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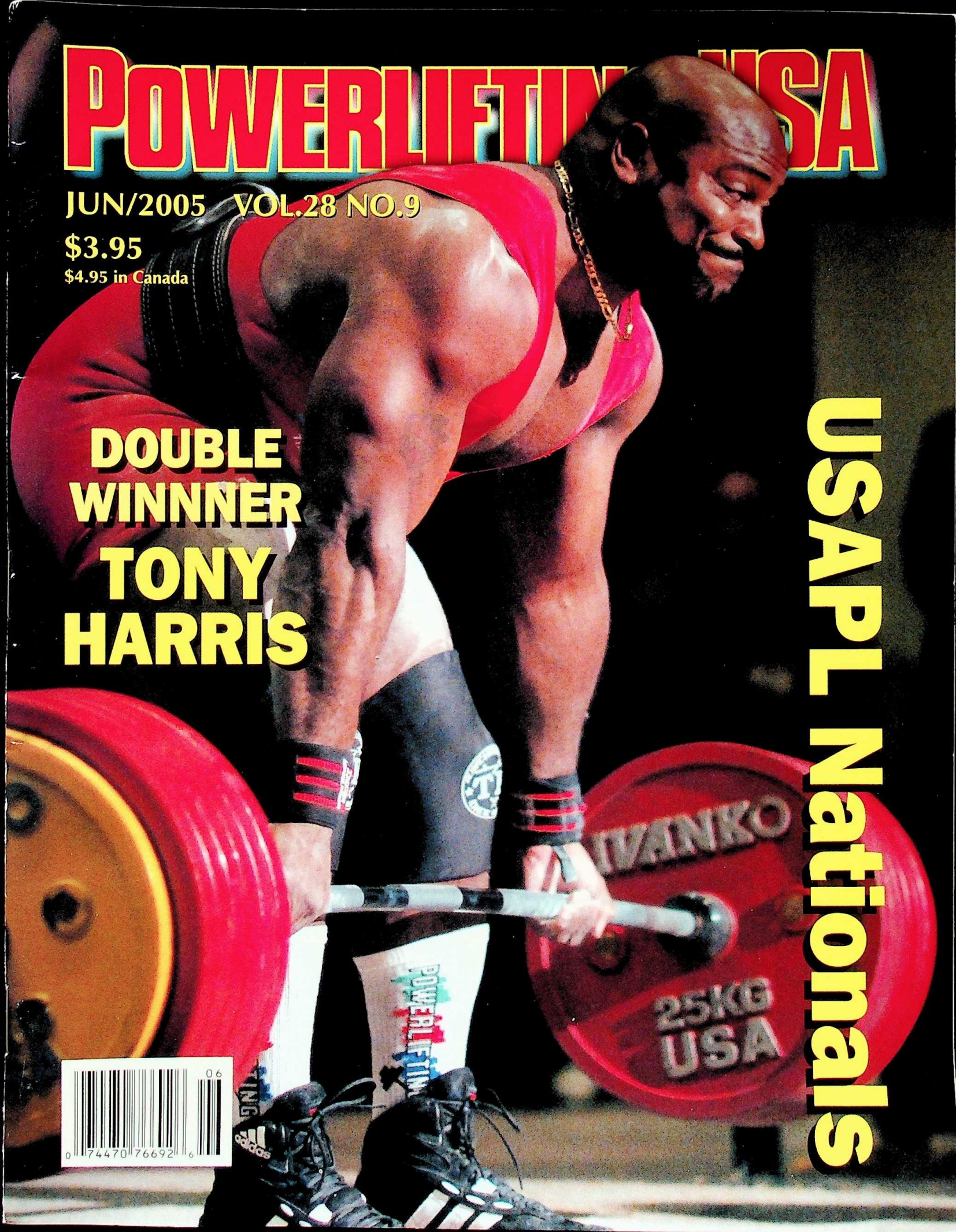

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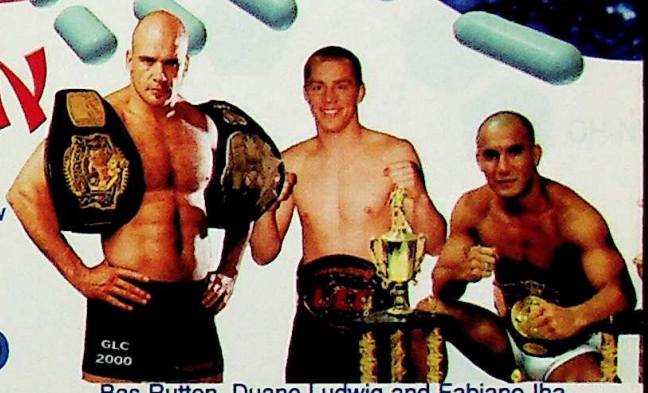

Todd Margolis, Rob Fletcher and Relson Gracie

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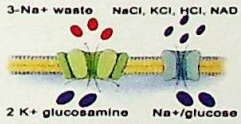

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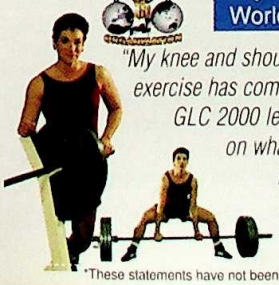

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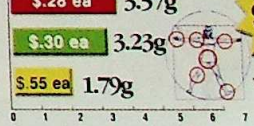

