Anthony	66USA	151.27	460.4	328.8	326.6	28MAR93	Lancaster,PA	WPA
19	1115.0	2458.15	Pasanella, David	62USA	124.80	467.5	260.0	387.5	28MAY89	Honolulu, HI	APF
20	1113.57	2455.00	Ruggiera, Michael	67USA	157.85	460.40	285.76	367.41	13APR03	Newark, OR	IPA
21	1112.5	2452.64	Frank		167.30	412.5	307.5	392.5	11JUN00	Warren, MI	APF
22	1110.0	2447.13	Turtainen		130.70	470.0	250.0	390.0	01MAR03	Columbus, OH	WPO
23	1109.03	2445.00	Smith		152.10	430.91	303.91	374.21	18NOV01	Columbus, OH	IPA
24	1107.5	2441.62	Coan		110.00	462.5	260.0	385.0	25JUL99	Dallas,TX	USPF
25	1103.0	2431.69	Goggins		116.00	460.5	260.0	382.5	09NOV02	New Orleans, LA	WPO
26	1102.5	2430.60	Wilson,O.D.	55USA	172.40	454.5	250.5	387.5	29JAN89	Long Beach, CA	USPF
27	1102.5	2430.60	Badenhorst, Gerrit	62RSA	138.50	450.0	250.0	402.5	14OCT90	Pescara,ITA	WPC
28	1102.5	2430.60	Mikesell		151.50	475.0	272.5	355.0	29JUN02	Newport, OR	APF
29	1101.1	2427.5	Ware, John	60USA	155.58	447.92	272.16	381.02	29JAN89	Galesburg, IL	APF
30	1100.0	2425.08	Kazmaier, William	64USA	149.69	420.0	300.0	380.0	31JAN81	Columbus, GA	USPF
31	1101.0	2425.08	Thompson, Donald	65USA	156.95	447.5	287.5	365.0	09NOV02	New Orleans, LA	WPO
32	1098.0	2420.68	Bolton		150.95	410.0	267.5	420.5	09NOV02	New Orleans, LA	WPO
33	1097.69	2420.00	Frank		166.47	421.84	294.84	281.02	25JUN99	York, PA	IPA
34	1097.69	2420.00	Kovacs, Daniel	70USA	144.70	415.0	306.20	376.50	19NOV00	York, PA	IPA
35	1097.5	2419.57	Goggins		117.02	455.0	255.0	387.5	24JUN01	Daytona, FL	APF
36	1097.5	2419.57	Childress, Paul	71USA	139.00	462.5	290.0	345.0	01MAR03	Columbus, OH	WPO
37	1095.42	2415.00	Kovacs		145.10	430.91	301.64	362.87	23NOV97	Washington, D.C.	IPA
38	1092.5	2408.55	Fasanella		125.00	462.5	265.0	365.0	08APR88	Honolulu, HI	APF
39	1092.5	2408.55	Clark		155.00	435.0	320.0	337.5	090CT93	Shawnee, OK	USPF
40	1092.5	2408.55	Smith		156.90	435.0	302.5	355.0	16JUN02	York, PA	APF
41	1091.0	2405.24	Moore, Beau	65USA	149.50	422.5	328.5	340.0	01MAR03	Columbus, OH	WPO



Garry Frank just broke his own All Time Total Record with 1014, 755, 903, 2673 at Joe Ladnier's 1st Annual APF Mississippi State Meet on only 4/8 attempts, coming up with an 1102 Squat, which would have put him way over 2700, but unfortunately that lift was not passed



Ed Coan receiving the Best Lifter Award at the 1999 USPF SR Nationals from Bill Kazmaier. Ed is the only lifter on the list under 100 kilos.

This month we will be taking another look at some of the questions that some loyal *PL USA* readers have sent in to me in regards to proper nutrition planning. I thought you would like to take a look at the questions asked by some of your competitors. Here are some informative answers to make sure you stay on top of the ball when it comes to power nutrition.

Q: I always hear that taking Vitamin C supplementation is a good idea? Is this true for strength athletes? I train 4 days a week and use a progressive overload cycle of training. I have read over and over that taking Vitamin C is good if you catch a cold. How much Vitamin C should a hard training powerlifter take on a daily basis? Does it have any other benefits or is it only good for helping you out when you are sick? *Scott Blackburn*

A: Just to let you know Scott, Vitamin C has a lot more benefits than simply helping you out when you have the common cold. Vitamin C has been shown to have a positive effect on the immune system. Supplementing with Vitamin C only when you have a cold is a mistake. Vitamin C is a micronutrient that should be incorporated in all strength athletes' nutrition plans. Vitamin C is a water-soluble vitamin so there is no worry of building up a toxicity level. Excess intake of water soluble vitamins is excreted through your urine. One benefit to Vitamin C is that it helps repair connective tissues. With all the hard training powerlifters do, training heavy day in and day out takes a toll on the tendons and ligaments after time. Supplementing with Vitamin C can help in the recovery process from your tough workouts. As you probably already know recovery from your workouts is one of the most critical parts of your training. If you are not recovering you end up overtrained or injured. So, your progress goes out the window. Next Vitamin C has a positive effect on powerlifter's favorite hormone—TESTOSTERONE. That's right! It also can help reduce Cortisol levels, which is something we all have to worry about. When the body goes through a perceived stress, whether it is a stressful situation at work or home, intense resistance training session or even strict dieting, the body releases more of this catabolic hormone. Now this hormone does have its benefits but what powerlifters have to watch out for is its muscle wasting properties. You have heard it here first. Too much stress will lead to an increased Cortisol level that causes not only muscle wasting, but also an increase in fat storage. I bet you didn't know that! Vitamin C can help decrease Cortisol levels so when you are training hard for your next competition, supplementing with this super vitamin can really make the difference in your recov-

NUTRITION

Power Nutrition Q&A

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

ery and immune function. Let's not forget the positive effects it has on our hormones. The hard training powerlifter should take in the neighborhood of 3,000 mg. of Vitamin C per day and it can be increased even more when you are sick. Don't take it all at once since that will waste most of it. Take 500 to 1000 mg. three times a day.

Q: My question has to do with protein quality. I always hear something called BV in relation to different protein sources. What is BV and how does it affect different protein sources? Is all protein the same or are their better choices for powerlifters? If you could shed some light on this topic I would really appreciate it. Sincerely, *Paul Milf*

A: It's nice to hear from you Paul. BV stands for the term Biological Value. This is a method of assessing the quality of different sources of protein. The higher the ratings on the BV scale, the better the quality of protein. The lower the rating on the BV scale, the lower quality the protein is. There are many different protein rating systems out there to help access the quality of a specific protein. One reason why whey protein is so popular is because of its high rating on the BV scale. Egg protein was at one time the highest on the scale with it scoring a perfect 100. Egg was used as the benchmark in which all other protein sources were rated. With the introduction of whey protein on the scene in the early 1990s, egg white protein took a backseat, so to speak. Whey protein, depending on its grade and cut can range from 104 all the way to 159 on the BV scale. This gives whey the highest rating on the BV chart making it higher than egg, casein, meat, or soy protein sources. When choosing a protein source, look for sources that have a high BV score as more of this protein can be used to do what it does best ... keep you in a positive

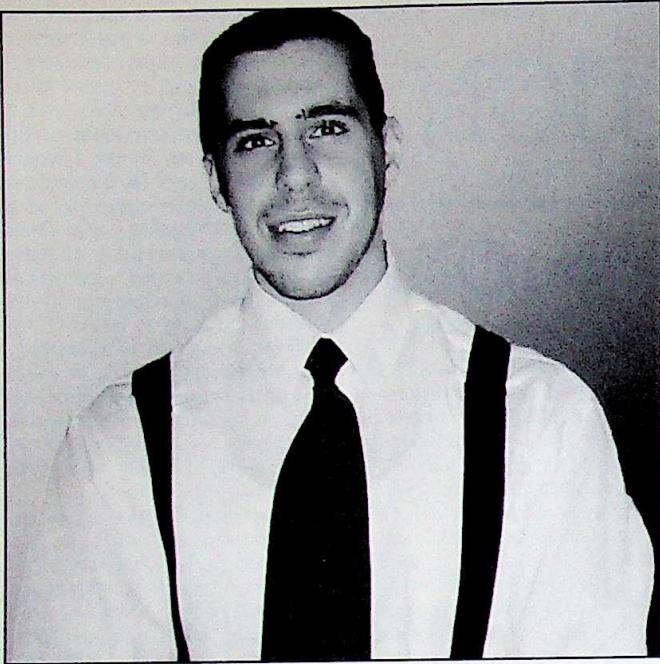
nitrogen balance, enhance recovery, increase lean muscle tissue and jack up your strength. Now you can understand why I recommend powerlifters to supplement their diet with whey protein. If you look back to all my past articles you will see that the protein sources that I recommend are the highest on the BV chart. BV is not the only thing that you should look at when considering a quality protein source, but it should be used as a basis on which to build upon when designing your nutrition program. Other factors when considering a protein source include the amino acid profile, BCAA content, bioavailability, and the rate and time in which it is absorbed. The quality of the protein that you put inside your body is very important. Feed your body the proper amount of high quality proteins and you will see many very positive benefits with your health and performance. It's like when you pull up to the gas pump with your power beast of a truck. You could fill up your tank with the cheapest fuel available and, yes, your truck will run, but we both know that it will be sputtering like there is no tomorrow. If you fill the tank with the highest quality fuel, yes, it may cost you a bit more, but the return you get in performance will be seen right from the start. When it's time to pull your power machine in for some fuelling make sure you feed it high quality sources of protein so your performance doesn't sputter when its time to step up on the platform.

Q: I really enjoy reading your column every month in *Powerlifting USA*. I have learned so much info in regards to proper nutrition for powerlifters reading your column. Your column is no doubt a great addition to this already awesome magazine. My question is in regards to fiber. I am having a hard time getting more fiber in my diet.

Can you give me some tips on how to increase it? I know that it helps to reduce cholesterol and this is something that I need as I have been diagnosed with high cholesterol. If you can give me some ideas to help me increase my intake I would really appreciate it. By the way, the story that you told in part two of your "Nutritional Mistakes" series about the superheavyweight that left the judge with a "mouthful", so to speak was so funny you had me on the ground laughing in pain. I am telling you the truth; I was laughing so hard I couldn't breathe. Keep up the good work and the humor as it really breaks things up. Thanks for your help, as I need to get my cholesterol in check. Yours in strength, *Pete Johnson*

A: Fiber is definitely one of the most overlooked nutrients in the powerlifter's diet. I have consulted with numerous strength athletes and out of all of them very few were taking in adequate amounts of fiber in their nutritional plan. Let's face the bold truth here for a minute. Fiber is not one of those really tasty nutrients that are going to make your mouth water. It usually comes in the form of bland foods that really don't go down like a Krispy Kreme donut. Increasing your fiber intake will most definitely have a positive effect on your increased cholesterol level. Cholesterol levels that are not in check can lead to arteriosclerosis, which is the hardening of the arteries in your heart. I have noticed a higher incidence of heart attacks among powerlifters than some of the other types of athletes that I consult with. I believe this is due the fact that many powerlifters consume too much saturated fat and ignore their fiber intake. This combo can really wreak havoc on the cardiovascular system, especially when there is also very little cardiovascular exercise included in their power training program. One way to start getting more fiber in your nutrition plan is to start eating sources that provide adequate fiber a few times per day. Don't try and get all your daily intake of fiber in one meal. This will just make you feel like you swallowed a blowfish. Start including more vegetables and fruits in your plan. As with most powerlifters that I have worked with, fruits and vegetables are put to the side for tastier higher fat and refined carbohydrate food choices. Try to get more salads into your plan as well. One excellent source that should be included into all

..... ***"I have noticed a higher incidence of heart attacks among powerlifters than some of the other types of athletes that I consult with. I believe this is due the fact that many powerlifters consume too much saturated fat and ignore their fiber intake. This combo can really wreak havoc on the cardiovascular system, especially when there is also very little cardiovascular exercise included in their power training program."***



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

powerlifter's plans is rolled oats. Oatmeal, as you may call it, is an excellent source of complex carbs, but it also provides a very good source of fiber. Another very good source of fiber is the many different high fiber cold cereals that are now available. Bran flakes and All Bran are very good sources of fiber and should be included in the powerlifter's meal plan. Not only is the increased fiber going to help bring down your cholesterol level, but it is also going to help prevent another health problem that plagues so many American men and that's colon cancer. If you are not getting enough fiber in your diet then you are setting yourself up for an increased rate of getting colon cancer in latter years. In regards to your cholesterol problem there are many other natural things that you can do to help bring it under control without resorting to drugs. In the near future I will be doing a series on "Cholesterol and the Powerlifter" so keep your eyes peeled to learn some very valuable information that can do more for you than just increase your total ... it can also save your life. All in all, get your fiber up as it will not only help your powerlifting ambitions but your health as well.

Q: You talk a lot about nutrition plan customization? What is that exactly and how do you go about designing a program for strength athletes? I know that you work with a lot of top powerlifters and strongmen like Garry Frank and Glen Ross so what has to take place so that you can design their program? I am really interested in knowing more about how you go about putting different nutrition plans together. If you don't mind letting me in on some of your secrets here that

would be great. Sincerely, Bill Watson

A: Ah ... Trying to get some of my secrets from me are you? Just joking! When I talk about a customized nutritional plan there are many things that have to go into it. The first thing that I have to do is perform a nutritional and supplementation analysis. It is from this analysis that important information is gained so that I can start the program design. This includes knowing what the person's training schedule or cycle is like, their current maxes, and when their next competition is. This way I know if the program is for the off season or pre-contest. Next I need to have an array of medical information presented to me to help me understand more about what conditions that I may be working with. If someone has high blood pressure or suffers from diabetes, I will need to know this information before I can start designing the program. I will also have to know what kinds of drugs or medication they are currently taking, as well as any allergies that they may have. I prefer my clients to have blood work done not only so I can see if they have elevated cholesterol or triglyceride levels, but also to understand their insulin sensitivity level and thyroid function. These are two very important factors when designing a meal plan. Next I will also conduct some physical diagnostics which include body measurements and composition testing. This will let me know how much bodyfat they are currently holding as well as a reading for their lean tissue mass and water content. This way I can see how their composition is changing as the program goes along. Not only is this a benefit for those looking to lose a few pounds of fat, but it is an important monitoring tool to

make sure that you are not catabolizing any lean tissue when you plan to go down a weight class. I would need to know about their past injuries and health ailments. Of course, I will have to know what your current and future goals may be. Whether it's to lose fat, gain weight, improve overall health, or to focus on a health condition like decreasing your blood pressure. Your current or past use of nutritional supplements is another area of focus that must be considered as well. Another area of concern is whether the athlete is drug free or pharmaceutically assisted. This in itself plays a huge role in the design of the program since each of them has different considerations that must be met within the program.

For the drug free athlete, preventing catabolism will be an area that must be focused on more than someone that is on the gear. Another aspect to look at is nutritional and supplementation needs to keep the pharmaceutically assisted strength athlete healthy. Focusing on cleansing the blood, liver and kidneys is something that all assisted athletes must do to keep them healthy, especially as they get older. There are many factors that go into designing a customized nutrition and supplementation program for powerlifters. It's not as simple as running off a couple meal plans and dumping them off to everyone that wants to work with you. It takes a lot more than that, especially when you start working with National and World Class athletes who have to constantly improve to stay at the top of their game. These are some, but not all, of the things that go into designing a meal plan for strength athletes. I guess it's a little more complicated than just telling you to eat your vegetables and take your vitamins. I hope that I shed some light on just a few of the things that must be considered when designing a customized nutrition plan for strength athletes.

Q: I would first like to tell you how much I liked your Power Nutrition Column in the February issue of *Powerlifting USA*. That one guy who claimed he was as strong as an ox was a little whacked out if you ask me. Is this guy for real? Did he ever get back to you on the wager that you offered him? I really like how you put him in his place when you told him that women in the 132 pound class were out-lifting him. Ha ... this guy is a joke. Do you have to deal with a lot of bozos like this? My question is in regards to your web site X-treme Power. Where the hell is it? I have been checking back every month and it's still not there? Could you give me the heads up on what's going on? Yours truly, Vito Macci

A: Hey, Vito, it's nice to hear from you. Yes, I do get some really funny e-mail from time to time from some

of the readers. I just learn to take it with a grain of salt. Actually, I find it quite amusing, as those who usually try to put down my theories to improve powerlifter's performance with specific nutrition protocols don't have a clue of what they are talking about. They are just purely shooting out their opinion with no educational background in the nutritional science fields. They also have no real experience working with a true professional that specializes in working with strength athletes for program design. I do see my fair share of these "Bozos" as you mentioned, but it's cool as I like the attention they give to the topic. The aspect of "Nutrition for Powerlifters" has really taken off like never before over the last year and a half. I am very happy to have been leading the front on getting powerlifters educated on what they need to do to take their total to the next level. In regards to the wager I offered him, of course he didn't accept it. Deep down he knows that I am right with what I was saying, since I have proven myself with the many top powerlifters that I do work with. If he decides to change his mind on the wager, then he knows where to find me.

In regards to the Web site at www.X-tremePower.com I have to apologize. First off, this wasn't going to be a personal nutrition site. The purpose of this site was to provide a monthly internet magazine for all strength athletes including powerlifters, weightlifters, bodybuilders, and strongman to provide their input from a multitude of different areas. The purpose of X-treme Power would be an online magazine that covers all the strength sports. There are a couple reasons why it has been so delayed. The first is the fact that on two occasions some of my writers sent me some nasty viruses. It was actually the second virus that actually destroyed my computer. The several months of sweat and tears that I put into it all went down the drain. Talk about frustration, I was about to flip when it happened the second time.

I am also working on a couple of projects right now as we speak that will be very interesting for powerlifters. I will let you in on these secrets shortly. X-treme Power at the present time is still a go, it's just going to be delayed for some time until the other projects have been completed. I apologize again for getting you excited and not keeping you updated in regards to the site. Thanks for writing and if you need anything let me know.

If you have any questions feel free to e-mail and I will try to personally get back to you. If I don't get back to you then chances are you will see them in print very shortly in an upcoming edition of the Power Nutrition Column. I can always be reached at:

Ricciuto@X-tremepower.com

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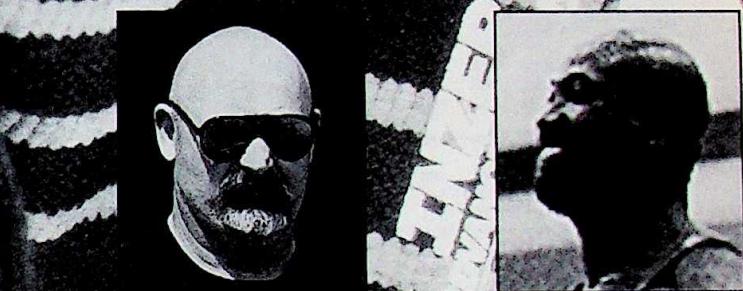
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ADAU Nationals						
	14,15 JUN 03 - Brookfield, CT	WOMEN	SQ	BP	DL	TOT
77 Y 10-11						
A. Zimmerman	100	55	115	270		
4th	105		121			
123 OPEN						
L. McKeogh	250	105	280	635		
123 SM						
L. McKeogh	250	105	280	635		
132 OPEN						
M. Martucci	225	135	380	740		
132 Jr						
A. Catalino	160	80	240	485		
132 SM						
D. Zimmerman	190	100	255	545		
148 T14-15						
I. Schroeder	170	115	215	500		
148 SM						
A. Kertesz	55	130	175	360		
148 M50-54						
S. Fulljames	195	130	250	575		
165 T14-15						
B. Zimmerman	185	100	225	510		
4th	200AR					
198 OPEN						
A. Martin	265	105	310	680		
MEN						
114 T16-17						
C. Bloom	215	150	300	665		
123 Teen						
D. Perhacs	200	135	281	616		
132 T16-17						
K. Pataky	280	150	330	760		
132 T18-19						
B. Pensyl	230	155	335	720		
148 OPEN						
R. Cruz	430	275	480	1185		
M. Romanello	385	300	450	1135		
1. Cox	350	305	445	1100		
148 Jr.						
I. Stazer	360	220	470	1050		
148 M40-44						
R. Cruz	430	275	480	1185		
148 M55-59						
P. Griffith	380	230	395	1005		
B. Pensyl	345	185	370	900		
165 OPEN						
R. Martucci	385	320	505	1210		
D. Petro-Roy	405	240	445	1090		
165 M50-54						
D. Petro-Roy	405	240	445	1090		
181 OPEN						
A. Biasetti	485	300	575	1360		
M. Catalino	490	325	505	1320		
A. Hersperger	420	320	510	1250		
D. Morin	305	240	525	1070		
L. Sullivan	350	250	425	1025		
G. Vosburgh	340	245	375	960		
181 T16-17						
J. Hayduk	350	235	375	960		
181 T18-19						
A. Urbanski	320	255	480	1055		
181 Jr						
A. Hersperger	420	320	510	1250		
181 M40-44						
G. Vosburgh	340	245	375	960		
181 M50-54						
D. Banik	325	255	475	1055		
181 M 55-59						
L. Emerson	370	240	500	1110		
198 OPEN						
C. Fabrizio	475	305	630	1410		
M. Martucci	485	360	565	1410		
T. Braca	445	295	515	1255		
M. Izzi	335	250	440	1025		
198 SM						
C. Fabrizio	475	305	630	1410		
220 OPEN						
G. Davis	490	350	600	1440		
1. Shook	475	320	545	1340		
E. Kutin	440	345	525	1310		
G. Rendino	485	270	520	1275		
D. Grandinetti	460	325	480	1265		
J. Raebiger	330	230	460	1020		
220 SM						
G. Rendino	485	270	520	1275		
220 M40-44						
E. Kutin	440	345	525	1310		
220 M55-59						
R. Cote	150	370	150	670		
242 OPEN						
J. Knobler	525	455	500	1480		
M. Bowen	455	285	490	1230		
242 T 14-15						
1. Lee	360	250	420	1030		
242 M45-49						
M. Bowen	455	285	490	1230		
242 M60-64						
R. Hurley	55	275	55	385		
275 OPEN						

B. Shuman 630 505 630 1765
D. Poundstone 535 375 625 1535
P. Owens 470 300 570 1340
275 Jr.
D. Poundstone 535 375 625 1535
275 M40-44
B. Shuman 630 505 630 1765
319 OPEN
1. Lee 535 350 575 1460
R. Scandle 475 415 555 1445
319 M40-44
1. Lee 535 350 575 1460
319 M45-49
W. Ogden 485 325 500 1310
319 M 65-69
A. Siegel 355 230 415 1000
Best Lifters: LW - Men Anthony Biasetti, HW - Men Bart Shuman, Women - Michelle Martucci Open Team Awards: 1st- Power-

best female lifter of the meet, Michelle Martucci. Michelle traveled with her husband all the way from Illinois and just made weight by using the sauna before weigh-ins, making her performance even more impressive. A 225 SQ, 135 BP, 380 DL, 740 TOT, Best Lifter Award, and National Championship more than made her efforts worth while. congratulations Michelle. The junior division of this weight class was won by April Catalino. April, with the help of her husband, Matt, really got up for her lifting and her energy produced a win. At Submaster, Diana Zimmerman, mother of phenom Adrienne showed off the ability she has handed down to her daughter. She put up a nice 545 TOT. The 148# class had 3 age division winners. Jolene Schroeder won the Teen 14-15 division with a nice total of 500@148. She obvi-

ously lifted very well posting a 665TOT in the Teen 16-17. Doug Perhacs, age 13 also impressed by putting up a solid 616 TOT in the 123# class. Kevin Pataky, age 17 and Branden Pensyl age 18, both from PA, won their respective age groups in the 132# class. Branden went 9 for 9 and managed personal bests across the board - way to go! The first battle for placing in any weight class came in the 148# class. Jeff Cox, from New Milford, CT, showed tremendous improvement in going 8 for 9 and totaling a personal best 1100 for third place. His potential is still to be realized. The second place finisher, Mike Romanello, traveled all the way from Florida. Mike put up solid numbers with his 385SQ 300BP 450DL, but key misses cost him in his battle for 1st. Ramon Cruz was the man who capitalized and won the 148# National title. Ramon went 430SQ 275BP 480DL exhibiting a veteran poise that made the difference. In the Junior age group Jason Stazer totaled 1050 and should be joining the open ranks to battle Cruz, Romanello, and Cox very shortly. His potential is evident as he went 9 for 9 and looked great. Paul Griffith, from MD and BarryPensyl from PA duked it out in the Masters 55-59 age group. Paul finished first with a 1005TOT to Barry's 900 TOT. Barry, by the way, is the proud father of Branden the 132er. Like father like son- good lifting guys. Coming all the way from Illinois to win the 165's was Richard Martucci. Rich put up a 385SQ 320BP 505DL 1210TOT for the win. This was despite having to suck weight in the sauna, minutes prior to the -weight-in. His challenger was David Petro-Roy, who solidly lifted 405SQ 240BP 445DL 1090TOT for second place. David is the ultimate professional and I always enjoy seeing him compete and do well. The 181's pitted two of the best lifters in the ADAU. Anthony Biasetti lifting in front of his hometown and representing Powerhouse Gym, and Matt Catalino, representing Joe's Gym of Erie, PA. The much anticipated duel started off with Catalino squatting 490 to Biasetti's 485, with both missing their third attempts. The Bench Press gave both of them trouble as both lifters made errors with neither being able to capitalize on the other. Tony benched 300 to Matts 325, and both were just openers. Subtotals had Catalino at 815 and Biasetti at 785. The pressure was on for the deadlifts as both of the lifters teams calculated how their stud lifters could beat the other teams stud lifter. The strategy was obvious, for Biasetti's camp they played the cat and mouse game that can only be played when a lifter has great confidence in his lift, as Biasetti does. For Catalino it was a matter of holding on to his 30# lead with makeable attempts that pushed the total just beyond Biasetti's reach.



Bart Shuman at the 2003 ADAU Nationals - Best HW Male Lifter - 505 bench press (Photo courtesy of Delavega/Powerhouse Gym)



Anthony Biasetti at the 2003 ADAU Nationals - Best LW Male Lifter - 575 pound deadlift

Annette Martin from New Milford, showed some great potential with her lifting. She put up 265 SQ, 105 BP, 275 DL in the 198# class. The Men's Lightweights were well represented in this meet. Starting with the 114# Biasetti opened with and hit 500 while Catalino opened with and hit 505 increasing his lead to 35#. For the second attempt Catalino picked 530 and just missed on the lock out, opening the door for Biasetti.

Biasetti chose 535 as his attempt which would tie Catalino and thus beat Catalino because Biasetti was the lighter lifter. Biasetti smoked his second attempt, with room to spare and with that lift moved into the drivers seat. Catalino had 1 last shot to overtake Biasetti with his third attempt. He retried 530, and as he went up to the bar the tension in the room could be cut with a knife. Catalino approached the bar aggressively and gave it an initial yank and then a final yank as the crowd held its breath. He pulled the bar with everything he had, to about mid thigh level but then stalled and finally conceded to the weight. The disappointment was apparent in Catalinos face, as when any athlete has the chance to win but cannot seize it. Biasetti had already won the 181# National Title but elected to try a 575# final pull to put and exclamation point on his day. His lift looked nearly effortless, as the hometown crowd went crazy for their champ. As for Biasetti's 3rd attempt DL, it put him over the top as Best Lightweight Lifter of the meet- Congrats Ton yB. I am sure Biasetti and Catalino will meet again in the future. The rest of the 181 open class included Adam Hersperger, only 20 years old, finishing third with a 1250total. Adam can be expected to challenge Biasetti and Catalino in the years to come in this weight class with his technically sound lifting. In 4thplace was David Morin of Connecticut who pulled a nice 525DL. Larry Sullivan and George Vosburgh rounded out the class respectively taking 5th and 6th place. Several promising lifters also participated in the 181# age group classes. At 16, John Hayduk showed a ton of potential by totaling 960. He calmly went 9 for 9 showing all the raw talent needed to be a very good lifter. At 19, Andrew Urbanski pulled a strong 480 DL and totaled 1055. Andrew showed a lot of guts with his lifting and should improve very quickly. The Masters divisions had Larry Emerson from MA. Winning the 55-59 age group with 1100 TOT and a nice 500 pull, David Banik from PA won the 50-54 age group with a solid 1055 total. After the first day of competition and all of the great lifting that occurred everyone was all charged up and wondering if the second day (all the heavyweights) would be as exciting as the first. As it turned out the second day nearly matched the intensity that everyone witnessed on Saturday. It all started with the 198ers. The class had local favorite Chuck Fabrizio going against Mike Martucci, from PA. Both are experienced lifters with a lot of talent. Going into this battle they both knew they would be in for a fight. The squats began with Martucci out squatting Fabrizio 485-475, both missing 3rd attempts. Practically even at this point, Fabrizio knew he needed to hit his benches because of Martucci's advantage in this lift. Fabrizio was unable to capitalize on his third attempt which resulted in a 305 BP. Martucci on the other hand went 3 for 3 and hit a nice 360 BP. Martucci had a commanding lead on the whole class at -subtotal time. The subtotals had Martucci 845, Fabrizio 780, Tony Braca 740, and Mike Izzi 585. Now a 65 pound lead is usually very safe especially when you have a balanced lifter such as Martucci is with that lead. However, Fabrizio is one of the best DLers in the country. 1st Attempts started with Fabrizio pulling 550 to Martucci's 535. 2nd attempts brought Fabrizio closer to the title with an easy 600# pull to Martucci's 565 DL. For the third attempts Martucci knew he was close to his limit so he chose 10 #'s more than his second attempt. The weight came up but proved to be too much for Martucci to convert it to a successful lift. With that, Fabrizio called in 630, which seemed like a big leap to most, but not to those that knew Fabrizio. I personally have seen Chuck pull 673 equipped and I swear he could have gotten 700! Nevertheless, this was a "raw" meet and 630#'s would be close. If he got this he would tie on total and win by being lighter than Martucci. As he approached the bar, the hometown crowd all shouted encouragement to Chuck while the Martucci crew desperately awaited the outcome of this lift. With one quick yank, Chuck pulled the bar up as quickly as any of his other lifts to the approval of the judges. The place went nuts as Chuck walked off the platform as 198# National Champ! Fabrizio won with 1410 @ 193#'s, Martucci took sec-

ond with 1410 @ 198#'s, Braca was third with a 1255 TOT, and Izzi rounded out the class with a 1025 TOT. The 220ers numbered 6 in the open class. George Davis, from PA, took the crown posting a 490 SQ, 350 BP, 600 DL, 1440 TOT for the win. Taking second was Jason Shook a local lifter from CT. Shook put up a nice 475 SQ, 320 BP, 545 DL, 1340 TOT and overcame early troubles with the squat with a strong pull to hold off 3rd place finisher Ed Kutin 1310 TOT, from NY. Gene Rendino, another CT product took fourth with a 1275 TOT. He held off David Grandinetti, from PA. Dave totaled 1265 and could have overtaken Rendino for 4th had he hit his 3rd attempt DL of 495. Next time Dave! John Raebiger of PA rounded out the class placing 6th. Gene Rendino won the 220# submaster division. Ed Kutin won the 220# Master 40-44 division. The very impressive Roland Cote, who benched a nice 370 won the 220# Master 55-59 division. Don't we all wish we could do that, especially at 59 years of age? The 242 lb class was a two-man race with Jason Knobler defeating Mark Bowen rather handily. Knobler posted a 1480TOT and a very impressive 455 BP! As for Bowen he posted a 1230 TOT while crossing over from the Masters 45-49 division. Robert Hurley from NY won the Masters 60-64. Jack Lee, a PA resident, won the Teen 14-15 division. Jack, who was competing with his father Jackson Lee, had a good outing with a 360 SQ, 250 BP, 420 DL, 1030 TOT. The 275 lb class produced the Best Male Heavyweight Lifter of the meet. Bart Shuman, of PA, hit some big numbers 630 SQ, 505 BP, 630DL, 1765 TOT, and had a phenomenal day going 8 for 9. His methodical lifting held the crowd of spectators in awe throughout the day. It was truly an impressive display of lifting. Placing second in this class was Derek Poundstone of Waterbury, CT. Derek hit a 1535TOT, but struggled missing several attempts. Nevertheless, at 21 years of age this young man has great potential, and was good enough to take second in the class. Paul Owens, from PA, was the third place finisher totaling 1340. The 319's went down to the wire between big Jackson Lee and Ron Scandale. Lee came out of the squats leading 535 to 475. Scandale however, passed Lee with his 415 BP to lead at subtotal time by 5 #'s. It all came down to the DL's once again. Lee opened with a 575 but could not advance further missing on 600 #'s for his 2nd and 3rd. Scandale opened with a successful 530 on his 1st and 555 on his 2nd to bring him to within 15 #'s of victory. Since he was the lighter "man a tie would make Scandale the winner. Scandale attempted 575 on his 3rd but was just not able to complete the lift. Lee was the victor! A great attempt by Scandale none the less and another classic battle by both men. The age divisions saw William Ogden from PA

winning the Masters 45-49 division and the one and only Allan Siegel, ADAU President, winning the Masters 65-69. Although it was not his best day of lifting, Al was solid as always. Al gives as much to the sport of powerlifting as anyone and every powerlifter in the ADAU should thank him for his efforts. While we are handing out thank you's, a special thanks to everyone who helped out at the meet. We couldn't have done it without everyone's support. Next year - the ADAU Nationals returns to PA, as Joe Orengea will host the event in Erie, PA. It should be another great one. Hope to see everyone there. Until then - train hard. (Robert Delavega provided these meet results.)

BATHRICK	315	180	380	875
HALL	275	145	360	780
17-19				
SPACE	280	180	410	870
20-25 RAW				
REIDENBACH	330	250	385	965
181 13-16				
WONG	380	215	460	1055
COLONNA	285	185	315	785
17-19				
FOWLER-BL	475	285	535	1295
TUDISCO	350	215	460	1025
198 13-16 RAW				
GOOD	290	180	350	820
13-16				
TOMAZAK	310	205	410	925
17-19				
BRYANT	430	245	530	1205
RUTT	375	320	450	1145
KEEAN	310	180	435	925
220 17-19				
MERCURIO	425	325	450	1200
17-19 RAW				
REGAN	315	205	430	950
LITTLE	280	170	370	820
20-25				
CIDZIK-BL	550	380	500	1430
242 17-19 RAW				
HANNAHOE	425	225	495	1145
17-19				
PUGLISI	500	315	555	1370
275 13-16				
ANDREW	395	275	505*	1175
13-16 RAW				
RADICO-BL	455*	230*	475*	1160*
SCHILIRO	305	175	315	795
17-19				
BUCKLEY	450	315	505	1270
17-19 RAW				
TOWNSEY	315	185	350	850
SHW 13-16 RAW				
NERIS	345	180	385	910
FISHER	300	185	350	835
- WNPF AMERICAN RECORD, BL- BEST				
LIFTER TEAM STANDINGS				
1ST- MONSINGOR DONAVAN 2ND- CALVARY				
CHRISTIAN ACADEMY 3RD- EPHRATA				
POWER TEAM 4TH- WNA RAW POWER				
TEAM THIS WAS THE FIRST WNPF KIDS				
MEET EVER. WE HAD A TOTAL OF 49 LIFTERS				
AND IT SEEMED LIKE EVERYONE ENJOYED THIS MEET, LIFTERS, PARENTS, THE				
WNPF STAFF AND JUDGES. THANKS TO				
ALL THE COACHES THAT TOOK THE TIME				
TO TRAIN THESE KIDS! YOU ALL DID AN				
EXCELLENT JOB. THANKS FOR THE SUPPORT				
OF THE PARENTS, YOU CHEERED LOUD				
FOR EVERYONE. THANKS TO THE				
WNPF STAFF FOR HELPING MAKE THIS				
MEET HAPPEN. WE WILL BE BACK IN MAY,				
2004 IN PHILADELPHIA FOR THIS EVENT				
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By far the most popular lift at any gym is the bench press. Even the non-power competitor most likely has a bigger bench as his top lifting goal. However, too many lifters are unknowingly holding their progress back by using too narrow a bench grip width with the most common grip somewhere around shoulder width. Most of the time the reason for using a narrow grip is lack of proper coaching and knowledge. Many lifters started using such a grip because their first barbell set came with instructions to basic exercises that told them to bench with a "shoulder width grip" and they never looked any farther. With time, even this grip produced results and lifter grew comfortable with it and saw no need to change. But, there eventually comes a time when progress in the bench suddenly halts or slows down. All too often the lifter looks for a new routine or supplement when potentially the solution may be a technique change involving grip width.

Most powerlifting organizations allow the width a lifter's hands to be up to 81 centimeters apart. This is usually indicated on power bars by the two rings on the knurling. A lifter should try to use every bit of that limit he can to maximize his results. How to get there is the challenge.

Simply put, by benching with such a narrow width grip, the lifter is not using the full potential of his pec muscles, instead relying on the much smaller and weaker triceps to carry the load. I say potential, because if the lifter doesn't approach widening his bench grip correctly, his bench will actually drop. Generally the wider the grip, the more involvement of the chest or pectorals. If a lifter has trained for an extended length of time with a shoulder width grip, he has not placed enough demand on his pecs to develop them to a high strength level. Several elite benchers I have known over the years have told me they used a narrower grip early in their careers. Later they caught on and moved their grip out and became some of the greatest benchers in history. They stopped relying on their tricep power and made use of more of their upper body musculature, with most of the contribution coming from the pectorals. But there is still another advantage to using a wider grip that I will explain shortly.