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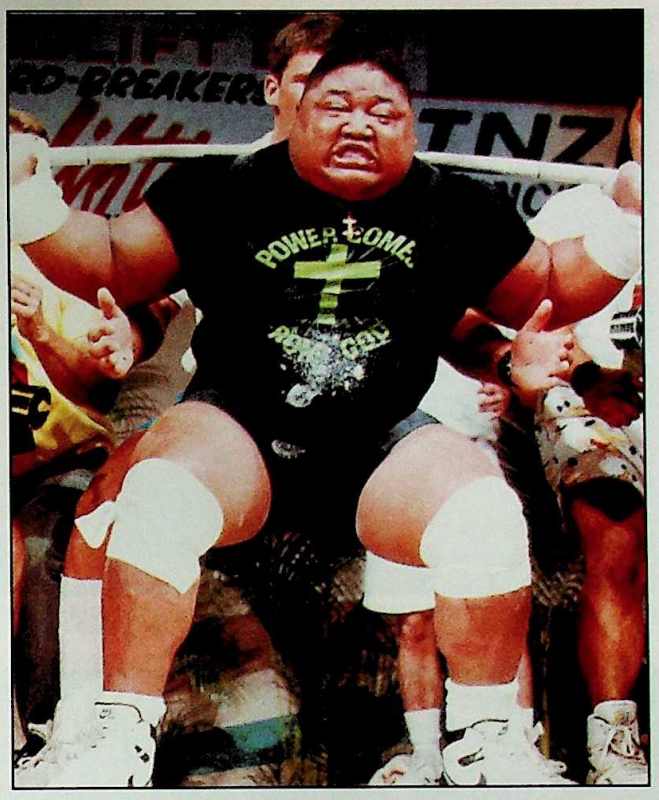
IN DEDICATION

When I think of Anthony Clark, I think of a boy who overcame childhood abuse and constant bouts of self-doubt, in order to become a powerful man and to deliver a powerful message to under privileged youth. Anthony Clark helped deliver hope to more kids and adults than anybody I know of, with the exception of Billy Graham. He wasn't perfect, and before any of you holier than thou's snicker and judge, ask yourself, "how many under privileged kids did you deliver hope to along with a Christian message?" Yeah, that's right - none!

Anthony was only 5' 8" tall. He took extreme measures in order to accomplish his mission. If he's 5' 8" & 185, 5' 8" & 225, nobody listens and in some of the places he preached he would probably have gotten killed. At 5' 8", 360-375 lbs. and very little fat, he was freaky enough to make the worst of the bad listen up. An example: One street lad, a ver bad ass, told his mom "Where's your m---- f----- God now that Dad has left us?" Anthony brought that kid back from the depths of despair, which often leads to anger, which leads to crime, and brought him to a belief in Christianity and that brang tears of joy to that boy's mother. Anthony taught kids to believe in themselves and at least acknowledge that there was a divine power behind everybody's life, whether they be Jew, Muslim, Buddhist, Hindu, or whatever.



*On May 22nd, **Anthony Clark**, one of the greatest strength athletes of all time, died, apparently from a heart attack. He was 38.*

I've heard numerous stories from other people in the lifting community about Anthony's testimonials. Johnny Anderson was with Anthony one week before he died, at a Christian rally for youth. Johnny said Anthony's testimony was earth shattering. In other words, he saved the best for last. God took him because Anthony's normal 185 lb. body, that he transformed into a giant's body, was no longer able to handle the demands of being way too big for way too long. Anthony didn't care. He had a message to deliver and he had to become somebody special in order to deliver it. He had completed his mission on earth and it cost him 40 years of his life. From age 17 to 38, he preached the message of hope, anything's possible if you believe in yourself and reach out for divine guidance.

The first time I saw Anthony was at the 1998 World Record Breakers in Hawaii. Anthony benched 661 and was so freaky looking I told a local Hawaii TV sports anchor that he didn't look human, because he had evolved into another species. His 661 bench was a very narrow grip. He visited Ohau Prison, where he benched 10 reps at 500 lbs. reverse grip. He also visited an orphanage. Anthony was a meet

(continued on page 85)

Remember when the strongest kid in your school was *a girl?!*

We've been lucky enough to know Shannon "Wonder Woman" Hartnett for years, and given some of her recent accomplishments (Highland Games world champion, World's Strongest Woman competitor, 2002 U.S. Olympic bobsled team hopeful), we weren't surprised to learn that she was the strongest kid in her grade school.

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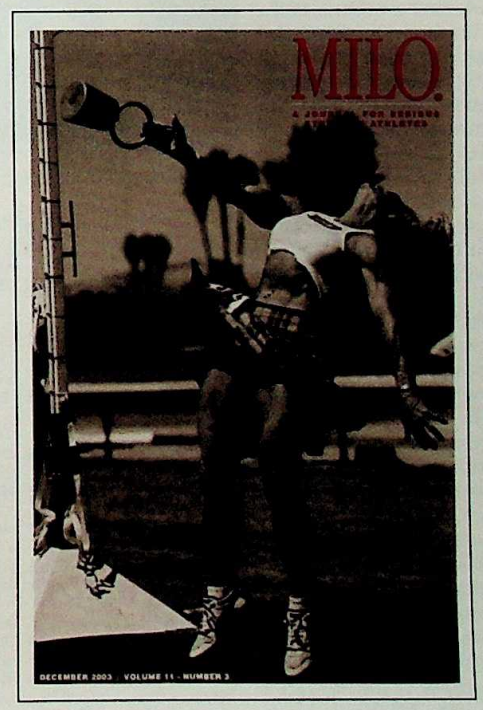

to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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USAPL National Masters

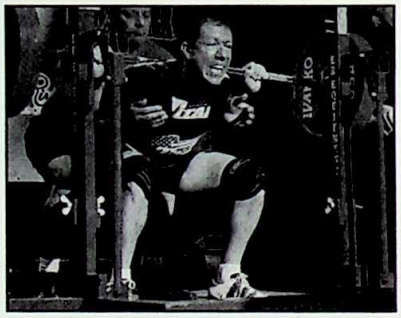
as seen by PL USA Editor Mike Lambert

The 2005 USAPL National Masters Powerlifting Championships presented in Palm Springs, California was a textbook example of professional planning and execution by Lance Slaughter and HIS excellent supporting staff. Held at the resplendent Riviera Resort & Racquet Club in a ballroom that has hosted the likes of Frank Sinatra, Elvis Presley, and too many other stars to name, Palm Springs stoked its furnaces just in time for the event, with daytime highs up to 113 degrees ("yeah, but it's a dry heat") and in the 90s until late into the evening. The venue was very near the famous Palm Springs Tram, that takes you up 1000s of feet in elevation and down dozens of degrees in just a few minutes, as well as many other interesting tourist attractions, and the 170 lifters enjoyed the amenities, especially the spectacularly efficient air conditioning system inside the Mediterranean showroom were the lifting took place, and the host Riviera Resort also served as one of the sponsors of the event.

Best Lifters: *Robert Cortes (l), Lloyd Weinstein (r), and Robert Keller*

Denny Barleen and Dennis Smith were the leaders of lean, as the only two entries in the 52 and 56 kg. divisions, and all the 60 kg. entries finished up alone in their respective age groups, after a 319 squat forced veteran Iain Burgess to retire early. The M1s @ 148 were quite competitive, but steady Greg Simmons, just off his open World Championship debut and barely a master, only missed one lift, providing no opening for a tall and ripped Casey Brown. Looking like he was born to bench, Darren Matsumoto two timed an IPF World Masters record 421 bench press, unsatisfactorily. Likable Lloyd Weinstein (the "Professor"?) zipped into LA to catch some of the coastal California attractions, after confidently conquering the M2s. Monte Lofing, an employee of Coca Cola, out-smiled everyone in the meet and finished a happy 2nd @ M2. Rugged Brendan Rohan has impregnably balanced lifts and put up a great winning total at Masters 3. All the way up in the Masters 8 division of the lightweights was 75 year old Robert Cortes, who won one of the distinctive Best Lifter awards, incorporating a photo of his lifting at the event, produced by meet sponsor Keith Lemm's California Sports Spotlight. Keith and his crew took photos of all the lifters and had DVDs of the competition available as well.

Darren Matsumoto: *attempting a 421 BP*



Jimmy Kavarnos: *winner at 132, 50-54*

In the Middleweight division, Masters 1 division, longtime ADFPA/USAPL leading light Joe Braca earned himself a prestigious national title, with a pull that was too much even for the likes of deadlift star Mark Sigala. Defending IPF World Champion David Bracken only tokened, except in the bench press. In the Masters 2 category, Michael Hara punched his three lift prowess credential, but made a new masters world record in his pet lift en route to 1st place. His 496 bench press later made the local television/radio news, facilitated by Meet Director Lance Slaughter. In the LA market, it would be next to impossible to generate such coverage, but in Palm Springs they are inclined to highlight the local angle. Dynamic Carlos Lewis was just behind Hara at M2, and in M3, Art Little (50) showed he could mix it up with any of them, though George Wiltshire kept him honest, until the deadlifts. Oracle Vice Prez Rich Cirigliano had a rare bad day on the platform. Texas gym impresario Art Menton prevailed easily in the M4 section, just as Jim Yeats did at M5.

Announcer / DJ extraordinaire, Chuck Lamantia, famed by his work in POW!ERLIFTER VIDEO magazine, did a stellar job of making sure the crowd and lifters knew what was up regarding the progress of the competition and repeatedly recognized the contributions of the meet sponsors and the diligent staff who kept the contest running smoothly.

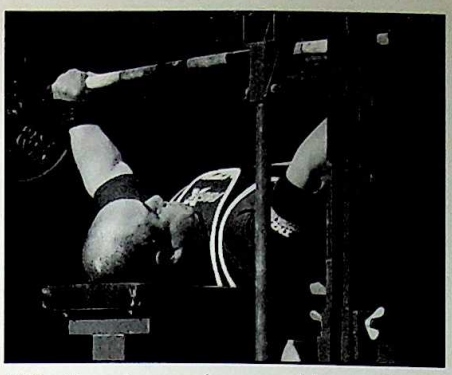
In the 181s, rugged Ron Garofalo showed world class strength in the M1s, winning with a 1675 total that could easily have been 1700 plus. Mike Barquera (a former contender in open national competition) barely looked 30, let alone 45, and equally extraordinary was Aaron Byas in the Masters 3 group, standing virtually a head taller than nearly anyone else in the weight class. Ivanko was one of the meet sponsors and the fact that their distinctive weight plates were in use was obvious on every attempt.

Master Lifters must like to weigh 90 kilos, as there were 11 entries in the 198 lb. M1s. It was so competitive that only 40 kilos separated 1st (veteran Greg Jones) from 4th, but Craig Terry came very close to narrowing that gap, as he exasperatingly missed his 760 deadlift at lockout and a world record 782 that would have put him in the top spot. The M2s only

Greg Simmons *tunes in a DL attempt.*

Men's Masters National Powerlifting
20-22 MAY 2005 - Palm Springs, CA

MEN	SQ1	SQ2	SQ3	BP1	BP2	BP3	SUB	DL1	DL2	DL3	TOT
114 lbs.											
Master-2											
D. Barleen	292	314	325	225	270	253	578	363	259	402	981
123 lbs.											
Master-7											
D. Smith	~~253~~	~~253~~	253	143	~~154~~	~~154~~	396	275	297	336	733
132 lbs.											
Master-1											
K. Jones	363	385	391	220	~~231~~	231	622	358	380	~~391~~	1003
Master-2											
J. Bissen	374	~~402~~	~~402~~	181	~~203~~	~~203~~	556	374	~~385~~	—	931
Master-3											
J. Kavarnos	374	391	~~402~~	220	~~236~~	~~236~~	611	407	~~424~~	~~424~~	1036
Master-5											
R. Trujillo	~~330~~	352	~~374~~	203	~~220~~	~~220~~	556	396	~~457~~	~~457~~	953
I. Burgess	~~319~~	~~319~~	~~319~~	—	—	—	—	—	—	—	—
148 lbs.											
Master-1											
G. Simmons	518	540	~~556~~	330	347	363	903	507	534	551	1455
C. Brown	451	~~518~~	518	297	~~319~~	~~319~~	815	451	~~485~~	507	1339
D. Matsumoto	451	~~490~~	~~490~~	402	~~424~~	~~424~~	854	451	485	~~507~~	1339
Master-2											
L. Weinstein	468	507	529	281	303	~~314~~	832	496	545	~~589~~	1377
M. Lofing	369	407	429	236	248	259	688	391	413	424	1113
J. Stanley	325	352	~~363~~	209	225	—	578	424	457	468	1047