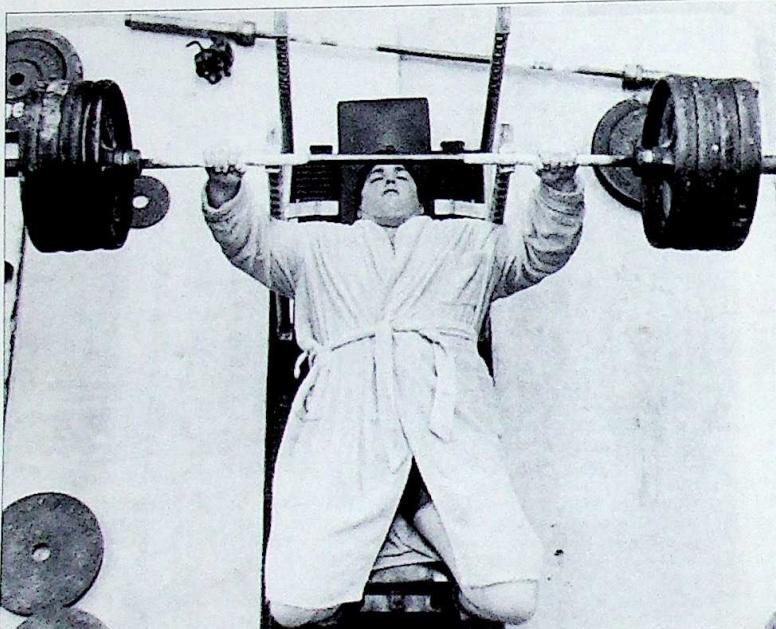
The best way to strengthen the pecs is to gradually increase your bench grip over a period of time. Even a small change in width, such as one finger's width farther out on each side, could alter the involve-

STARTIN' OUT

A special section
dedicated to the
beginning lifter

Bench Grip Width

as told to Powerlifting USA by Doug Daniels



PAT CASEY ... the first man to bench 600, shows his bench grip width. (Charles)

ment of the pecs and change the mechanics of the lift. Don't expect to immediately take your grip out from shoulder width to the 81 centimeter competition limit and pack 50% on your bench. This would raise your chances of injury as your shoulders, chest, wrists, tendons and ligaments need to be slowly introduced to the different stresses a wider grip will produce.

Let's use a 12-week off-season training cycle to show how a lifter could work on widening his grip. On week 1-3, take your grip out 1 finger's width worth more than normal on each side. You may not be able to get the same number of reps you would normally get with your usual grip because of the reasons I explained earlier, but stick with it. If you get at least 90% of your reps on weeks 1 - 3, take your grip out an additional finger's width for weeks 4 - 6. If not, stay at that width for 1-2 more weeks then move out. Two finger's width may not sound like much, but remember it's actually 4 finger widths as you went out 2 fingers on each side. Depending on your finger width, that can be 2-4 inches. Increase another finger width for the next 3 weeks. Continue up to the

12th week.

Now it's time for evaluate your status. If you're at or close to your usual strength level with an increased grip width, continue to use that grip. If you're lower, take it back in 1 or 2 fingers and start again. If you're still down after another 3-6 weeks, go back to normal grip. You should be stronger using your old grip than before because of stronger pecs. Don't continue to bench wider and lift less just because that Daniels guy said you're supposed to. If you get your grip out even 2 to 3 fingers in those 12 weeks, consider this venture a smashing success. Be careful not to go out too far because the wider you go, the more stress on your shoulders, etc. Obviously, a 5-foot tall lifter would be extremely hard pressed to go to the 81 centimeter-inch limit; size does matter in his case. Bigger lifters should try to get wide enough so your index is straddling the knurling to fully stretch the limit.

If you are already using a legal 81 centimeter grip, you cannot go any wider than the legal width in competition, but training with a wider grip can strengthen the pecs which can add up to a bigger bench

with the max legal width grip. Some lifters may be meant to be close grip benchers but I think they're in the small minority. Even those lifters can benefit from a 12 weeks of benching with a wider than normal grip. A more powerful chest is a plus no matter what width grip or style you choose and using a wider grip in training is a great method to develop it. Train the bench with your normal grip width the last 4-6 weeks in preparation for the meet. You can include one down set with a wider grip to build and maintain pec power.

I mentioned earlier that there is another benefit of using a wider grip; you will now have to push the bar up a shorter distance. It's just pure physics and common sense. The less distance you have to press the weight, the more you can lift even with the same amount of strength.

Using a wider grip will work your triceps hard. You can include a few sets of close grips after your benches for additional tricep work. Close grips, shoulder grip width (no narrower), are the exercise of preference for many big benchers for triceps power. Even if you have no intention or desire to widen your grip, a few sets of wider grip benches in your training cycle will add variety and hopefully new pounds on your bench. The off-season is the best time to try widening your grip out, but at the meet, use the method that will yield the best results.

When looking for ways to increase your strength, look farther than just a new routine or supplement, look at your technique too. Widening out your bench grip either for competition or as assistance work may help you get past sticking points in your training. If you still have room to go out, resume the same method on your next cycle. Combine more upper body power dedicated to the lift and a reduced distance to press the bar to lockout and you have a lifting scenario that is easy to get a grip on.

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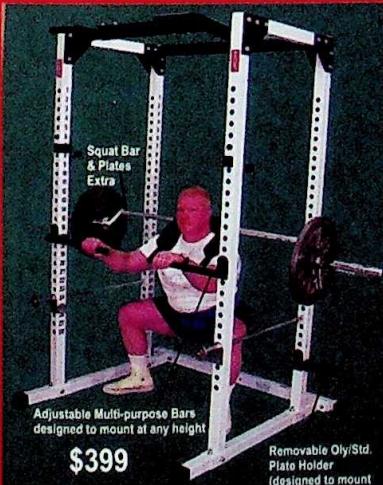
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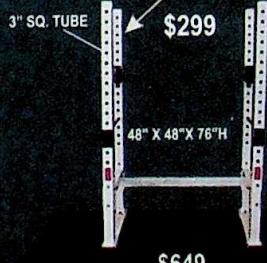


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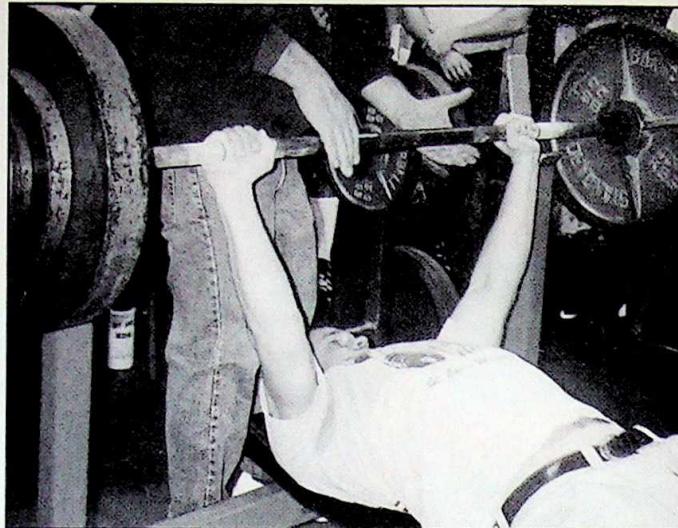
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USA 'RAW' BP WINTER NAT'S
16 FEB 03 - Tuscola, Illinois

teenage men 13-15	4th	330*
165	police & fire	
G. McCormick	185	165
teenage men 16-17	Brian Roberson	280*
165	4th	290*
Dave Hodson	310	181
4th	320	Lee Roy Banks 415
submaster men	198	
165	Ron Kaczenasz	380*
Al Knapinski	335*	220
4th	345*	Greg Kolhoff 350*
275	4th	355*
David Cunie	430	242
novice men	Bryan Stanton	350
308	275	
Jeff Viening	525*	Ricardo Dixon 535*
master men 40-49	open men	
181	165	
Greg LaCombe	305	Al Knapinski 335
4th	315	4th
master men 50-59	198	345
181	Jose Mireles	365
Mike McNairy	265	242
4th	285	Jesse Garza 450
198	4th	460
W. Strosnider	385	275
master men 60-69	Scott McKelvey 380	
242	308	
James McGuire	325*	Jason Hoover 535*
	4th	550*

won his second title of the day at 165 with his 335 third and 345 fourth personal best. Jose Mireles and Jesse Garza came down again from Michigan to get new prs, and returned home with just that, winning their respective weight classes at 198 and 220. Jose finished with a personal best 365 for the win at 198 while Jesse got prs with his third attempt at 450 and his fourth of 460. Great to have these two lifters back. Scott McKelvey, another Wally Strosnider protege, finished with a personal best 380 for the win at 275. Our biggest lift of the day came from 308 winner Jason Hoover. Weighing in at a light 277 Jason finished with 535 but came back with a strong 550 fourth attempt. Both were new national marks for Jason. This was one of the best competitions we have had at the gym; the energy was just great, with everyone yelling for every other lifter; a lot of new personal records set, and just a fun meet for everyone. The group of police & fire lifters that came down from Michigan, Wally's gang from St. Louis, Missouri and Lee Roy made it all so special. At the awards ceremony Wally was awarded a special plaque in appreciation for all he has done for the sport. Thanks again to everyone. See you all again April 5 for the Spring Nationals.(Latch)

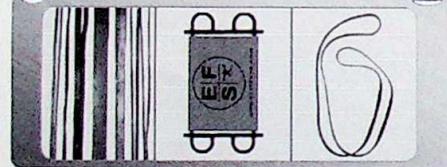


Dave Hodson with a Personal Record of 320 pounds (Darrell Latch.)

*USA 'RAW' Bench Press Federation national record. Best Lifter - RICARDO DIXON. The 2003 USA 'RAW' Bench Press Federation Winter Nationals were held at Son Light Power Gym in Tuscola, Illinois on February 16. Thanks to all the lifters and their families who braved the snowy and icy weather to compete in this annual event. Thanks to all my helpers, Linda Middleton, Joey Latch, Dustin Kearns, Johnathan Williams and Rob Mann for doing such a great job loading, spotting and judging. In the teenage men's 13-15 age group, fourteen year old Garrett McCormick got in just his opener of 185 for the win at 165. A second and third attempt at 205 failed just short of lockout. Garrett did, however, set a new Wisconsin state record for his class. Our other teenage lifter was Dave Hodson, who finished with a personal best 320 on his fourth attempt, taking the title at 16-17/165. Al Knapinski came down from Wisconsin for the title and national record at submaster 165 and did just that in true style. Finishing with a 335 third followed by a 345 fourth attempt, both were new personal as well as new national records for Al. Also at submaster was 275 winner David Currie. Coming all the way from Michigan, David finished the day with a personal best 430. In the master men's 40-49 division Greg LaCombe got two new prs with his win at 181, making 305 for his third attempt, then getting success with a fourth of 315. Mike McNairy won at 50-59/181 with 265, but followed up with a fourth of 285. Wally Strosnider won again at 50-59/198 with a strong 385. Newcomer James "Rocky" McGuire looked impressive with his win at 60-69/242. The sixty-two year old finished with new personal and national marks at 325 followed by a great 330 fourth attempt. In the police & fire division Brian Roberson had a great day, taking the title at 165 and setting the national mark there. Brian finished with 280, but came back with a successful fourth to up his record to 290. These were also new personal records for Brian. Lee Roy Banks was in great form, yelling at and helping everyone who lifted while also taking the 181 class. Lee Roy loves to compete and is one of the greatest motivators in the sport. Maybe he was being extra good because his mother was there watching? At 198 it was Ron "Sully" Kaczenasz for the title with 380. This broke the existing national record and also gave Ron a new personal mark. Greg Kolhoff also set a new national record with his win at 220. Greg finished with a 350 third, followed by a fourth of 355. Bryan Stanton had been struggling with a minor pec injury but still managed to tie his own personal best of 350 with his win at 242. At 275 it was all Ricardo Dixon, finishing with a new national record of 535 and receiving the best lifter award for the competition. Weighing in at just 265, 535 ain't too bad a lift raw! In the novice men's division, first-time lifter Jeff Viening broke the national record at 308 with 525. In the open division Al Knapinski

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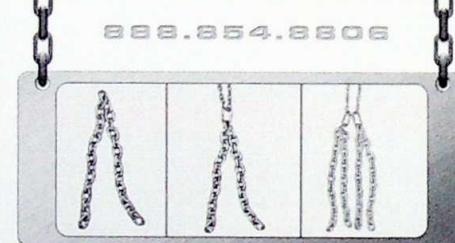
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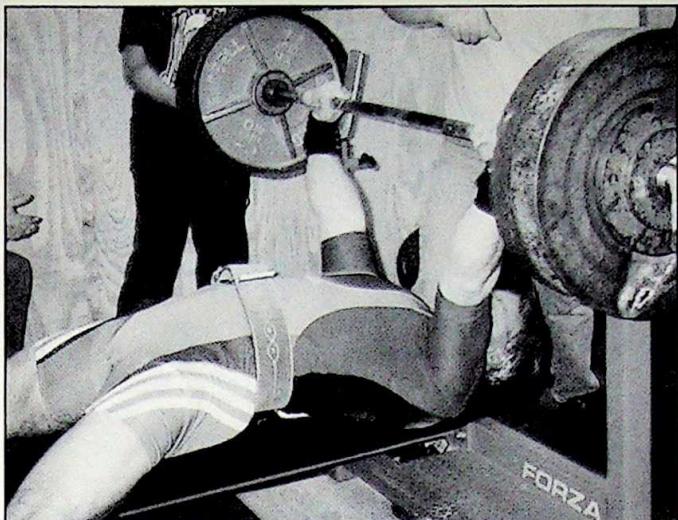
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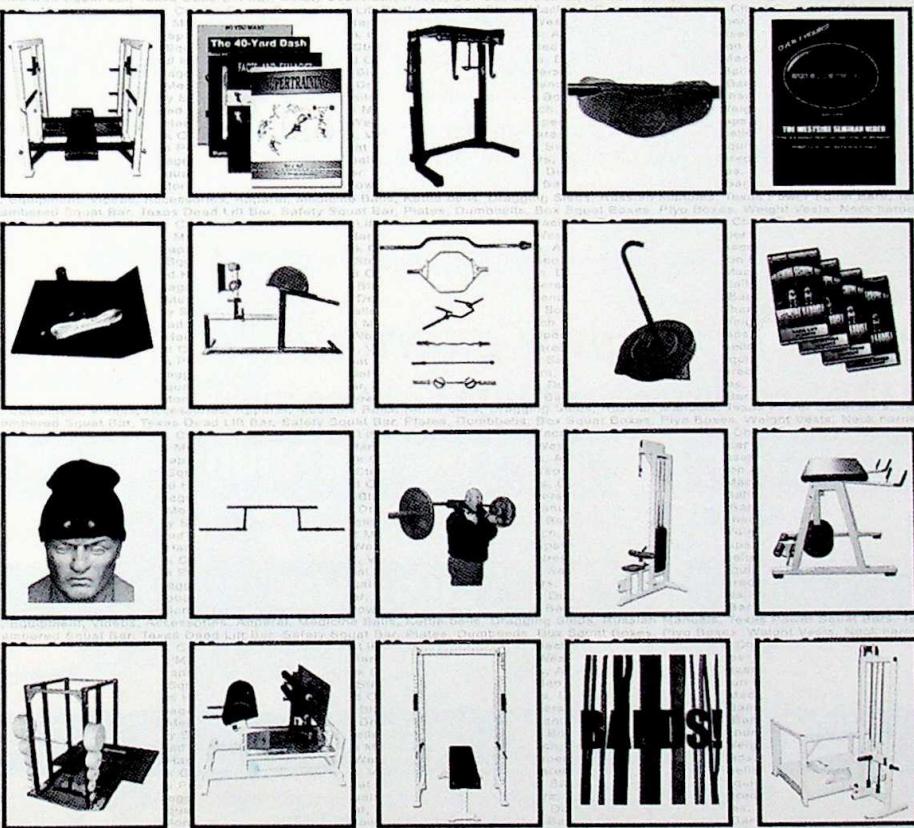
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Dana Rosenzweig with a National Record of 470 (Dr. Darrell Latch)

SLP CENTRAL USA PL CHAMPS 15 FEB 03 - Tuscola, Illinois				
BENCH PRESS	198			
submaster men	Jerry Hine	380		
275	275			
Otha Boyd, Jr.	Matt Castleman	415		
308	4th	435		
G. Messenger	308			
master men 40-44	Mark Rose	575		
242	308			
Mark Aydt	Matt Organ	525		
master men 45-49	DEADLIFT			
198	master men 45-49			
D. Rosenweig	198			
4th	Steve Vollmer	525		
198	master men 60-64			
Robert Kuhn	165			
242	M.Montgomery	460		
R. Zirkelbach	open men			
275	275			
Bob Walker	Matt Castleman	575		
open men	308			
165	Dustin Minks	550		
Steve Barr	335	4th	580	
Powerlifting	SQ	BP	DL	TOT
master men 45-49				
198				
C. Gabbert	475	325	490	1290
4th		335		1300
220				

Brian Sullivan 365 285 350 1000
4th 300 405 980
open men 148 Jim Dinaso 330 245 405 980
4th 350 425 1020
242 Ed Clark 550 580
308 Dustin Minks 225 550
4th 580
Bench - Best Lifter - MARK ROSE. The Son Light Power Central USA Powerlifting Championship was held February 15, 2003 at Son Light Power Gym in Tuscola, Illinois. This meet occurred during the worst weather of the year but still several hardy lifters came from miles away to lift their best. And the best many did as we saw several new personal marks established, especially in the bench press competition. In the full meet we had a small showing but again with some great personal and national records set. At master men 45-49/198 Claude "Skip" Gaddert had a great day with all new personal records in the squat, bench and total. Skip finished with a great 475 squat, then moved to a 325 then a 335 fourth attempt in the bench press. A 490 pull gave Skip a new pr total of 1300. Brian Sullivan got all new prs in every lift while setting the national record in the bench at 45-49/220. Brian finished with a 365 squat, 285 bench and a 350 deadlift for a 1000 total. A fourth in the bench at 300 gave Brian a 1015 record total. The best lifter of the full meet was Jim Dinaso who took the open title at 148. Jim not only set all new personal marks on the day but he broke all of the existing national records also. Jim had a 330 squat followed by a solid 350, a 245 bench and a 405 deadlift for a 980 total. Jim's successful fourth pull of 425 upped his record setting total to 1020. In the open 242 class Ed Clark failed to get his opening squat of 750 in but finished the meet with a 550 bench and a 580 pull. Dustin Minks also had a tough time with his opening squat, failing with 750 on his final attempt. Dustin benched 225 and pulled 550 followed with a 580 fourth attempt. In the bench press event Rev. Otha Boyd, Jr. set a new national record at submaster 275 finishing with a personal best 450. Gary Messenger also got a new national record, along with an Illinois state record at submaster 308 with 480. Mark Aydt won at 40-44/242 with 420, just not quite in the groove yet. At 45-49/198 it was Dana Rosenzweig with a 450 third followed by a 470 pr fourth for a new national record there. Robert Kuhn, a world class arm wrestler, finished second at 198 with 370. Robert Zirkelbach got a new pr and a new national record at 242 with 360, just missing a fourth with 375. Two-time world champion Bob Walker failed with his opener at 45-49/275 three times. Progressively getting heavier with each attempt, Bob finished with a 620 attempt. In the open division Steve Barr won with 335 at 165. Jerry Hine got a pr of 380 with his win at 198. Matt Castleman broke the national record at 275 with 415, followed by a 435 fourth. Matt's final attempt was also a new personal record. Mark Rose had his best meet ever with a 575 second attempt, coming within inches of locking out 600! Mark set a new Illinois state record as well as posting a new national record at 308. Second place at 308 went to Matt Organ who finished with 525. In the deadlift competition Steve Vollmer returned to the lifting platform with a 525 pull for the win at 45-49/198. Martin Montgomery pulled a great national record with 460 at 60-64/165, just missing a personal best 480. Matt Castleman set a national record at 275 open, finishing with 575 as a guest lifter. Dustin Minks bombed out of the full meet but took the open 308 title with 550. He followed that with a 580 national record pull fourth attempt. At the awards ceremony two greats of Illinois powerlifting were honored for their lifting and training careers and for the many lives they have touched over the years. Bob Walker is a two-time world bench press champion, a past gym owner, trainer and promoter from Southern Illinois. Also from Southern Illinois is current gym owner and trainer, Steve Hukowski, another nationally-ranked powerlifter. Both were given beautiful plaques to honor all they have given to the sport. Thanks to everyone who helped out; Linda Middleton, Joey Latch and Rob Mann for judging, Joey, Rob, Dustin Kearns & Jon Williams for spotting/loading. (Latch.)



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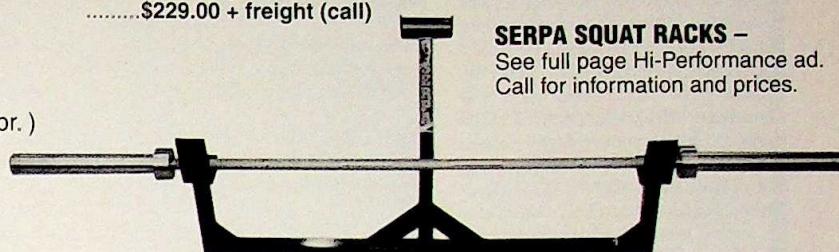
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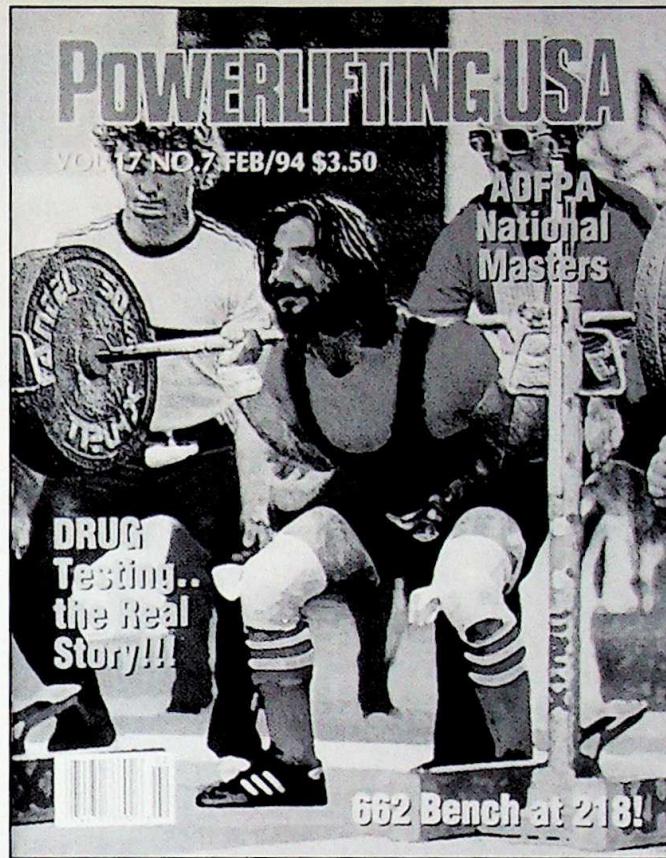
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PL USA BACK ISSUES

- Aug/93...** USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training TOP 100 SHWs, ADFPATOP 2018s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPATOP 20198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPAPL Nationals, Rest/Pause, Bombing Out, TOP 100 123s, ADFPATOP 20220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPATOP 20275s
Jan/94... IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPATOP 20SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hemia Surgery, TOP 181s, ADFPATOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPATOP 20123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPATOP 20132s
May/94... USPF/ADFPAC Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPATOP 20148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPATOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPATOP 20181s
Aug/94... APFSRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPATOP 20198s.
Sep/94... ADFPA Men's, USPF Men/Women's Ss., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPATOP 20220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PLA Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPATOP 20275s.
Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jr. Women's United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, LMW Compounds, TOP 100 242s
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jr., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
Jun/95... Antonio Kravet, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... TRIPLE SENIOR ISSUE ADFPAPF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stem Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF Jr.s, DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest/Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s
Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Grossbrenner "Responds to the Response", TOP 100 148s
Nov/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wren profile, TOP 100 165s
Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Trainning by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800-Waterman 600@181, USA Powerlifting Crisis, World's Strongest Man, USAPL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.
Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPANationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPATOP 25 All Time, APF Seniors Chronology, Mark Pasillo Profile, TOP 100 123s
Sep/97... USAPL/Women's Worlds, World's Strongest Woman, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, TOP 100 Lts.
Nov/97... U.S. Strongest Man Contest, World's FAST-EST Bench Presser, Rick Gauger Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austin DL, TOP 100 181s
Jan/98... IPF Men-Master-Jr. Worlds, WDFPF Men-Teen-Jr.-Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
Mar/98... Mark Philipp Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keysto Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors, Part 1, the Ed Coan Decision, Power Belts, York Summer Picnic, Visitto Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts, Isoflavones.
Dec/98... IPF Masters-Juniors-Mens WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99... WPC Worlds Pt. 2, Coangoes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99... The EDCOAN Book, Why Whey?, Gordon Sante Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training "Choking", TOP 100 SHWs
Aug/99... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99... USAPL Men's Nats, APF Srs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith-Triac, York Spectacular, TOP 100 132s
Oct/99... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duoboy Louie Simmons, TOP 100 165s.
Dec/99... IPF World Masters/Juniors, USAPL/AAU BNationals, Meet Information Management, Maximal Resistance Method by Louis S, TOP 100 181s
Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s
Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women-Teen - Masters, The Conjugate Method by Louie Simmons
Apr/00... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00... Dennis Cleri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00... Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHMs.
Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00... USPF Srs., IPA Worlds, WABDL BP/DL, T Pre-Meet Checklist, How to Do the SQ by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights
Dec/00... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lightheavies
Jan/01... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s
Feb/01... Gary Frank Goes 2500, WPC Worlds Pt. I, IPA Nationals, Complex Training, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

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The February 1994 edition of *PL USA* covered the ADFPA National Masters held in Sacramento, CA. We also began a review of drug testing methodologies as implemented in powerlifting by Dan Wagman, starting with the polygraph. We also had Tony Kamand's response to Ed Coan's comments about his squat progress. Dr. Thomas D. Fahey talks about the Power of Positive Imagery in putting pounds on your total. Then we had the report on the Malibu Classic, where Chris Confessore put up 662 in the 220s. Mike Anderson was shown winning his class at the IPF Pan American Championships in Rockville, Maryland. On the All Time TOP 100 Squatters in the 148 lb. class (compiled by Herb Glossbrenner) Number One was the 711 by Jesse Jackson and Doug Heath had 91st spot with 555 (a mark he has moved up considerably since!). Dr. Judd's piece in this edition concerned the issue of "burning out" on the sport of Powerlifting and how to avoid those consequences. Steve Elgin, a top squatter in the 220s discussed how to build strength in the off season. This month we had the bench press routine of one of the greatest bench press-



BACK ISSUE OF THE MONTH ... you can still get the FEB'94 edition of *PL USA*, and many others, for \$5 postpaid (see details below, and ask about our price break(s) when you order more than one issue!)

ers of all time - Greg Warr. Doug Parrish, the rugged ADFPA 181 pounder, was interviewed by Bob Gaynor. Greg Reshel, of Power Excel, explored the Bench Press

Pyramid Training Program Alternatives. Ernie Frantz gave his views on the resignation of WPC President Kieron Stanley. Doug Daniels elucidated on Deadlift

Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP

Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking Extra Workouts by Louie, TOP 100 242s

May/01 ... EdCoan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's

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

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

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

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

Oct/01 ... World Games, Tom Manno Interview, Jamie Harris Interview, John Corseillo Jr. Interview 700

BPClub, SpeedCycling by Louie S., TOP 100 148s. **Nov/01** ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s

Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s

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

Feb/002 ... WABDLB Worlds, IPF Bench Worlds, WNPW Worlds, WPC Worlds, Halberton Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s

Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method"

Apr/02 ... WPO Finals Qualifier/Arnold Bench Bash, Ano Turtainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Senior/Mountainer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s

Sep/02 ... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s

Oct/02 ... 556 squat @ 132 by Nance Avigliano, USAPL BPs, Powerhouse Crains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, EdCoan Deadlift Workout, TOP 100 165s

Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield Interview, Louie on Explosive Strength, TOP 100 181

Jan/03 ... IPF Men's Worlds, WABDLB Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s

Feb/03 ... IPF BP Worlds, WABDLB Worlds, Steve Coggins Interview, "Lessons Learned", All Time 308 & SHW Rankings, Ken Patera, TOP 100 220s

Mar/03 ... Brad Gillingham Comeback, Men's 300

kg & Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/Teenists

Apr/03 ... WPO Finals & Bench Bash for Cash @ Arnold Classic, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s

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

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

Sep/03 ... USAPL Men's Nationals, Bench America, Keeping Iron in the Blood, PL vs OL, 1000 lb. Squat Club, Best Female Powerlifters, Louie Simmons on What You Need in Your Gym, TOP 100 114s

Oct/93 ... Gene Bell Interview, John Ware Workout of the Month, Sioux-z Hartwig Interview, A.R.T. Techniques, 50 Best Squats, 50 Best Benchers, Louie Simmons Training the Back, TOP 100 132s

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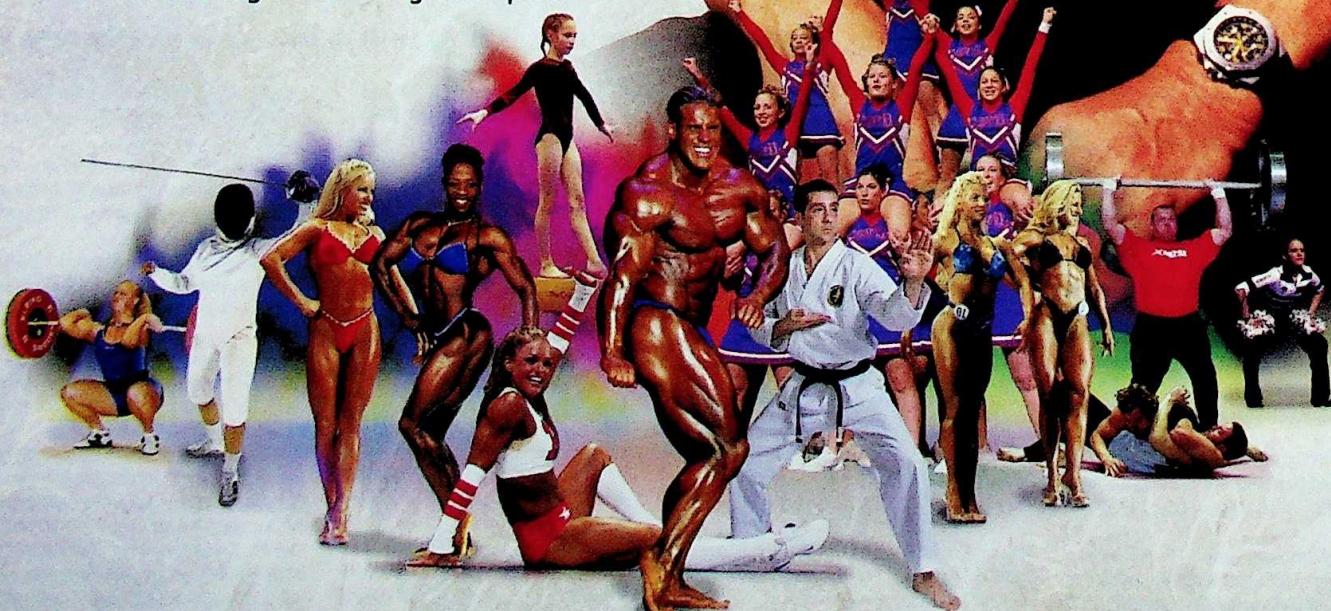
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14-16 NOV, IPA Sr. Nationals, Radisson Penn Harris Hotel + Convention Center (Harrisburg, PA) Mark Chaillet @ 717-495-0024, chailfit@NDFC.net or echaillet@aol.com

15 NOV, USAPL Anchorage Fall Classic, Ronnie Burnett, 13400 Lamb Dr., Anchorage, AK 99526, 907-345-7996

15 NOV, USAPL University Cup Challenge (Collegiate, Guest Lifters) Nicholls State Powerlifting, Box 2032, Thibodaux, LA 70310, 985-446-0654 (h), 448-4811 (o)

15 NOV, NASA Arizona Regional PL/BP/PS (Mesa, AZ) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

15 NOV, USPF Texas Cup (Round Rock, TX) Texas USPF, 4025 Duval #2333, Austin, TX, 78759, 512-835-5303, TBr9356258@aol.com, www.texasuspf.net

15 NOV, 100% Raw BP + DL Meet, John James, 5666 Chapel Run Rd., Centreville, VA 20120, 703-803-9178

15 NOV, USAPL Southern California PL + BP (Escondido, CA) www.usapl-ca.org, Justin Maile, maileja@1mardiv.usmc.mil, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

15 NOV, APA Thunderbay Open PL, BP, DL (Brandon, FL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apawpa.com

15 NOV, USAPL Fall Brawl/SCI Rockview (Men 18 yrs and Older - No Entry Fee) Tommy A. Petersman, Activities Dept., SCI Rockview, Box A RT 26, Bellefonte, PA 16823, 814-355-4874 ext 229, Tommy or Edward Schnars

15 NOV, AAPF Drug Free Tom Foley BP & DL Classic, Premier Fitness, 430 Nanuet Mall South, Nanuet, NY 10954, 845-920-0501

15 NOV, USAPL Dakota Open, Nicole Royals, 1419 Jupiter Ct., Rapid City, SD 57701, 605-718-9292

15 NOV, USAPL Maryland State, Mark Daniel, 9413 Squire Ct., Laurel, MD 20723, 301-317-5572, mdaniel55@comcast.net

15 NOV, APF Big Iron Open + Nebraska State (Omaha, NE) Rick or Becca 402-392-2446, www.beccawanson.com

15 NOV, Central USA PL Meet (Cape Girardeau, MO) Rick Fowler, 618-451-4737, www.usaplnationals.com

15 NOV, WNPF Florida State Bench, Deadlift, Powercurl Tampa, FL Meet Director-Brian Burritt, 15910 Lahinch Circle, Odessa, FL 33556 813-792-1316

15 NOV, James B. LaRusso Memorial Bench Press Meet, Muscle World Gym, 401 W. Hand Ave., Cape May Court House, NJ 08210, (trophies and cash prizes) 609-465-4723

15 NOV, APF Oregon Record Breakers, PL w/ monolift, BP/DL, Big Bear's Gym 1226 NW Grove, Newport Or. 97365, 541-574-4507, bbgym.tripod.com/gym/id1.html

15 NOV, SLP Kentucky State BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

sonlight@netcare-il.com

16 NOV, USPF Deadlift Nationals + Push/Pull Nationals (Manchester, NH) Jamie Fellows, 603-279-0758, or fellows03220@yahoo.com

16 NOV, ADAU Connecticut State PL + BP, Robert DeLavega, Powerhouse Gym, 71 Commerce Dr, Brookfield, CT 06804, 203-775-8548, phbrookfield@aol.com

16 NOV, USAPL Ohio PL & BP (men's & women's open & raw, men's master, men's masters raw, men's teen, men's police & fire) King's Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, Ed and Frank King, 440-439-5464

16 NOV, Championnat Quebecois de powerlifting (Sherbrooke), Marcel St-Laurent, 457, 7ieme Avenue Nord #1, Sherbrooke, QC, J1E2S2, 819-346-9466, fax-819-346-6104

16 NOV, (new location) SLP NATIONAL 'RAW' POWERLIFTING/BP/ DL NATIONALS (Jefferson City, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 NOV, North Idaho BP/DL (Coeur D'Alene, ID) Roger Neff, 208-964-0194, www.hitestevents.com, cash prizes

22 NOV, NASA Illinois Regional (PL, BP, PS - Chicago, IL) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

22 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd, Austin, TX 78744, 512-385-5420

22 NOV, WNPF Bench Prsss & DL Iron Man Nationals (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, WNPF@aol.com

22 NOV, SPF Southeastern PL + BP, Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410

22 NOV, 100% Raw World Championships (Elizabeth City, NC), Paul Bossi, 252-338-6920

22 NOV, NASA W. Texas Regional (PL, BP, PS - Lubbock, TX), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

22 NOV, USAPL MA/RI States Open, Greg Kostas, Box 483, 113 Linden, Whitman, MA 02382, 781-447-6714

22 NOV, Kings of the Coast Mixed Doubles Strongman Classic (Silver Level); Dover Delaware. Light and heavyweight pair team. Contact Jim Henry at 1183 Hartly Rd. Hartly, DE 19953; 302-730-4007 e-mail: jimhenry280@hotmail.com or contact Kevin Senato at Kevzr580@aol.com

22 NOV, Omaha Open BP, DL, Push/Pull, AV Sorenson Recreation Center, Omaha, NE, Keith Machulda, 402-444-5596

22 NOV, (new location) SLP Chicagoland Classic BP/DL Championships (Chicago, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 NOV, Iron Mike's BP + DL, (Clarion Hotel, Toledo, OH), 419-841-4653

23 NOV, SLP Central Illinois Open BP/DL Championships (Hillsboro, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 NOV, Raw Power Push/Pull, Lou @ Gym Warriors Gym, 3 First Ave., Peabody, MA 01960, 978-538-3910

29 NOV, IPA Push/Pull "War on the Floor" (Albany, NY - Amateur/Professional) IPA New York Chairman Hank

Coming Events

Sargent, 518-885-4074 (No Calls after 9 pm)

29 NOV, NASA Kansas Regional (PL, BP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

29 NOV, Iron Dawg Open PL & BP (Holiday Inn, Marietta, GA) L.B. and Nadine Baker, 770-725-6684, www.irondawg.com

29, 30 NOV, USAPL American Open (Philadelphia, PA) Robt. Keller, 3625 College Ave #316, Ft. Lauderdale, FL 33314, 945-262-6709, rkh@verizon.net

4-7 DEC, IPF World BP (Trenin, Slovakia)

5-7 DEC, World Powerlifting Committee World Championships (Vienna, Austria) www.americanpowerliftingcommittee.com, LB Baker 770-725-6684, 770-713-3080 (Cell)

6 DEC, YMCA Midwest Championships (PL, P/P, BP, DL) Jared Beard, 611 N. Hancock St., Ottumwa, IA 52501, 641-684-6571

6 DEC, USAPL Arizona State PL, Rich Wenner, 35437 N., Ghostrider St., Queen Creek, AZ 85242, 480-965-6349, rich.wenner@asu.edu

6 DEC, Physathlon Rudolph's Run, Will Shipley, Box 750, Madison, TN 37116, gordon.haller@gambr.com, 615-201-3335 (beeper 10-4 wk day)

6 DEC, USAPL Maryland State BP (and Deadlift Division), Brian Price, Bel Air

Athletic Club, 658 Boulton St., Bel Air, MD 21014, bprice@wellbridge.com

6 DEC, APA Maine Barbenders BP + DL Classic (Broadway Health + Fitness) Garrett Chabot, 113 Main St., Lincoln, ME, 04457, barbell265@hotmail.com

6 DEC, 20th Southeastern Cup PL + BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988(D), 3989(N), bduke@alltel.net