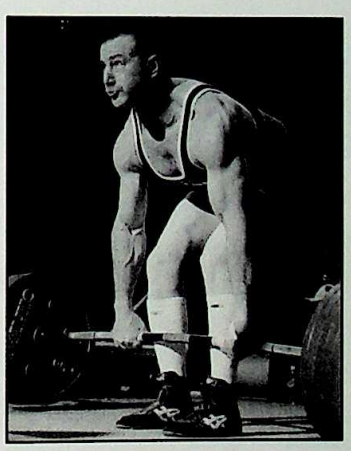


Mike Hara: *jammed up a world record bench*

had 10 guys, but Mike Bridges doesn't count, cuz he's in a class by himself (as always) .. he went a powerfully precise 10/10, including a world record bench on a 4th. Mike was quoted in the DESERT SUN newspaper, following the meet, as saying that he is preparing for Beijing in 2008 (is PL in the Olympics?). Bill Schmidt didn't feel too bad, placing 2nd to a living legend. Can it be that he is 45 years old .. it seems like just a few years back the former TV weatherman was trading the lead, lift for lift, with Rich Wenner at one ADFPA National Championship after another.. Bill and Rich's coach of those glory years, Tim McClellan, was on hand, begged out of his own retirement by these two to help fire both of them up, resurrecting a taste of the tremendous Samson Power Teams of yore. Only 7 M3s ... but newbies to this age group, Ferstler and Wiley, are definitely world class.

In the 220s, M1, the aforementioned Rich Wenner (how can he be 42?) returned to the national scene, with a familiar result - 1st place despite a down to the wire finish. Jason Burnell was elated with his 644 final deadlift, but it wasn't enough for the win. At M2, Scott Roberts made a sensational, grind it out with every fiber of your being, success with a super 705 lbs. in the squat over a resurgent Shawn Cain (in the 31st national competition of his career), who pulled cautiously into 2nd. Mike Womelsdorf, the principal of local construction firm MW Builders, made 7 attempts and a substantial contribution to the overall competition when he surprised meet promoter Lance Slaughter with an unsolicited offer to be one of the sponsors. California Firefighter Mike Musto took the M3s, but only because Floyd Givens (who used to be coached by Robert Cortes back in Michigan) missed, barely, at a giant 705 deadlift. Clark and Helmich were well prepared and succeeded decisively at M4 and M5, and Rob Rood (a longshoreman looking to finally retire in January) happily took the M6 crown.

In the 242s, Tony Harris backed up his Men's Open National title in Texas just days prior with new masters standards at this meet. Scott Waits can't possibly be 40, by his looks anyway, still he finished a strong 2nd. Russ Kitani followed two awkward defeats with 567 in the bench, by coming up a stunning winner with a world record 574 on his last opportunity. Gary Pamplin was as strict in his lifts as he was strong, and the M2s were his by over 200 lbs. Rick Chavez bombed out here after plates shifted on the bar when he was attempting to warm up. Bill Sindelar was too strong in the M3s for even the classic pulling of Frank Panaro. Stan Chatis cheered one and all when he wasn't lifting, and then busted all sorts of M6 records when he was, drawing cheers for his own efforts.



Joe Braca: *pulls in a championship*

Massive Coach Dave Gonzales had a good contest with coal miner and defending world champ Bill Collins at 275 (M1), the same division where muscular Kevin Stewart seemed to injure his upper body on a squat attempt and could not continue. By the way, Bull Stewart was to make his return to national competition at this event, but had to deal with a death in the family just prior to the event, and passed the chance, though he was present as a coach. Jeff Capps used his martial arts background to prepare for each attempt and prevailed over the M2 contingent. Roger Hendrix put up a super total at M3, and retired sheriff Willie Morris blasted up a new world record in the bench at M5. He and 220 champ Bob Rood go back 50 years together. One of many excellent 40+ lifters from Colorado, Robb Grisham mastered several M6 record attempts.

The best came down to the last ... Deron Rogers repeated a 733 DL attempt on the final lift of the entire meet to win the 275 M1s outright. Ken Ryder, who still looks like Nick Nolte (better, actually, much better) just missed a most prestigious national title by 2.5 kilos, but had a great smile for Deron at the awards ceremony. World Champion Paul Fletcher only missed one lift, but it bumped him down to 3rd in this fierce encounter. Rich Cech was just too balanced for anyone else at M2 to handle, after massive Dan Gaudreau (another defending IPF World Masters Champion) flubbed three shoves in the bench, and then gamely deadlifted anyway. Idaho educator Sean Anderson emerged the winner at M4 after Steve Green duped Gaudreau's BP performance and just DLed for the heckuvit.

Arthur Little: *a terrific talent in the U.S.A.P.L. Masters division.*

These Master Lifters deserve a unique form of recognition, not only for their strength, but for their long term dedication to a singular activity. How many new lifters enter one or two PL meets and then are never seen or heard of again? Master lifters represent the opposite end of the participation spectrum.

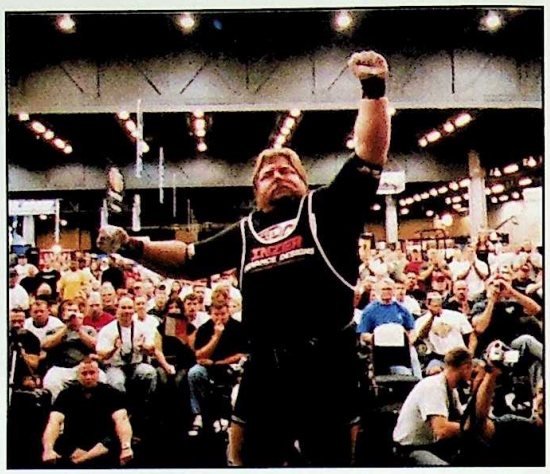
(article continued on page 80)

Master-3											
B. Rohan	~~385~~	385	402	292	314	319	722	490	512	529	1251
B. Uyeoka	~~374~~	~~374~~	374	286	~~308~~	~~308~~	661	~~451~~	473	—	1113
D. Gregg	374	391	407	~~236~~	~~236~~	~~236~~	—	—	—	—	—
Master-4											
B. Coleman	~~325~~	~~325~~	~~325~~	154	—	—	—	314	—	—	—
Master-8											
R. Cortes	264	308	330	203	220	231	562	380	429	429	992
165 lbs.											
Master-1											
J. Braca	507	540	551	~~330~~	330	~~336~~	881	661	~~622~~	~~622~~	1493
M. Sigala	468	501	~~523~~	~~325~~	341	~~358~~	843	~~567~~	567	~~606~~	1410
D. Sorensen	490	~~512~~	~~512~~	~~308~~	325	330	821	490	~~512~~	—	1311
M. Hara	363	~~396~~	~~396~~	253	~~270~~	270	633	363	396	424	1058
D. Bracken	55	—	—	363	380	396	451	143	—	—	595
Master-2											
M. Hara	~~462~~	~~462~~	462	496	~~512~~	~~512~~	959	462	~~518~~	~~518~~	1421
C. Lewis	507	551	~~600~~	~~308~~	308	~~347~~	859	507	529	~~551~~	1388
B. Kergosien	~~341~~	363	407	~~264~~	~~264~~	275	683	407	429	~~451~~	1113
Master-3											
A. Little	479	534	~~562~~	264	~~292~~	292	826	551	584	~~622~~	1410
G. Wiltshire	507	540	551	286	~~303~~	~~303~~	837	501	~~523~~	—	1339
R. Girigliano	~~424~~	~~424~~	~~424~~	~~286~~	286	~~314~~	—	~~529~~	~~529~~	~~529~~	—
Master-4											
A. Menton	462	~~479~~	~~479~~	~~303~~	303	~~314~~	766	~~462~~	462	~~501~~	1229
J. Rizza	325	363	407	165	170	176	578	314	363	407	986
M. Rosenwald	319	336	347	209	220	~~225~~	567	352	380	391	959
A. Sheen	159	270	~~303~~	187	~~214~~	~~214~~	457	314	363	~~402~~	821
R. Scott	~~407~~	~~407~~	~~407~~	—	—	—	—	—	—	—	—
Master-5											
J. Yeats	175	424	440	203	225	236	677	485	541	~~551~~	1218
Master-6											
R. Mattison	~~264~~	~~264~~	~~264~~	225	~~236~~	~~236~~	—	352	385	396	—
Master-7											
D. Goodwon	159	181	214	159	170	~~187~~	385	248	281	303	688
181 lbs.											
Master-1											
R. Garofalo	584	617	~~639~~	385	~~396~~	~~396~~	1003	600	672	~~699~~	1675
B. Masuoka	435	~~468~~	~~468~~	297	319	330	766	479	~~529~~	~~529~~	1245
Master-2											
J. Barquera	473	~~523~~	523	303	319	~~341~~	843	451	473	507	1350
K. Schiessl	~~501~~	~~501~~	~~501~~	—	—	—	—	—	—	—	—
Master-3											
A. Byas	485	~~507~~	518	308	319	330	837	551	617	~~650~~	1455
E. Martinez	429	462	468	319	~~347~~	~~347~~	788	~~418~~	418	446	1234
D. Barnes	363	~~374~~	~~374~~	253	297	~~314~~	661	253	402	~~418~~	1063
Master-4											
R. Contreras	418	~~435~~	435	292	314	330	766	485	518	534	1300
Klostergaard	~~435~~	435	457	~~396~~	~~414~~	~~429~~	—	—	—	—	—
Master-5											
C. Wettach	352	~~402~~	~~402~~	248	~~281~~	281	633	451	501	—	1135
J. Waters	253	303	325	192	214	220	545	402	429	440	986
Master-6											
J. Lyons	374	396	407	242	253	264	672	374	396	407	1080
R. Schuller	319	347	352	209	231	248	584	385	407	—	992
W. Callihan	~~330~~	~~330~~	~~330~~	—	—	—	—	429	451	~~462~~	—

INTERVIEW

BEAU MOORE

interviewed by Greg Jurkowski



Beau Exults *for the crowd in Atlanta after his 755 bench*

Greg: I'll let your numbers speak for themselves. What are your current PRs, Beau?

Beau: *My PR squat is a 1124 at the Arnold Classic, and I have a PR bench I did in Atlanta, 755. My PR deadlift, which I did a year ago, is 804. My PR total is 2557.*

Greg: Can you tell me a little about yourself, personally?

Beau: *I'm married to my beautiful wife Michelle. I have two daughters: Carianna, who is 8, and Catalina, who is 2. I used to run health clubs. Now, I personal train part-time and I'm a real estate investor.*

Greg: Where were you born and raised?

Beau: *I was born in northern Virginia, and raised in North Carolina.*

Greg: Do you have a sports background, that led you to powerlifting?

Beau: *I was a starting linebacker in high school. I was an All-American in college, playing guard, and that's where I got my weightlifting background. I had a brief stint with the NFL, before I got hurt. I kind of bounced around and started powerlifting when I was 27 or 28 years old.*

Greg: Tell me a little back about your history with Five Guys Gym.

Beau: *When I was in down here in Florida, playing with the professional spring football league, I met Pat O'Brien and Ray Reary. We were training in the Gold's over on Fletcher, when I did my first contest and I met Tony Conyers, Bill Beekley, and James Jacobs and they invited me to go over and train with them at Five Guys in Tampa. It was a great experience.*

Greg: I know you have a friend named Duane Johnson, who is known as "The Rock" in wrestling, and he's now into movies.

Beau: *He used to work for me at Bally's in Tampa. He got me into wrestling and I took him along with me to Five Guys to train.*

Greg: I've seen you on TV at least three times. Any future plans for movies for yourself?

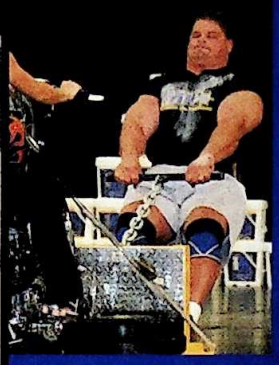
Beau: *I've been interviewed several times about Duane, and have been on the radio. Whatever God wants me to do, I'll be doing it.*

Greg: What do you attribute your great powerlifting success to?

(the Beau Moore interview is continued on page 84)

NO PAIN... BIG GAINS

PHILIPPI...NO PAIN!