6 DEC (NEW DATE), USBF Maryland State Bench Press (raw & assisted), Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

6 DEC, 5th Immaculate Heart of Mary Holiday Bench Press, Ron DeAmicis, 6531 New Rd, Youngstown, OH 44515, 330-792-6670

6 DEC, NASA Novice Nationals PL + PS (Springfield, OH) Gary Scholl, GSar2950@aol.com

6 DEC, APF PA Christmas Classic PL/BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

6 DEC (NEW DATE), USBF Maryland State Bench Press Championships (Raw & Assisted) & Battle of Baltimore Armwrestling, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, brian@usbf.net

6 DEC, SPF Strongest Bench in the South (Open, Masters, Grandmasters, Women, Junior, Teen) Powerhouse Gym, 7035 Lee Hwy, Chattanooga, TN, Jesse Rodgers, 423-876-8410

6 DEC, USAPL Blacksmith Open PL/BP, Mike Overdeer, 124 W. Van Buren, Co-

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lumbia City, IN 46725, 260-248-4889

6 DEC, USBF Ironman Open & Dumbarton 2-Man Deadlift, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, brian@usbf.net

6 DEC (new address), USAPL New York State Bench - Deadlift Championships, Bruce Swanson, 15 Palisades Rd., Patterson, NY 12563, 845-279-2346, <http://www.geocities.com/bruceswan500/index.html>

6 DEC, APA/TMSPA Patriot Open - Houston, Texas, Tom McCullough, 281-752-0540, powerlifter@angelfire.com

6 DEC, APF Rio Grande Valley Championships (McAllen) - Men & Women - Open/Below/Masters (5 yr age groups)/ SubMasters/Junior (2yr age groups)/ Police/Fire/Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. Court St, Seguin, Tx 78155, 1-800-378-6460

6 DEC, 3rd Toys for Tots Christmas BP, (New Oxford Gym Inc., 400 Lincoln Way East, New Oxford, PA, 717-624-8570, all wt. classes, all age groups) Glenn Murphy Jr., BOX 1013, Westminster, MD 21158

6 DEC, Miller Chevrolet Christmas Bench Press Classic, Dave Harrison, The Gym in Elk River, 550 Freeport Ave, Elk River, MN 55330, 763-441-4232

6 DEC, SLP Christmas For Kids BP/DL Championships (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

6,7 DEC, AAU World Bench Press, Deadlift and Push Pull Championships, Laughlin, Nevada, (meet capped at 400 lifters), Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

6-7 DEC, APF Southern States (Daytona, FL) 386-426-8648 or email hugeiron@logicalcity.com

7 DEC, Ohio Open BP+DL, Power Station Gym, 1821 S. University Blvd., Middletown, OH, 513-825-3604, www.rutherfordproductions.com

7 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728, joemusclehead@cs.com

7 DEC, 11th Raw ADAU Coal Country Classic (separate BP & DL contests, open and all age groups - men and women - Bigler, PA) Siegel Engraving, 304 Daisy St, Clearfield, PA 16830, 814-765-3214, al@pikitup.com

7 DEC, SLP Northern Illinois Open BP/DL Championships (Mechesney Park, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 DEC, AAU North Carolina State (Pre-Teen, Teen, Open, Submaster, Master) John Howie, Enterprise Workout Center, 209 Myers St., Monroe, NC 28110, 704-289-4940, fax 704-289-2266, jhowie@carolina.rr.com

9-14 DEC, WABDL Drug Tested Worlds (Riviera Hotel, Las Vegas, NV) Gus Rethwisch, 503-762-5066

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

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10 JAN, Ultimate Fitness BP, Ultimate Fitness, 1640 Livingston Rd., Hudson, WI, 54016, 715-381-0326, KLparker@pressenter.com

10 JAN, Ohio State Bench Press (W. Liberty, OH) Dick Cordial, 937-653-5504, squat@foryou.net

10 JAN, USAPL NorCal Winter Classic (Diablo Barbell, Concord, CA), Rob Meulenber, 925-803-5002, rwmmeulenber@gmail.com

17 JAN, White's Truck Stop/YMCA Winter BP/DL, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

17 JAN, APA/TMSPA Patriot Challenge, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049, powerlifter@angelfire.com

19 JAN, PPL Augusta Open (drug free, BP, DL, Ironman, Full Power) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

24 JAN, SLPESTER'S FAMILY FITNESS WINTER BP/DL CLASSIC (Louisville, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

24 JAN, APA Maryland State Open, High School, Teenage Powerlifting and State BP + DL Championships (Prince Frederick, MD) Scott Taylor, Box 27204, ElJobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

25 JAN (New date), WNPF PENNSYLVANIA/DELAWARE/MARYLAND STATE POWERLIFTING, BENCH, POWERCURL & WNPF DEADLIFT NATIONAL CHAMPIONSHIPS (Philadelphia, PA), 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

31 JAN, SLP A COLD DAY IN ... TUSCOLA BP/DL CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

31 JAN, 1 FEB, USAPL Women's Nationals (Double Tree Hotel, Omaha, NE) James C. Hart, Box 82264, Lincoln, NE 68501, 402-470-3672, jmhrt@aol.com, fax 402-470-3684, 402-470-3672 after 9 PM CST or before 8AM CST

1 FEB, 13th Annual Winter BP Classic + DL (Fit Stop, Granger, IN) Anson Wood, 574-903-4586, info@normous.biz

7 FEB, SLP CHAIN O' LAKES BP/DL CHAMPIONSHIP (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7 FEB, SPF Tenn. St. Open Push/Pull and the Tenn. St. Bench Press (touch 'n go), Powerhouse Gym, Hixson Pike, Chattanooga, TN, Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com

14 FEB, USA 'RAW' BENCH PRESS FEDERATION WINTER NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 FEB, New Castle's 13th Annual BP

Noble, OK 73068, www.nasa-sports.com

13 DEC, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

13 DEC, River Valley Classic/Curl, John Comereski, 113 Halloran Dr., Breesport, NY 14216, 607-739-7322

13 DEC, APA Southeast America BP + DL (Piedmont, SC) Scott Taylor, Box 27204, ElJobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apawpa.com

13 DEC, IPA Holiday PL+BP, Competitive Edge, 33501 - A Lake Rd., Avon Lake, OH, 44012, 440-930-2272

13 DEC, American Family Bench Battle (Rich, VA - raw and assisted, teen, open, master, both male and female) Ben Packer, 559-658-5437 or 559-322-6805

14 DEC, APA Nutmeg State Open BP + DL, Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, dslaga@yahoo.com

14 DEC, USAPL Midwest Senior States (Omaha, NE - open to all lifters) Tim Anderson, 402-427-8085, tim.anderson@huntel.net, www.nebraskapowerlifting.com

14 DEC, SLP Little Rock Open II BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

20 DEC, USPR RMAC 6th Ever Push/Pull, Rocky Mountain Athletic Center, 1968 West 6000 South, Roy, UT 84067, 801-776-1873

20 DEC, North Coast Push Pull (Freemont, OH) Rob Twining, 330-334-0557

20 DEC, (corrected phone number) 1st Bench Press Classic, Robt. Eckhart, 319 N. 2nd St., Lehighton, PA 18235, 610-377-5852

27 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

27 DEC, SLP The Last One! BP/DL Championships, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 FEB, New Castle's 13th Annual BP

Championships Touch 'n Go (teen, women, masters, men) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105

14 FEB, SCI Rockview USAPL St. Valentine's Day Massacre (Men 18 and Older, No Entry Fee) Tommy A. Peterman, Activities Dept, SCI Rockview, Box ART. 26, Bellefonte, PA 16823, 814-355-4874, Fort 229, Tommy Peterman or Edward Schnars

14,15 FEB, NASA Natural Nationals Powerlifting, Bench Only & Power Sports Championship, OKC, OK. Rich Peters, Phone - 405-527-8513 ,E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

15 FEB, USPF Can-Am BP (Ramada Inn Convention Ctr, Men + Women Open, Jr., Masters, Collegiate, Unlimited Equipment - Cash Prizes) Nutrition 101, 865 Second St, Manchester, NH 03102, 6 0 3 - 6 2 6 - 5 4 8 9 , AmericanPowerlifting.com , SQ700@aol.com

21 FEB, IPA 1st Annual CandyAzz BP/ DL, Sandi or Zane McCaslin, Box 137, Fultonville, NY 12072, 518-858-7002, candyazz@ironasylum.com, fax 518-853-8810

21 FEB, SLP CENTRAL USA OPEN POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 FEB (new date), WNPF 2ND ALABAMA NATURAL POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWER CURL CHAMPIONSHIPS-MONTGOMERY, 770-996-3418, WNPF@aol.com OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

21 FEB, 3rd Fitness Connection Tomah Winter BP (Tomah, WI), DWG Productions, 2018 Jackson St., La Crosse, WI 54601, 608-787-5693 or 608-372-3883(gym)

21 FEB, USAPL South Dakota PL + BP, Jeff Blindsight, 5912 W. 56th St., Sioux Falls, SD 57106, 605-201-2411

21 FEB, NASA Power Sports Nationals, (RAW) SQ,BP,SC,DL (Nashville, TN) Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

21 FEB, APA/TMSPA Texas State, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049, powerlifter@angelfire.com

22 FEB, 12th WNPF GEORGIA NATURAL POWERLIFTING, BENCH, DEADLIFT & POWER CURL CHAMPIONSHIPS - ATLANTA or FITZGERALD, 770-996-3418, WNPF@aol.com OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

28 FEB, USAPL Virginia Open PL/BP Raw + Assisted, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com , www.virginiausapl.com

28/FEB, 5th NASA High School Championships (BP, PL, PS) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413, 1-8PM M-F, lesmittry@bspeedy.com

28,29 FEB, AAU North Carolina State (Greensboro, NC) kingsgym@triad.rr.com, 336-622-3886

28,29 FEB, APF California State (Sacramento Red Lion Inn) Al Garcia, 916-482-2868

29 FEB, The Beast in the East BP (All Wt. Classes/Divs. - Taylor, PA) Joe Moe, 570-562-3642, moceyunj@oneill.org

5,6 MAR, WPO Super Open Finals (Arnold Classic - Columbus, OH)

Huge Iron Productions, Box 1277, Edgewater, FL 32132, 386-426-8648, hugeiron@logicalcity.com

6 MAR, SLP TENNESSEE OPEN BP/DL CHAMPIONSHIPS(Clarksville, Tn.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com , sonlight@netcare-il.com

6 MAR, WNPF NEW JERSEY + NEW YORK POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWER CURL CHAMPIONSHIPS EDISON, NEW JERSEY, 770-996-3418, WNPF@aol.com OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

6 MAR, SPF North Carolina State Open/Closed/Raw BP (Touch and Go) Best Western Motel (Hendersonville, NC) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410

6 MAR, Old Diminion BP/Curl Raw + Assisted, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com , www.virginiausapl.com

6 MAR, Atlantic State Open (Full Power - Men, Women, Teen, Jr, Sub, Masters) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

6 MAR, WABDL California State BP/DL (Monterey Beach Hotel, Monterey, CA), Matt Lamarque, 831-277-4766

7 MAR, WNPF LIFETIME DRUG FREE NATIONALS POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWER CURL, PHILADELPHIA, PA, 770-996-3418, WNPF@aol.com OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

7 MAR, New Jersey Drug Free High School Meet, Health Quest of Hunterdon, 310 Rte. 31 N., Flemington, NJ 08822, Faith Cust, 908-782-4009 ext 246

13 MAR, USAPL Battle of the Great Lakes VII(PL, BP-Men + Women-Open, Jr., Master, Grandmaster, Great Grandmasters, High School I + II, raw - Cleveland, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH 44129, 440-884-7608(h), 330-908-6199 ext 5261 (w), gary.kanaga@novodianaschools.org

13 MAR, SLP MARCH MADNESS BP/DL CHAMPIONSHIP(Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com , sonlight@netcare-il.com

13 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

14 MAR, USAPL Florida State, Vincent Lombardi, 1065 Cresson Ridge Ln., Brandon, FL 33510, 813-685-3498

19-21 MAR 04 (NEWDATE), USAPL High School Nationals, Bruce Sullivan, 1545 1/2 mile Rd, Racine WI 53402, 262-639-3210

20 MAR, SLP HEATH CLIFTON MEMORIAL BP/DL CHAMPIONSHIP (Paragould, Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com , sonlight@netcare-il.com

20 MAR, PPL Drug Free Spring Classic,(BP,DL,Ironman,PL)PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

20 MAR, USAPL West Virginia Open PL/BP(Bluefield, WV), John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com , www.virginiausapl.com

20 MAR, ADAU 41st Great Lakes (Open + All Ages- Men + Women) Joe Orentia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20,21 MAR, Amateur American Powerlifting Federation PL + BP Nationals, Mark Swank/John + Carol Upton(Las Vegas, NV- Plaza Hotel Casino - Only Qualifier for AWPC World PL + BP) 702-245-6852 or 702-656-6762

21 MAR, NPA Midwest Open Drug Free PL, BP, DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifeDB@cs.com

21 MAR, USPFRhode Island

PL + BP Open State Meet, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net

27 MAR, APC Georgia State Open, PL + BP, LB Baker, 770-725-6684, www.irondawg.com

27,28 MAR, USAPL March Madness Sullivan County Community College Meet, Charles Schroeder, 27 Van Buren St., Warwick, NY 10990, 845-986-0487

28 MAR, 5th Pittsburgh Monster BP + DL (Men + Women, All Divisions, All Classes, cash prizes - Holiday Inn Airport, Moon Township, PA) Mike Barravecchio, 301 Springwater Ct., Moon Township, PA 15108, 724-457-2708

MAR, Carolina Full Powermeet, Monroe, 704-283-5587

MAR/APR, USAPL Florida State Collegiate BP(Ft. Lauderdale, FL) Rob Keller, 3625 College Ave #316, Ft. Lauderdale, FL 33314, 954-262-6709, rk@verizon.net

MAR/APR, IPF NORTH AMERICAN (Miami, FL) Rob Keller, 3625 College Ave, #316, Ft. Lauderdale, FL 33314, 954-262-6709, rk@verizon.net

3 APR, Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinsbestbench.com

3 APR, SLP PRIMETIME FITNESS BP/DL CHAMPIONSHIP(Crestwood, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com , sonlight@netcare-il.com

3 APR (new date), WNPF 1ST COLLEGIATE NATIONALS & 4TH RALPH PEACE MEMORIAL CAROLINA Bench/Deadlift, Powercurl, GREENVILLE, SC, 770-996-3418, WNPF@aol.com OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

3 APR, Iowa/Midwest Open BP or DL or Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

3 APR, APA/TMSPA Teenage Nationals + Tri-State Open, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049, powerlifter@angelfire.com

3 APR, NASA Police + Fire Nationals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

3,4 APR, IPA Iron House Classic PL + BP (Newark, OH) Mike Maxwell, 740-704-4474, 704-704-7477 , www.ironhousezanesville.com

3,4 APR, Power Palooza 6 PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

3,4 APR, NASA High School Nationals, Powerlifting & Power Sports, OKC, OK. Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

4 APR (new date), WNPF 2ND TENNESSEE POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWER CURL CHAMPIONSHIPS-CLEVELAND, 770-

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10 APR, USA 'RAW' BENCH PRESS FEDERATION SPRING NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com , sonlight@netcare-il.com

10 APR, USAPL Western Regional PL, John Pena, 2735 S. Pace West Dr., Tulsa, AZ 85730, 520-751-0076

10 APR, USAPL Capital of Michigan Power Bench Press Classic (all age & wt. classes - teen, open, master, police/ firefighter classes & team) Lansing Community College, Physical Fitness & Wellness Dept., Jeff Buchin, or Lynn Savage @ 517-483-1227

17 APR, PPL Drug Free Spring Classic (N. Augusta, SC-BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

17 APR, WNPF NATIONAL BENCH PRESS AND POWER CURL CHAMPIONSHIPS-ATLANTIC CITY, NJ, 770-996-3418, WNPF@aol.com OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

22-25 APR, IPF World Bench Master/Banovce Nad Bebravou, Slovakia

24 APR, SLP NATIONAL BP/DL CHAMPIONSHIP(Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com , sonlight@netcare-il.com

24 APR, NASA Wisconsin State, Bob Vivier, 837 Norman Dr., Stoughton, WI 53589, 608-205-9985

APR, AAU Qualifier(Burlington, NC) Dr. Jeffrey Noah, 336-229-5573

APR, USAPL California State PL + BP (Napa, CA) www.usapl-ca.org, Jason Burnell, 510-364-0197, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lance.slaughter@yahoo.com

APR, USAPL Collegiate Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

1 MAY, SLP MICHIGAN OPEN BP/DL CHAMPIONSHIP (Holland, Mi.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com , sonlight@netcare-il.com

1 MAY, Blue Ridge Spring BP Raw + Assisted, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com , www.virginiausapl.com

1,2 MAY, WNPF 4TH PAN-AMERICAN POWERLIFTING, Plus Submaster + Masters Nationals, BENCH, DEADLIFT, SQUAT & POWER CURL NATIONALS & WNPF HIGH SCHOOL NATIONALS-ORLANDO, FLORIDA, 770-996-3418, WNPF@aol.com OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

2 MAY, SLP STEVE "MAD DOG" HUTTON MEMORIAL IOWA REGIONAL BP/DL CHAMPIONSHIP(Coralville, Ia.)

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

7-9 MAY, APF Teen, JR, Submaster, Master Nationals, (Omaha, NE) Rick or Becca, 402-392-2446, www.beccawanson.com

8 MAY, SLP CROSS COUNTY PULL BP/DL CHAMPIONSHIP (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 MAY, 22nd USAPL Viking Open (Men, Women, Masters, Jr., Teen) B+W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

8 MAY, APA/TMSP Summer Bash, Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr. Houston, TX 77049, powerlifter@angelfire.com

9 MAY, USAPL Cissell Classic @ the STL Fitness Festival, Harold Gaines, 2109 Butterfield Ct, Maryland Hts, MD 63043, 314-275-7069

15 MAY, 3rd USPF Open BP + DL (Sponsored by Eric CC Football Team - Buffalo, NY - Open, Women, Teen, Submaster, Masters) Dennis Green, 716-851-1898

15 MAY, LIFETIME NATURAL POWERLIFTING SOCIETY NATIONALS (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

15 MAY, SCI Rockview USAPL May Melee (Men 18+ - No Entry Fee) Tommy A. Peterman, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874 ext. 229, Tommy Peterman or Edward Schnars

22 MAY (new date), WNPF RAW NATIONALS & POLICE/FIRE/MILITARY NATIONALS + POWERFEST, POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWER CURL - EDISON, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

23 MAY, WNPYOUTH-TEEN-JUNIOR NATIONALS POWERLIFTING, BENCH, DEADLIFT, SQUAT, PHILADELPHIA, PA. AND WNPF STRONGMAN NATIONAL CHAMPIONSHIP, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

29 MAY, Super Bench 2004, (Men, Women, Teen, Jr, Sub-Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

MAY, USAPL Masters Nationals, Tom North, 2025 E. Shady Grove #2, Irving, TX 75060, 972-721-0200

3-6 JUN, IPF World Women's (Cahors, France)

4 JUN, USAPL Pete Lanzi Memorial II (BP + DL, Men + Women, Open, Jr., Master, Grandmaster, Great Grand Masters, High School I + II, Raw - Cleaveland, OH) Gary Kanaga, 6346 Chestnut Hills, Cleveland, OH 44129, 440-884-7608(h), 330-908-6199 ext 5261 (w), gary.kanaga@noudoniaschools.org



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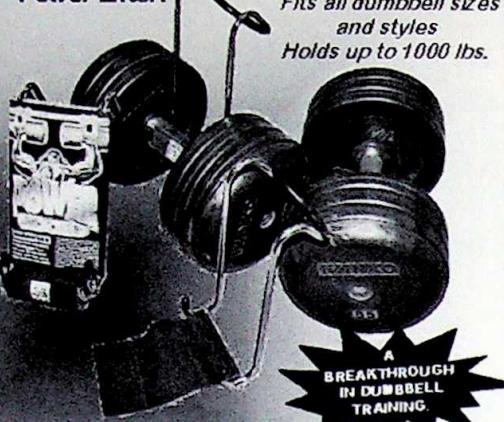
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4-6 JUN, AAU National BP + DL (Sheraton, Charlotte, NC in conjunction with the NCAAU Summer Sports Games) Kingsgym@triad.rr.com, 336-622-3886

5 JUN, SLP WISCONSIN OPEN BP/DL CHAMPIONSHIP (Waupaca, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 JUN, USAPL "Raw" Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

5,6 JUN, APF Senior Nationals, Gary Frank (Baton Rouge, LA)

5 JUN, NASA Masters / Sub Masters Nationals PL/ing, BP & Power Sports Championship, Oklahoma City, OK Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

10 JUN, Independence BP/Curl Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

12 JUN, SLP SUPERMAN CLASSIC BP/DL CHAMPIONSHIP (Metropolis, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12-13 JUN, ADAU Nationals, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

13 JUN (new date), WNPF ELITE NATIONALS & WNPF NORTH AMERICANS & NATIONAL CHAMPIONSHIP POWERLIFTING, BENCH, DEADLIFT, SQUAT - PHILADELPHIA, PA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

18 JUN, PPL Drug Free Georgia State

(BP, DL, Ironman, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19 JUN, USA "RAW" BENCH PRESS FEDERATION SUMMERNATIONALS (Mattoon, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

26 JUN, 5th Annual New England's Strongest Man, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26,27 JUN (new date), WNPF MEN'S USA CHAMPIONSHIPS & WOMEN'S NATIONAL POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWER CURL NATIONALS - ATLANTA AND USA STRONGMAN CHAMPIONSHIPS, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214 JUN, NASA U.S.A. PL/ing, BP & Power Sports Championship, Springfield, OH. Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068 JUN, USAPL Teen/Jr. Nationals, Jim Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

3 JUL, Iowa/Midwest Open Touch and go bench press (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

10 JUL, Independence BP/Curl - Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, www.virginiausapl.com

10 JUL, NASA Dodge City Powerfest, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree708@aol.com

11 JUL, SLP HEART OF ILLINOIS BP/DL CHAMPIONSHIP (Peoria, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 JUL, ANPPC WORLD CUP POWERLIFTING CHAMPIONSHIP (Tuscola, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 JUL, 2nd APA Iron Bash At the Beach (Mattanawcock Lake, Prince Thomas Park, Lincoln, ME) Scott Taylor, Box 27204, El-Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apawpa.com

24,25 JUL, NASA Grand Nationals, PL/ing, BP & Power Sports, Hickory, NC., Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

31 JUL, NASA Tri-State Natural Championships (Special Olympics Free, Mono-Lift) The Gym, 112 W. North Ave., Flora, IL 62839, 618-662-3413 1-8PM M-F, lesmitty@bspeedy.com

JUL, NASA Western States Nationals (PL, BP, PS-Mesa, AZ) Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

JUL, USAPL Men's Nationals, Paul Fletcher, 17735 Creekhollow, Baton Rouge, LA 70817, 225-753-8586

6-8 AUG (new date), WNPF WORLD POWERLIFTING, BENCH,

DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS STRONGEST MAN IN THE WNPF WORLD CHAMPIONSHIPS-EDISON, NEW JERSEY, 770-996-3418, WNPF@AOL.COM OR WNPF, POBOX 142347, FAYETTEVILLE, GA. 30214

7 AUG, Eastern USA BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434)985-3932, valifting@aol.com, www.virginiausapl.com

8 AUG, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP(Columbus, Oh.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 AUG, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, Wi.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

14 AUG, USAPL Mid Atlantic Open PL/BP Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434)985-3932, valifting@aol.com, www.virginiausapl.com

14,15 AUG, World Cup PL'ing, BP & Power Sports Championship, OKC, OK., Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

15 AUG, SLP MISSOURI STATE FAIR BP/DL CHAMPIONSHIP(Sedalia, Mo.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

21 AUG, SLP INDIANA STATE FAIR BP/DL CHAMPIONSHIP(Indianapolis, In.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 AUG, SLP GUY CARLTON MEMORIAL ILLINOIS STATE FAIR BP/DL CHAMPIONSHIP(Springfield, Il.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 AUG, SLP KENTUCKY STATE FAIR BP/DL CHAMPIONSHIP(Louis-

FROM A SATISFIED MEET ADVERTISER: "Thank you for advertising our event in your great magazine. Approximately 1/3 of our out of town lifters saw the ad and called us. We will be submitting another ad in the next few months. Once again, thank you very much."

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

28 AUG, Granite State Open BP/DL, (Men, Women, Teen, Jr, Sub, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590 (Separate Contests)

AUG, AWPC World PL + BP (IL - All competitors must qualify at AAP Nationals) Ernie Frantz

4 SEP, SLP DUQUOIN STATE FAIR BP/DL CHAMPIONSHIP(DuQuoin, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8-12 SEP, IPF World Subjuniors + Juniors (S. Africa)

11 SEP, SLP TENNESSEE STATE FAIR BP/DL CHAMPIONSHIP(Nashville, Tn.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 SEP, WNPF LIFETIME AMERICAN CUP POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL & POLICE/FIRE/MILITARY NATIONALS, ATLANTA, GA. 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

18 SEP, SLP OPEN POWERLIFTING/ BP/DL NATIONALS(Tuscola, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

18 SEP, ADAU "No Druggies Allowed" SQ, BP, DL (NO Total - Men + Women

- Open + All Age Groups) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

20 SEP, WNPF South Georgia Bench/ Deadlift & Powercurl Championships in Fitzgerald, GA. 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

2 OCT, SLP FALL BENCH PRESS/ DEADLIFT CLASSIC(Mattoon, Il.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429,

5-10 OCT, IPF World Masters (New Delhi, India)

12-19 OCT, WPC World Championships(Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

16 OCT, SLP KANSAS STATE BP/DL CHAMPIONSHIP(Paragould, Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP(Tuscola, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429,

30 OCT, SLP TENNESSEE STATE BP/DL CHAMPIONSHIP(Clarksville, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 DEC (new date), 2nd ANNUAL WNPF SOUTH GEORGIA BENCH/ DEADLIFT & POWERCURL CHAMPIONSHIPS, FITZGERALD, GA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434)985-3932, valifting@aol.com, www.virginiausapl.com

18 DEC, SLP "THE LAST ONE"BP/DL CHAMPIONSHIP(Tuscola, Il.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

MAY 05, USAPL Men's Masters Nationals (Palm Springs, CA) www.usapl-ca.gov, Lance Slaughter, 3 1 0 - 9 9 5 - 0 0 4 7 . lanceoslaughter@yahoo.com

16 JUL 05, World Games 2-9 NOV 05 - IPF Men's Worlds (Philadelphia, PA) Robert Keller, 954-262-6709, rk@verizon.net

6 NOV, USA 'RAW' BENCH PRESS FEDERATIONWALLY STROSNIDER MEMORIAL GRAND NATIONALS (Tuscola, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9-14 NOV, IPF World Men's (Capetown, SA)

13 NOV, NASA Kansas City Regionals, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326, JDuree7086@aol.com

14 NOV, Iowa/Midwest Open BP or DL or Trap DL (teen, novice, open, submaster, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

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

NOV/DEC, USAPL Virginia State PL/BP, John Shifflett, Box 941, Stanardsville, 22973, (434)985-3932, valifting@aol.com, www.virginiausapl.com

1-5 DEC, IPF World Bench Press (Cleveland, OH)

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

4 DEC (new date), WNPFI IRONMAN NATIONALS (Bench/Deadlift combined) & SARGE MCCRAY BENCH, DEADLIFT & POWERCURL-BORDENTOWN, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

5 DEC, SLP NORTHERN ILLINOIS OPEN BP/DL CHAMPIONSHIP (Mechesney Park, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

11 DEC (new date), 2nd ANNUAL WNPF SOUTH GEORGIA BENCH/ DEADLIFT & POWERCURL CHAMPIONSHIPS, FITZGERALD, GA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214

11 DEC, Chrismas BP Classic Raw + Assisted, John Shifflett, Box 941, Stanardsville, 22973, (434)985-3932, valifting@aol.com, www.virginiausapl.com

18 DEC, SLP "THE LAST ONE"BP/DL CHAMPIONSHIP(Tuscola, Il.)Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

MAY 05, USAPL Men's Masters Nationals (Palm Springs, CA) www.usapl-ca.gov, Lance Slaughter, 3 1 0 - 9 9 5 - 0 0 4 7 . lanceoslaughter@yahoo.com

16 JUL 05, World Games 2-9 NOV 05 - IPF Men's Worlds (Philadelphia, PA) Robert Keller, 954-262-6709, rk@verizon.net

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

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

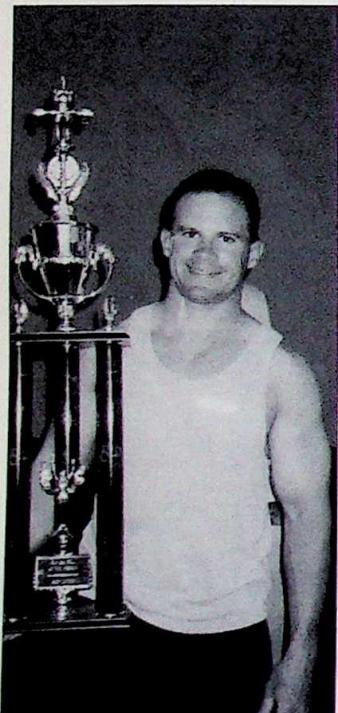
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SLP BIG BENCH AT THE FRENCH
01 JUN 02 - Memphis, TN

BENCH PRESS	242			
submaster men	Eddie Akins	455		
220	open men			
Dale Jones	440*	148		
220	Jason Parish	250*		
M. Tumminello	395	165		
220	Glen Thomas	325*		
Shettlesworth	270	181		
master men 40-44	Billy Papish	350		
165	181			
Joe Dowell	375*	Richard Beach	315	
4th	385*	220		
master men 60-64	M. Whitworth	385		
275	Robert Gray	330		
Jimmy Duckett	335*	242		
police & fire	Ray Roswold	470*		
148	M. Mitchell	365		
Jason Parish	250*	275		
DEADLIFT	Anthony Gwin	450		
submaster men	master men 60-64			
220	275			
Shettlesworth	405*	Jimmy Duckett	365*	
220	open men			
Robert Gray	325	165		
master men 45-49	Glen Thomas	430*		
148	2-man			
Ricky Fowler	385	198		
	Fowler/Akins	765*		



Dr. Darrell Latch & Jimmy Duckett (Photos by Dr. Darrel Latch.)



SLP Best Lifter-DL - Glen Thomas

BP - Best Lifter - RAY ROSWOLD, DL - Best Lifter - GLEN THOMAS. * Son Light Power Tennessee state record. The Son Light Power Big Bench at the French Bench Press/Deadlift Championship was held June 1, 2002 at the French Riviera Spa in Memphis, Tennessee. A special thanks to the owner and to Glen Thomas for all his help putting this event together. In the bench press competition it was Dale Jones the winner at submaster 220, finishing with 440 for the win. This was also a new Tennessee state record for Dale, who weighed in at just 211, finishing with the second best overall lift of the day. Taking second place at submaster 220 was Mike Tumminello, who finished with 395. Marty Shettlesworth was third with 270, which was a new personal record for him. At master 40-44/165 it was Joe Dowell for the win. Joe had a great day, finishing with a 375 third, followed by a 385 state record fourth attempt. This was also a new personal best for Joe. Our second master lifter was the notorious Jimmy Duckett, aka "Jimbo", winner of the 60-64/275 class. Getting fatter with each new competition, Jimmy also seems to be getting stronger. Finishing here with a personal best 335, he also set the Tennessee state record for his class. In the police & fire division Jason Parish won at 148 with a new

state record lift of 250. In the open division, Jason continued to dominate at 148, setting the record there also. Glen Thomas had some real tough problems with his new bench shirt, finally using a much larger one and finishing with just his opener of 325. This was, however, good enough to establish the state record at 165. At 181 it was Billy Papish for the win with a solid 350 over second place finisher Richard Beach, who ended with 315. Matt Whitworth also had shirt problems, finishing under 400 for the first time in two years with 385 to take the open 220's. Second place at 220 went to Robert Gray who finished with 330. Best lifter Ray Roswold won at 242 with a new Tennessee state record lift of 470, which he made on his second attempt. A third with 500 failed at lockout, but is a definite future lift! Second place at 242 went to Michael Mitchell who finished with his opener of 365. The most excited lifter of the competition was Anthony Gwin, winner at 275. This was Anthony's first competition and he did great, psyching up like a madman to finish with a new personal record of 450. In the deadlift competition Marty Shettlesworth won the submaster 220 class with new Tennessee state record pull of 405. Robert Gray finished second, pulling just his opener of 325. Ricky Fowler, current state record holder at master 45-49/148, won that class with an easy 385 opener. Lifting partner Eddie Akins, who is the state record holder at 45-49/242, also won his class with an easy 455 pull. Up next was Jimmy Duckett who won again at 60-64/275, setting his second state record of the day there with 365. (I guess it's easy to win your class and set state records when you're so old there just isn't any other living lifters in your class!) Best lifter Glen Thomas only got in his opener here to, but finished with a new state record of 430 to take the open 165 class. In the two-man event the team of Ricky Fowler and Eddie Akins pulled a new state record at 198 with 765. Thanks

WNPF USA OPEN PL					
08 JUN 03 - Atlanta, GA					
WOMEN	SQ	BP	DL	TOT	
105					
LIFETIME					
PHILLIPS	215*	126	270	612	
123					
LIFETIME					
WHIDDEN	275	154	303	732	
CALAIS	226	121	275	622	
40-44					
WHIDDEN	275*	154*	303*	733*	
50-59					
CALAIS	226	121*	275*	622*	
11-12 RAW					
LUSTER	110*	148*	226*	485*	
40-49					
MORRIS	209	143	264	617	
NOVICE					
MORRIS	209*	143*	264*	617*	
165					
LIFETIME RAW					
ROBY	209	137	226	556	
OPEN					

ROBY	209*	137*	226*	556*	
SHW					
40-49 RAW					
MCGEE	126	110	303	540	
MEN					
80					
9-10 RAW					
LUSTER	143*	126*	203*	474*	
181					
17-19 RAW					
PI	270	220	330	821	
LIFETIME					
SESLER	534	303	507	1344	
198					
LIFETIME					
EDWARDS	600	418	567	1587	
LIFETIME RAW					
VILCHEZ	259	176	341	777	
40-49					
ATKINS	474	352	501	1327	
LANGENFELD	325	253	374	954	
40-49 RAW					
HOUSWORTH	402	292	369	1063	
220					
OPEN					
Dwyer-BL	661	369	650	1680	
GORDON					
40-49 RAW					
FULMER-BL	523	358*	545	1427	
DANIELS	402	281	501	1184	
242					
LIFETIME					
LEWIS	507	325	584	1416	
LIFETIME RAW					
CHAMBLISS	402	248	451	1102	
SHW					
17-19 RAW					
MARAIA	315	209	402	925	
40-49 RAW					
TURLEY	600*	391*	567*	1559*	
OPEN					
INGRAM	639	468	639	1746	
40-49					
INGRAM	639	468	639	1746	
* - WNPF AMERICAN RECORD, BL- BEST LIFTER, TEAM CHAMPS- BENCH PRESS EASTSIDE GYM, DEADLIFT- DOG PACK POWER TEAM, SECOND PLACE- BENCH PRESS ENDUNAMOO POWER TEAM This was the first meet where many and I do mean many attempts were good lifts. There were more good attempts than bad at this meet. Congratulations to all lifters in this meet. We had a few lifters that bombed due to heavy openers. Some people won their first best lifter award in the WNPF, congrats to those lifters. We had two lifters 600 and over in the bench. Adrian Luster trained two weeks and hit a 606 bench at super and Buddy Cawley hit 600 in the 275 class. Tee Meyers hit a 744 deadlift and had at least 760 in him at 187 pounds and 46 yrs. of age. Lynnie Whidden from Florida had her best day totaling 733 pounds weighing 119. Kim Phillips from TN. totaled 612 lbs. weighing 105. Kris Johnson had a personal best total 804 lbs. Angie McGee from FL. totaled 540 lbs. for a personal best. Steve Atkins came from TX to total 1327 in the masters over 40, 198 class. Jeff Dwyer from TN. made a best 220 total of 1680 lbs. James Fulmer from AL set a new American bench press record in the masters 40-49 raw division. Larry Turley from GA totaled 1559 in the masters raw SHW division. Big Jim Ingram weighed in at 295 lbs. and had a good day with a 1747 total. Ruth Ann Calais posted new records in the masters over 50, 123 class. Erika Luster and her brother Jason Luster put in outstanding performances in their classes. Patty Morris did very well along with Barbara Roby in their second full meet with the WNPF. Marianne Hamilton benched 171 raw in the 165 division. Dina Curtin hit personal best of 159 in the bench and 325 in the deadlift. Devin Smith set a new American record in the 132 raw division. Tommy Curtin lifting in his first meet weighing 107 benched 66 lbs. and deadlifted 137 lbs. Jake the Hammer Padgett won the over 60 division in both the bench and deadlift. Shawn Smith came back to the WNPF after a 7 year absence with a 584 lb. deadlift. Darren Gardner posted personal best of 358 and 518. Jonathan Moore hit 441 in the 220 lifetime division. Ron Fears hit 341 in the masters over 50 division. Gene Mitchell, Mark Frady and Tim Lasiter went at it again in the lifetime open raw 220 class. This will always be a battle between these three men. They are so close in numbers anyone could win. Rick Padgett tried 705 pounds in the deadlift and missed it again. One day Rick will pull 700+ pounds.					