"I've used many over-the-counter and prescription medications to relieve the pain in my knees stemming from many years of powerlifting and World's Strongest Man competitions. RELEVE is my 'go-to' supplement of choice because it really works and it doesn't upset my stomach like the medications do."

Mark Philippi
- World's Strongest Man Competitor and Collegiate Strength Coach

MILLER...NO PAIN!

"My body pushes thousands of pounds every week. Last year alone between competitions and training I benched 700 plus pounds over 80 times and squatted over 900 lbs. 30 times. I have had tendonitis in both elbows and my shoulder. I use RELEVE to keep my joints strong and powerful. Without it, I would never be able to train with the workload I do."

Mike Miller
- World Record 1200 lb. Squat!

KIRIT...NO PAIN!

"Competing as a Strongman places an exceptional amount of stress on my joints. After years of picking up 380 lb. stones from the ground and pressing 300 lb. logs for overhead reps, my joints ache! I use RELEVE every day to keep my joints healthy and strong. Without it, I wouldn't have been able to capture first place at America's Strongest Man two years in a row."

Steve Kirit
- America's Strongest Man

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Heavy power movements place exceptional amounts of stress on joints and the musculo-skeletal system. Your body responds by producing COX-2, an enzyme responsible for the destructive chemical called prostaglandin E-2 (PGE-2) – the culprit behind your joint and connective tissue destruction, inflammation and pain. Breakthrough research in the field of pain management has shown that inhibiting the COX-2 enzyme can significantly reduce the production of PGE-2 within your body, resulting in decreased pain, decreased inflammation and less tissue destruction.

RELEVE is the most powerful natural COX-2 inhibitor available. This all-natural nutraceutical formula contains **IsoOxygene™**, a proprietary patent pending botanical that has shown to *decrease PGE-2 production up to 20 times more than any other natural ingredient!* RELEVE's formula is further enhanced with Baikal Skullcap, N-Acetylcysteine and Alpha Lipoic Acid – a synergistic combination of ingredients that work together to provide fast acting relief and anti-inflammatory action. RELEVE also contains **Glucosamine Sulfate** to help rebuild and repair damaged joint tissue for added joint support, mobility and flexibility. Rounding out this breakthrough formula is a patented, sustained release microencapsulation system, which prolongs the delivery of RELEVE's ingredients to eliminate joint pain while you train and for hours afterward!

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USAPL Men's Nationals

as told by Johnny Graham, USAPL Vice President

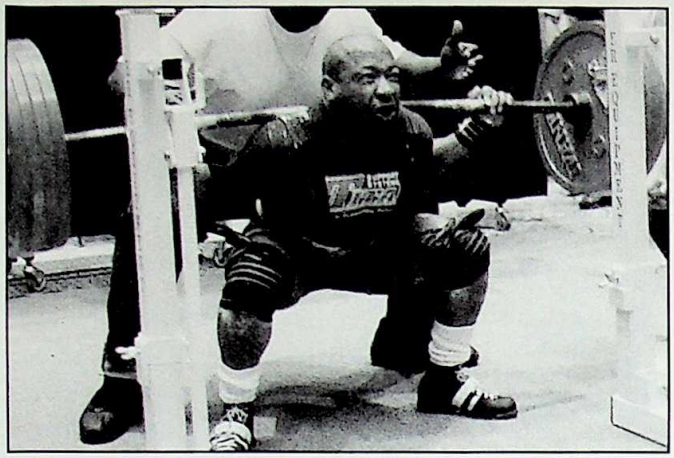
The 2005 USAPL Men's Nationals was held at the Killeen Civic and Conference Center, in Killeen, Texas. The facility is a 2 year old $10 million state of the art building which the lifters really enjoyed. The 25 ft. TV screen and scoreboard was something that all could appreciate.

Before I really begin, I must give a great thank you to my sponsors. To run a meet of this caliber takes the support of many people. Without great people such as Inzer, Titan, House of Pain, Advocare, and Imagine Images (who took some great photos of the lifters, I couldn't make it happen.

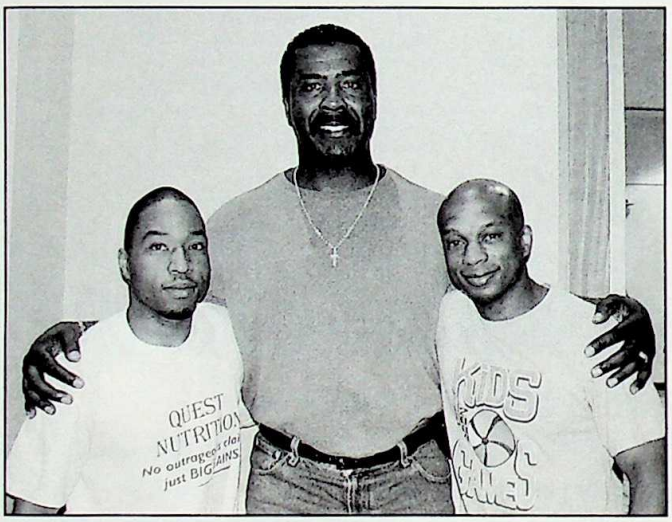
Joe Marksteiner did an outstanding in developing the scoring system, which allows you to track the progress of the meet. With Lanette Lopez and Kathy Conway assisting Joe at the scoring table, the meet ran without ANY problems. The great job of Terry Brady, handling the announcing duties, made for an easy 3 days. I cant forget to mention the outstanding job Robert Keller did as The Technical Secretary for this event. He supplied the best officials in the country, to insure that all rules were followed.

Without a doubt, the members of the Phantom Warriors Powerlifters Teams were always there to set up, spot, load, and tear down all through the weekend. Many of our team members have spent a year in Iraq, and 2 are scheduled to deploy again in August. We want to wish them a safe return home.

The National meeting was held on Thursday, and many issues was discussed and voted on by the members. The big change was the new 2 year suspension for a positive drug test, as stipulated under the WADA code. With the new rule, many lifters will now have their suspensions reduced to 2 years, and will be able to lift again sooner than expected. USAPL officially went under this code in January.