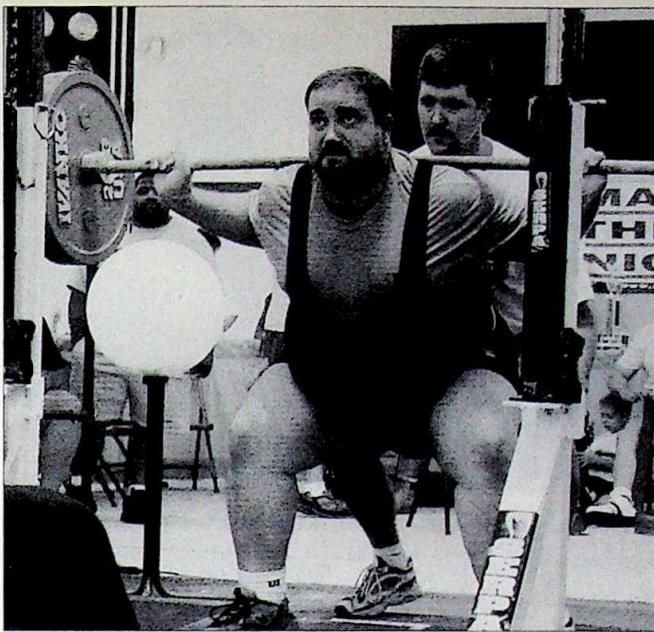
He ended up with 672 lbs. Eric Leblanc a newcomer to the Georgia area but not new to the WNPF posted a new Ga. State record with a 611 deadlift. Eric has been with the WNPF since 1991. Roger Flynn always consistent hit a 391 bench in the 242's. Wayne Watts from GA. Hit 457 lbs. in the raw 275 class. Jerel The Tank Cunningham hit 501 lbs. in the masters SHW. Chad Goodard set a new Junior raw squat record with a 600 lb. lift and Omar Pittman set a new masters 50+ raw record with a 374 lb. bench. (by WNPF)

AAU VA Powerlifting East Coast 07 JUN 03 - Richmond, VA

	Raw	SQ	BP	DL	TOT
123					
Teenage (16-17)					
Brett Mehlman	67.5	57.5	87.5	212.5	
165					
Lifetime 1 Masters (40-44)					
Robert Barth	135	117.5	177.5	430	
165					
Teenage (16-17)					
Chris Balance	145	92.5	185	422.5	
181					
Open					
Nick Mercorelli	205	165	220	590	
198					
Junior (20-23)					
Hollingsworth	162.5	122.5	212.5	497.5	
220					
Masters (40-44)					
Bruce Solomon	205	157.5	275	637.5	
220					
Masters (55-59)					
James Michael	145	115	185	445	
220					
Sub Masters (35-39)					
R. McMillan	197.5	115	205	517.5	
242					
Teenage (16-17)					
Micah Greene	230	162.5	272.5	665	
242					
Teenage (18-19)					
Tyrell Jenkins	190	145	240	575	
275					
Masters (55-59)					
Ray Cross	190.5	138.5	208.5	537.5	
319					
Open					
Buddy Mabe	137.5	110	185	432.5	
Assisted					
114					
Youth (12-13)					
Tanjelo Bonner	115	57.5	120	292.5	
123					
Teenage (16-17)					
Brett Mehlman	67.5	57.5	87.5	212.5	
220					
Masters (40-44)					
Chip Hasty					
220					
Open					
Chip Hasty					
Raw Women					
105					
Kids (10-11)					
Michelle Caton	52.5	30	62.5	145	
148					
Open					
J. Markham	62.5	52.5	87.5	202.5	
165					
Masters (45-49)					
Genny Caton	90	62.5	117.5	270	
BEST LIFTERS EAST COAST REGIONAL CHAMPIONSHIPS - BEST MALE RAW OPEN LIFTER - NICK MERCORELLI. BEST MALE MASTER RAW LIFTER - RAY CROSS. BEST FEMALE OPEN RAW LIFTER - JESSICA MARKHAM. BEST FEMALE MASTER RAW LIFTER- GENNY CATON. (Thanks to Barbara Beasley for providing the meet results.)					

APA Houston Record Breakers 26 JUL 03 - Houston, TX

Bench Press	John Williamson	480			
165's	Masters 40-44				
Open	Marc LeBlanc	275t			
Daniel Andre	290				
220's	Deadlift				
Masters 50-54					
S. Rosenburg	335t	Josh Ash	685t		
275's		242's			
Open	Master 45-49				
TJ Rackley	320	Charlie Turco	540t		
Teen 18-19		275's			
Caleb Rowton	505t	Open			
Submasters 33-39	TJ Rackley		575		
Men 114's	SQ	BP	DL	TOT	



AAU East Coast Regionals - Buddy Mabe 319 Open (Barb Beasley)

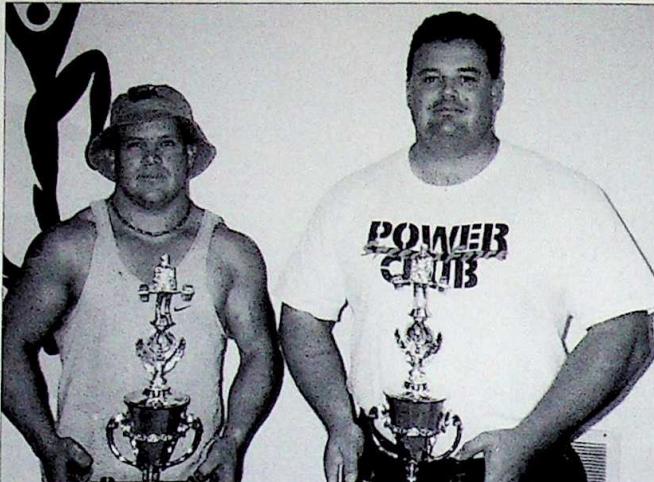
Texas record for a total of nine. Jessica Morant (17) lifted in the 132's and walked out with two Texas records for her lifts of 135 and 150 pounds. She came right back and earned two Texas records in the bench going 65 and 95. In the deadlift Jessica went 230 and 280 for two more Texas records. Morant's total of 525 gave her one more for her collection. Lifting competitively for the very first time, Jennifer Davis (13) four Texas records in the 198's by squatting 135 and 170, deadlifting 250, and totaling 520. Master lifter Hilary Reeh (47) in only her 2nd powerlifting meet came back to set 10 Texas records, 10 American records, and 10 World records. Hilary lifted in the masters unlimited and went 9 for 8 with a 185 squat, 135 bench, 230 deadlift, and 550 total. I would like to personally thank Shannon McDougald and Ann Harris for their help as well as Steven Hewer and the rest of my spotters and loaders. These people did a great job and deserve much more than I could ever give them. Also I would like to thank Houston Independent School District for providing the space to have this meet. Without their constant support, these meets would not happen. Last and certainly not least a big thanks to Inzer Advance Designs, the House of Pain, Powerlifting USA for your continued support over the years, and Kazaa for all the great music. A very special thanks to John Inzer of Inzer Advance Designs who has personally done more that he will ever realize to help teh APA and my meets be successful, help powerlifters stay in the game and new lifters enter. I will always be grateful for Inzer's support as well as my other four sponsors. (from Tom McCullough)

NASA Colorado Grand PL/BP/PS 16 AUG 03 - Colorado Grand, CO

dlmp	Ken Kaiser	70
170.80	bpm1	
Ken Kaiser	160	170.80
sqm1	Diana Waddell	65
170.80	bpm2	
Ken Kaiser	130	250.20
bpm3	H. Blackmon	
280	Bench Only	
John McIntyre	160	m2
bpm1		187
205	Jim McDermott	162.5
Robert Burkett	137.5	mp
bpm2		187
187	Jim McDermott	162.5
Jim McDermott	127.5	sm
bpm		280
170.80	J. Whitbread	185
Ken Kaiser	117.5	m2
cmp		250.20
170.80	H. Blackmon	172.5
Power Sports	Curl	BP DL TOT
250.20		
Ronnie Snowton		207.5 240 447.5
sm		
170.80	Kelly Duran	62.5 135 160 357.5
jr		
138.80	Cherryholmes	50 95 157.5 302.5
m1		
170.80	Ken Kaiser	70 117.5 160 347.5
m2		
205		
John Lynn II	60	110 137.5 307.5
mpure		
170.80	Diana Waddell	33.5 65 97.5 196
want		
170.80	Diana Waddell	33.5 65 97.5 196
wpure		
170.80	Diana Waddell	33.5 65 97.5 196
Powerlifting	SQ	BP DL TOT
m1 280	Frank Baja	272.5 137.5 275 685
m1		
250	Mark Sampson	247.5 155 220 622.5
nov		
227	M. Kovalchek	185 120 200 505
m1 227		
A. Martinez	140	150 197.5 487.5
jr 187		
Brandy Mokry	70	47.5 125 242.5
(Thanks to Richard Peters for these results.)		

**SLP National "Raw" Powerlifting
28 SEP 02 - Rolla, MO**

SQUAT	220		
submaster men	W. Strosnider	365*	
220	4th	375*	
Jon Heisinger	490*	220	
4th	500*	Ken Russell	360
BENCH PRESS		master men 65-69	
teenage men 18-19	275		
308	Don Schaffer	330*	
Steve Birdsong	405*	4th	340*
4th	420*	open men	
junior men	165		
148	Mike Beanland	325*	
J. Montgomery	215*	181	
198	Jamie Proctor	375	
C. J. Watson	385*	198	
220	James Edgar	370	
Brady Stewart	370*	275	
submaster men	Ted Belt	170	
220	308		
Mark Runyon	380*	Martin Lincoln	400
4th	390*	4th	405*
master men 40-44	shw		
165	Cash Bliss	380*	
Ronnie Porter	310*	DEADLIFT	
275	submaster men		
Dave Roberts	400	220	
master men 50-54	Jon Heisinger	500*	
181	4th	530*	
Bill Harris	275*	open men	
198	shw		
Curt Poling, Sr.	265	Cash Bliss	650*
Powerlifting	SQ	BP	TOT
teenage women 13-15			
123			
Alicia Roberts	115*	105*	200*
open women			420*
123			
S. Wood	120	70	200*
4th			390
teenage men 16-17			
165			
Jon Harvey	250	225	335
4th			810
teenage men 18-19			
198			
Reis Wright	460*	325*	490*
4th			1275*
242			500*
Joseph Cox	335	250	365
4th			950
junior men			
165			
Jeremy Perkins	305*	265*	380*
4th			950*
220			
Ed Croney	290*	225*	385*
4th			900*
submaster men			
198			
Brian Shephard	370*	280*	435*
220			1085*
Mark Runyon	470*	380*	500*
4th	495*	390*	1350*
308			1385*
Steven Albert	600*	415*	550*
4th			1565*
master men 40-44			
165			
Tim Fletcher	440	290	440*
master men 45-49			1170
308			
Ed Finnell	470*	385	505*
master men 50-54			1360*
148			
M. VanDeMark	230*	215*	355*
novice men			800*
242			
D. Davis	440*	325	435
4th			1200
open men 308			
Steven Albert	600*	415*	550*
4th			1565*
BP - Best Lifter - JAMIE PROCTOR. PL - Best Lifter - STEVEN ALBERT.			
national "raw" record			
The third annual Son Light Power National "raw" Powerlifting Championship was held September 28, 2002 at Vessel's Fitness in Rolla, Missouri. Thanks again to owners Mark and Peggy Chirban for the use of the building and to Don Schaffer and Dave Roberts for all their efforts organizing this event. Also a big thanks to the spotters and loaders, Larry Mazzeo, Bruce Courtney, Rick Hope and Joe Turnbough and to Jenni Hushaw and Tonya Campbell for their help at the table. In the powerlifting competition Alicia Roberts returned for her second national title in three			



Best Lifter (l-r) Jamie Proctor (BP) - Steven Albert (DL) (Darrel Latch)

**Henry Knight Memorial BP+DL
26 JUL 03 - Galt, CA**

BENCH	Master (45-49)
MEN Open 181 lbs.	275 lbs.
B. McCormick	340
242 lbs.	605*
J. Anderson	455
275 lbs.	DEADLIFT
M. Knight	MEN Youth (7)
605*	88 lbs. (Raw)
D. Knight (80)	105*

*Personal Record. The Henry J. Knight Memorial BP/DL Classic was held on Saturday, July 26, 2003, at the Dungeon Gym, in Galt, CA. Henry Knight would have been 79 years old on July 24, 2003, but passed away on March 22, 2003. He was diagnosed with ALS (Lou Gehrig's Disease) about 3 months before his death. Henry was the head football coach at Chicago's Benedictine University, as well as at various high schools in the state of Florida, in the 1960's and '70's. He was a retired Air Force Captain, insurance salesman, loving husband, father, grandfather and friend, he will be greatly missed. The first lifter of the day was Bob McCormick of Sacramento, who hit a PR 340 bench, in the 181 class. Next up, also from Sacramento, in the 242 class, John Anderson benched 455, and just missed at 500. Next up was 45 year old, Mike Knight, who weighed in at a light 260 lbs., getting his psych from the picture of his dad he placed in front of the bench, and the sound of Mariah Carey and Boyz II Men the background singing "One Sweet Day" - Blasted his "opener" and new PR - 605!!! He dedicated his lift to his dad. 605 at 45 - and drug-free. And last, but not least, the only deadlifter of the day, 7 year old, David Knight, weighed in at a muscular 60 lbs., and dead lifted a huge PR 105lbs. RAW! Congratulations Big Dave. Once again, Mike Knight would like to thank INZER Advanced Designs for the double-denim bench shirt. And I'd like to thank the spotters, loaders, and judges, Joe Weiss, Darryl Skeva, and Kurt Heath. (results courtesy Kurt Heath.)

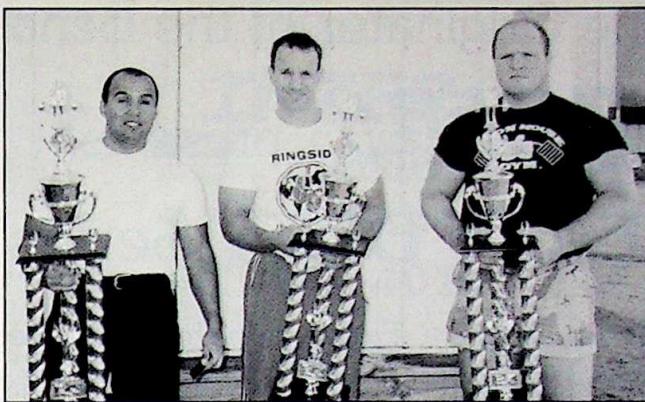
POWER PEOPLE



Ernie Fleischer has been powerlifting for 20 years. On June 7th in Richmond Va. he won his division in the 65-69 181 class with a 385 squat, 270 bench press, 450 deadlift and 1105 total. All World Records. Ernie is also a member of the Ducks Gym in Simpsonville, SC. (Fleischer.)

**SLP Wisconsin State BP/DL
22 SEP 02 - Burlington, WI**

BENCH PRESS	open men
teen women 16-17	165
148	Tony Kubiak 335
Dana Harvey	125*
teen women 18-19	Kelly Peterman 300
105	198
Ashley Servi	100*
teenage men 16-17	Craig Eiting 455*
148	4th 475*
Cal Servi	170*
165	Shawn Smith 360
Erik Naselius	255
181	198
A. Dahlstrom	235
shw	M. Amboya 455
Santiago Garza	400*
teenage men 18-19	Joe Cozza 450
123	4th 465
Keith Koch	140*
198	220
Joel Meulemans	300*
junior men	220
165	Dana Pitel 360
Evan Hagen	285*
220	Jamie Zwiers 242
A. Mickelson	470*
submaster men	Dave Walker 550*
165	242
Tony Kubiak	335*
198	Shawn Becker 500
Andy Jensen	365
220	Ray Flint 500
Tony Bauer	320
220	Power Team DEADLIFT
Mark Hinston	300
242	open women 97
Paul Carreon	430
master men 40-44	M. Johnson 275*
220	teenage men 16-17 181
Paul Jansen	315
275	Kyle Kroll 350*
Chris Wellbank	360
master men 45-49	teenage men 18-19 123
Keith Koch	230
165	4th 250*
Dave Parker	300
198	220
R. Hudzinski	255
220	H. Severson 580
Joe Cozza	450
4th	junior men 165
308	Evan Hagen 430*
Ray Harvey	475*
master men 50-54	Hugh Perone 475
198	220
D. Mickelson	255
242	Michael True 515
Jeff Eiting	515*
4th	Miguel Castro 630*
shw	198
Don Jansen	460*
4th	R. Hudzinski 415
police & fire	master men 80-84 165
148	Bob Stephan 345
Brian Bending	285*
242	open men 165
Dave Walker	550*
242	L. Hernandez 510*
Shawn Becker	500
BP-Best Lifters-lightweight -TONY KUBIAK.	John Duginski 620
heavyweight - DAVE WALKER. DL - Best	
Lift - MIGUEL CASTRO. * Son Light Power	
Wisconsin state record The 2002 Son Light	
Power Wisconsin State Bench Press/Deadlift	
Championship was once again held in	
Burlington. Thanks to host David Walker	
and his team from Ironhouse Gym for all	
their help in setting up and helping with the	
competition. In the bench press competition	
we had two new young lady lifters, both of	
which walked away with new state records.	
At teenage 16-17/148 Dana Harvey got all	
three of her attempts to finish with a strong	
125. Ashley Servi missed her second attempt	
with 100, but came back to get it on	
her third for the title at 18-19/105. Brother	
Cal Servi set the state record at 16-17/148	
with 170, just missing a fourth with 180. Erik	
Naselius went three for three and captured	
the title at 16-17/165 with 235. Training partner Andrew Dahlstrom won at 181 with 225,	
after missing his final attempt with personal best 240. Big Santiago Garza avenged his loss at the state fair to Eddie Saenz by breaking the existing record at 16-17/shw with his first ever 400 bench! Keith Koch broke his own state record at 18-19/123 with his 140 final attempt and Joel Meulemans won his first title at 18-19/198 with a new	



Best Lifters - Miguel Castro, Tony Kubiak, Dave Walker (Dr. Latch)

state record of 300. Evan Hagen broke the state record at junior 165 with 285 while Aaron Mickelson broke his own state record at junior 220 with a personal best 470. Tony Kubiak won the best lifter award for the lighter lifters with his victory at submaster 165, finishing with 335. Andy Jensen won at 198, making just his opener of 365. Tony Bauer won at 220 with his final attempt of 320 while Mark Hinkston was second with 300. At submaster 242 it was Paul Carreon for the win with 430 after missing a pr final attempt with 450. In the master 40-44 division Paul Jansen won at 220 with 315 while Chris Wellbank took the title at 275 with his opener of 360. Dave Parker won at 45-49/165 with a solid 300 while Randy Hudzinski won at 198 with 255. Joe Cozza struggled with his opener at 220, but finished strong with 450 followed by a 465 fourth attempt for the win. Ray Harvey look strong at 45-49/308, taking the title and setting the state record there with 475. In the 50-54 division Dave Mickelson won at 198 with a personal best 255. Jeff Eiting took the 50-54/242 class by storm as he finished with a 515 third followed by an even stronger 525 state record fourth! Don Jansen was just as impressive at shw, making 460 on his third and coming back with a successful 480 Wisconsin state record fourth attempt. In the police & fire division Brian Bending set the record at 148 with his 285 second attempt. Dave Walker won at 242 with a new state record of 550, which he made on his final attempt after missing that weight for his second. Shawn Becker was second at 242 with 500, making just his opener, after missing 515 twice. The strength is there, Shawn, just technic and working more with your shirt and you'll give Dave a run for his money! In the open division Tony Kubiak won his second title of the day at 165, making just his opener of 335. Kelly Peterman was second at 165 with 300. Craig Eiting finished with 455, then called and made a fourth with 475, to break the state record at 198 and give him the win there. Shawn Smith was second with 360, followed by a 370 personal record fourth, in this, his first competition. Brian Jonas was third with 300. At 220 we had a full house of five lifters. Jamie Zwiers opened with 500, which would have given him the win, but failed to lock it out on all three of his attempts. The winner then was Mike Amboya who finished with 455, after Joe Cozza, who was struggling with his opener of 450, settled with that weight. Jim Widmar was third with 430 while Dana Pitel finished fourth with his opener of 360. Best lifter in the heavy classes, Dave Walker, finished with a state record 550, after failing with a personal best 565 fourth, for the title at 242. Shawn Becker was second with his opener of 500. Training partner Ray Flint won at 308 with his opener of 500, also experiencing some technic problems. In the deadlift competition the Mighty Might, the one who, if she turned sideways could hide behind a broomstick, the 97 pound wonder herself, Michelle Johnson won the open women's 97 class with a new state record of 275! Kyle Kroll set the state record at 16-17/181 with 350 and the win there. Keith Koch won his second title of the day at 18-19/123 and his second state record with a great 250 fourth attempt. Heath Severson, twice. The strength is there, Shawn, just technic and working more with your shirt and you'll give Dave a run for his money! In the open division Tony Kubiak won his second title of the day at 165, making just his opener of 335. Kelly Peterman was second at 165 with 300. Craig Eiting finished with 455, then called and made a fourth with 475, to break the state record at 198 and give him the win there. Shawn Smith was second with 360, followed by a 370 personal record fourth, in this, his first competition. Brian Jonas was third with 300. At 220 we had a full house of five lifters. Jamie Zwiers opened with 500, which would have given him the win, but failed to lock it out on all three of his attempts. The winner then was Mike Amboya who finished with 455, after Joe Cozza, who was struggling with his opener of 450, settled with that weight. Jim Widmar was third with 430 while Dana Pitel finished fourth with his opener of 360. Best lifter in the heavy classes, Dave Walker, finished with a state record 550, after failing with a personal best 565 fourth, for the title at 242. Shawn Becker was second with his opener of 500. Training partner Ray Flint won at 308 with his opener of 500, also experiencing some technic problems. In the deadlift competition the Mighty Might, the one who, if she turned sideways could hide behind a broomstick, the 97 pound wonder herself, Michelle Johnson won the open women's 97 class with a new state record of 275! Kyle Kroll set the state record at 16-17/181 with 350 and the win there. Keith Koch won his second title of the day at 18-19/123 and his second state record with a great 250 fourth attempt. Heath Severson,

one of the truly great young pullers from Wisconsin, won at 18-19/220 with a solid 580, just missing his final with a new state record of 590. Evan Hagen won his second title of the day at junior 165 with his 430 state record final pull. Hugh Perone is back after hernia surgery of last year and doing well. Hugh finished with a strong 475 after missing his final attempt with 505 for the title at 40-44/181. Michael True had a great day with his win at 40-44/220, setting two new personal records with his 515 third and 525 fourth attempts. Miguel Castro, definitely one of the greatest master pullers of all time at 165, finished the day with 630 for the win at 45-49/165. At bodyweight of only 160 that's just ten pounds away from a four-times bodyweight lift! Amazing! Randy Hudzinski won at 45-49/198 with 415 taking his second title of the day. Another amazing lifter is eighty-one year old Bob Stephan, who finished the day with 345, after giving a run at the state record he holds with a 365 final attempt. Close, but just short of lockout. Luis Hernandez broke his own state record at 165 open with a strong 510 third attempt while John Duginski won at 275 with his opening pull of 620. The best lifter award went to Miguel Castro and the team award went to the Wisconsin Rapids Power Team with members, Ray Flint, Shawn Becker and Andy Jensen. Thanks again to Dave Walker and crew, and to my son Joey and Mike Strom who helped out with the bench and to Dave Mickelson and Tom Glebin who helped with the deadlifts. See you all next year! (Thanks to Darrell Latch for results.)



97lb Michelle Johnson's SR 275!

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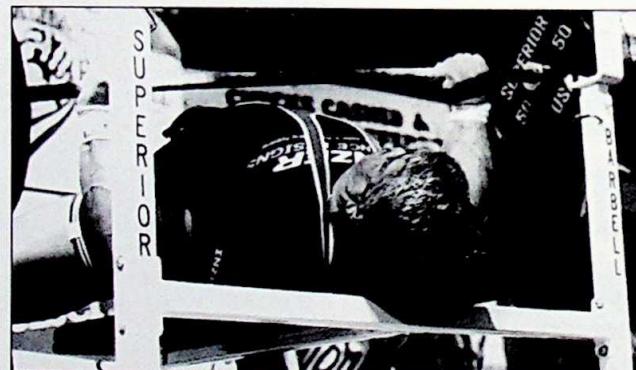
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All videos show All Time Historical World Records being set. Prices range from \$20.00 - \$45.00

**SLP POWERHOUSE OPEN BP/DL
01 FEB 03 - Naperville, IL.**

Bench		Greg Guntharp	380
teen women 18-19	220		
132	Craig Hansen	475	
Nicky Marchio 100*	Bob Houghton	465	
sub women 198	Billy Halbisen	430	
L. Laplante 150*	Jesse Morris	390	
master W 50-54	Dan Morris	370	
165	242		
A. Roggenbuck 100	Rob Luyando	565	
open women 198	Dave Babulak	455	
L. Laplante 150	Joe Lipuma	405	
teenage men 13-15	Aaron Walker	350	
97	Mark Phillips	335	
Matt Cavallaris 85*	275		
teenage men 16-17	Pete Kletz	565	
181	Scott Vickery	535	
S. D'Agostin 220	Bret Schmickel	500	
teenage men 18-19	Phil Thomason	450	
148	308		
Jake Stefanski 280	Tim O'Malley	450	
220	DEADLIFT		
Jason Ohms	teen women 13-15/ 97		
242	Taylor Lee	80*	
Rick Weiss 315	Taren Lee	120*	
shw			
Tony Binder	sub women 198		
junior men 148	L. Laplante	250*	
Ogie Hasan 180	open women		
165	198		
Nick DeLuise 400*	L. Laplante	250	
181	teen men 13-15/ 97		
Chuck Wolf 365	Matt Cavallaris	155*	
198	teenage men	16-17	
Robert Casey 450	181		
Rob Dillon 365	S. D'Agostin	400	
Tom Seton 315	teenage men 18-19		
220	181		
Dane Bogal 230	Doug Machak	445	
submaster men	shw		
165	Tony Binder	445*	
Steve Herring 330	junior men		
198	123		
Pete Beebe 380	Chuck Coleman	335*	
220	148		
Craig Hansen 475	Ogie Hasan	350*	
John Righeimer 315	198		
242	Rob Dillon	425	
Rich Galford 415	220		
275	Json Ohms	490*	
Scott Vickery 535	Dane Bogal	450	
Rick Breier 415	submaster men		
master men 40-44	Joe Imburgia	460	
242	John Righeimer	440	
T. Bartolomei 465	275		
Joe Lipuma 405	Scott Vickery		
master men 45-49	master men 40-44		
181	181		
Dave D'Agostin 230	Greg Zweig	640*	
198	master men 45-49		
Joe McDonald 355	198		
220	Joe McDonald	470	
Bemie Ferro 410	220		
Ray Hamilton 405	Bernie Ferro	610*	
275	Ray Hamilton	525	
M. O'Brien 420	master men 50-54		
master men 50-54	220		
181	S. Mahalik	480	
R. Carlson 280	police & fire 198		
220	Eric Bruno	450	
M. Scarpino 330	275		
S. Mihalik 240	Mike Geiger	710	
police & fire 198	open 165		
Lee Roy Banks 400	John Kistler	415	
Eric Bruno 280	181		
220	Greg Zweig	640*	
Alex Jones 425	Chris Rzany	450	
Shane Miller 425	198		
242	Pat McCusker	505	
Rob Luyando 565*	Michael Munch	475	
T. Harrison 525	220		
open 148	Dan Morris	530	
Otis Anderson 280	Joel Tuckerman	450	
181	242		
Tommie Gentry 410	Mark Phiphps	570	
Chris Rzany 260	Dave Babulak	560	
198	Blaine Woods	525	
Kevin Farley 470	275		
D. Hammer 440	Scott Vickery		

man-woman/ 132

Taylor D'Agostin/Taren Lee 245*

2-man/18-19/ 165

Jake Stefanski/Doug Machak 900*

* Son Light Power Illinois state record. Bench

- Best Lifter - lightweight - NICK DELUISE

Best Lifter - heavyweight - ROB LUYANDO.

Deadlift - Best Lifter - lightweight - GREG

ZWEIG. The Best Lifter - heavyweight - MIKE

GEICER. This meet was held at Powerhouse

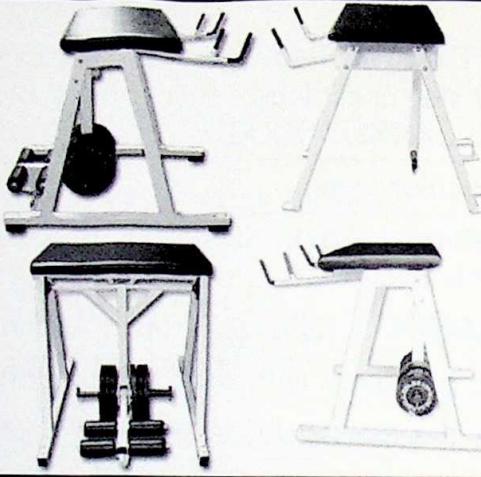
Gym in Naperville, Illinois. We had a great

turnout with 98 lifters, representing several

states. A special thanks to the staff at Powerhouse Gym and to others who helped make this competition a success. In the bench press event Nicky Marchio only got in her opener of 100, but that was good enough for the win at 18-19/132 and a new Illinois state record there. This was Nicky's first competition. Lauren Laplante tied the existing state record at submaster/198 with 150, taking also the open women's class. Lifting in her first competition, Adrienne Roggenbuck got her first official 100 bench and the win at 50-54/165. In the teenage men's division ten year old Matt Cavallaris set the state record at 13-15/97 with a solid 85. Spencer D'Agostin won at 16-17/181 with a personal best 220 while Jake Stefanski took the title at 18-19/148 with his second attempt of 280. Jake holds the state record for this class with 300. At 220 Jason Ohms failed to get in his opener of 355 while Rick Weiss won at 242 with his final attempt of 315. Tony Binder also had some problems, failing with 340 three times. In the junior men's division first-time competitor Ogie Hasan won at 148 with 180, while Nick Deluise took the title at 165 with 400, which established a new state record there. Nick also won best lifter honors among the lighter lifters. Chuck Wolf had a good day in his early lifting career, going three for three and finishing with 365 for the win at 181. At 198 it was Robert Casey taking the title with 450 over Rob Dillon at 365 and Tom Sefton who finished with 315. Dane Bogal won at 220 with 230. The submaster division found Steve Harring taking the win at 165 with 330, which was a new personal record for him. Pete Beebe won at 198 with 380 while Craig Hansen captured the title at 220 with 475. John Righeimer was second at 220 with 315. At 242 Rich Galford won with 415 and a prefect day of lifting. Scott Vickery came all the way from Ohio to take the title at 275, making just his opener of 535 after failing with his final attempt at 605. Second place at 275 went to Rick Breier who finished with 415. Tony Bartolomei took the master men's 40-44/242 title over Joe Lipuma 465 to 405. Joe only got in his opener of 405 after two misses with 450 which would have tied Tony's opener. At 45-49 Dave D'Agostin won at 181 with 230, then helped load and spot for the remainder of the competition. Thanks for your help, Dave. Taking the win at 198 was Indiana's Joe McDonald who finished with 355. In a close one, Bernie Ferro edged out Ray Hamilton for the title at 220. Bernie finished with his third attempt of 410 to Ray's opener of 405. Mike O'Brien also only got in his opener of 420, but still took the title at 275. Richard Carlson continues his struggle to 300, finishing here with his opener of 280 after failing with 290 twice. At 220 it was Michael Scarpino with 330 over Dr. Stephan Mahalik, who finished with 240. In the police

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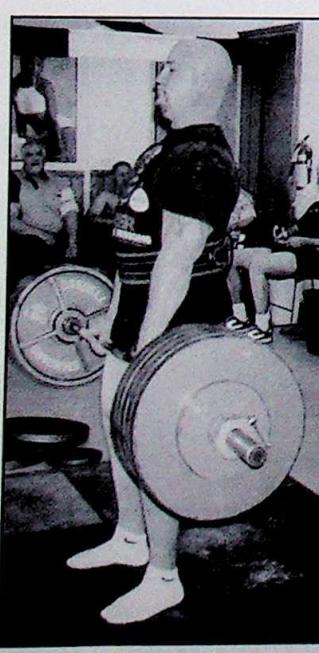
Patent #5356359

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& fire division Lee Roy Banks won at 198 with his opener of 400 while Eric Bruno was second with 280. Alex Jones returned to competition after a two year layoff, taking the title at 220 and breaking the existing state record there with a personal best 465. Alex now owns the state police & fire records at both 198 and 220! Shane Miller was second at 220 with 425. Taking the title at 242, as well as the best lifter title for the heavier classes, was Rob Luyando. Rob got in all three of his attempts to finish with a new Illinois state record of 565. Tommy Harrison finished second to Rob with his 525 second attempt. In the open division Otis "Baby Oil" Anderson won at 148 with his opener of 280. Tommie Gentry took the title at 181 with 410 over Chris Rzany who finished with 260. At 198 it was Kevin Farley with a personal best 470. Doug Hammer was second with 440 after missing his final attempt of 470 for the tie and win by bodyweight. Third place at 198 went to first-timer Greg Guntharp who finished with 380. Taking his second title of the day at 220 was submaster winner Craig Hansen with his strong 475. Second place went to Wisconsin's Bob Houghton, who finished with a personal best 465. Billy Halbisen was third with 430 followed by Jesse Morris at 390 and Dan Morris with 370. Rob Luyando won his second title of the day at 242, finishing here with 565. Second place at 242 went to Dave Babulak with 455 followed by Joe Lipuma's 405. Fourth place went to Aaron Walker, who only got his opener of 350, and Mark Phillips, who did the same with 335 for fifth. Pete Kletz, another great open lifter, won at 275 with a strong 560 and room for more. Scott Vickery was second with 535 followed by Bret Schmickel's 500. Fourth place went to Phil Thomason who finished with his opener of 450. At 308 it was Tim O'Malley for the win with 450, this being his first official competition. In the deadlift competition it was eight year old Taylor Lee for the teenage women's title at 13-15/97. Lifting in her first competition, Taylor finished with a state record 80 for the win. Old pro sister Taren Lee, 2002 Wisconsin State Fair champion, won at 13-15/105 with 120. This too was a new Illinois state record for the eleven year old lifter. Lauren Laplante won her third and fourth titles of the day with her



Blaine Woods with 525 (Dr. Latch)

SLP CHAIN O'LAKES BP/DL
08 FEB 03 - WAUPACA, WIS

Bench		Steve Kaminski 405
teen women 16-17	308	James Schaub 375*
114		police & fire
Melissa Falks	155*	220
114		J. Klarkowski 450*
Jennifer Braun	105	J. Klarkowski 450*
teen women 18-19	275	Jamie Kuffel 485*
105		open men
Jessy Arndt	90	J. Hemmrich 330
master women 40-44	165	Dave Parker 320
123		Kelly Peterman 310
Jane Damrau	115	4th 320
master women 45-49		Laurie Larrison 181
148		John Sturyn 315
L. Johnson	65*	Jamie Zwiers 520*
teenage men 13-15	4th	530*
148		275
Ben Coenen	185	Jeff Reed
teenage men 16-17		DEADLIFT
132		teen women 16-17
Ben Moore	145	114
198		Jennifer Brown 205*
Sean Anderson	240	open women
teenage men 18-19	97	M. Johnson 265
165		Wanda Jenson 300*
Jon Baumann	265*	teenage men 16-17
junior men		148
148		Jon Beaudry 340*
Jon Beaudry	148	148
181		Jake Mountjoy 325
Evan Hagen	340	198
198		Sean Anderson 410
Pete Bowen	390*	junior men
198		181
B. Hanneman	385	Evan Hagen 455*
submaster men		submaster men
198		275
Andrew Jensen	405*	Terry Wilson 405
275		master men 45-49
Dan LeClair	405	198
master men 40-44		C. Williams 610*
198		master men 50-54
G. Eigenberger	315	165
275		Bob Goldsmith 440*
Jeff Reed		198
308		Tom Schetter 480*
Wojciechowski	425*	master men
master men 45-49	55-59	55-59
165		165
Dave Parker	320*	Willard Lee 205
master men 50-54		master men
148		70-74
Bob Heiner	290	Peter Jensen 360*
198		master men
Jim Verhagen	285	80-84
242		165
Jeff Eiting	500	Bob Stephen 335
4th	530*	open men
master men	55-59	97
165		Tyler Johnson 145*
Willard Lee	170	Gary Reichert 600*
master men	70-74	181
198		Turn Lencki 450
Peter Jensen	225	Lowell Beede 600
police & fire		C. Williams 610*
45-49		220
198		Lowell Beede 600

* Son Light Power Wisconsin state record.
Bench - Best Lifter - women - MELISSA FALKS.
Best Lifter - men - JAMIE ZWIERS. Deadlift -
Best Lifter - GARY REICHERT. Team champions - WISCONSIN RAPIDS POWER TEAM.
We returned to one of our favorite places, Waupaca, Wisconsin on February 8, 2003. Located at the beautiful Chain O' Lakes we once again stayed on the lake in a spacious log home provided by our hosts Bob and Janet Heiner. It's always great to spend time with Bob and Janet, who work so hard to promote powerlifting in the area. The event was again held at Health & Fitness Headquarters. Thanks also to owner Tim Lencki for hosting this event. In the bench press event Melissa Falks wowed the crowd with her lifting, taking the teenage women's 16-17/114 class with a new state record 155. Jennifer Braun placed second in that class with 105, making just her opener. Jessy Arndt won at 18-19/105 with 90 while Jane Damrau took the title at master 40-44/123 with 115, tying her own Wisconsin state record there. Laurie Larrison set a new state record at 45-49/148 with 95 while Lynette Johnson did the same at 50-54/114 with 65. This was Lynette's first competition. Melissa Falks won



72 year old Peter Jensen with State Record 360 (Dr. Darrel Latch)

the best lifter award among the ladies. In the teenage men's division Ben Coenen won at 13-15/148 with 185. Ben Moore won at 16-17/132 with 145 while Sean Anderson finished with 240 for the title at 198. This was the first competition for Ben. Jon Baumann set the state record at 18-19/165 with his 265 second attempt, after missing his final attempt with a personal best 280. Jon Beaudry broke the state record at junior/148 with a strong 340, which was also a new personal best for Jon. At 181 it was Evan Hagen with his opener of 340. In a close one at 198, Pete Bowen came out on top with a state record 390 final attempt. Brad Hanneman was second with 385, making just his opening attempt after missing twice at 405. In the submaster division Andrew Jensen got a new state record at 198 with 405. Dan LeClair also got 405 with his opener and the win at 275. At 40-44/198 Gerald Eigenberger only got in his opener of 315, but Jeff Reed failed to get his opener of 485 at 275. Big John Wojciechowski broke his own state record at 308 with a solid final attempt of 440. Dave Parker broke the existing state record at 45-49/165 with his final attempt of 320. Bob Heiner continues to move closer to that magical '300', finishing here with a new state record and personal best 290 for the win at 50-54/148. Jim Verhagen took the title at 198 with 285, making just his opener, but 242 winner Jeff Eiting went all the way, finishing with a state record fourth attempt of 530. At 55-59 Willard Lee won at 165 with 170 while Peter Jensen won again at 70-74/198 with 225. In the police & fire division master lifter Steve Kaminski broke his own state record at 45-

49/198 with 405 while newcomer James Schaub broke the record at 308 with 375. John Klarkowski broke the open state record at 220 with 450 as training partner Jamie Kuffel broke the record at 275 with a personal best 485. In the open division Jeremy Hemmrich won at 165 with 330. Dave Parker was second with 320 while Kelly Peterman was third with 310. Kelly then came back with a personal best 320 fourth attempt. In his first competition, John Sturm took the open 181 title with 315. Best lifter of the competition, Jamie Zweirs, had a great day, finishing with a new state record of 520 @ 220. Taking a fourth attempt, Jamie upped that record to 530, which was also a new personal record for him. Jeff Reed was also registered for the open division, where he failed to get his opener at 275. In the deadlift competition Jennifer Braun won at 16-17/114, finishing with a new state record of 205. State record holder at open 97, Michelle Johnson, won that class with her opener of 265. Wanda Jenson broke the open state record at 181 with her second pull of 300. This was also a new personal record for Wanda. Jake Mountjoy continues to improve as he captured the title at 16-17/148 with a personal best 325. Sean Anderson took his second title of the day with his win at 16-17/198, finishing with 410. Evan Hagen broke the state record at junior 181 with his great 455 second pull and Terry Wilson, lifting in his first meet, broke the state record at submaster 275 with 405. In the master's division it was Charles Williams and his 610 opener for the win at 45-49/198. Charles' back had cramped up on him after his opener, spoiling any chance for that elusive '700' he was looking for. Charles also captured the open title at 198, setting new state records for both classes. At 50-54/165 Bob Goldsmith broke the state record there with a personal best 440. Tom Schetter set the record at 50-54/198, finishing with 480. At 55-59/165 it was Willard Lee, who pulled for the win. Seventy-two year old Peter Jensen broke his own state record at 70-74/198 with a great 360 final attempt while eighty-one year young Bob Stephan won at 80-84/165 with 335. Bob is the current state record holder for that class. In the open division ten year old Tyler Johnson improved on his state record at 97, pulling a personal best 140 final attempt. Tyler then came back with a successful fourth of 145. Best lifter Gary Reichert pulled a great 600 @ 165 for the win before attempting a four-times body-weight pull of 645, weighing just 161. Coming within inches of lockout while the crowd went wild, Gary certainly had the strength, just not the groove on that pull. Amazing! Club owner Tim Lencki pulled an easy 450 for the title at 181 and Lowell Beede won at 220 with another great 600 pull. Thanks again to Tim, Janet, Bob and my son Joey for all their help. Thanks also to Big Tony Scrivens for helping Joey load and spot. See you all again this coming July! (Dr. Darrell Latch.)

Keystone Barbell Club BP/DL
10 MAY 03 - Pittsburgh, PA

BENCH	Sean Veratti	425
181	Joe Castle	385
Tom Sherbondy	330	308
198	Dean Romano	560
Cole Dworek	560	DEADLIFT
220		220
Dan Mansfield	370	Jeff Crispin
Jeff Crispin	370	220
242	Dan Mansfield	535
Jeff Holt	515	242
242	Jeff Holt	610

THIS MEET WAS A GOOD EXAMPLE OF POWERLIFTING CAMARADERIE. THE MEET WAS SCHEDULED TO BE AT THE MON VALLEY FITNESS CENTER AND WAS CANCELED AT THE LAST MINUTE BECAUSE THEY WOULDN'T BE ENOUGH MONEY MADE (LOW ENTRY NUMBERS) IN MY OPINION, YOU DON'T CANCEL MEETS AT THE LAST MINUTE!!!!!! PEOPLE TRAIN HARD AND LONG FOR MEETS AND THEN TO BE TOLD 2 DAYS BEFORE A MEET THAT IS CANCELED IS PLAIN BS. AFTER HAVE A BRIEF MEETING WITH SOME OF THE LIFTERS, JIM HOLT VOLUNTEERED HIS KEYSTONE BARBELL CLUB AS THE SETTING FOR THE MEET. JIM CALLED ME AND ASKED ME TO JUDGE, I CANNOT BELIEVE HOW NICE OF A SET UP THE VENUE AND MEET WERE. LOUD MUSIC, GOOD FOOD, BIG LIFTS, AND LOTS OF FUN. NOW ON TO THE LIFTING: THE 181'S SAW TOM SHERBONDY BENCH AN IMPRESSIVE 330. AND NOW INTRODUCING THE FUTURE OF THE 198'S: COLE DWOREK! COLE CAME OUT AND BLEW UP A MASSIVE 560 AND JUST MISSED 580 BY A HAIR. COLE WAS ONE OF MY HANDLERS AND WE USED TO SMACK THE HELL OUT OF EACH OTHER GETTING PSYCHED UP!!! TODAY WAS MY TURN. FUNNY LITTLE SIDE NOTE ABOUT COLE ONE YEAR AT A NATIONAL MEET I WAS GETTING READY TO LIFT AND I YELLED TO COLE "BELT" WHICH MEANS CLOSE MY LEVER BELT! WELL, COLE THOUGHT I MENT BELT ME. SO I TOOK ABOUT 10 GOOD SMACKS BEFORE HE REALIZED I MENT LOCK MY LEVER BELT. COLE IS A SUPER STRONG AND INTENSE BENCHER; EXPECT BIG THINGS FROM HIM IN '04. GOOD JOB BROWNSTONE!!! JEFF HOLT BENCHED A NICE 515 AT 242. DEAN ROMANO, ANOTHER HANDLER OF MINE, BENCHED A BIG 560 AND JUST MISSED 580, HE WILL BENCH 600 VERY SOON DEAN WEIGHED IN AT 295 WITH ROOM TO SPARE AT 308. IN THE DEADLIFT JEFF CRISPIN PULLED A MASSIVE 625 AT 220 FOR THE OVERALL DEADLIFT CROWN. COLE DWOREK WON THE OVERALL BENCH CROWN WITH 560 AT 198. GREAT LIFTING BY ALL LOOK FOR MEETS FROM THEM IN THE FALL AND KEITH MCNEISH AND MYSELF ARE RUNNING ANOTHER APF BENCH DEAD IN THE FALL ALSO. STAY STRONG!!!! (THANKS TO JAMIE HARRIS FOR PROVIDING THESE MEET RESULTS.)

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SLP Memphis Open BP/DL
12 APR 02 - Memphis, TN

BENCH PRESS	198		
open women	Billy Papish	390	
165	220		
A. McCrery	200*	Quion Brock	405
teenage men 16-17	242		
181	Billy Burditt	355	
Ryan Acuff	315*	275	
junior men	Lee Green	500	
165	275		
Jarrod Williams	270*	Anthony Gwin	425
198	275		
Ben White	355*	Cody Newman	420
198	308		
James Smith	335	R. D. Lunsford	465
198	4th	475	
Drew Hunt	310	DEADLIFT	
220	teenage men 13-15		
Anthony Halpin	365*	148	
submaster men	Derek Toles	300*	
220	teenage men 16-17		
M. Tumminello	465*	181	
220	Ryan Acuff	425*	
Shettlesworth	275	4th	450*
master men 40-44	junior men		
181	198		
Kurt Howerton	330	Paul Prather	515*
308	220		
R. D. Lunsford	465*	John Prather	635*
4th	475*	4th	
shw	660*		
Ollie Walker	405*	submaster men	
4th	440*	220	
master men 45-49	Shettlesworth	385	
242	master men 45-49		
Eddie Akins	385	148	
police & fire	Ricky Fowler	385	
148	220		
Jason Parish	255*	Joe Bill Morton	530*
198	242		
Edward Toles	340*	Eddie Akins	485*
4th	350*	police & fire	
308	275		
R.D. Lunsford	465*	Tommie Jones	500*
4th	475*	open men	
shw	165		
John Harper	400*	Glen Thomas	475*
open men	2-man/junior/220		
165	Prather/Prather	1005*	
Glen Thomas	380	2-man/45-49/198	
198	Fowler/Akins	750*	
Ricky Coggins	465*		

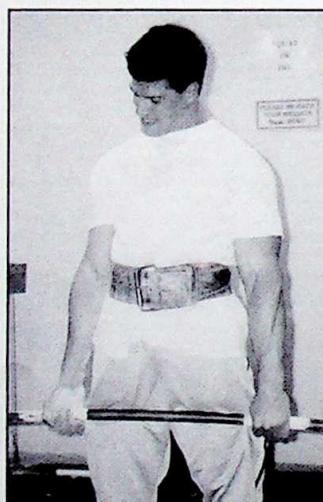
Team champions Memphis Police Department - Son Light Power Tennessee state record. BP - Best Lifter - RICKY COGGINS. DL - Best Lifter - JOHN PRATHER. The Son Light Power Memphis Open Bench Press/Deadlift Championship was held at Powerhouse Gym in Memphis, Tennessee on July 12, 2003. Thanks to owner Kevin Swannigan for hosting this event and to everyone who helped with the competition. In the bench press competition Andrea McCrery, lifting 'raw', won the open women's 165 class with a great 200 personal best and new Tennessee state record! Great job, girl! In the 16-17 teenage division 181 winner Ryan Acuff broke the state record there with his 315 second attempt. Jarrod Williams got his state record in the junior men's 165 class with his 270 opener while Ben White won at junior 198 with his 355 opener. This was also a new state record for Ben. Second place at 198 went to James Smith, who finished with 335 while third place went to Drew Hunt and his 310 second attempt. Taking the 220 class was J. Anthony Halpin who finished with a state record 365. At submaster 220 it was Michael Tumminello with a new state record of 465 while Marty Shettlesworth settled with second at 275. First-time competitor Kurt Howerton won at 40-44/181 with 330, just missing a final attempt with a personal best 340. R. D. Lunsford came back strong on his final attempt of 465 and an even stronger fourth of 475 to break his own state record at 40-44/308. The sweetheart of the competition, Big "O" Walker (Mr. Sandbagger) finally had to put forth a little effort when we made him go for a fourth of 440. His third was an easy state record of 405, but we were a little tired of his laid-back attitude, so we made him work for that 440, which he did, upping his own state record to a respectable level! At 45-49/242 Eddie Akins finished with an easy 385, with 400 looking a sure thing, but Eddie decided to save it for the deadlift. In the police & fire division Jason Parish broke his own state record with



Andrea McCrery locks out SLP TN SR 200 @ open 165 (Dr. Latch)

his second attempt of 255. Edward Toles had a little trouble getting started but finished strong with a 340 third followed by a 350 state record fourth for the win at 198. R. D. Lunsford broke the state record again at police & fire 308, finishing with 475 and Big John Harper made his lifting debut with a new state record of 400 at shw. In the open division Glen Thomas dropped down to the 165 class for the last time, ending with 380 for the win. Best lifter Ricky Coggins finished the day at 465, breaking the existing state record at 198. Billy Papish was second at 198, getting a new personal best on his final attempt with 390. Quion Brock won at 220 with 405 while Billy Burditt took the 242's with 355. In the 275 class Lee Green got his first official 500 bench, which he made on his third attempt. Anthony Gwin was second with 425 and Cody Newman third with 420. R. D. Lunsford captured his third title of the day with his win at 308. In the deadlift competition Derek Toles in his first meet, pulled a 300 state record, taking the 13-15/148 class. At 16-17/181 Ryan Acuff won his second title of the day with two new state records, a 425 third followed by a 450 fourth attempt. In the junior division brothers Paul and John Prather both got new state records, Paul at 198 and John at 220. Paul pulled a 515 on his final attempt while John finished with 635. Pushing him a little further John came back with a great personal best 660 with perfect form for the win and best lifter title. Marty Shettlesworth won at submaster 220 with 385 finishing with a perfect nine for nine day of lifting. At master men 45-49 it was Ricky Fowler with 385, followed by Joe Bill Morton, who won at 220 with a new state record of 530. Eddie Akins broke his own state record at 242 with his 485 final pull. In the police & fire division Tommie Jones broke the existing record at 275 with an easy 500. Glen Thomas pulled a great state record 475 for

John Prather w/ a SLP SR 660 lb.



2003 Oxman Classic III (kg)
4,5 APR 03 - Denver, CO

	SQ	BP	DL	TOT
Female				
14-15				
J. Eisenschenk	70	60	110	240
60				
Male				
Matt Matovina	107.5	72.5	135	315
60				
Frank Tezak	95	77.5	95	267.5
60				
Josh Trask	80	47.5	112.5	240
67.5				
Michael John	142.5	90	145	377.5
90				
Pat Kowalsky	120	82.5	137.5	340
100				
Zack Davis	152.5	102.5	195	450
100				
J. Richardson	155	87.5	162.5	405
110				
Sean Casper	167.5	77.5	202.5	447.5
Jack Ries	125	115	190	430
Jay Palmere	137.5	72.5	147.5	357.5
60				
Male				
Daniel Yarmon	112.5	70	145	327.5
Andrew Howell	115	57.5	137.5	310
67.5				
Drew Hummel	147.5	80	180	407.5
75				
Chris Snow	112.5	102.5	170	385
82.5				
Josh Ingold.	175	122.5	200	497.5
Mike Sell	167.5	110	205	482.5
90				
Chad Singleton	167.5	100	220	487.5
100				
John Janey	200	100	210	510
Dominic Taylor	137.5	107.5	172.5	417.5
110				
D. Eisenchenk	197.5	135	245	577.5
D. Grenemeyer	215	115	242.5	572.5
Mike Dionisio	177.5	125	197.5	500
90				
Female				
Amanda Kelly	87.5	35	117.5	240
56				
Male 18-19				
Timothy Brown	87.5	75	145	307.5
75				
Zach Ballard	205	97.5	210	512.5
82.5				
Chanse Beinke	175	120	210	505
Pat Snow	167.5	100	207.5	475
Jay Clark	147.5	110	182.5	440
100				
Nick Wingo	227.5	162.5	250	640
125				
Zack Ballard	250	162.5	265	677.5
Men's Junior				
Justin Ruiz	227.5	137.5	205	570
56				
Open Female				
56				
Jeanne Harms	87.5	60	110	257.5
60				
Rosa Maes	120	70	142.5	332.5
82.5				
C. Armstrong	115	85	127.5	327.5
56				
Master's Female				
C. Anderson	97.5	57.5	112.5	267.5
Jeanne Harms	87.5	60	110	257.5
52				
Special Olympians				
Edward Cordova	47.5	47.5	95	
60				
Troy Kibei	137.5	107.5	145	380
90				
Jerry Handley	155	85	197.5	437.5
125				
Pat McGarrigle	180	122.5	200	502.5
75				
Men's Master's				
Bob Beamer	170	137.5	200	507.5
82.5				
Steve Harms	162.5	127.5	177.5	467.5
90				
Jeff Miller	172.5	155	187.5	515
110				
Bill Oliver	145	155	205	505
125				
Mark Sampson	205	147.5	205	557.5
Bench Only				
Female Open				
C. Armstrong	85			85
Men's Master's				
Steve Harms	127.5			127.5

(Thanks to USAPL for providing the results.)

Call Toll Free: 866-613-7719

SARDEN STRENGTH

WNPF Natural Northeastern Meet
15 MAR 03 - Edison, NJ

SQUAT ONLY	148	LIFETIME RAW	148		
148	LIFETIME RAW	ALAS	325		
181	17-19	MORRIS	245		
40-49	165				
MANZO	405*	CUSTODIO	250		
220	17-19	LIFETIME			
LIFETIME		CALIGURI	340		
VALENTI	475	KING	240		
LIFETIME RAW		LIFETIME RAW			
JOHNSON	525	KING			
40-49	550	40-49 RAW			
HENSEN	242	VALENTI	280		
LIFETIME		NOVICE RAW			
MALTEZOS	630	VALENTI	280		
OPEN	198				
MALTEZOS	630	17-19 RAW	295		
275	TEMPRANO				
LIFETIME	40-49				
KIEFER	540	GREEN	435r		
DEADLIFT ONLY		LOOMIS	250		
123	LIFETIME RAW				
LIFETIME	220	GREEN	435		
DAVIS	320*	LIFETIME			
MEN	165	MINCEY	290		
LIFETIME		OPEN RAW			
CALIGURI	440	LEVERS	315		
KING	380	40-49 RAW			
40-49	GRANIZIO		295		
LEONARD	485	50-59 RAW			
198	TEMPRANO		330		
LIFETIME	242				
CAFFRE	500	LIFETIME			
OPEN	MALTEZOS-BL		505		
LONG-E	600	OPEN			
220	MALTEZOS		505		
OPEN	OPEN RAW				
JOHNSON	525	TAYLOR	315		
LEVERS	450	40-49 RAW			
50-59	TAYLOR		315		
DUSENBURY	540	SHW			
275	LIFETIME RAW				
LIFETIME	EDWARDS		500		
BELLE	430	POWER CURL			
BENCH ONLY	181				
123	OPEN				
40-49	SANNICANDRO		125		
DAVIS	170*	198			
132	40-49				
OPEN RAW	LOOMIS		135		
TEMPRANO	85	OPEN			
MEN	KIEFER		150		
114	LIFETIME				
ULLMAN	185	SQ	BP	DL	TOT
POWERLIFTING					
WOMEN					
80					
9-10 RAW					
SULLIVAN	60	35	75	170	
148					
LIFETIME RAW					
HOMICH	260*	135*	300	695	
165					
40-49					
MCCLEAN	215	135	375	725	
MEN					
148					
LIFETIME RAW					
ALAS-BL	405	325	430	1160	
165					
LIFETIME					
BELLE	400	240	505	1145*	
181					
13-16					
MULKEEN	275	230	505	930	
17-19					
MULKEEN	1300	225	450	975	
FOWLER					
LIFETIME RAW					
KELLER	410	300	500	1210	
OPEN					
BAOTISTA	350	290	435	1075	
198					
OPEN					
WARSHANY	530	395	500	1425	
LONG	600				
LIFETIME RAW					
CAFFREY	450	300	500	1250	
MINCY	350	280	500	1130	
220					
17-19 RAW					
DENARDO	420	330	450	1200	
OPEN					
LEVERS					
40-49					
POPE	450	360	570	1380	
ZNACZKO	350	190	325	865	
NOVICE					
GORMAN	385	350	455	1210	
242					
13-16					
TAYLOR	275	180	400	855	
OPEN RAW					

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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. _____

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 (770) 996-3418

SIGNATURE/PARENT SIGNATURE IF UNDER 18 _____

DATE: _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

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

WNPF South Carolina
08 MAR 03 - Greenville, SC

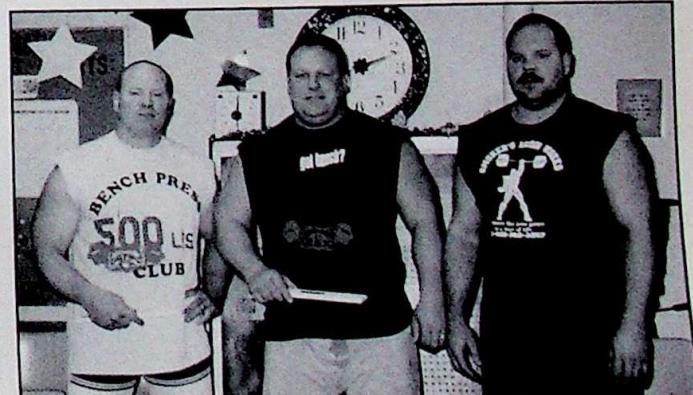
* - AMERICAN RECORD, BL - BEST LIFTER, r - American Raw record, Team Champs - Kodiak Power Team. (THANKS TO TROY FORD FOR RESULTS.)

Team. (THANKS TO TROY FORD FOR RESULTS.)

* - WNPF American Record, BL - Best Lifter, Team Champs - Furman Power Team. (Results-Troy Ford.)



Indiana Power (above, l-r) Dan Martin, Jon Smoker, Mike Wider at the AAPF National Masters. Below, we have training partners (l-r) Al Reed, Steve Jarausch, Rob Reed ... all Westside-style benchers.



SLP Superman Classic BP/DL
14 JUN 02 - Metropolis, IL

BENCH PRESS	242
teen women 18-19	David Anguish 465
165	275
A. J. Smith	115* Randy Richey 135
junior women	master men 45-49
181	220
C. Phelps	140 Thomas Adams 480*
master	master men 50-54
women 40-44	275
148	Jeff Welker 365
Denice Smith	115* 275
master	John White 340
women 45-49	master men 55-59
220	275
L. Skaggs	65* Butch Adams 445*
open women	275
181	Don Stevens 380
Michelle Davis	150* police/fire/sub
teenage men 13-15	198
114	Chad Hillard 460*
David Walton	120 police & fire/open
148	220
Brian Hagene	225 Lance Hillard 500*
148	open men
J. Hovenstine	120 165
teenage men 16-17	Justin Perkins 380
165	Steve Barr 365
A. Moorman	210 Chad Krumrey 320
181	198
Andrew Groff	155 Ricky Coggins 450
220	220
James Moon	275 Stacy McIntyre 520
242	(4th) 540*
N. Spears	400* 242
(4th) 415*	Keith Parrish 575
teenage men 18-19	242
220	Ed Clark
Matt Houser	425* 275
junior men	Mark Austin 530
132	308
Grant Rogers	295* R. Washburn 525
148	Matt Organ 500
Derek Perkins	300 DEADLIFT
Jerry Amsbury	265 master women 40-44
220	123
Bobby Boothe	460* Sherry Stevens 200*
Doug Key	375 teenage men 16-17
Mike Smith	245 242
submaster men	N. Spears 520*
165	(4th) 545*
Russell Davis	255 teenage men 18-19
(4th) 265	220
220	Matt Houser 505
Steve White	420 junior men
308	275
John Stephens	570* B. Williamson 605*
master men 40-44	master men 40-44
165	220
James Amsbury	275 David Darnell 425
181	open men
Mike Reid	400 165
198	Jay Sikes 365
Ronnie Ozburn	450 242
(4th)	465* Ed Clark 550
198	team champions
Bruce Stevens	400 Phelps Power Team

* Son Light Power Illinois state record. BP - Best Lifter - KEITH PARRISH. DL - Best Lifter - BRANDON WILLIAMSON. The Son Light Power Superman Classic was held June 14, 2003 at Metropolis, Illinois, the home of Superman and the annual Superman Celebration. Thanks once again to the efforts of Butch Adams and to the Metropolis Chamber of Commerce and the Tourism Council for their continued support. As you all know by now, Anthony Clark, who was scheduled to appear here and attempt a new world record of over 800, was involved in a serious automobile accident just three days prior and at this time is still in critical condition at Vanderbilt Hospital in Nashville Tennessee. Our thoughts and prayers are with Anthony and his family. In the bench press event A. J. Smith won the teenage women's 18-19/165 class with her opener of 115. This set the Illinois record there for her class. Christina Phelps won at junior women/181, also getting just her opener of 140 in. Denice Smith won at master 40-44/148, taking all three of her attempts to get in an opener, finishing with a state record of 115. Lavonda Skaggs, lifting in her first competition, finished with a new state record of 65. In the open women's division 181 winner Michelle Davis took home the title with 150, setting the state record there. In the teenage men's 13-15 division, 114 winner David Walton



Best Lifters - Brandon Williamson pulled 605 sr at Junior 275 & Keith Parrish benched 575 @ 223 (Photo provided by Dr. Darrell Latch)

finished with 120, tying his own state record there. At 13-15/148 it was Brian Hagene with 225 over James "Rooster Boy" Hovenstine, who finished with 120. In the 16-17 division Andrew Moorman won at 165 with 210 while Andrew Groff took the 181 title with 155. James Moon captured the title at 220 with 275 as Nicholas Spears set the Illinois state record at 242 with his 400 final attempt. Nick then returned with a successful fourth of 415 to raise the record even higher. Our final teenage competitor was Matt Houser, who finished with a new state record of 425 for the 18-19/220 class. In the junior men's division Grant Rogers nailed a

strong 295 at 132! Derek Perkins won at 148 with 300 over Jerry Amsbury, who finished with his opener of 265. At 220 we had a full class with three competitors. Taking the title with a new state record of 460 was Bobby Boothe. Second place went to Doug Key with 375, followed by Mike Smith with 245. In the submaster division Russell Davis won at 165 with 255, followed by a strong pr 265 fourth. 220 winner Steve White finished with 420 while John Stephens broke the state record at 308 with a solid 570. This was also a new personal best for John who came close with 600 on his final attempt! In the master men's 40-44 division James Amsbury

won at 165 with 275. Mike Reid won at 181 with his first 400 while Ronnie Ozburn took the title at 198 with 450, then followed with a 465 state record fourth. Bruce Stevens was second at 198 with his opener of 400. David Anguish gave a run at 500 on his final attempt, but settled with his opener of 465 for the win at 242. Then at 275 was Randy Richey. Randy opened with 135 (since he was so busy helping John Stephens get ready for his record-setting 570 @ submaster 308... you know setting his shirt, lifting off for him.. generally babying John...he didn't have time to warm up!) From there Randy went to 540 but couldn't find the groove. But compared to John's single attempt opener of 530, Randy felt he could easily triple his opener! Thomas Adams broke the existing state record at 45-49/220 with a strong 480 second attempt, just missing 505 for his last two attempts. At 50-54/275 Jeff Welker got an easy win when Bob Walker was injured with his warmup of 530 and was forced to withdraw. Jeff finished with 365 while John White finished second with a personal best 340. Butch Adams broke the state record at 55-59/275 with a personal best 445 while Don Stevens finished second with a solid 380. In the police & fire division Chad Hillard won at submaster 198 with 460 while brother Lance won at 220 open with 500. Both were new state records for their respective classes. In the open division Justin Perkins won at 165 with a personal best 380. Second place at 165 went to Steve Barr with 365, followed by Chad Krumrey with 320, which was also a new pr for him. At 198 it was Ricky Coggins with 450, just missing 500 on his final attempt. Stacy McIntyre looked strong at 220 with 520 followed by a fourth attempt with 540 which tied the current state record. Keith Parrish came for a big one at 242, just missing 600 for his final attempt, then coming close with a 615 fourth. Keith then settled with his second attempt of 575 for the win. Ed Clark came also looking for the magical "600" but failed to get his opener in. At 275 it was Mark Austin for the win with a personal best 530. Robert Washburn won at 308 with his 525 second attempt while Matt Organ failed with 545 twice to finished with his 500 opener for second place. The best lifter title went to Keith Parrish who posted his 575 at a 223 bodyweight. In the deadlift competition master women's 40-44 competitor Sherry Stevens won at 123 with 200, setting the Illinois state record there. Nicholas Spears won his second title of the day at 16-17/242 with 520, following that with a great 545 fourth attempt. Both were new state records for his class. Matt Houser pulled a solid 505 for the win at 18-19/220 while Brandon Williamson finished with 605 for the junior 275 title. Brandon also broke the existing state record there, taking the best lifter honors as well. David Darnell posted a new pr with his win at 40-44/220 with 425. In the open division Jay Sikes got a new pr with 365 while Ed Clark won at 242 with his 550 opener. The team title went to Phelps Power Team consisting of Bob Walker, Ed Clark, Mike Smith, Matt Houser, Chad Krumrey, Christina Phelps, Andrew Groff, Dave Walton, Michelle Davis, A. J. Smith and Denice Smith. Thanks to all who helped out especially my son Joey, Lance Shadrack and Chad Krumrey for loading and spotting. See you all again next year! (by Dr. Darrell Latch.)

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David Darnell with a PR of 425

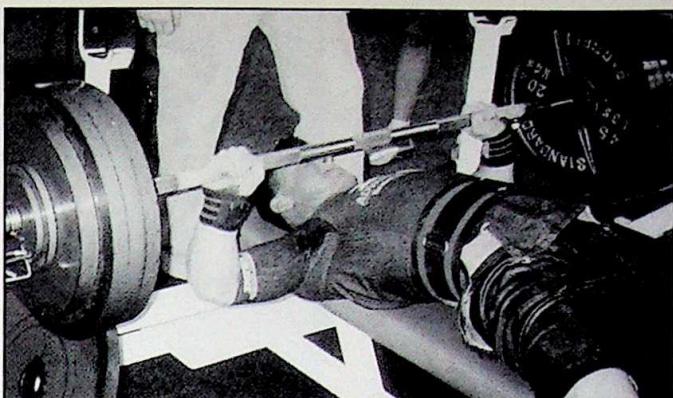
SLP Mid South Open BP
03 MAY 03 - Paducah, Kentucky

junior men	open men
181	165
Shawn Cofield	280
master men 55-59	385
308	181
Butch Adams	415
	198
	Wesley Morefield 405

The Son Light Power Mid-South Open Bench Press Championship was quite a letdown after having sixty competitors here in February. With only five lifters we still had a good competition, with two of the competitors setting new personal records. Thanks once again to Gold's Gym owner Dan Walker for hosting this event and to Butch Adams for his continued work to support powerlifting in the Southern Illinois and Western Kentucky region. Shawn Cofield won the junior 181 class with a strong 280, just missing a final attempt with a personal best 300. This was Shawn's second competition ever, and his first title. In the master 55-59/308 class Kentucky state record-holder Butch Adams felt the results of a loss of weight making just his first two attempts to end up with 415. In the open division Justin Perkins won at 165, getting a new personal record on his third attempt of 385. Weighing in at just 160, Justin even came close with a fourth attempt of 400! At 181 it was Greg Bridges with an easy 325 for the win. Competing for the first time, Wesley Morefield took the title at 198, finishing with a personal best 405. Thanks to those who competed and to the few spectators who cheered on the lifters. Thanks also to Wesley Morefield, Tadd Phelps and to my son Joey for their help loading, spotting and judging(Darrell Latch.)

USPF High School Championships
15 MAR 03 - South Charleston, WV

	BP	DL	TOT
114/F Soph	60*	165*	225*
Carrie Brezenski	60*	165*	225*
123 F Soph	65	175*	240*
Chelsea Speggan	100*	170	270*
Carrie Miller	132 F JR		



Justin Perkins with near miss with 400 @ 165 in Paducah (Dr. Latch)

Leah Craver	80*	190*	270*	148 Sr	Kevin Hamm	195	335	350
148 F Sr				165 Soph	John Harbison	200	410	610
Misty Clark	115*	275*	390*	165 Soph	Cayce Prunesti	180	390	570
Bethany Lilly	75	205	280	170	Adam Short	170	360	530
198 F Fr				Derick Jones	170	355	525	
Alicia Boardman	90*	220*	310*	Daniel Lester	170	305	475	
HW F Soph				Eric Titlow	175	300	475	
Crystal Ray	100*	205*	305*	165 Jr	Justin Antoine	195	385	580
Boys / 114 Fr				165 Sr	Matt Pickens	250*	320	570
Jonathan Day	80*	175*	255*	181 Fr	Adam Parkulo	155	415*	570*
Soph				181 Soph	Jason Bennett	230*	400	630*
Matt Carden	105	225*	330*	181 Jr	Nate Carroll	210	395	605
132 Fr				Cody Clay	185	335	520	
Anthony Ellington	170	275	445	Dustin Robinson	135	265	365	
Richard Rose	135	275	410	181 Jr	Elliott Griggs	355*	430*	785*
Mitchell Johnson	120	250	370	198 Fr	Chris Brown	215	410	625
132 Soph				Austin Peters	230*	390*	620*	
Michael Peak	135	265	400	198 Soph				
148 Fr								
Adam Runyon	160*	260	420					
148 Soph								
Chris Demaria	125	330*	455					
Sean Summerfield	150	270	420					
148 Jr								
Jason Brooks	195	335	530					
Brandon Riffe	175	325	500					

Justin Shrewsbury	210*	430*	640*
JC Wellman	180	410	590
198 Jr.			
Jeremy Smith	180	410	590
Curtis Campbell	200		200
220 Fr			
Trey Smith	230*	370	600*
Andrew Ford	180	370	550
220 Soph			
Justin Thompson	185	380	565
Erik Jones	185	355	540
Noah Walters	175	350	525
220 Jr			
Derrick Bandy	255*	435*	690*
Nate Wilson	195	390	585
242 Soph			
Michael Hill	215*	380*	595*
Chris Boardman	190	335	525
Justin Rogers	180	345	525
242 Jr			
Charles Baptiste	300*	520*	820*
242 Sr			
Brandon Davis	185	350	535
Morgan Sears	300	400	700
275 Fr			
Josh Snyder	240*	435*	675*
275 Soph			
Jacob Bostic	235	450*	685
Tyler McGraw	270*	420	690*
Chris Mason	180	355	535
Todd Garlow	165	365	530
275 Jr			
Josh Williams	225	350	575
Mikel Jones	225	425	650
Levi Riffle	265	445	710
308 Soph			
Nate Williams	235*	500*	735*
308 Jr			
Doug Legursky	300*	485*	785*
Joe Wickline	250	435	685
308 Sr			
Darren Wilburn	285	505*	790*
SHW Fr			
Jeff Johnson	225*	425*	650*
SHW Soph			
Jay Estill	175*	450*	625*
SHW Jr			
Chris Overbaugh	325*	465*	790*
* Record. Outstanding lifters - Light - Elliott Griggs, Heavy - C. Baptiste. (John Messinger)			

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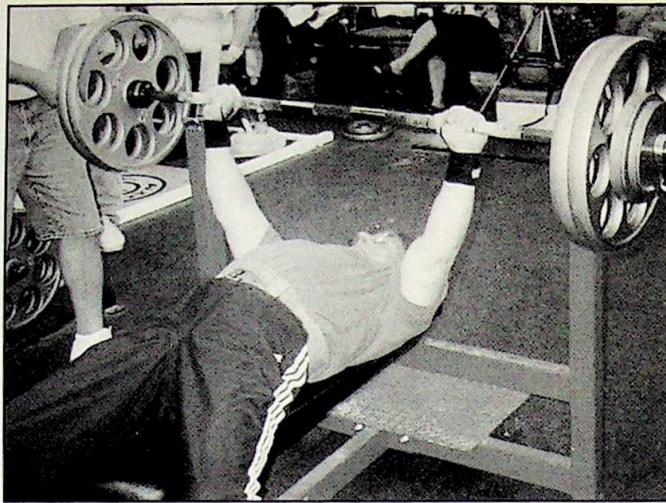
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**SLP Southeast Iowa BP/DL
04 MAY 03 - Coralville, Iowa**

BENCH PRESS	open men
junior women	198
123	H. Sullivan 430
L. Brammeier	130* 4th 460*
4th	135* 198
teenage men 18-19	Doug Tomman 365
165	Eddie Mendez 360
B. Millage	340* 220
4th	350* C. Den Beste 305
submaster men	242
181	Linus Fedler 325
Kurt Hook	335* 275
4th	345* Paul Harris 550*
198	308
Eddie Mendez	360 Bill Berry 400*
master men 40-44	4th 425*
275	DEADLIFT
Mike Den Beste	355* submaster men
Jim Schrader	340 181
master men 45-49	Kurt Hook 550*
181	master men 40-44
Jon Sikkema	330* 275
4th	350* Mike Den Beste 575*
242	Dr. Jim Schrader
Kurt Haines	405 555
275	master men 45-49
Cozy Cozine	465 181
4th	485* Jon Sikkema 505*
shw	police & fire
Loren Betzer	340 198
4th	350* Bryan Purches 405
master men 60-64	242
198	Joe Duerr 505*
Gene May	255* Linus Fedler 400
4th	265* open men
police & fire	220
198	Shawn Walsh 500
Eddie Mendez	360 C. Den Beste 475
242	242
Linus Fedler	325* Linus Fedler 400*

* Son Light Power Iowa state record. Bench - Best Lifter - PAUL HARRIS. Deadlift - Best Lifter - KURT HOOK. The Son Light Power Southeast Iowa Bench Press/Deadlift Championships were held May 4, 2003 at Gold's Gym in Coralville. Thanks to owner Brian Allen for once again hosting this event and

to the lifters and spectators that came to participate. In the bench press event Laura Brammeier won the ladies junior 123 class with style, making 130 on her final attempt, then 135 for a fourth. Both were new state and personal records. Teenage 18-19/165 winner Brandon Millage also got all four of his attempts in, finishing with a new state record of 350. This was also a new personal record for Brandon. Kurt Hook won at submaster 181 with 335, followed by 345 for a fourth, both new state records. Eddie Mendez took his first title of the day with a win at submaster 198, finishing with 360, which tied his own state record there. At 40-44/275 it was Mike Den Beste for the win over Dr. Jim Schrader 355 to 340. Mike finished with a new state record of 355 while Jim settled with his second attempt of 340, after missing his final attempt with 365. Jon Sikkema returned to competition, after several years off, taking the title at 45-49/181 with 330, followed by a 350 fourth attempt. Both were new Iowa state records. Kurt Haines, fresh off his win at the USA "RAW" Nationals, took the title at 242 with a solid raw lift of 405. At 275 it was state record-holder Cozy Cozine with 465. Cozy then returned with a successful fourth of 485 to break his current state record by five pounds. Loren Betzer came back from Leavenworth, Kansas to reclaim his title at shw. Finishing with 340 Loren returned with a new state record of 350 on his fourth attempt. Our oldest competitor of the day was 60-64/198 winner Gene May. Showing his experience, Gene methodically worked through his attempts, finishing with a fourth of 265 to establish a new Iowa state record there. In the police & fire division Eddie Mendez won his second title of the day, again tying his own state there at 198 with 360. Linus Fedler broke his state record at 242 with his final attempt of 325. In the open division Holland Sullivan was nursing a sore shoulder, but it didn't seem to slow him down as he worked his way to a new state record at 198 with his 460 fourth attempt, after finishing with 430. Second place at 198 went



Sixty-four year old Gene May w/Iowa state record 265 @ 198(Latch)

to Doug Tomman with 365 then Eddie Mendez, who finished with 360. First-time competitor Curtis Den Beste won at 220 with 305. Linus Fedler captured his second title of the day with his 325 at 242. Best lifter Paul Harris got a great personal best and Iowa state record with his 550 final attempt. Then at 308 it was newcomer Bill Berry with a new state record of 425. In the deadlift competition Kurt Hook won his second title of the day, also setting his second state record with a great long 550 pull at submaster 181. Kurt weighed in at just 178, giving him the best lifter honors for the deadlift. Mike Den Beste and Jim Schrader went at it again in the deadlift; Mike taking the title once again. Jim finished with 555 while Mike won with a new state record of 575 for the 40-44/275 class. Jon Sikkema got his second title and second state record

at 45-49/198 with a great 505 fourth attempt pull. This after missing that same weight for his third attempt. Bryan Purches won at police & fire 198 with 405 while Joe Duerr won at 242 over Linus Fedler 505 to 400. This was a new Iowa state record for Joe. In the open division Shawn Walsh won at 220 with 500 while Curtis Den Beste finished second with 475. This was both Curtis and Shawn's first competition. At 242 it was Linus Fedler with 400, taking the title in three of the four events he entered. Thanks to Jim and Brett Tangeman, Holland Sullivan and my son Joey for all their help loading, spotting and judging. Also thanks again to the lifters and the great crowd of spectators who cheered everyone on and made this our bestest and funest competition to date in Iowa. See you all again October 5 for the SLP Iowa State Championships. (Dr. Latch.)