Keith Scisney *... determined to become USAPL champion (Newman)*



Doc Holloway *(123 champ),* ***Johnny Graham, Ervin Gainer*** *(114)*

Hennis Washington *.... back on top.*

I am very proud to say that Bettina Altizer was chosen as the 2005 Brother Bennet award winner. This is, by far, the biggest award you can achieve in USA Powerlifting, and I can't think of a more deserving person. Along with being elected to the USAPL Women's Hall of Fame, this has been a great year for Bettina.

Long time Phantom Warrior Powerlifting Team Assistant Coach, and Masters, and Men's Assistant Head Coach, Lanette Lopez, was selected as the Coach of the Year. Lanette has been with the Fort Hood, TX Team for 8 years. She started out as the team manager. The job she has done with the master's team, and most recently with the men's team in South Africa, earned her the respect of lifters throughout the country. Well deserved.

Also, elections were held, and Jim Hart and Bettina Altizer were reelected to the EC. Erin Dickey was elected as the new USAPL Secretary. Kathy Miller stepped down, but with he living just minutes from Erin, it will be a smooth transition.

With the turnout of lifters being small, (I think because of the World Games being in July), we changed the lifting on Friday to just the afternoon. We really went all out on awards for this even, and we also gave out the top three individual medals for squat, bench press, and deadlift. The medals were custom made for this event. The outstanding lifter awards were also made for this event, and were presented as championship belts.

Ervin Gainer was the lone lifter in the 114 lb. class, but that didn't stop him from doing what was needed to make the World Team. On the Men's World Team, you not only just have to win, but you must also make a qualifying total. Ervin was scheduled to undergo shoulder surgery the week after the Nationals, and went out unsure he made the qualifying total. We wish him a speedy and full recovery.

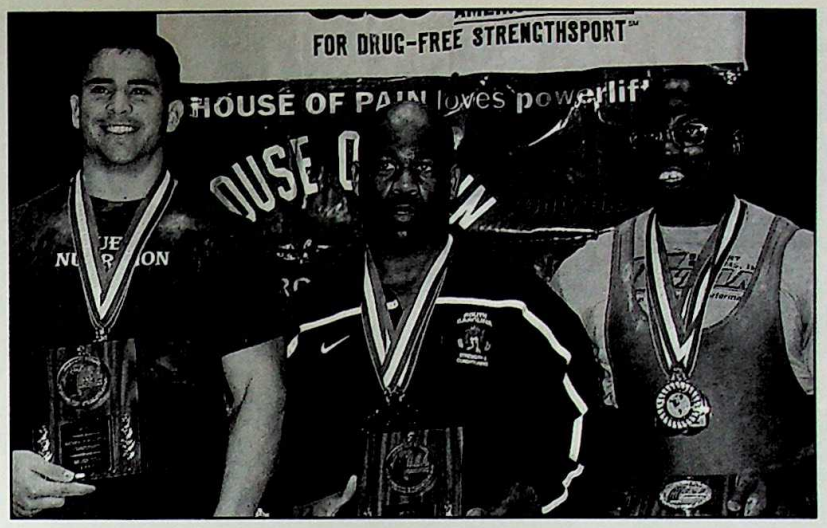
The 123 lb. class saw the return of a great lifter of the past from the ADFPA, Eric Kupperstein. Eric has always been one of the best lifters of this organization for years, and it was an honor to see him on the platform again. The bad news, he was going against multi-time Collegiate National champion, Doc Holloway. After bombing out in last year's Nationals, Doc assured me I wouldn't see that again this year. Even on a bad day, Doc can beat the rest of the lifters in the country, and he assured his spot on the World team with a 617.5 kg. total. Not only did Doc not bomb out, but he also was the first to have the Best Lifter Belt wrapped around his waist.

In the 132 lb. class, it was expected to be a battle with Hennis Washington, and bench press specialist, Peter Wong. After Hennis took a 40 kg. lead in the squat, Peter was expecting to make up some of the difference in the bench press. This was not Peter's day, as he missed all three benches, and was disqualified from the meet. With the new IPF rule regarding lifters bombing out, Peter had the option of staying in the meet. They are also allowed to compete for individual awards, but not for official placing. With this in mind, Peter did leave with the silver medal for the squat. Hennis, Doc, and Ervin all went home with a bag of 4 gold medals.

The biggest surprise of the day was not seeing Caleb Williams walk out as the 148 lb. National Champion. But don't ever count out Keith Scisney. A Colorado probation officer, he is used to having his back against the wall, and finding a way to make it work to his advantage. After Caleb got a strong, but hard, 661 lb. squat, other lifters started looking for the silver medal. Not Keith. After Caleb missed all three benches, and his coach Sherman Ledford, did a chair toss in the wrapping area, Keith was back in the driver's seat. Keigh calmly went on to make 5 of the next 6 lifts, and walked away with the title of 2005 National Champion. He still had to wait and sweat it out, as Scott Layman went out to take the win with a 540 lb. deadlift attempt. Scott could not get it past his knees, and that was a sigh of relief for Keith. Another lifter whom we have seen on the

victory stand was Allen Whigham, finishing up in 3rd. Allen only weighed in at 134 lbs., after not being able to get down to the 132s.

Day 2 started off with the 10 lifters in the 165 lb. class, and defending National and World Champion, Wade Hooper looking to put another National title on his resume. Already holding the World Record in the squat and bench press, he came to rewrite the record books. After seeing the best lifter belts, Wade also informed me that he wanted to take one home. After a new World Record 340 kgs. Squat, and 230.5 kgs. bench press, he was on his way to the win and the Best Lifter belt. Along with a 277.5 kgs. deadlift, which has been his most improved lift, Wade had a great 847.5 total.



What a 181 lb. class lineup!!! *... Steve McLawchin, Dan Austin, David Ricks (l-r)*

Erick Nickson has also had some bad days in the past at the Nationals, but that was not to be this time around. This is one lifter who does not know the meaning of the word quit. With some of his lifts looking like they would crush him, he always fought them to the finish. This fight gave him the silver medal in this class. After Wade's and Erick's finish, 3rd place lifter Jamie Schupbach made a 280 kg deadlift to edge out Todd Straub in 4th. Kenny Davis rounded out the top five, beating out 6th place Pat Keenan on bodyweight. Donovan Thompson showed that the Thompson family from North Carolina can also squat and deadlift. OK, maybe not, because he walked away with the Bronze medal in the bench press. I still have it. Rounding out the rest of the class was Johnny Vasquez, and Phillips Wells. Michael Macri couldn't get a squat passed, but did finish the meet.