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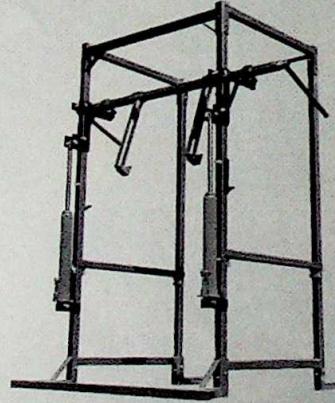
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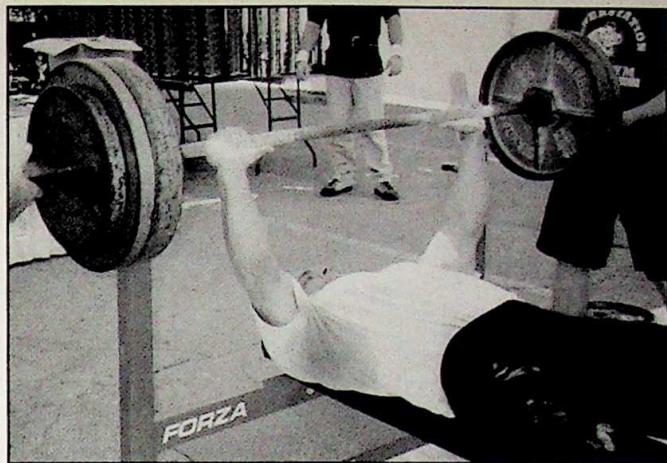
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SLP Ohio State Fair BP/DL
03 AUG 02 - Columbus, OH

BENCH	165
Submaster women	Jacob Williams 410*
105	Michael May 190
Melanie Gibson 105*	181
Master Women 45-49	Jon Elick 420*
148	4th 430*
M. Ferguson 225*	TR Russo 410
4th	245* G. Thompson 300
Open Women	198
M. Ferguson 225*	Chris Crabtree 420
4th	245* Bob Maurer 395
Teen Men 13-15	Dave Perrino 390
132	242
Matt Shorland 115	Chad Shortland 620*
Teen 16-17	Paul Vargo 570
181	Mark Zingaro 520
Tony Esselman 220*	Tom Hypes 425
Teen 18-19	Jeffery Eaton 410
148	275
Ryan Vivel 260	Jeff Peshek 625*
Chris Keefer 215	Drex Welch 590
165	Kent Burgess 525
Steven Schwab 260*	Harold Mobley 500
181	A. Thompson 355
Darryl Jordan 320*	DEADLIFT
D. Weinandy 250	Teen 13-15
SHW	132
Tim Harold 450*	Matt Shortland 275*
4th	500* 4th 290*
Junior Men	165
148	Zac Jenkins 400*
Jay Zurlinden 265	Teen 16-17
220	181
Steve Snyder 370	Tony Esselman 350*
Submaster Men	4th 360*
165	Teen 18-19
Mark Hess 300	165
181	Steven Schwab 350*
Lee Wilcoxen 390	181
Brian Seitz 320	Darryl Jordan 480
242	220
Jeff Ritzler 460	R. Anderson 375*
Keith Koval 280	4th 400*
Master Men 40-44	junior men
181	148
Steve Watts 415	Jay Zurlinden 360*
198	4th 370*
Harold Longs 325	165
242	John Stranko 475*
Wigglesworth 435*	220
Rusty Dixon 315	Isaac Walker 550*
Master Men 45-49	Sub Men
181	165
S. Welsheimer 250*	Mark Hess 480*
198	181
Gary Combs 420*	Brian Seitz 535*
242	275
Tom Boyer 405*	Stan Gilbert 635*
4th	415* Master 40-44
275	242
Kent Burgess 525*	Rusty Dixon 450
308	Master Men 45-49
Mike Giese 385*	Tom Boyer 415*
4th	275
Master 60-64	Jeff King 635*
198	Master Men 70-74
W. Smallwood 385	220
220	Chuck North 500*
John Ayers 250	Open Men
4th	260 148
Master Men 65-69	Dave Kelhoffer 410*
198	165
C. Workman 280*	Jacob Williams 315
police & fire	181
Gary Combs 420*	Brian Seitz 535
242	198
Mike Ferguson 405	Eric Felts 610*
4th	420* 242
Open Men	Chad Shortland 675*
148	275
Chris Collins 385*	Stan Gilbert 635*
Dave Kelhoffer 280	Chris Vachio 530
2 Man/198	
TomHypes/ Dave Kelhoffer 805*	
• Son Light Power Ohio Record. BENCH - Best Lifter - Light weight: Chris Collins, Hvy Weight - Chad Shortland. DEADLIFT - Best Lifter - Light Weight - Brian Seitz, Hvy Weight - Chad Shortland. The 2002 Son Light Power Vince Soto Memorial Ohio State Fair Bench Press/Deadlift Championships were held at the Cardinal Convention Center on the fairgrounds August 3. Thanks once again to Sandi Haldiman and everyone at Special Events for all their help and hospitality. A very special thanks also to Mike Ferguson for all his help loading and spotting, and to Jeff Baldwin, Tony Esselman and Steve Schwab for all their help. Thanks again to my son Joey who did it all again and to my wife Susie for her help judging. In the bench press event Melanie Gibson, state record holder for the submaster 97 class, moved up to the 105's for the win and a new Ohio state record of 105. Marcia Ferguson broke both of her state records at master 45-49/148 and open 148 with her solid lifting. The nationally ranked bodybuilder finished with 225 before making a strong 245 fourth attempt. At 13-15/132 Matt Shortland took the win, finishing with 115. Tony Esselman set the record at 16-17/181 with 220. Ryan Vivel 18-19/148 over Chris Keefer 260 to 215 for the victory there. Steven Schwab took the 18-19/165 class with 260, tying the Ohio state record. Darryl Jordan broke the state record at 181 with 320, taking that class over Dave Weinandy, who finished with 250. Then at shw it was Big Tim Harold, who really put on a show. The eighteen year old finished with 450 before becoming one of the few teenagers ever to bench 500, which he did for a fourth attempt. Congratulations, Tim. In the junior men's division Jay Zurlinden retained his title at 148 with 265 while Steve Snyder won at 220 with 370. Mark Hess took the title at submaster 165 with a solid 300 while state record holder Lee Wilcoxen moved up to 181 for the victory there with 315. Brian Seitz was second at 181 with 320. Jeff Ritzler won at submaster 242 with 460 after missing his final attempt with a state record 505 attempt. Second place at 242 went to Keith Koval, who finished with his opener of 280. In the master 40-44 division Steve Watts won at 181 with 415, while Harold Longs took the 198 class with 325. Mike Wigglesworth broke his own state record at 40-44/242 with a solid 435, taking the win over Rusty Dixon who finished with 315. At 45-49/181 Steve Welsheimer set the state record with his final attempt of 250. Gary Combs came all the way from West Virginia to claim the title at 45-49/198 while also reclaiming his state record there with 420. Tom Boyer moved up to the 45-49/242 class, taking the win and setting the Ohio state record with his fourth attempt of 415. Kent Burgess won at 45-49/275 with a great 525 final attempt, leaving another fifteen pounds on the platform. Reclaiming his state record at 45-49/308 with a 385 third and a 390 fourth attempt was winner Mike Giese. At master 60-64/198 it was Wayne Smallwood retaking his title with 385. 220 winner John Ayers posted lifts of 250 followed by a fourth at 260. Charles Workman had a great day, taking the 65-69/198 class with a new state record of 280. In the police & fire division, Gary Combs won his second title of the day at 198, setting the state record there with 420. Mike Ferguson, the "hardest working competitor of the meet", got a great 420 fourth attempt at 242 for the win and a new state record. In the open division, best lightweight lifter Chris Collins benched a strong 385 at 146 for the win and state record at 148. Dave Kelhoffer was second at 148 with 280. Jacob Williams broke his own state record at 165, taking the title over Michael May 410 to 190. Jacob just missed the overall title by .2 points. This was Michael's first competition. Jon Elick set the state record at 181 with his win there, finishing with a 420 third and a 430 fourth attempt. Past record holder T. R. Russo finished second with 410. Gabe Thompson was third with 300. At 198 it was Chris Crabtree for the win, finishing with 420. Bob Maurer was second at 198 with 395, followed by Dave Perrino at 390. Chad Shortland set a state record at 242 with his win there, also taking the best lifter title for the heavier lifters. Second place at 242 was past record holder Paul Vargo, who finished with 570, just missing a personal best 580. Mark Zingaro was third with 520 while Tom Hypes got a new pr with 425 for fourth. Fifth place went to Jeffery Eaton, who finished with 410. Jeff Peshek retained his title at 275 with his great 625 personal record opener. This was also a new state record for Jeff. Drex Welch was second with 590, while Kent Burgess finished third at 525. Harold Mobley got his first 500 bench with his fourth place finish and Antonio Thompson was fifth with 355. In the deadlift competition Matt Shortland won his second title of the day at teenage 13-15/132, finishing with 275, followed by a 290 fourth. Both were new state records for Matt. Zac Jenkins won at 165, setting the state record there with 400. Tony Esselman won at 16-	



Mike Ferguson locks out state record 420 @ P & F 242 (Dr. Latch.)

17/181, setting the record with his third(350) and fourth (360) attempts. In the 18-19/165 class Steven Schwab got a new pr and state record with 350. Darryl Jordan came close to a state record at 18-19/181 with his final attempt of 505 after pulling 480 for the win. Richard Anderson set the record at 18-19/220 with a third attempt of 375, followed by a fourth of 400. Jay Zurlinden finished a great day of lifting by pulling two new state records at junior 148, making a 360 third and 370 fourth attempts. John Stranko won at junior 165, finishing with a state record 475. Isaac Walker also set a state record with his win at junior 220, pulling just his opener of 550. In the submaster division, Mark Hess won at 165 with a state record 480 pull. Brian Seitz also got a state record with his win at 181, finishing with 535 and the best lifter trophy for the lighter classes. Master 40-44/242 winner Rusty Dixon pulled a clean 450 there. At 45-49/242 it was Tom Boyer for his second win and second state record of the day, finishing with 415. Jeff King also got a state record with his win at 45-49/275, pulling a great 635. Up next was the year old wonder Chuck North. Coming to lift, Chuck pulled three great state records to finish with 500 for the win at 70-74/220. Wow! In the open division Dave Kethoffer won at 148, breaking the state record there with 410. Jacob Williams tied his own state record at 165 with his 315 pull. Brian Seitz won his second deadlift title of the day with 535 @ 181. At 198 it was Eric Felts, pulling a state record 610 for the win. Eric now holds the Ohio state record in both the 181's and 198's. Chad Shortland won his second title of the day and his second best lifter award with his 675 pull at 242. Stan Gilbert won at 275, setting the state record there with 635. Chris Vachio was second with 530. In the 2-man event the team of Tom Hypes and Dave Kelhoffer pulled a state record 805 for the title at 198. Thanks again to the lifters and spectators for their support and again to all who helped with the competition. This event was dedicated to the memory of Vince Soto who passed away in 1999. Vince was a champion powerlifter, judge and personal trainer who touched the lives of many people over a very short lifetime. It is in that same spirit we come together each year to compete and celebrate his life. Thank you. See you all next year! (Thanks to Dr. Latch for providing results.)

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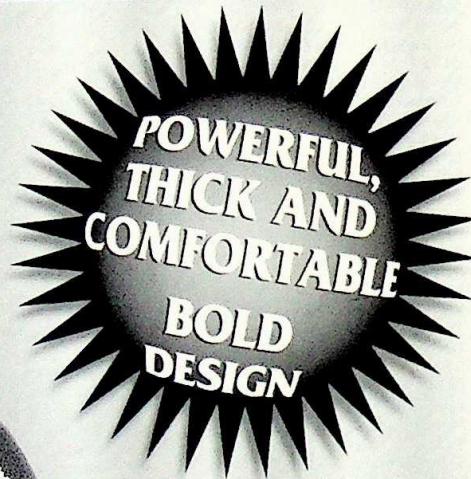
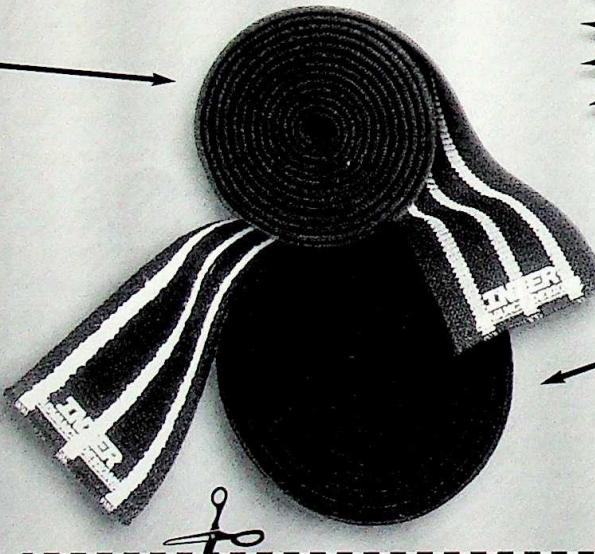
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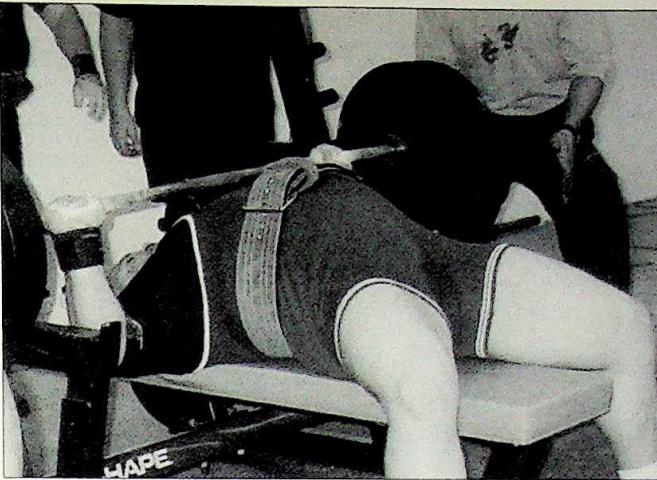
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26 APR 03 - Salt Lake City, UT

BENCH	4th	154*
Class 1 Men	DEADLIFT	
242	Class 1 Men	
David Joyner	374	242
Mike Blankenship		Mike Blankenship 468
Jr M 20-25		Jr M 20-25
275		275
Todd Cowley	402*	Todd Cowley 611
Law/Fire Master	40-47	4th 622*
275		Law/Fire 40-47
Ken Eyer	413*	Ken Eyer 523
309		309
David Marchant	556	David Marchant
Law/Fire Open		Law/Fire Open
181		242
Darren Carr	363*	Mike Blankenship 468*
242		Tim Prince 551*
Tim Prince	402*	Carl Wimmer 600
Mike Blankenship		Todd Cowley 611
275		4th 622*
Carl Wimmer	402	Todd Cowley
Law/Fire Submaster		181
220		Darren Carr 424
Rodger Broome	385*	Rodger Broome 584*
242		275
Rick Mayo	374*	Lance Davis 540*
David Joyner	374	Sub 34-39
275		Lance Davis 540
Lance Davis	330*	Teen M 13-15
Sub M 34-39		97
Lance Davis	330	Hyrum Marchant 148*
Teen M 13-15		105
97		Sarkis Karapetyan 288!
Hyrum Marchant	55*	105
		132
Sarkis Karapetyan	132*	Bryant Watson 275*
132		165
Bryant Watson	170	Joseph Marchant 303
4th	187*	4th 314*
165		Teen M 16-19
Joseph Marchant	154*	123
Teen M 16-19		Akop Karapetyan 297
123		4th 308*
Akop Karapetyan	176*	148
148		Mike Thomas 325
Mike Thomas	148	4th 354*
Jordan Jones	225*	Giovanni Ozaine 407*
165		165
Thomas Horne	115	Hieu Tran 308
Hieu Tran	181	Tyler Kitchen 402
Ryan Webster	231	Ryan Webster 407
4th	236*	Kyle Durr 413
181		4th 437*
Conor Larson	275*	181
198		Conor Larson 358
Tatum Drecksel	220	Jordan Peterson 418*
220		198
Devin Tidwell	292	Obadiah Bennett 407
242		Tatum Drecksel 413
Kaleb Crafts	402*	4th 440*
Teen W 16-19		242
148		Kaleb Crafts 523*
Madison Klint	132*	Teen W 16-19
198		123
Selita Nonu	143	Megan Bennett 192*
! - World Record.		- State Record.
The Meet Directors were Randy and Dave Marchant who also are the Utah State Chairmen. This is always a great meet. They flew me in to help Judge and MC the meet. Always a great city to visit. In the bench in Junior Todd Cowley set a Utah Record with 402 at 275. In Law/Fire Master Ken Eyer set a Utah Record with 413. In Law/Fire Open Darren Carr set a Utah Record at 181 with a 363 bench. In Law/Fire Open 242 Tim Prince set a Utah Record with 402. In Law/Fire Submaster Rodger Broome set a Utah Record with 385 and at 242 Rick Mayo set a Utah Record with 374. At 275 another Law/Fire Submaster Bench Record was set with 330. In Teen 13-15 97 Hyram Marchant set a Utah Record with 55 at 105. Sarkis Karapetyan set a Utah Record with 132. At 132 Bryant Watson set a Utah Record with 187. At 165 Joseph Marchant set a Utah Record with 154. In Teen 16-19 Akop Karapetyan set a record with 176. At 148 Jordan Jones put up 225 for a Utah Record. At 165 Ryan Webster set a Utah Record with 236. At 181 Conor Larson put up 275 for a state record. At 242 Kaleb Crafts set a Utah Record with 402. In Teen Women 16-19 148 Madison Klint set a Utah Record with 132. At 198 Selita Nonu set a Utah Record with 154. In the deadlift Todd Cowley pulled a 622 Utah Record in Junior 275. In Law/Fire Open 242 Tim Prince pulled a nice 551 Utah Record. In Law/Fire Submaster 220 Rodger Broome hauled in 584 for a Utah Record and Lance Davis pulled 540 for a Utah Record at 275. In Teen 13-15 97 Hyram Marchant reeled in 148 for a Utah Record. At 105 Sarkis Karapetyan set a World Record deadlift with 288. At 132 Bryant Watson set a Utah Record with 275. At 165 Joseph Marchant who is Big Dave Marchant's son set a Utah Record with 314. Its touching to see how Dave encourages both his sons Hyram and Joseph to great heights. He's very proud of them. In Teen 16-19 at 123 Akop Karapetyan pulled a Utah Record 308. At 148 Giovanni Ozaine set a Utah Record with 407. At 165 Kyle Durr pulled a big 437 for a Utah Record. At 181 Jordan Peterson pulled 418		



Dave Marchant's 556 bench at the WABDL Nat's (Gus Rethwisch)

for a Utah Record. At 198 Tatum Drecksel pulled 440 for a record. At 242 Kaleb Crafts had the biggest pull for Teenagers with a 523 Utah Record. In Teen Women 16-19 123 Megan Bennett hauled in a 192 Utah Record. Chad Drecksel was the Coach of West High of Salt Lake City who won the High School Team Title. He did an excellent job of coaching and when his kids weren't lifting he did a great job of judging. Bud Davis was also a Judge and Gus Rethwisch was the MC. The other Judge was Dennis Shock. It was a fun meet and its always a pleasure to go to Salt Lake City. Great People. (Thanks to Gus Rethwisch.)

way Health & Fitness for providing excellent competition equipment and a great meet staff and all our referee's for doing an outstanding job. Spotting was excellent at this meet with several injuries prevented due to spotters that were very much on the ball. As can be seen by the results, several Maine State records were set at this competition and the lifting quality was outstanding. Brent Howard attempted a massive 805 deadlift after a successful 765 deadlift and teenager Damian Osgood wowed the crowd with a 465 bench press attempt which was almost in the lockout position when the lift stalled and lockout was missed. Osgood only weighed in at 165 pounds and his lifts will definitely put him in the top ratings for teenagers. We are looking at several more APA meets to be held in Maine within the next 6-12 months and look forward to seeing more of Maine's incredible lifters. (Scott Taylor.)

APA Iron Bash at the Beach
19 JUL 03 - Lincoln, Maine

Bench	D. Osgood	405
Women	Open 181	
Master	Ryan Mayo	245
E. McLaughlin	110	Open 198
Open 132	R. Rockwell	440
Marie Cannon	165	Doug Morong 370
D. McQuaid	145	Open 220
Open 148	Erik Gordon	250
Brandi Rideout	105	Open 275
Teen 13-15	Mark Clevette	450
Josh Rockwell	205	Deadlift
Teen 18-19	Master	
D. Osgood	405	Doug Morong 500
Ben Lawler	215	Teen 18-19
Erik Gordon	250	Ben Lawler 345
Submaster	Women	
Scott Drake	440	Teenage
Master	Brandi Rideout	225
Doug Morong	370	Men's 40-49
Open 165	Brent Howard	765

The APA Iron Bash at the Beach was held at beautiful Mattanawcook Lake, Prince Thomas Park, Lincoln, Maine and hosted by Broadway Health & Fitness, 34 West Broadway, Lincoln, Maine. Special thanks to APA Maine State Chairman and the folks at Broad-

APA California Battle of the Bad
02 AUG 03 - Sacramento, CA

Bench	Carin Fujisaki	155
Women	Drug Free 181	
Drug Free 165	Todd Robinson	240
Carin Fujisaki	155	Open 181
Teenage	Todd Robinson	240
Women	Luis Castillo	345
Submaster	Men's 40-49	Deadlift
Scott Drake	Open 148	Drug Free 220
Master	Brandi Rideout	225
Doug Morong	Open 242	Dave Stevens 315
Open 165	Brent Howard	Jason Burnell 600
Powerlifting	SQ BP DL TOT	Todd Robinson 240
Drug Free 165	Justin Tyler	425
M. Mendez	430 260 500 1190	Drug Free 242

Special thanks to Chip Conrad for providing a great venue and for setting up this event. Referee's for the event were Dave

Cummerow, Chip Conrad, Jason Burnell, and Scott Taylor. Judging was excellent. I'd also like to thank Jason Burnell for providing some great squat racks and bar utilized for the competition. Body Tribe Made a great meet site. Body Tribe is a private facility which offers olympic lifting and powerlifting training. We look forward to more events in Sacramento in the near future. (Scott Taylor.)

AAU MO-KAN BP/DL

24 AUG 03 - Pacific, MO

RAW	BP	DL	TOT
Women			
165			
A. Ollennuking	200	200	
198			
Lori Harms	210	210	
Men			
165			
Master 40-44			
Jim VanValkenburg	215	325	450
181 Open			
Scott Neumann	300	425	725
198 Open			
Russell Kempen	250	470	720
220 Open			
Carl Tucker	250	375	625
220			
Master 40-44			
Dr. Elletson	325	505	830
319 Open			
Kris Carpenter	365	365	
EQUIPPED			
220 Open			
Richard Brown	395	505	900

The 2003 MO-KAN AAU BP-DL Championships were held at X-Treme Fitness on August 24, 2003. Bill White at X-Treme Fitness in Union, MO provided his usually excellent meet site to a small but dedicated group of lifters. All the lifters except 1 lifted in the RAW division. For the women Amorkor Ollennuking broke her Olympic lifting training to bench a strong 200 lbs. AAU regular Lori Harms had a successful 3rd attempt bench at 210 and looked good for more! For the men Jim VanValkenburg benched 215 and a confidently deadlift at 325. Scott Neumann drove from Kansas City to register a powerful 300 opener in the bench and 425 in the deadlift. Russell Kempen put the torque to a bench of 250 and deadlifted of 470. Belton, MO resident Carl Tucker benched 250 and pulled 375. Chiropractor Dr. Elletson had an impressive RAW bench at 325 and shot up 505 with that healthy back of his. In his first meet, Kris Carpenter, the biggest man in the meet, pushed a powerful 365 on his opener. In the equipped division Richard Brown bagged a 395 bench on his 2nd attempt and pulled a big deadlift of 505. I would like to thank Kurt Richardson and Jeff Lewis for running the table. Bill White, Dennis Kachan for some excellent spotting and "Fitz" and Rob Minneci for a great job of judging. MO AAU lifters get ready for the state championships this winter! (by Darin Gilley, AAU MO St. Chairman)

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Email: mmagic@pressenter.com

President's Message:

This has been an exciting month for us, with the preparation of our fall international competition schedule, as well as preparing for the coming year of national competition. By the time you receive this, our first USAPL youth competitions will have taken place. As I mentioned in last month's column, the minimum age for participation in USA Powerlifting sanctioned competition has been lowered to 10 years. We look forward to their presence at our first Nationals of the 2004, the Women's Nationals.

Junior World Championships:

Ten women, and ten men, between the ages of 19 and 23 lifted in the 21st IPF World Junior Championships, held in Koscian, Poland the second week in September. Jennifer Maile (48 kg. class), and Jessica Watkins (82.5 kg. class), won Gold, defeating the best in the world. Jessica increased her American Record total to an unbelievable 612.5 kg. (1,351 lbs.). Damarrio Holloway received the Gold in the Men's 56 kg. class. Caleb Williams set a world Jr. record of 305 kg. (672 lbs.) in the squat. The U.S. Team received a huge number of individual lift and overall medals. Both the men's and women's squads took third in the team standings, behind Russia and Ukraine. Thanks for these excellent performances are due Sandra Perron, Head Coach, and her staff of

Mike O'Donnell, Trey Cunningham, Greg Simmons, James Townsend, and Larry Maile. Please see the article on this competition by Mike O'Donnell, in this issue.

Automatic Membership Renewal:

This month, USA Powerlifting kicks off our automatic renewal of memberships for those who would rather have fees charged to their credit card to avoid any lapse in membership. Forms with a clause to this effect will be sent to members as they begin to expire, starting in October.

Marketing Study:

As planned in at the National Governing Body Meeting this past July, USAPL has retained a marketing consultant, to assist us with such aspects of marketing as increasing awareness of competition, and individual competitors, both locally and nationally. We will also receive guidance on streamlining procedures, fund raising, and improvement of member services. We look forward to continuing the process of professionalizing your federation.

Training Camps:

There are a number of ideas being worked on for training camps for new and accomplished USAPL members, and coaches. Johnny Graham hosted almost 30 high school powerlifting coaches in Killeen, Texas in late August, courtesy of the City of Killeen. Johnny, and the Phantom Warriors Powerlifting Team discussed training, meet production, and powerlifting equipment.

Robert Keller, while hosting the Second Annual American Open Powerlifting Championships, is organizing a seminar for those interested in increasing lifting performance, and those interested in women's lifting issues. Please see information at: <http://mysite.verizon.net/rhk/>.

Paul Fletcher, our Louisiana State Chair, hosted a half-day camp for high school athletes at his gym in Baton Rouge. It was well received, and lifters are interested in attending again. Paul is considering inviting several elite level USAPL athletes to attend next year's event to assist and inspire the young competitors.

Priscilla Ribic is coordinating a three-day training camp in Spokane, Washington to be attended by sev-

eral members of the Women's National Team, and local and state level competitors from the Northwest. This will be a great opportunity for accomplished and developing athletes to share training and competition related information. A bench competition for Spokane area lifters is being considered as well. The camp is planned for the end of December. Please contact Ms. Ribic for further information at: priscilla@littlepowerhouse.com. Participation will be limited.

Club Information:

In our continuing effort to assist networking among USAPL members, we will publish the names and contact information of registered clubs so that athletes may contact each other when traveling.

Next Level Fitness
Rene Moyen
630 Knotty Rd.
Coventry, RI 02816
(401) 934-2040

Nichols State Powerlifting
Jon Magendie
P.O. Box 2032
Thibodaux, LA 70310
(985) 448-4811

Team California

Lance Slaughter
4437 S. Centinella Ave.
Los Angeles, CA 90066
(310) 995-0047

Team Pro-Fitness, New Jersey
Jerry Daly
12 Audubon Dr.
Denville, NJ 07834

Upcoming National Meets:

Last month, the American Open, Women's Nationals, and High School Nationals were highlighted. Please see the USA Powerlifting Coming Events directory on the website: <http://www.usapowerlifting.com/schedule.shtml>. Please also contact the National Office to inquire about directing a state or local level USAPL competition. Please also consider hosting one of the following National meets in 2004, which have not been awarded: Lifetime Drug Free Nationals (usually held in the fall), and Armed Forces Nationals (usually held in March/April).

Collegiate Nationals: This years competition is being held in Omaha, Nebraska, by veteran contest organizer, James Hart. The meet will be the 23rd through 25th of April. The Collegiate Nationals has included more than 200 competitors over the past several years, and is well known for the team rivalries that are con-

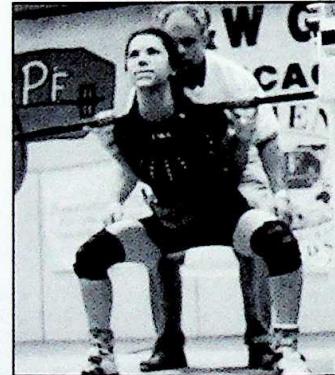
tested. The Collegiates is also one of the qualifiers for the Junior National Team.

Men's Nationals: This years Men's Nationals will be held by Paul Fletcher in Baton Rouge, Louisiana July 9-11. Paul hosted the Master's Nationals this year, and did a great job. His competition venue is more than adequate in terms of size, availability of dining and shopping, and in terms of comfort. Paul boasts the largest warmup facility for any national meet, and he packs the house with spectators as well.

Teen/Jr. Nationals: The Teen/Jr. Nationals will be held in Omaha, by Jim Hart June 12-13 (tentative date). The Teen/Jrs. is the final qualifier for the Jr. National Team, and also serves as the National meet for those who are out of high school, but not attending college. Many great performances are seen at this competition, and athletes trying for a world team slot are going all out.

Lifter Profile: Jennifer Maile

Each month, we will try to feature a USAPL member who has distinguished themselves either on or off the platform. This month we feature Jennifer Maile, who at 19, just won her third IPF World Championship.



Jennifer (Jenn) won her first Teenage National Championship at 14, and her first Open title at 16. She won the World Junior Championships in 2000 in Chi Yi, Taiwan, and the Sub-Junior Championship in 2001. Jennifer returned to the Junior ranks this year (the IPF changed age divisions, making her ineligible until turning 19), with a win in Koscian, Poland. Jenn holds 4 Sub-Junior World records, two Jr. World Records, and the Open World Deadlift record.

U.S.A.P.L. CORNER

The *STRONGEST* Man -Pound For Pound-

In the HISTORY of the Human Race

Ron "Lionheart" Palmer

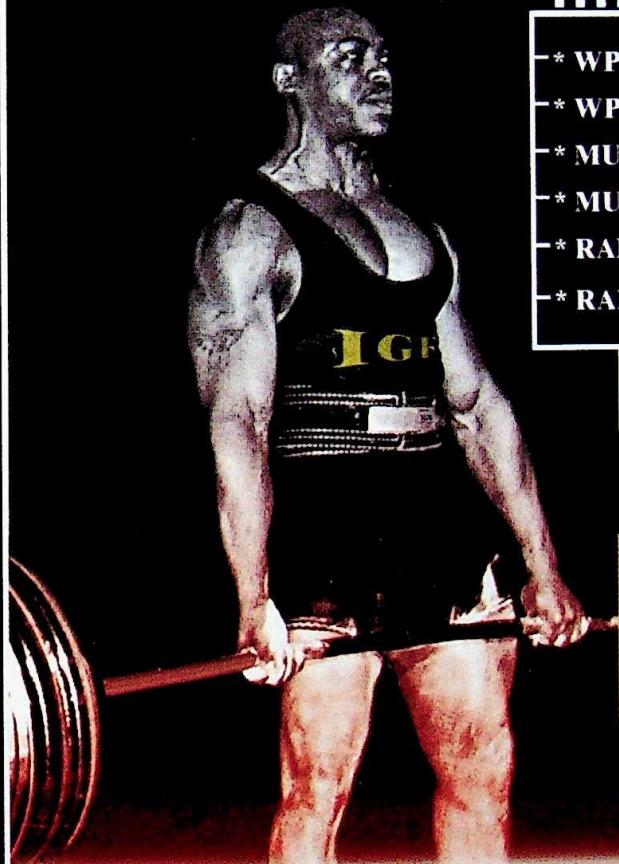
Only Man Ever to Lift 12.2 Times His Own Body Weight
in Competition.

TITLES

- * WPC WORLD CHAMPION
- * WPO LIGHTWEIGHT CHAMPION
- * MULTIPLE WORLD RECORD HOLDER
- * MULTIPLE NATIONAL RECORD HOLDER
- * RANKED NO. 1 IN THE WORLD (165 lbs. class)
- * RANKED NO. 1 IN THE WORLD (181 lbs. class)

5'8" 170 lbs

Squat: 832 lbs.
Bench Press: 540 lbs.
Dead Lift: 750 lbs.



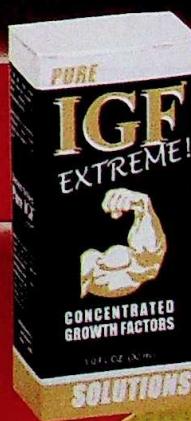
"With God and hardwork, I became a champion.
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CHAMPION OF CHAMPIONS!"

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Here's Ron's secret... He uses Pure IGF Extreme...
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For Just over
2 bucks a day
Ron's secret
ingredient is
yours.

USPF CA State PL & BP
20 JUL 02 - Santa Barbara, CA

Bench Only Women	220 Open Men
114 M 40-44 Women	Ryan Gerard 440
Donna Arndt	187 220 Master 45-49
132 M 45-49 Women	Paul Wondra 347
Gerrie Shapiro	143 220 Master 60-64
Bench Only Men	R. Ciavarelli 264.5
148 Submaster Men	242 Open Men
Brian Crocker	341.5 Alvin Waldon 462
Joe Drake	Joe Grissom 407
165 Master 60-64	Michael Lohr 374
Jim Merlino	292 242 Natural Men
181 Submaster Men	Alvin Waldon 462
Ken Fusalo	314 242 Submaster Men
198 Teen Men	Scott Hoekstra 473
Josh Mouton	225 242 Master 50-54
198 Open Men	Alvin Waldon 462
James Lee	435 242 Master 55-59
Michael Gray	402 Daniel Smith III 424
198 Submaster Men	275 Master 40-44
Scott Marcinek	446 Daniel Smith 440
198 Master 55-59	Kenneth Scott 424
Ritchie Crevy	314 Chuck McGuire
198 Master 70-74	308 Junior Men
Len Sandberg	209 Josh Bryant 606
4th	214 308 Master 40-44
	Neil Ferone 424.5

Women PL	SQ	BP	DL	TOT
114 Open Women				
S. Kubik	225	132	242.5	600.5

165 Open Women				
Lisa Denison	385	187	391	964

198 Open Women				
Dina Hatfield	451	292	363	1107.5

148 M 45-49 Women				
Sasha Meshkov	264.5	132	308.5	705

165 M 45-49 Women				
Mary Jacobson	314	231	385	931

Men PL				
148 Open Men				
S. Somerman	407	170	402	980

148 Natural				
S. Somerman	407	170	402	980

148 Master 50-54				
S. Somerman	407	170	402	980

165 Natural				
Brian Pearson	369	319.5	435	1124

181 Teen Men				
Aaron Nadal	336	220	358	914

4th				
	231			

198 Teen Men				
Adrian Lopez	264.5	154	319.5	738

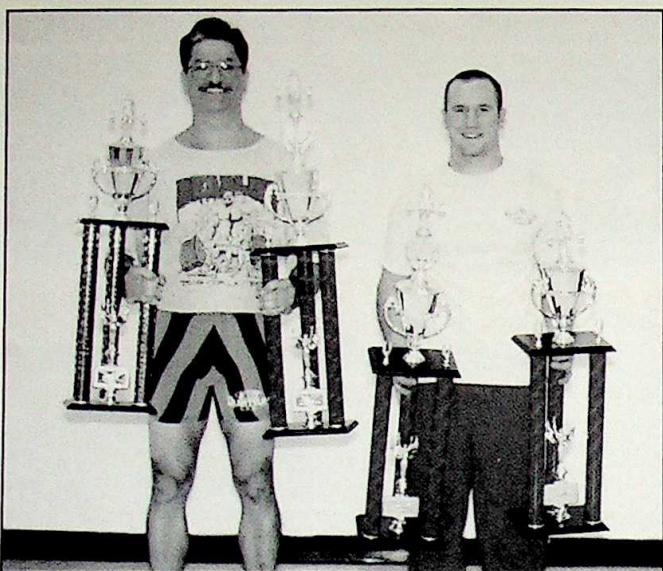
198 Open Men				
James Lee	540	435	567.5	1542

Mike Belluscio	490.5	275.5	501.5	1267.5
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198 Natural Men				
C. Stocking	518	259	507	1284

Mike Belluscio	490.5	275.5	501.5	1267.5
----------------	-------	-------	-------	--------

Greg Shaver	292	264.5	363	920
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SLP Fall BP/DL Classic - BL-Mike Raya (DL) & Matth Ruff (BP)(Latch)

198 \	Max Higgins 661 396 545.5
Submaster	1603.5
Mike Belluscio 490.5 275.5 501.5	275 Open Men
1267.5	Riccardo Magni 606 418 595 1620
198 Master 40-44	Delmer Brown 551 407
Tim Deran 457 275.5 501.5 1234	275 Master 45-49
220 Junior Men	Delmer Brown 551 407
Travis Vassallo 473 341.5 479.5 1294	308 Natural Men
220 Open Men	Toby Levers 705 440 722 1868
Patrick McNeil 562 391 540 1493	Powerlifting Best Lifters - Teen Men-Max
Billy Wayne 529 341.5 562	Higgins, Women - Mary Jacobson, Master
1432.5	Men - Ruben Arrendondo, Natural Men -
Paul Wondra 297.5 347 473 1118	Toby Levers, Open Men - Steve Silver, Bench
220 Master 40-44	only Best Lifter - Josh Bryant, State Power-
Michael Womelsdorf 407 303 407	lifting Records: Aaron Nadal-181 Teen 13-
1117	15, squat 336 lbs, bench 231.25 lbs, deadlift
Michael Brown 369 281 435	358 lbs, total 914.25 lbs, Charles Stocking-
1085.5	198 Junior 20-23, squat 518 lbs, Toby Le-
220 Master 45-49	vers-308 Junior 20-23, deadlift 722 lbs. State
Ruben Arredondo 529 380 479.5	Single Lift Bench Records: Donna Arndt -
1388	114 Master Women 40-44, single lift bench
Paul Wondra 297.5 347 473 1118	record-187.25 lbs, Gerrie Shapiro - 132
242 Open Men	Master Women 45-49, single lift bench
Steve Silver 661 501.5 699	record 143.25 lbs, Brian Crocker - 148
1862.5	Submaster 35-39, single lift bench record -
R. Meulenber 628 418 639 1686	341.50. Jim Merlino-165 Master 60-64, single
275 Teen Men	lift bench record - 292 lbs. Scott Marcinek -

198 Submaster 35-39, single lift bench record - 446.25 lbs. Len Sandberg-198 Master 70-74, single lift bench record - 214.75. Alvin Waldon - 242 Master 50-54, single lift bench record-462.75. Daniel Smith III - 242 Master 55-59, single lift bench record-424.25. Josh Bryant-308 Junior 20-23, single lift bench record-606.25. We would like to thank the following people for making this meet a success: Meet Director: Kevin Fisher. Scoretable: Amy Gorton and Breane Musser. Score-board: Shelly Lamb. Expeditor: Dan Lee. Spotters/Loaders: Jake Cunningham, Derek Keller, and Dave Dallmeyer. Referees: Gordon Santee, Bill Ennis, Steve Denison, Ken Wheeler, Jim Merlino, Scott Layman, Lance Slaughter. Announcer: Tim Gramatovich. Setup and breakdown helpers: Tanya Colombana, Scott Ainsworth who built the platform, and Dorothy Littlejohn. T-shirt sales help: Scott Wenz.

SLP Fall Bench Press/Deadlift
05 OCT 02 - Mattoon, IL

BENCH	open men
teenage men 16-17	148
198	Billy Jeffries 275
Robert Connell	275* 198
teenage men 18-19	Jeremy Long 315
148	4th 325
Billy Duckett	285* DEADLIFT
junior men	master men 40-44

148	198
-----	-----

Matthew Ruff	285* Mike Raya 530
--------------	--------------------

4th	300* 4th 540
-----	--------------

shw	master men 45-49
-----	------------------

Joe Poorman	300* 242
-------------	----------

submaster men	James Ewing 500
---------------	-----------------

220	shw
-----	-----

Terry Smalley	325 Loren Betzer
---------------	------------------

4th	340 550*
-----	----------

master men 45-49	master men 65-69
------------------	------------------

shw	165
-----	-----

Loren Betzer	340* Darrel Sidwell 300
--------------	-------------------------

* - Son Light Power state record . BP - Best Lifter - MATTHEW RUFF. DL - Best Lifter - MIKE RAYA. The nineteenth annual Son Light Power Fall Bench Press/Deadlift Classic was once again held at the Cross County Mall in Mattoon, Illinois on October 5, 2002. Thanks to the Mattoon Mall Association and to manager Mike Witwicki for their continued support of our sport. This year's event was a small one, but a great time was had by all! In the bench press event sixteen year old Robert Connell won the title at 16-17/198, finishing with a great 275, which tied his personal best and broke the existing state record for that class. At 18-19/148 it was Billy Duckett with a great 285 state record lift, weighing in at just 138! In the junior division Matt Ruff looked strong at 148, coming back on a 300 fourth attempt after missing that same weight for his third. This broke the existing record for that class by 55 lbs! Also in the junior division was Big Joe Poorman, who finished with a new state record of 300 for the title at shw. Lifting in the submaster 220 class, first-time competitor Terry Smalley had a good day, finishing with 325 before coming back with a personal best 340 fourth attempt. Loren Betzer returned from Leavenworth, Kansas for the title at 45-49/shw, finishing there with a new state record of 340. In the open division Billy Jeffries got a new personal record of 275 at 148 with his win there. Another first-timer was Jeremy Long who won at 198, getting two new prs on the day with a 320 third and 325 fourth attempt. Best lifter for the bench competition went to Matt Ruff, who finished with 300 @ 147. In the deadlift competition it was Mike Raya for the win at master 40-44/198 and the overall title for the day. Weighing in at just 185 Mike pulled a solid 540 fourth attempt after finishing with 530. James Ewing, the world's strongest Roto-Rooter Man, won again at 45-49/242 with 500. Loren Betzer won his second title of the day at 45-49/shw with 550, setting still another state record there. Our final competitor was sixty-six year old wonder (and I do wonder about him!) Darrel Sidwell who finished the day with 300, taking the title at 65-69/165. Darrel is the state record holder for that class. Thanks to my son D. C. for everything and to Darrel Sidwell, Jeremy Long and Terry Smalley for all their help. See you all again in December! (Results by Dr. Darrell Latch.)



Application for Registration
UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		Y N		
Street Address			Club Name	
City		State	Zip	Area Code/Telephone
Current USPF Classification		Referee Status	Current High School	Special Olympian
Elite Master I II III IV		IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N
Current Collegiate		U.S. Citizen	Date of Birth	Sex
Y N		Y N	/ /	M F / /
Card Issued By				

Registration Fee \$25.00

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

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

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

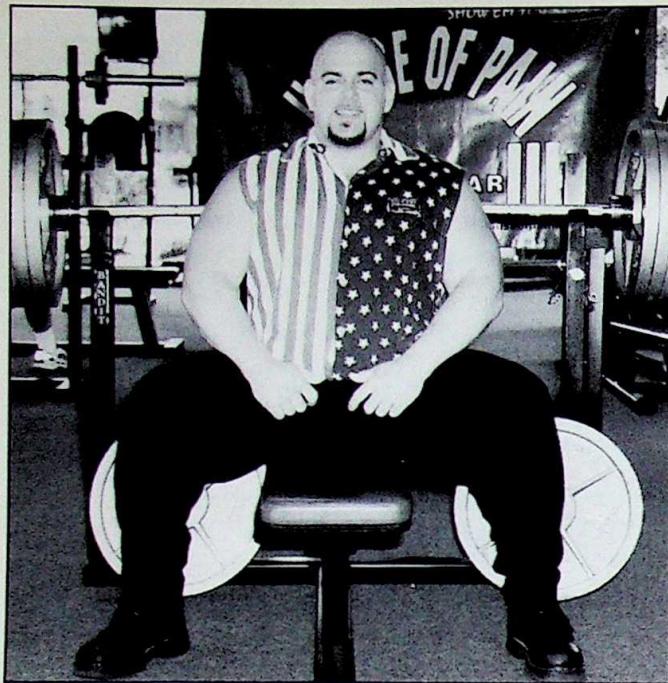
Signature _____

If Under 18 have Parent Initial _____

WABDL National BP & DL 6-8 MAR 03 - Houston, TX									
Bench	Joe Guerra	479	220	220	114	Bruce Koch	529	181	181
Class 1 Men	242	259	Ken Anderson	451	Selina May	148	M. Pettinger	457	Stephen Moore 314
148	Jason Jackson	650	4th	242	123	275	198	198	
Danny Dickey	248	275	Jimmy Duckett	325	R. Bannister	473	Willis Smith	534	D. McKinney 341
A. Fernandez	275	Larry Holley	396	275	Susan Rinn	238	Law/Fire Open Men	220	198
S. Mendez	281	308	Bob Garza	259	Gloria Koepke	181	C. Youngblood	440	B. Farias 369
Samuel Norris	341	Jeremy Murrell	518	M68-74	A. GarciaJr.	451	220	200	Teenage M13-15
165	Law/Fire Open	198	Kelvin Tatum	479	C. Crossland	264	D. Burlingame	573	198
C. Hargett	270	Women	T.C. Lewis	275	WM47-53	132	220	Zach O'Quinn	402
James Yates	308	O	John Stewart	0	132	Connie Clifton	270	Bobby Myers	617
Ronnie High	314	132	Rob Ferr	529	165	161	220	242	242
Timothy Tyson	352	Connie Clifton	165	A. Hrenchir	264	M40-46	4th	Aaron Caudell	407
Kenneth Cook	374	Law/Fire Sub Men	4th	Sub W 34-39	C. Luprete	159	292	Brandon Cass	782
198	198	198	275	114	WM54-60	165	4th	242	TeenageM16-19
Pablo Arriaga	363	James Whitney	440	148	R.Shelley Ellis	121	148	M. DaMartin	644
Jose Valtierra	374	M40-46	Danny Dickey	236	Sharon O'Brien	104	114	644	114
James Whitney	440	132	114	114	Enrique Diaz	529	259	G. Jackson	435
220	James Bryant	220	Quy Nguyen	325	Deadlift	220	Casey Smith	644	181
Byron Sanford	330	165	TeenageM13-15	165	Class 1 Men	John Moore	275	275	Jason Perez
D. Burlingame	363	Marlo Mosley	281	C. Cederholm	270	402	402	407	473
Sean Morgan	374	181	M. Rodriguez	402	D. McKinney	214	198	Buddy Wright	485
R. Womack	407	LeeRoy Banks	424	4th	Jeffrey Waters	207	198	440	4th
Dusty Burns	490	198	198	198	Darryl Harvey	198	198	181	567
Dan Kroesch	198	Paul Radmilovid	325	198	D. McKinney	214	198	Sub M34-39	573
242	Darrell Horn	347	198	198	Iach O'Quinn	303	275	181	198
B. Runnestrand	380	198	198	198	Eli Howard	275	James Christian	485	R. Espinoza
Shawn Hartley	385	Fred Stokes	352	4th	220	220	Junius Hirt	661	451
BrianScott Bell	429	198	John KornIII	556	220	220	165	DuJuan Calvo	407
Grover Rollins	440	198	Benny Farias	303	220	220	198	TeenageW 16-19	485
275	Rick Brewer	418	R. McKeever	501	220	220	198	Don Moser	545
Larry Holley	396	220	220	220	220	220	105	220	203
Randall Ward	407	220	220	220	220	220	220	Bobby Myers	617
308	220	220	220	220	220	220	198	259	314
Mac Sanford	391	D0 Burlingame	363	220	220	220	220	Kelvin Tatum	424
Jeremy Murrell	518	220	220	220	220	220	220	259	132
309	Greg Bowen	407	220	220	220	220	220	Cody Colchado	573
Burt Tyree	473	4th	Patrick Thomas	270	220	220	220	J. Waters	203
4th	485	418	C. Cederholm	270	220	220	220	220	W
Rob Ferr	529	220	Rocco DeSalvo	314	220	220	220	Mark Phillips	617
165	R. Womack	407	M. DalMartin	473	220	220	220	Sub M34-39	573
Luis Salinas	143	220	A. Scherer	336	220	220	220	165	165
181	Tony Luce	429	220	220	220	220	220	259	314
Colby Bannister	137	259	220	220	220	220	220	Kelvin Tatum	424
181	Robert Jackson	402	220	220	220	220	220	259	132
A. Markham	165	259	220	220	220	220	220	Cody Colchado	573
259	D. Menchaca	473	220	220	220	220	220	J. Waters	203
Cody Colchado	451	220	220	220	220	220	220	220	W
Disabled Men	308	220	220	220	220	220	220	Mark Phillips	617
308	David Reece	611.	220	220	220	220	220	Sub W 34-39	573
Omar Sanchez	440	220	220	220	220	220	220	114	330
Jr. M20-25	309	220	220	220	220	220	220	WM 40-46	
132	T. McKinneyD	535	220	220	220	220	220	220	
J. Hagendorf	286	220	220	220	220	220	220	220	
181	Mike Hamby	573	220	220	220	220	220	220	
Chad Bell	336	M47-53	220	220	220	220	220	220	
220	181	220	220	220	220	220	220	220	
R. Mc Keever	501	220	220	220	220	220	220	220	
Chad Matthews	507	220	220	220	220	220	220	220	
Brad Neal	507	220	220	220	220	220	220	220	
4th	512	220	220	220	220	220	220	220	
J. Scheible	341	220	220	220	220	220	220	220	
Eric Wright	562	220	220	220	220	220	220	220	
275	Nick Dwinell	402	220	220	220	220	220	220	
John Erickson	578	220	220	220	220	220	220	220	
4th	600	220	220	220	220	220	220	220	
Jr. W 20-25	259	220	220	220	220	220	220	220	
148	R. Campbell	308	220	220	220	220	220	220	
C. McKeever	159	220	220	220	220	220	220	220	
4th	165	220	220	220	220	220	220	220	
Jr. W 20-25	275	220	220	220	220	220	220	220	
165	A. Gonzales	446	220	220	220	220	220	220	
M. De Veau	220	M54-60	220	220	220	220	220	220	
Law/FireMaster	148	148	220	220	220	220	220	220	
Men40-47	148	T. Feight	192	181	220	220	220	220	
220	181	220	220	220	220	220	220	220	
Greg Bowen	407	R. Conteras	303	181	220	220	220	220	
4th	418	198	220	220	220	220	220	220	
275	Bob Hochstein	292	198	220	220	220	220	220	
R. Bannister	396	198	220	220	220	220	220	220	
309	Dan Bell	358	198	220	220	220	220	220	
Pete Lattanzi	490	220	220	220	220	220	220	220	
Law/Fire Master	148	Greg Fay	330	220	220	220	220	220	
Men 48+	220	220	220	220	220	220	220	220	
242	Harold Bodden	336	220	220	220	220	220	220	
Johnny Park	424	4th	347	347	220	220	220	220	
308	242	242	220	220	220	220	220	220	
Larry Prince	374	Johnny Park	424	242	220	220	220	220	
Law/Fire Master	242	242	220	220	220	220	220	220	
Women 48+	242	242	220	220	220	220	220	220	
165	Greg McCoy	457	259	259	220	220	220	220	
C. Luprete	159	Gene Knight	402	259	220	220	220	220	
Law/Fire Open	308	Paul Rando	292	259	220	220	220	220	
Men	308	308	292	259	220	220	220	220	
165	Tom Ekenberg	451	308	308	220	220	220	220	
Kenneth Cook	374	308	308	308	220	220	220	220	
198	Jeffrey Waters	407	308	308	220	220	220	220	
220	Tom Ekenberg	451	308	308	220	220	220	220	

In the bench press in Class I Samuel Norris set a Texas State Record with 341. At 165 Kenneth Cook set a Texas record with 374 and beat out 4 other contestants with Tim Tyson of Louisiana coming in 2nd with 352. At 198 James Whitney of San Antonio blew up a 440 for a Texas record and 1st place over 3 contestants. At 220 Dusty Burns of Oklahoma set a State Record with 490 and is now in the open division with that high of a lift. He beat out 4 other contestants that weren't even close. At 242 Randall Ward of Texas a fun lifter to watch who gives it his all won with 407. At 308 Jeremy Murrell of Oklahoma a former Football player who's dad played in the NFL, is a huge specimen.

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							
City				State		Zip	
Area Code/Telephone							
Current WABDL Classification		Referee Status		U.S. Citizen?		Date of Birth	Sex
Elite Master I II III IV		World National State		Y N			M F
Today's Date							
Card Issued By							
Registration Fee \$10.00							
Make checks payable to and mail to:							
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS							
P.O. Box 90305							
Portland, OR 97290							
NOTE: All WABDL-sanctioned meets will be subject to drug testing.							
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.							
If under 18, have parent initial _____ Signature_____							



Paul "Tiny" Meeker guest lifted for a 716 bench in a split neck shirt

He benched 518 for an Oklahoma record. I had a good time at the Clarion Hotel Bar tipping a few with Jeremy, Dusty Burns, Brad Neal, Jason Jackson and Richard McKeever. They always support WABDL and they all did well at Worlds in Reno last year. At super Rob Ferr set a Louisiana Record with 529. In disabled men Cody Colchado who has impeccable deadlifting and benching form and is blind won the 259# class with 451 and at 308 Omar Sanchez benched a nice 440 at 308. In junior men at 132 Justin Hagendorf set a Texas record with 286. At Junior 220 Chad Mathews and Brad Neal hooked up in a gunfight. Mathews set a Texas record with 507 and Brad Neal of Oklahoma also did 507 but was the lighter man. Brad then went on to bench a World 512 on a 4th. At 242 Eric Wright set a World Record with a huge hunk of steel 562. Both Neal and Wright passed drug tests. At 275 John

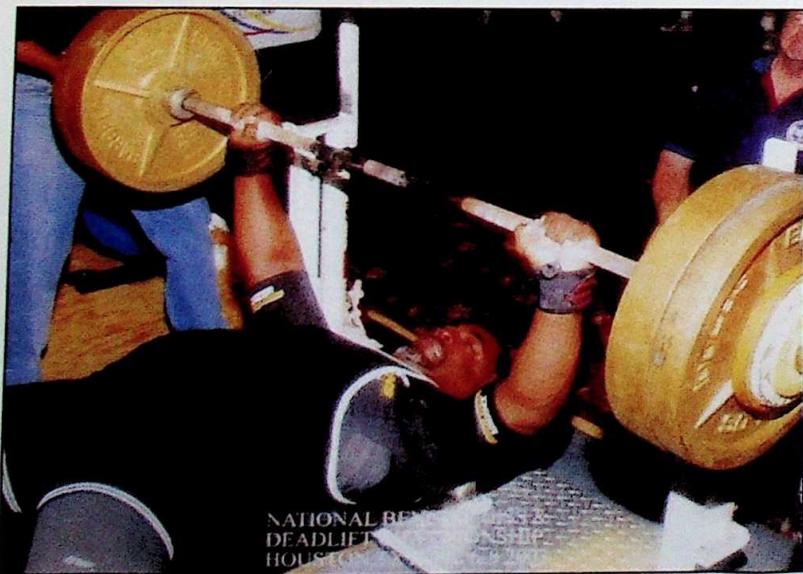
John is very intense and he used to play baseball in the Tampa Bay Devil Rays minor league system and threw 94 miles per hour as a pitcher. In junior Women Carrie McKeever who just recently had a baby set an Oklahoma record at 148 with 165 in the bench. At 165 Melissa De Veace set an Oklahoma record with 220. Melissa is a collegiate wrestler and is ranked 4th in the country in her weight class and wants to wrestle in the next Olympics. In law/fire Master 40-47 at 220 Craig Bowen set a Texas record with 418. At super Pete Lattanzi set a Texas record with 490. In law/fire master 48+ Johnny Park set an Oklahoma Record with 424 at 242. In law/fire open 165 Kenneth Cook set a Texas record with 374. At 242 Jason Jackson put up a huge 650 for a world record and passed his 3rd drug test. At 308 Jeremy Murrell set an Oklahoma record with 518. In law/fire open women Connie

who is about 5'9" and thick did a large 611 bench for a Texas State record and at Super Thomas McKinney weighing about 400 set a Texas Record with 535. At super Mike Hamby set an Oklahoma record with 573. In master men 47-53 Sean Finegan set a Texas record with 501. At 259 Richard Campbell set a World Record with 308. This meet was the 1st time for the 259 class in WABDL. In master men 54-60 at 198 Dan Bill set a Texas Record with 358 at 220 Harold Bodden set a Texas Record with 347 and at 308 Tom Ekenberg set a Texas record with 451. In master 61-67 the Texas state chairman Ken Anderson set a World Record with a very respectable 451. At 259 Jimmie Duckett set a World Record with 336 and in Master 68-74 TC Lewis at 198 set on Arkansas record with 275. In open men Dr. Marco Rodriguez set a Texas record at 165 with a huge coefficient 420. At 198 John Korn set a Mississippi State Record with a 556 bench which is only 12 from the World Record. Jason Jackson punched out a World Record 650 at 242. At 259 Steven Ross set a World Record 485. In Submaster 148 Samuel Norris set a Texas State record with 341 and Kelrin Tateen set a World Record at 259 with 479. At Super Roto Fera set a Louisiana Record with 529. In teenage men 13-15 198 Zach O'Quinn set a Texas Record 319. At 242 Aaron Caudell set a Texas record with

314. In Teen 16-19 165 Rocco De Slavo set a Illinois Record 314. At 181 Steven Hermann set a very good Michigan record 374. In open women 123 Susan Rina set a World Record 238 this is the 2nd record she has set in a year. She also set the World Record in Master women 40-46 123 with the 238 bench. In the deadlift in Class I at 165 Ronnie High set a Texas record with 523. At 181 Michael Pettenger set an Illinois record with 457. In Disabled men Colby Bannister set a record with 200 at 181. In junior men 220 Chad Mathews pulled a huge 672 for a Texas State Record. In Law/Fire 40-47 Randall Bannister set a Texas State Record with 473. In Master men 40-46 220 Rick Garcia pulled a Texas Record 644. In Master men 47-53 198 David Bertier of Calif. set a state record 567. In master men 56-60 220 Harold Bodden set a Texas State record with 440 and at 259 Tom Ekenberg set a World Record 655. Tom didn't like the bar as many lifters complained. Rick Crain was supposed to show up for a booth and Bob Garza the meet director had purchased an Okie deadlift bar that Crain was going to bring. The day before this meet Crain pulled out. In



Thomas McKinney BP'd a Texas record of 535



Ken Malone's World Record 490 bench (Photographs courtesy of Gus Rethwisch)

Erickson a former all star high school wrestler and baseball player from Oklahoma City benched 578 on a 3rd and a rocket like 600 at 275 for a world and Oklahoma record.

Clifton in her 1st meet set a Texas record with 165 at 132. In master men 40-46 259 Ken Malone set a World Record with 490 and was close at 501. At 308 David Reece

had some unfortunate problems with Spotter loaders not showing up - one even showed up on Sunday Jun 8th at 545 pm about an hour after the while meet was over. However, his trophies were excellent. John Tyree's Team Fitness of Duncanville, TX won the team title. (Thanks to Gus Rethwisch for providing this result to Powerlifting USA.)

USAPL Military Nationals (kg)
08 MAR 03 - Houston, TX

Bench		90 kg		
82.5 kg		Open		
Open	70	Max Ripple	170	
Paula Rippel		Master		
75 kg		Danny Deuter	175	
Mark Feildman	150	100 kg		
82.5 kg		Jim Leitner	140	
Open		110 kg		
James Burdette	177.5	Lloyd Tanner		
Johnnie Martinez	177.5	125 kg		
Junior		Tyrone Wilson	200	
James Steichen	175	125 kg +		
		Kirby Gank	232.5	
52 kg	SQ	BP	DL	TOT
Open				
Sandra Palma	52.5	32.5	75	160
60 kg Open				
Orathay Sivilay	80	55	110	245
Jennifer Fenti	110	65	125	300
Master/Open				
Diane Siveny	115	82.5	140	337.5
67.5 kg Open				
Stacy Milbauer	65	52.5	82.5	200
Kimberly Walford				
82.5 kg				
Open				
Paula Rippel	110	70	132.5	312.5
90 kg				
Paulette Calhoun	117.5	100	115	332.5
67.5 kg				
Masters				
Keith James	160	130	210	502.5
Jim Marchio	150	97.5	210	457.5
75 kg Junior/Open				
Trenton Wade	227.5	165	257.5	650
Master				
Chris Darin	210	160	250	620
Open				
Hy B Taylor	142.5	112.5	165	420
82.5 kg Open				
Jym Bourgeault	220	165	260	645
Master				
Carlos Lewis	230	150	245	625
Junior				
James Steichen	230	165	190	595
Open				
Todd Nerlin	190	140	215	545
Danny Hill	182.5	142.5	202.5	527.5
William Brown	182	142	202.5	526.5
90 kg Master				
Ray Baxter	255	172.5	255	682.5
Open				
Jerome Williams	237.5	162.5	252.5	652.5
Master				
Walter Thomas	250	145	250	645
Open				
Max Ripple	230	170	230	630
Master				
Danny Deuter	160	175	180	515
100 kg Open				
Chris Hootman	285	205	282.5	772.5
Junior				
Mario Rojas	260	197.5	265	722.5
Master				
David Georges	227.5			
110 kg Open				
Darrell Evans	310	215	300	825
Ennis White	285	227.5	282.5	795
Master				
Gary Pamplin	272.5	240	245	757.5
Open				
Mark Wynn	255	170	255	680
125 kg Open				
Larry Fenti	297.5	207.5	305	810
Terrance Gauthier	305	210	260	775
125 kg + Open				
Caesar White	282.5	185	255	722.5

Houston was the place to establish the best Military Powerlifters in the World for 2003. Despite rapid deployments and an unstable economy there is always a way to achieve the imaginable. At one point in time during the process of this meet, the uncertainty of having this event was at its lowest point, but the Armed Forces of America came through again to give these quality lifters a chance to display their talents on the platform. The stalwarts displayed magnificent performances. All branches of service were represented and in the professional manner that is required of them. It was a small meet, but effective. On March 8, 2003 the meet began with the Women's 52 kg. class with one competitor, Sandra Palma, she lifted smart and earn herself a gold medal to take back with her. The 60 kg. class, of course, was the class of classes. Orathay Sivilay started out with a bang in the squats going three for three, then came along Jennifer Fenti pushing the bar higher for Diane Siveny. Diane may have felt the pressure in the beginning by missing her opening attempt, however, she overcame that by posting 5 kg. better than Jennifer in the squat. In the end Diane Siveny went three for nine and came out with 1 masters gold and 1 open division gold and best lifter for the women's division. The 67.5 kg. class had two competitors, Kimberly Walford was favored heavily to walk away the gold, however her opening attempt would not let her continue. I was looking for some quality lifting out of her and I'm sure she will make



The lifters and staff of the 2003 USAPL Military Nationals (This photograph is courtesy of J.D. Carr)

some noise in her next meet. Stacy Milbauer kept her lifts consistent and came away with a gold medal making her the champion. In the 82.5 kg. class Paula Pierce Rippel was the only competitor, but that didn't matter, as she went eight for nine earning her 1 gold open and 1 gold in the bench press. The +90 kg. class was all Paulette Calhoun. She had been battling the flu and had no idea if she had any strength to compete. However, she did enough to stay in the meet and earn herself a gold medal. The Men's division 67.5 kg. class consisted of two competitors, Jim Marchio and Keith James, both master lifters, battled head to head. Jim, a full bird Colonel and Commander for the Joint Intelligence Division at Scott Air Force base showed some quality lifting for a young guy and I believe he would be a quality lifter in the 60 kg. class. Keith came away with the gold and a fine bench press to seal his victory. The 75 kg. class offered a mixture of competition. One of which was an upcoming lifter that others need to watch out for, with Trenton Wade taking home 2 gold medals for the junior class and open. He is now posting great numbers and I expect to see those improve over the years. Christopher Darin, a Master lifter, is also posting great numbers. Anytime a master lifter completes a meet, that's a feat itself these days. Chris earned himself a gold medal in the master division. Hy b. Taylor, lifting injured, was impressive enough. I believe he could come up with some fine numbers in this division. The 82.5 kg. class, the largest of all, had a mixture of lifters, including bench press only. The winner in the open division, Jym Bourgeault, posted a fine total for the gold medal. Todd Nerlin, Danny Hill, and William Brown finished in that order respectively. Carlos Lewis was trying to make run at Jym, but pulled his back during the squats. However, he finished with the gold in the master division. Our lone junior, James Stelchen, took gold as well and would have placed third in the open division. The bench press competition went down to bodyweight for James Burdette and Johnnie Martinez, both posting 177.5, but James got the gold medal. The 90 kg. class saw Ray Baxter, a master division lifter, come away with the gold over his open opponents. I find this often to be difficult to accomplish, with all the great open lifters in this division. Jerome Williams had only one attempt left in the bench press to allow himself to proceed to the deadlifts and gain a gold in the open division. The Great Walter Thomas was here to lift and displayed that old school magic on the platform. I watch him in amazement. Walter look good physically and he is one that I looked up to in past. Walter walked away with a gold in the 50 plus division. Max Ripple and Danny Deuter collected some hardware from the open and bench press competition. Both took golds in their respective divisions in the bench press and silver in the open. The 100 kg. class had 3 open lifters and 1 bench presser. Chris Hootman won a gold in the open, and Mario Rojas got a gold in the junior division along with the best lifter for the juniors. David Georges couldn't get it going for himself and didn't get past the bench press. He gave everything he had, no quitting. Jim Leitner was the only bench presser in this division and in his first USPL meet. He did enough to stay in the meet and gain his first gold medal, congratulations. The 110 kg. class had the percentages when it comes to best lifters. Darrell Evans in the open and Gary Pamplin in the masters. Darrell displayed some talent and for starters he will sneak up on you if you are not watching. Gary did a little coasting in this one as well and I was real impressed by his performance. Ennis White and Mark Wynn battle for the second and third place medals. Lloyd Tanner was the only bench presser in this division and couldn't get an attempt in to finish.

The 125 kg. class had two open lifters - Larry Fenti and Terrance Gauthier. Terrance had Larry by 10 kilos going into the deadlifts, but Larry's pulling power was too much for Terrance. They say the meet doesn't start until the bar hits the floor and that's what happened in this division, still some fine lifting from both. Larry was the only lifter in the meet to go 9 for 9. Perfect! Tyrone Wilson the only bench presser and succeeded in getting a gold medal for his performance. The 125 plus class had one open and one bench presser. Caesar White was a chiseled man and very tall. I would make him my personal bodyguard any day. He did what he had to do for a gold. Kirby Gank, the Sailor, pushed out a 232.5 bench press to finish the day in the bench press. By the end of the day when the scores were tallied the Air Force had finally taken the crown away from the Army. The Randolph Air Force Powerlifting Team, coached by the Great Gene Bell, should be proud to take this one home. The Phantom Warriors powerlifting team should also be as proud to have the competition. I am sure Johnny Graham will have them back next year for a battle. I want to thank all lifters for their professional performance and thanks to my spotters and loaders Tony Cardella, Peter Papalco, and Anthony Whitaker - whom everyone in powerlifting recognize as the hardest working people in the building. Expeditors: Dana Deutsch and Illani Taylor. Announcer and Scoring Table: Hal Hudson who provides some real fun, and Tom McCullough who was called upon in the last minute. Referees: Lannette Lopez, Johnnie Graham (who gave me the opportunity to host this meet), Walter Thomas, Johnnie Martinez, Tony Hambrick, and Gen Bell. Gene Bell was the co-meet director played a monstrous role in helping me coordinate and succeed in this meet. Thanks to my Wife Gloria and Son Austin who help at every will. For every Soldier, Airman, Sailor and Marine, I am proud of you and I have no doubts in your abilities to free the World. Sponsors: American Bodybuilders Supplements, Titan, Crain Muscle World. Best Lifters: Diane Siveny (Womens), Mario Rojas (Juniors), Darrell Evans (Open), and Gary Pamplin (Masters). (J.D. Carr provided results)

	Britni Pospichal	160	80	205	445
	Jessica Sabin	160	85	175	420
	Amanda Outesen	123			

Stephanie Baer	280	125	295	700
M. Jovanovich	270	110	250	630
Jasmine Brewer	220	110	290	620
Ashley Carter	215	85	300	600
Kristi Lanzi	215	115	270	600
Kristin VanMeter	250	100	250	600
Brenda Verbsky	200	100	290	590
Jill Schooley	230	85	265	580
S. Tucci-Wasinger	230	85	250	565
Angie Krahm	205	110	230	545
Emily Dunning	200	85	250	535
Heidi Baumann	200	90	240	530
Cassie Farral	195	90	240	525
H. Schauffenbil	215	80	225	520
Ashley Malueg	175	90	250	515
Lisa Keller	215	100	195	510
Katie Kneisler	160	115	230	505
Paige Linsmeyer	200	80	210	490
Rose Garrett	185	85	205	475
Elizabeth Flory	160	80	230	470
Joann Peterson	132			
Lindsay Vlachakis	280	120	330	730
Jenny Raab	225	115	315	655
J. Rasmussen	230	120	290	640
L. Chmielewski	215	130	285	630
Ashley Cepress	225	125	275	625
Theresa Maatman	250	100	270	620
Shelley Balcer	235	135	250	620
Stefanie Jacobson	225	120	275	620
Sheila Docken	215	130	265	610
Chelsea Schrock	240	105	260	605
Desirae Budl	275	95	235	605
Laura Berg	205	130	250	585
Samantha Miller	215	110	250	575
Staci Wright	200	95	280	575
Beth Miemietz	225	90	255	570
Jessica Carlness	225	90	245	560
Renea Tridle	220	105	235	560
Adina Weinig	225	80	250	555
Olivia Watson	210	100	245	555
Becky Black	200	90	260	550
Sara Dionne	190	85	260	535
S. Landskron	190	95	250	535
Melissa Theis	180	90	210	480
Lizzie Severson	200	70	200	470
Kaitlyn Jindrick	142			
Stacy Vlachakis	330	125	325	780
Emily Steck	305	115	295	715
Katie Tyrell	295	120	295	710
Jessica Eake	275	120	265	660
Maranda Revels	280	95	270	645
Mandy Martin	225	110	285	620
Whitney Kearns	225	115	275	615
Annie Sorenson	245	120	250	615
Jessica Bruns	235	105	270	610
Kendra Lorenz	195	130	280	605
A. Brennenman	210	100	255	565
Maria Rutting	200	100	265	565
Lyndi Venglish	220	95	250	565
S. Schutte	180	105	270	555
Tiffany Behnke	205	100	245	550
Kayla Ward	230	90	215	535
Katie Londwell	180	100	255	535
Sarah Albrent	195	95	240	530
N. Christensen	190	95	230	515
Megan Karow	200	100	195	495
Rachel Brooks	195	95	95	495
Rachael Shanahan	153			
Devan Doan	305	180	300	785

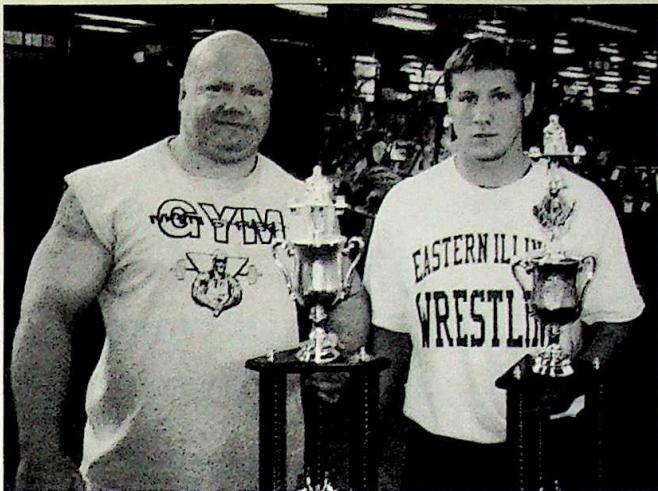
**SLP DuQuoin State Fair
30 AUG 03 - DuQuoin, IL**

BENCH PRESS	242
teen women 18-19	Lloyd Edwards 500*
123	P & F/open men
Tabitha King	65 165
(4th)	75 W. Johnson 285
148	(4th) 300
A. J. Smith	135* 198
submaster women	Brent Stanley 325
181	(4th) 340
Brenda Phelps	200 220
master W 40-44	Lance Hillard 505*
148	308
Denice Smith	115 Robert Hudnell 530*
open women	(4th) 550*
181	308
Michelle Davis	170* Shannon Dueul 400
198	open men
Christine Smith	175* 165
(4th)	185* Chad Krumrey 350
teenage men 16-17	(4th) 365
181	181
Adam Gouge	220 Ryan Monken 325
(4th)	230 (4th) 340
teenage men 18-19	220
Ryan Monken	325 Jason Ozbourne 440
(4th)	340 242
198	Ed Clark 605
Andy Holtkamp	325 308
junior men	Mark Rose 515
165	308
Chris Jordan	325 Matt Organ 515
submaster men	DEADLIFT
198	teen women 18-19
B. Hutchinson	320 123
242	Tabitha King 155*
Gerald Portz	280 200*
(4th)	285 junior men
master men 45-49	165
242	Chris Jordan 485
S. Hukowski	425 P & F/open men
master men 55-59	165
181	W. Johnson 425*
Jerry Wood	390 198
P & F/sub men	Brent Stanley 515*
198	(4th) 525*
Chad Hillard	465*

POWER PEOPLE



Amanda Neidlinger took first place in the women's 123 lb. raw weight class at the WNPF men's and women's elite nationals held in Philadelphia, PA on June 22, 2003. Amanda broke the squat, bench press, deadlift and total records in her first competition ever. (Photo - Debbie Neidlinger)



SLP DuQuoin State Fair - (above) Best Lifters Ed Clark & Chris Jordan, (below) Ed Clark locks out a PR 605 @ 242 (Photos by Darrel Latch.)



BP - Best Lifter - ED CLARK. Best Lifter - CHRIS JORDAN. Son Light Power Illinois state record. Hey, we had a great time at the DuQuoin State Fair, there for the Bench Press/Deadlift Championship, located at the Expo Building on August 30, 2003 in DuQuoin, Illinois. Thanks so much to the Special Events ladies for all their help and hospitality and to all the lifters who support this event and allow it to continue to grow. This year we had our biggest turnout ever, with thirty-one lifters. That don't sound like much, but after the first few years when we struggled with 6-8 lifters, that turnout is great! In the bench press event first-time lifter Tabitha King won at teenage women 18-19/123, finishing with 65 then a fourth of 75. A. J. Smith broke the Illinois state record at 18-19/148 with her opener of 135, after missing 155 twice. A. J. had dropped down from the 165 class where she holds the state record with 115. Submaster lifter Brenda Phelps won at 181 with her opener of 200, making that on her final attempt. Denice Smith tied her own state record with her 115 opener at 40-44/148 after missing 125 twice. In the open women's division Michelle Davis won at 181 with a solid 170, breaking her own state record there. Christina Smith took the 198 title with 175 then a fourth with 185, both new state records for her. All of these girls (with the exception of Tabitha) are coached by Duane Phelps and represent the Midnight Power Team from Centralia, Illinois. We appreciate all the hard work Duane puts into his team. In the teenage men's 16-17/181 class Adam Gouge won with 220, followed by a 230 fourth attempt. This was Adam's first competition. At 18-19/181 Ryan Monken won with 325. He then returned with a successful fourth of 340. Lifting in his first competition was Andy Holtkamp. Andy finished with 325 for the win at 198. Chris Jordan also finished with 325 in his win at junior 165. In the submaster division Benny Hutchinson prevailed at 198 with an easy 320, lifting without his new shirt. Gerald Portz got two new prs at 242 with his 280 third and 285 fourth attempts. Steve Hukowski returned to competition, taking the 45-49/242 class with an easy 425. Steve had retired a few years back due to a neck injury, but continues to train several great lifters from his gym, H & B Fitness in Centralia, Illinois. Multi-national and world champion Jerry Wood took the 55-59/181 title, making just his opener of 390, having kind of an off day for him. In the police & fire division, submaster classes, Chad Hillard broke his own state record at 198 with 465. A final attempt at a pr of 500 was close, just failing at lockout. Lloyd Edwards got his first 500 bench with his win at 242, breaking his own state record there. Congratulations, Lloyd! In the open police & fire division new lifter Whipper Johnson won at 165 with 285 followed by a fourth of 300, his first 300! Brent Stanley just kept getting stronger with each attempt, taking the 198 class with 325 and an easy 340 personal best fourth attempt. Lance Hillard broke his own state record at 220 with his 505 second attempt. (Lance is the good-looking one, Chad the smart one of the two brothers!) Robert Hudnell had a great day at 308, finishing with a 530 state record then coming back with a personal best 550 fourth. Shannon Dueul, lifting in his first competition, finished second at 308, but got his first 400 bench! In the open men's division Chad Krumrey had his best day ever with his win at 165. Chad finished with 350 then came back with a personal best 365 fourth attempt. We have a lot of respect for Chad, who has not only made a big change in his body, has also made positive changes in his personal life too. Ryan Monken won his second title of the day with his win at 181, finishing with 340. Jason Ozbourne looked

strong at 220 with his 440 double-body-weight bench there. Ed Clark, fresh off his first official 600 bench at the Illinois State Fair a week ago, got a pr 605 on his second attempt, but couldn't quite lock out a 625 third. Just needed little stronger lift-off! At 308 once again it was the battle of two workout partners, Mark Rose and Matt Organ. After the smoke settled both had finished with 515, though Mark weighed in ten pounds less. In the deadlift competition Tabitha King won her second title of the day and garnered her first state record when she pulled her first 200 deadlift on her fourth attempt. Best lifter Chris Jordan pulled 485, twenty pounds under his own state record, for the win at junior 165. Whipper Johnson set the state record in the police & fire 165 class with 425. Our final deadlifter was Brent Stanley, who won at police & fire 198 with a 515 third and 525 fourth attempt. This was also a new personal mark for Brent. Thanks to all who helped out, including my wife Susie, son Joey and Dustin Kerns. See you all next year. (Thanks to Darrell Latch for results.)

BDFPA Single Lift (kg)

06 JUL 03 - Carmarthenshire, Wales

SQUAT	110 - Eq
58.5 - Eq	M2
Snr	Derek Cope 257.5
A. Seabright	122.5 BENCH
75 - Uneq	58.5 - Eq
M6	Snr
G. Passmore	105 A. Seabright 85
75 - Eq	60 - Uneq
T2	M10
C. Dossantos	130 Ron Cluer 40
82.5 - Uneq	70 - Uneq
T3	M6
Julien Mealey	140 Maureen Sage 45
90 - Uneq	75 - Uneq
M5	T2
John Jones	120 C. Dossantos 75
100 - Eq	75 - Uneq
Snr	M6
Olli Hunter	255 G. Passmore 90
100 - Uneq	75 - Uneq
Jnr	Snr
Alasdair Mealey	C. Protheroe 125
110 - Uneq	82.5 - Uneq
M2	T3
Brian Mitchell	200 Julien Mealey 105
125 - Uneq	82.5 - Uneq
Snr	Jnr
Stephen Fisher	Lee Parkin 107.5
DEADLIFT	82.5 - Eq
70 - Uneq	Snr
M6	Mike Joseph 170
Maureen Sage	95 82.5 - Uneq
75 - Uneq	Snr
M6	Mike Joseph 180
G. Passmore	125 90 - Uneq
75 - Uneq	Snr
T2	Renzo Carullo 150
C. Dossantos	145 90 - Eq
75 - Eq	Snr
M1	Martin Green 207.5
G. Troulis	275 100 - Uneq
82.5 - Uneq	Jnr
Lee Parkin	150 A. Mealey 105
82.5 - Uneq	Snr
T3	John Feehan 230
Julien Mealey	182.5 110 - Uneq
82.5 - Uneq	M5
Snr	Roger Mealey 120
Martin Brown	220 110 - Uneq
90 - Uneq	M2
M5	Brian Mitchell 150
John Jones	200 110 - Uneq
100 - Uneq	M1
Jnr	Roy Parkhurst 157.5
A. Mealey	170 110 - Uneq
100 - Eq	M1
Snr	Mark Davies 170
Olli Hunter	270 125 - Uneq
100 - Uneq	Snr
M2	Steve Fisher 175
Terry Jex	280 125 - Uneq
110 - Uneq	M4
M2	John Bevan 125
Brian Mitchell	250 125 - Uneq
110 - Uneq	Snr
M1	Pete Sutton 190
Mark Davies	250 145 - Eq
110 - Eq	Snr
Snr	Matt Mackey 217.5
Derek Cope	257.5
	(Thanks to John Wright of the British Drug Free Powerlifting Association for results.)

ISCI Power Meet 07 JUN 03 - Boise, ID					
	SQ	BP	DL	TOT	
123 Felter	185	135	245	565	
148 Manees	300	165	405	870	
148 White	285	225	355	865	
Rasmussen	280	155	345	780	
165 Perez	455*	295*	520*	1270*	
Partee	245	185	355	785	
181 Hepworth	500	300	500	1300	
181 McBride	335	245	460	1040	
Pruett	265	235	365	865	
Carlsen	275	235	315	825	
198 Luna	425	275	505	1205	
Adermann	355	275	425	1055	
Hurley	315	245	455	1015	
Sweet	250	225	335	810	
220 Shutz	405	295	450	1150	
220 Lanier	300	245	455	1000	
220 Ulrich	225	235	275	735	
275 Bashon	475	325	455	1255	
Oustanding lifters	Class	TOT	Points		
1st Perez	165	1270	8.1410256		
2nd Hepworth	181	1300	7.51445		
3rd Luna	198	1205	6.4784946		

* - ISCI Record. Twenty lifters participated in this year's power meet. But today, it was the Martin Perez show. Martin smashed all his previous records set last year. On top of that, he set a new bench record which elapses

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the record set by Wayne Kuntz 10 years ago. Martin clearly showed he was and will always be the man to beat. Wonder how Martin stacks up with the Top 100 in the Nation? Kerry Hepworth came into the meet a couple of pounds heavier and a lot stronger, adding 120 lbs. to his total, which included a monster 500 lbs. squat. Karry looked like the most improved lifter of the bunch. The new face of the meet was Luna. He's the training partner of Perez and they both train like animals. Luna impressed the crowd with 505 lbs. deadlift. Luna is going to be someone that Hepworth and Perez will have to keep a close eye on. This meet would not have happened without the drive and dedication of all the lifters. Especially Kerry and Martin, who pushed to have the power meet. We'd like to thank all the support staff who made this meet possible. The always dependable Sean Cambron, who has been manning the scores table for approximately 12 years and Berry Searcy. To the loaders and spotters, Ronquillo, Rajos, Moon, Johnson, Hawkins and Crowley, who kept the meet injury free. To the judges Torres, Bizandi, and Varill. To all the guys who helped setup and tear down the lifting platform. And the audience whos excitement and cheering helped pump up the lifters. And a very special thanks to CO Tamez, who backed us up and helped pull this together.(by Douglas Austin)

SPF Chattanooga Raw BP/DL
21 JUN 03 - Chattanooga, TN

BENCH PRESS	STEVE BRAZ	405
TEENAGEDIV.13-16	BOBBY KING	370
R. WIRTEMORE	205	340
B. PHILLIPS 185	TODD WELLER	300
TEENAGE DIV.17-19	242	
RICK MCCAY	335	NICK MADDUX 460
COLLEGE DIV. 242		NICKY PEPPERS 410
S. BROWN	360	JEFF HEISLER 400
COLLEGE DIV. 275		REX HARRISON 325
JR. FLYNN	410	275
JOHN HILL	360	JOHNHILL 360
BOUNCER'S DIV.		SUPER HEAVY
NICK MADDUX	460	KEVIN CRUMP 430
DARRIN WEBB	420	REX HARRISON 425
STEVE BRAZ	405	DEADLIFT
MENS MASTERS		Teen 13-16
M. MCROBERTS	470	R. WHITEMORE 355
NICK MADDUX	460	B. PHILLIPS 250
O. JOHNSON	435	College 275
STEVE BRAZ	405	JOHN HILL 525
WOMENS OPEN		Bouncers
J. BRASSAUX	245	KEN HARRIS 630
C. STERLING	185	STEVE BROWN 585
WOMENS MASTERS		Men Masters
C. STERLING	185	KEN HARRIS 630
MENS OPEN 148		STEVE BROWN 585
DEXTER TAI	315	W. TAYLOR 385
K. MCKENZIE	225	Mens Open
181		181
ADRIAN WOOD	430	LEE ALLEN 275
MARCUS BELL	300	220
JAMES DIXON	240	STEVE BROWN 585
198		SCOTT JENKINS 525
D. HAMILTON	385	TODD WELLER 405
JASON MOLLS	315	242
M. MCROBERTS	470	NICKY PEPPERS 650
EDDIE STERLING	455	KEN HARRIS 630
DARIN WEBB	420	REX HARRISON 500
T. SNELLING	410	PAUL LOWE 575
SNAFARROW	405	JOHN HILL 525

(Thanks to Jesse Rodgers for providing the results.)

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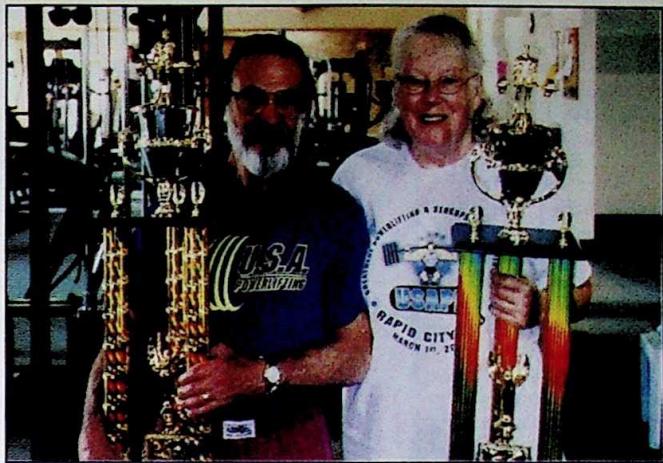
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AAU Arkansas Powerlifting & BP
30 AUG 03 - Conway, AR

BENCH	CARL CAUSIN	485	novice	242	
WOMEN:	181		D. Davis	500* 370* 465 1335*	
123	RAW 16-17		4th	380* 475 1355*	
RAW age 10-11	R.BROWN	225	master women 60-64	181	
T. BROWN	60	27'5	Buellah Bishop	175* 115* 275* 565*	
198+	RAW 45-49		master	women 65-69	
RAW age 12-13	THREADGILL	480	165	N. Northcutt 100* 95* 175* 370*	
M. BROWN	95	275	open women	181	
MEN:	RAW 50-54		S. Ledgerwood	140 105 200 445	
165	LARRY BROWN	235	4th	160 225 490	
RAW 14-15	165		junior men	220	
SAGE PRUETT	190	RAW 55-59	Clayton Smith	430* 320* 405* 1155*	
275	STEVE ALLEN	135	submaster men	148	
RAW 14-15	220		Mark Henley	275* 225* 370* 870*	
BLAKE SHAW	185	ASSISTED 55-59	4th	390* 890*	
148	LEON MCLEAN	385!	master men 40-44	198	
RAW Open	198		Brian Shephard	410* 290 450 1150	
N. MCLEAN	245	RAW 60-64	4th	480* 1180*	
275	KEN JORDAN	205	master men	50-54	
ASSISTED OPEN	181		D. Davis	500* 370* 465 1335*	
L. WALICER	520	ASSISTED 70-74	M. VanDeMark	260* 210* 365* 835*	
319	J. BLACKWELL	230	master men	65-69	
RAW OPEN			Tom Bishop	205* 160* 310* 675*	
WOMEN:	SQ BP DL TOT		novice	242	
105			D. Davis	500* 370* 465 1335*	
RAW 35-39			* Son Light Power Missouri State Raw record.		
T. RUSSELL	85	85	125 295	Best Lifter - powerlifting - DEMETRIUS	
123			DAVIS. Best Lifter - bench press - SHANE		
RAW 35-39			MCDANIEL. The Son Light Power Mid-West		
M. BALLANCE	175	145	225 545	Raw Powerlifting Championship was held	
MEN:			July 13, 2003 at York Fitness in Jefferson		
165			City, Missouri. Thanks to Max and Rudy for		
RAW 16-17			all their help organizing this event and to		
S. THOMAS	225	165	375 765	everyone else who helped out. In the power-	
148			lifting event we had some great master		
RAW 18-19			competitors, beginning with sixty-two year		
T. PEARL	270	170	385 825	old Buellah Bishop. Buellah showed great	
165			poise as she worked through each attempt,		
ASSISTED	20-23		finishing the day nine for nine, missing only a		
RUM JIN LEE	455	335	275 attempt in the deadlift. Buellah finished		
319			with a 175 squat, 115 bench and a great 275 pull for a 565 total, all new Mis-		
RAW 35-39			souri state raw records at 60-64/181. An-		
JOHN CRONE	475	350	other great one was sixty-nine year old		
181			Nancy Northcutt, the pride of Lee's Summit,		
RAW 45-49			Missouri. Nancy also set all new state		
S. GANN	*230	185	575 1400	records in her class, 65-69/165, finishing	
242			with a 100 squat, 95 bench and a 175 deadlift		
RAW 55-59			for a 370 total. First-time competitor Sarah		
AI HARRIS	300	275	Demetrius Davis. This kid is just begin-		
*	- 4th Attempt does not count toward total.				
!	- denotes an American Record. Meet Director-Dan Singleton, head judge-Larry Kye.				

SLP Mid-West Raw Powerlifting
13 APR 03 - Jefferson City, Missouri

BENCH PRESS	shw
submaster women	Loren Betzer 335
123	open men
Ellen Krueger	115* 220
junior men	S. McDaniel 415*
198	220
Max Boyd	370* Brent Redburn 365
220	308
B. Griffin	385* Martin Lincoln 405*
master men 45-49	DEADLIFT
181	submaster men
John Kesler	285* 242
	Ken Struemph 510*
master	SQ BP DL TOT
women 60-64	
181	
Buellah Bishop	175* 115* 275* 565*
master women	65-69
165	
N. Northcutt	100* 95* 175* 370*
open women	
181	
S. Ledgerwood	140 105 200 445
4th	160 225 490
junior men	
220	
Clayton Smith	430* 320* 405* 1155*
submaster men	
148	
Mark Henley	275* 225* 370* 870*
4th	390* 890*
master men 40-44	
198	
Brian Shephard	410* 290 450 1150
4th	480* 1180*
master men 50-54	
148	
M. VanDeMark	260* 210* 365* 835*
master men 65-69	
132	
Tom Bishop	205* 160* 310* 675*



Lifting partners Tom (66) and Buellah Bishop (64) (Dr. Darrel Latch)

women's 181 class, setting all new personal records along the way. Sarah finished with a 140 squat, returning with a 160 fourth, 105 bench and 200 deadlift for a 445 total. Another fourth in the deadlift with 225 upped that total to 490. Clayton Smith got all new state records at junior 220 with his 430 squat, followed by a strong 320 bench. Making just his opening pull with 405 gave Clayton a solid 1155 total. Mark Henley also set all new state records for his class, submaster 148. Mark got a 275 squat, 225 bench and a 370 deadlift for a 870 total. Mark then came back with a great 390 pull for a 890 total. This was Mark's first competition. Brian Shephard had a great day, taking the title at 40-44/198, breaking the squat and deadlift records there. Brian finished with a 410 squat, 290 bench and a 450 deadlift for a 1150 total. A personal best 480 pull then gave Brian a 1180 total for the class. Michael Van De Mark broke all of his own state records as he retained his title at 50-54/148. Michael upped his squats to 260, his bench to 210 and his deadlift to 365 for a great 835 total. Tom Bishop, husband of Buellah, who like his wife, had a perfect day of lifting, breaking all of the records for his class, 65-69/132. Tom finished with a 205 squat, 160 bench and a 310 pull for a 675 total. Most impressive was Tom's 310 pull at a 130 bodyweight at the age of sixty-six! Best lifter for the powerlifting event was novice 242 winner Demetrius Davis. This kid is just beginning to realize his potential as he continues to improve with each new competition. Finishing here with great pr 500 squat, Demetrius got other prs with his 370 and 380 fourth attempt bench. Taking a third attempt with 465, Demetrius came back with 475 for a record setting total of 1355. Demetrius' squat and bench were also new state records. In the bench press competition Ellen Krueger returned to the platform with a win at submaster 123. Ellen finished with a new state record of 115. In the junior men's division Max Boyd won at 198, setting the state record with 370 while Brandon Griffin did the same at 220 with 385. John Kesler broke the state record at 45-49/181 with 285 and Loren Betzer traveled from Leavenworth, Kansas for the title at 45-49 shw with his 335 final attempt. Best lifter for the benchers was 220 winner Shane McDaniel, who finished with a new state record of 415, weighing in at just 208. Brent Redburn was second with 365, which for him was a new personal best. At 308 was national record holder Martin Lincoln, Jr., who matched that record with 405. Our final competitor was in the deadlift competition, Ken Struemph. Ken finished with a new state record there of 510, lifting in his first competition. Thanks again to my son Joey and to the staff at York Fitness for all their help. Thanks also to my trophy girls, Michelle Struemph and Gloria Baker. See you all this fall at the Raw Nationals! (Results - Dr. Darrell Latch.)

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(article continued from page 7)

1000 in official competition. Throwing caution to the four winds, he called for 510 kg. (1124.3). I thought it might be risky business, but Brent looked hard and fit carrying his 329 lbs. of beef. Brent took the load deep - deep - deeper, and then put his 35" thighs to the maximum test, reversing gears and grinding upwards. He stalled about three quarters of the way up. If not for his untimely accident, he may well have made it. BP - opener 573.2 - good lift. It was the most I've seen him start with. Two tries at a PR 611.8 stalled out. His DL looked strong. A 711 starting attempt was a tinker toy. Next one with 771.6 looked easy. He had a 240.3 TOT, but wanted more. Up to 810 for a PR. As has happened many times before, his grip popped

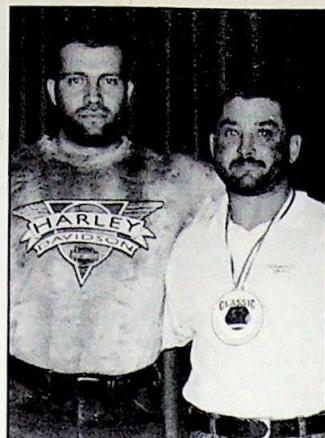


The Left Hand of Brent Mikesell, minus a finger, and with plenty of callouses, can still hold onto nearly 800

loose before completion. No doubt the strength as there. He'll be at the WPC Worlds in just a couple of months and will challenge the defending

champ Peter Tregloan of England who's 45, a giant bull who has a reliant pull.

A few things to say recording a bunch of records established in the Bench Press division. I previously mentioned Colin Bonneau, 55, in the 3 lift competition. He broke the CPC Records for BP three times doing 463, 474, and finally 490.5. Randy Deminick, 51, @ 165 did 374.8 on a 4th for a WPC single lift WR. Jeff Klassen, 34, and Peter Jakobinsky, 42, upped CPC marks. Pete made 347.2 @ 198 (40-44) and Jeff pressed a big 501.5, same class, but at 33-39. Likewise, Jon Wolbers, 55, hoisted a new mark - 352.7 as a light 198er. It wasn't a record, but Mario Piattelli, 31, pressed 523.6 to capture a win in the 308 open. Last, but not least, Andrey Butenko, 28, powered through a new CPC record weighing



Coach Butenko with Shestakov.

198 - an opening lift of 540.1. He came ever so close to getting the call with 562.1, getting it locked out. Bravo Andrey - 600 or bust, Eh?

Another great meet by Bruce Greig. Thanks to the Aviglianos for bringing their young lifters to launch their careers. CU at the WPC Worlds last week in November. Thanks to all of the Back Alley Gym for giving Bruce, in Arnold's words, "Their fair share!" For now; GAME OVER!

**WPC North American PL
13-14 SEP 03 - Calgary, Alberta**

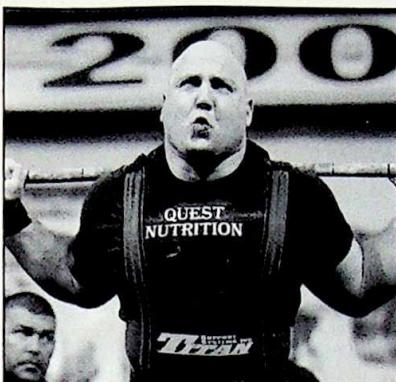
WOMEN	SQ	BP	DL	TOT
52				
OPEN				
Natalia Frolova	286	154	264	705
56				
40-44				
Luzia Montens	187	93	236	518
56				
45-49				
Wendy Greig	358	154	336	848
56				
45-49				
Lara Greco		121	319	
60				
33-39				
Karen Watson	286	159	264	711
60				
40-44				
Cindy Irving	192	93	236	523
60				
45-49				
Bernice Green	286	198	308	815
67.5				
OPEN				
Mishel Nuefeld	396	143	358	898
75				
33-39				
Shari Spencer	385	242	363	992
75				
40-44				
Kate McLean	286	143	308	738
82				
OPEN				
Nicolai Illeador	363	192	402	959
82				
33-39				
Donalie Dolan	286	99	286	672
90				
45-49				
L. Belencuck	143	396	352	892
90				
50-54				
Leslie Miller	429	220	352	1003
MEN				
60				
50-54				
Gary Bobrovitz	336	249	270	855
67				
OPEN				
Gary Reichart	573	291	507	1372
75				
33-39				
Vince Grajiam	639	402	600	642
75				

OPEN	Igor Shestakov	804	396	61	1818	100	50-54	Norm Lambert	457	347	540	1344	Skip Sandberg	60	418	617	1636	
	82	18-19				100	55-59	Wayne Ferris	435	220	374	1030	125					
	82	20-23	Tyler Tessler	562	314	501	1377	OPEN					Zach Hudak	589	760			
	82	23-26	Cody Young	468	264	451	1184	Dan Feddema	799	545	584	1929	140					
	82	33-39	Ken Allen	523	363	523	1411	OPEN					20-23					
	82	45-49	Archie Ulry	507	275	523	1306	Tim Ironside	683	413	578	1675	Adam Blasatti	650	418	540	1609	
	82	70-74	Roy Mitchell	264	197	341	793	Chris Harker	440	286	551	1278	140					
	82.5	OPEN	David Hansen	374	325	402	1102	M. Berthuimme	628	418	485	1532	45-49					
	82.5	OPEN	James Slyk	226	203	286	716	Shane Parker	501	413	462	1377	Pat Mallough	727	132	70	1565	
	90	1-10					1-10	Brent Stradeski	727	236	507	1417	140					
	90	10-19	Jordan Judge	633	347	501	1482	110	Len Desjarrias	749	534	664	1948	55-59				
	90	33-39					45-49	Duane Fuss	722	485	617	1824	140					
	90	33-39	Brian Johnson	722	325	617	164	110	Butch Pietson	468	336	468	1273	OPEN				
	90	33-39					45-49	Jason Greco	727	485	622	1835	140					
	90	33-39	Shea Aubichon	628	352	567	1554	110	Brad Bartos	628	409	523	1559	OPEN				
	90	33-39					45-49	Matt Hrycha	573	363	661	1598	140					
	90	33-39	Andy Fisher	462	264	534	1262	125	125				OPEN					
	90	45-49					18-19	Scott Cummins	606	396	50	150	60	90				
	90	45-49	John Ashby	374	236	380	992	125	P. Jakobinsky	242	40-44			Gary Bobrovitz	242	771	468	1907
	90	60-64					40-44	Tom Brooks	677	90			75	90				
	90	60-64	B. Peleila	518	330	534	1383	125	R. Deminick	369	5559			4th	374!			
	90	60-64					45-49	Alex Nita	551	374	485	1411	50-54	Jon Walbers	352\$			
	10	OPEN	Jason Zalewski		661	545		125	R. Deminick	369	90			75	A. Butenko	540\$		
	10	SPOLY	Harold Russel	286	20	358	854	40-44	Tom Brooks	677	125			33-39	125			
	10	SPOLY					40-44	Colin Bonneau	385	474	385	1245	33-39	Jamie Lee	352	OPEN		
	33-39	Randy Etsell	738	418	666	1824	55-59	Colin Bonneau	385	474	385	1245	33-39	Colin Bonneau	490	140		
	100	33-39					55-59	David Hansen	347	319	551	1471	33-39	David Hansen	347	OPEN		
	100	33-39	Trevor Andrus	661	462	573	1697	125	125				90	Mario Piattelli	523			
	100	33-39					55-59	Colin Bonneau	385	474	385	1245	33-39	Jeff Klassen	501\$			
	1 Go	40-44					55-59	Colin Bonneau	385	474	385	1245	\$ - CPC Record. ! - World Record. By Reshel					
	1 Go	40-44	Dale Fulfer	534	286	407	1229	125	60-64					Formula-Best Lifter - Open Women - Natalia Frolova - Master Women - Leslie Miller.				

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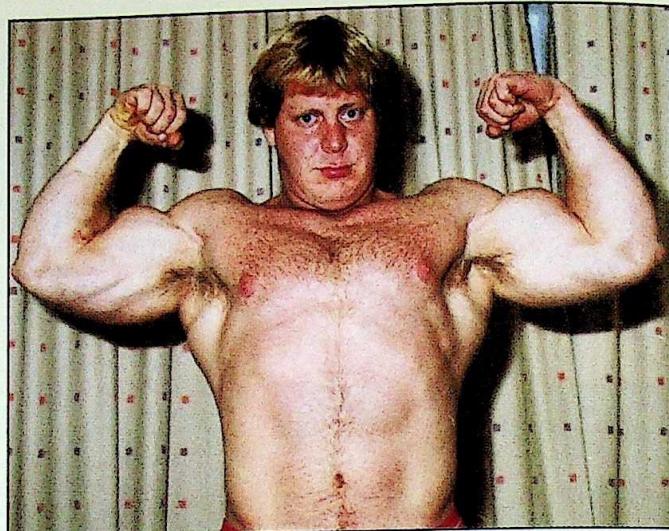
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BICEP IMPLANTS "Not all men have the genetic makeup to achieve biceps like actor and gubernatorial candidate Arnold Schwarzenegger. Many men try in earnest to get pumped up, but instead get shot down by women who want a man with biceps they can cling to. Cartoon character Popeye gets buff with spinach, and now mortal men can flex their muscles with bicep implants provided courtesy of cosmetic surgery. Dr. Nikolas Chugay is a Long Beach, California cosmetic surgeon and one of only a handful in the nation who perform the procedure to help men instantly buff up their biceps. Dr. Chugay explains that, "bicep augmentation is a cosmetic procedure that creates muscular definition and increased mass/fullness in the upper arm area. This procedure is specifically useful for those men who, even after extensive muscular conditioning can't achieve the upper arm toning they desire. Bicep Implants and Tricep Implants are also recommended for those unique instances when an injury has occurred and muscle mass augmentation is needed to achieve normal balance." About the Procedure and Recovery Time: An incision is made and a soft, solid silicone implant is cut to specifically fit each patient and inserted into the pocket. A very small dressing is placed and the patient can typically see the change immediately after surgery. A compression garment is also worn to speed healing time. During the recovery period, the patient is instructed not to lift his arms for two days after surgery. Dressings are then removed followed by a gentle exercise program within 1-2 weeks to enable a full and comfortable range of motion of the arms. Generally within a week or two, physical use of the upper body muscles may be resumed and within one month, full muscular activity may be recommenced. "There is a reason that Bicep augmentation and tricep augmentation is not widely performed," states Dr. Chugay. "It is a unique operation that requires aesthetic skill; more so, than most people realize. Due to the stress placed on the muscles in the upper arm during common, everyday activities such as lifting, grabbing objects, arm extension/contraction, implants placed in this area will be subjected to intensive movement. Thus, the likelihood of an implant shifting or moving after surgery is a concern. Needless to say, having one's right arm look dramatically different than the left, due to an implant shift, won't generally result



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in the aesthetic 'look' one usually desires." Dr. Chugay points out that, "It's critical for a surgeon successfully pick the proper area of the muscle within the fascia, the implant pocket, so that the implant is assured of not shifting out of place. When sculpted and placed correctly, over time it eventually becomes an integral part of the muscle." Patients should realize that bicep implants are solid, silicone prosthetic devices. So, they must usually be carved, or shaped, before insertion. So, having the expertise to properly shape the implant, a process where the surgeon artfully sculpts the solid silicone device with a scalpel before insertion, so it appears natural yet enhancing, for each individual body type is also critical. Although bicep implants will not make a man physically stronger, it is the fastest way to instantly look like the 6 million dollar man."

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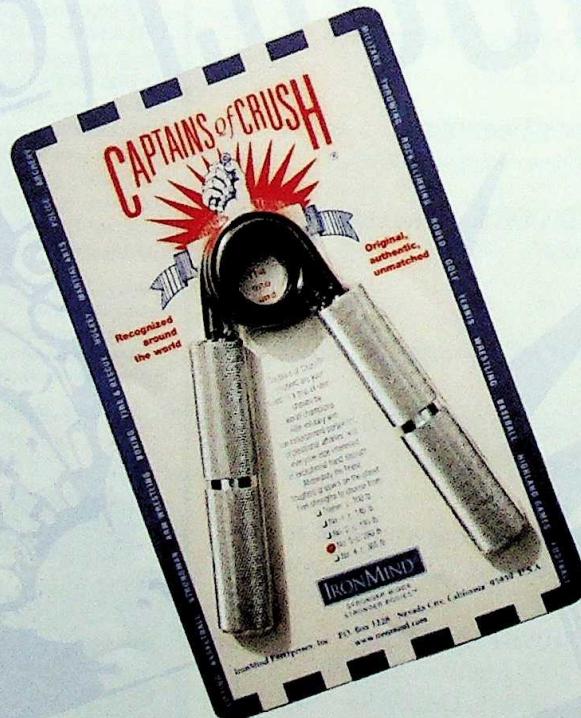
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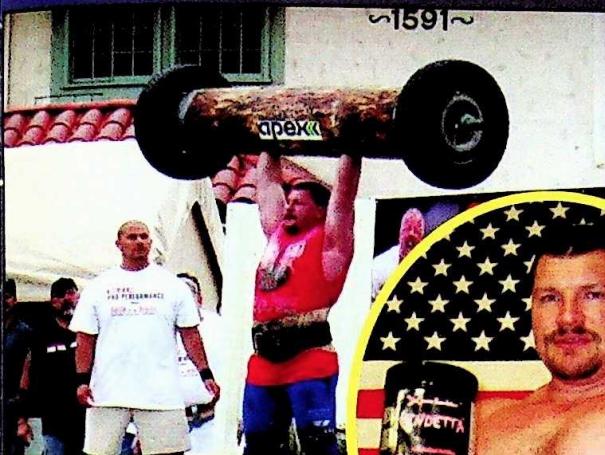
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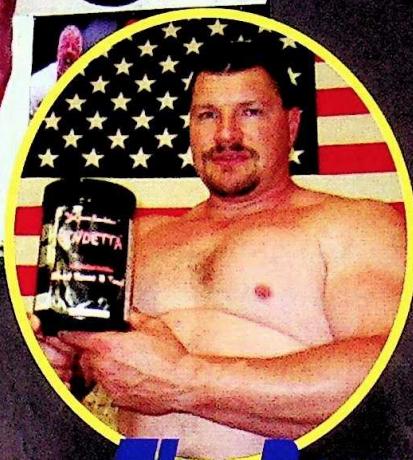
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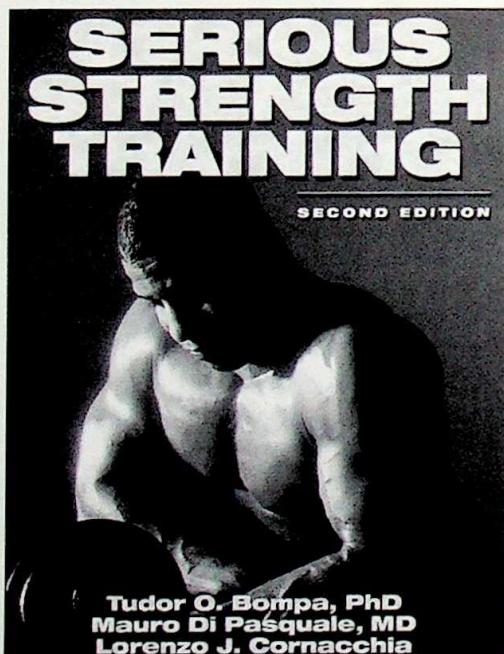
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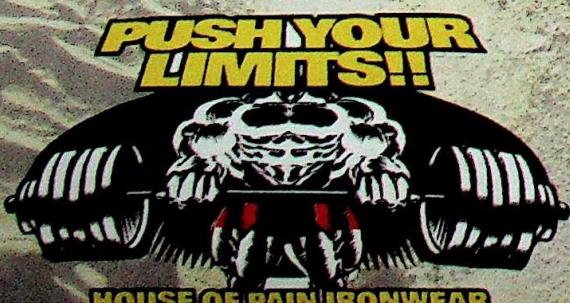
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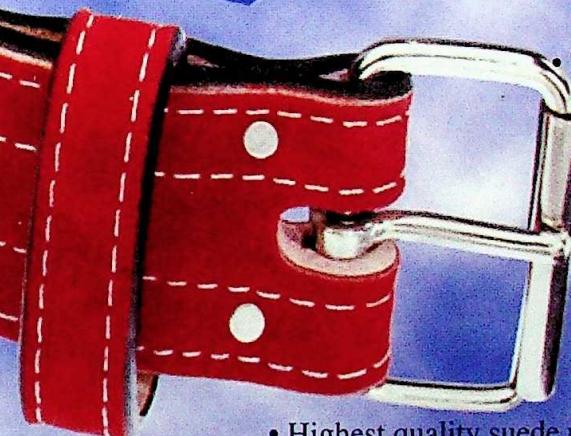
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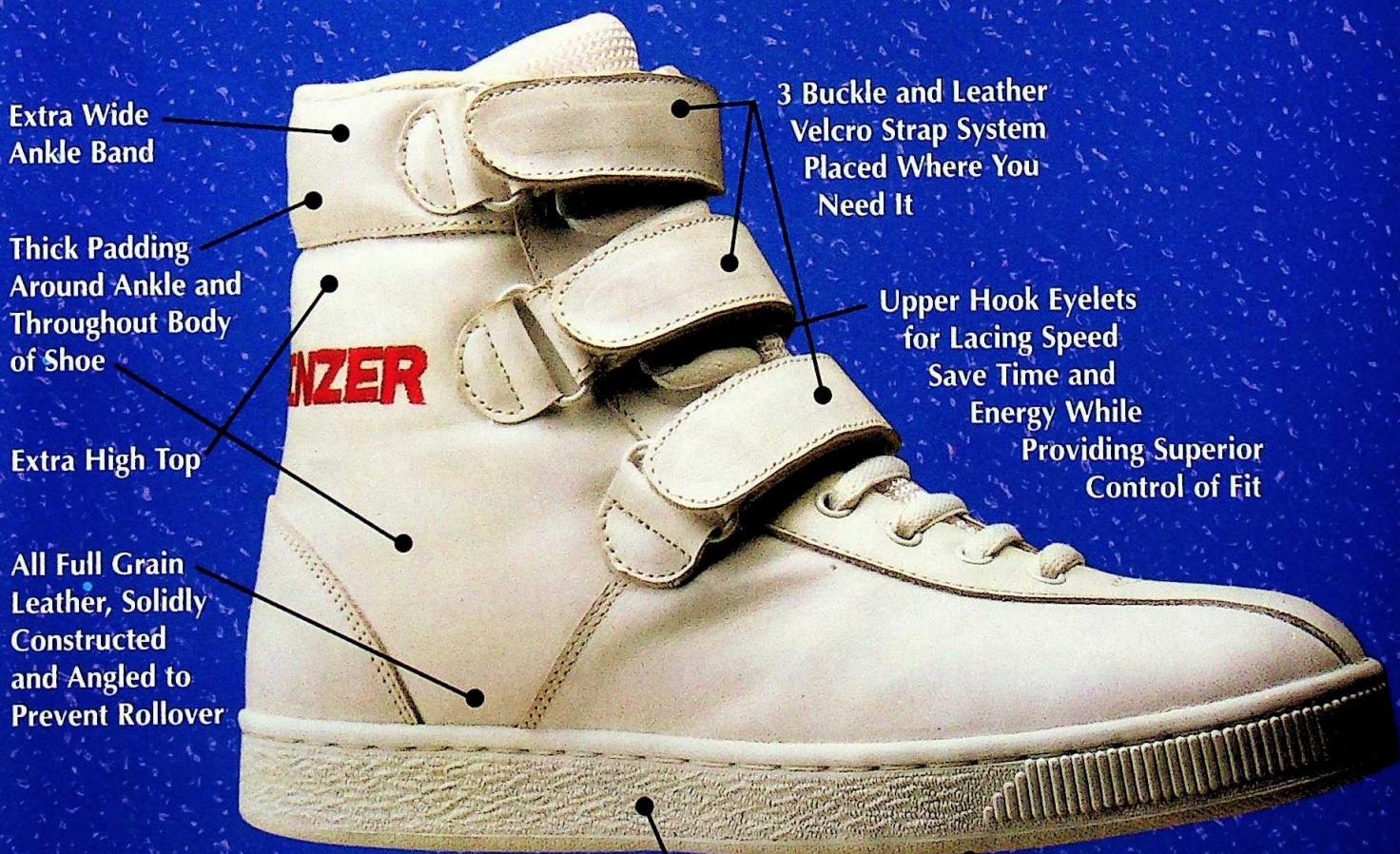
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