The 181 lb. class was a Who's Who of Powerlifting. Where can you go and see the names Austin, Benemerito, Ricks, and the outstanding Junior lifter Steve McLawchin lifting on the same platform. With these guys, his was History 101 in Powerlifting. I have to admit, I was probably the most excited person there watching these guys do battle. The top 3 all opened their squats with over 660 lbs. Steve led the charge with a 688 opener. Dan and David both opened with 666. I shouldn't say this, but that was not a good number, as both was unable to get their 2nd and 3rd attempts passed. Steve made his other lifts, and finished with a 738 lb. lift, and a lead that he wouldn't give up. When it came to the bench press, Dave went 3 for 3, but Steve still had the big lift of 496 lbs. After the opening deadlift, Steve was assured the win, but Dave gave us all a scare that he doesn't want to repeat. Dave missed bis first two deadlifts of 650 lbs., and had to make it on his 3rd. Like the true professional he is, he went back out there it made it, and won a spot on the World Team.

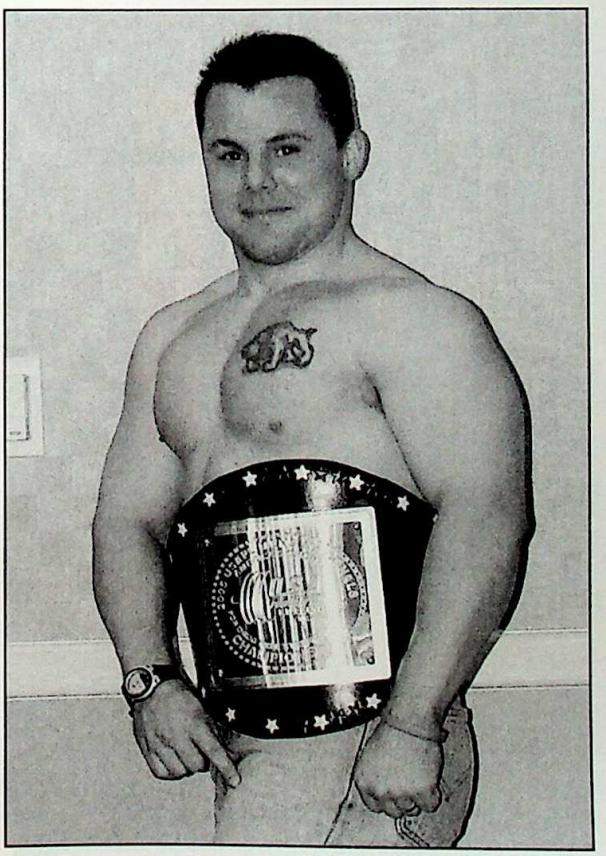
I have had the honor to know and watch Dan Austin lifts for almost 20 years now, and he still is the best technical lifter I have ever seen. All his lifts are preformed to perfection, and it was the same with his deadlifts. 705 lbs., with no belt. What more can be said. Oh yeah, gold medal in the deadlift.

James Benemerito squats and bench presses were looking better than I have seen from him in a few years. Maybe now the New Jersey connection needs to get that deadlift working. He almost lost his 4th place, after missing his final 2 deadlifts, but just like Dave, these guys wouldn't just give in. He came back and secured 4th place with a 250 kg. lift. Tony Reid is another big deadlifter, who used that lift to pull him into the medal count at 5th with a 285 kgs. pull. John White, Jamie Stark, and Anthony Joseph all had good lifts during the day. David Emeott lifted in the Military Nationals in March, and traveled all the way from Germany to compete on the big stage. Howard Blake IV just had one of those days that he wants to forget, as he couldn't get a squat or bench press in.

Between the morning and afternoon session, I was honored to be elected into the First Texas Powerlifting Hall of Fame. To be given this award in front of so many people who have supported me, was a great day for all. Thanks to all the members of the selection committee, for believing in what I do for this sport.

Another multi-time National champion and world team member, Ray Benemerito, was back. After bombing out last year, he was not going to let this happen again. Ray did not have one of his better days, but stayed ahead of the competition to win the 198 lb. class. Ray also

(article continued on page 86)



Wade Hooper *... coveted one of those Best Lifter awards. (all the photos by Sioux-z Hartwig unless otherwise indicated)*

USAPL Men's Nationals
6-8 MAY 05 - Killeen, TX

115 lbs.	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
E. Gainer	~~418~~	429	440	203	231	~~242~~	490	507	~~518~~	1179
123 lbs.										
D. Holloway	485	~~518~~	~~518~~	286	303	~~319~~	507	540	573	1361
E. Kupperstein	407	~~435~~	~~435~~	220	231	~~248~~	485	529	~~551~~	1168
132 lbs.										
H. Washington	~~518~~	518	562	314	336	~~347~~	485	~~523~~	523	1422
P. Wong	451	~~468~~	—	~~341~~	~~341~~	~~341~~	—	—	—	—
148 lbs.										
K. Scisney	529	~~567~~	573	330	~~369~~	374	490	507	518	1466
S. Layman	~~551~~	~~551~~	551	374	~~391~~	~~391~~	485	~~507~~	~~540~~	1410
A Whigham	~~485~~	485	~~523~~	275	~~286~~	~~286~~	490	518	529	1289
L. Williams	644	661	661	~~391~~	~~391~~	~~391~~	~~545~~	556	600	—
165 lbs.										
W. Hooper	705	749	~~793~~	485	507	~~534~~	573	611	~~633~~	1868
E. Nickson	567	~~606~~	~~606~~	385	407	424	600	~~589~~	~~633~~	1592
J. Schupbach	529	~~562~~	~~562~~	413	391	402	529	562	573	1537
T. Straub	545	589	~~595~~	~~369~~	~~380~~	380	545	~~562~~	~~562~~	1515
K. Davis	485	501	523	336	358	~~369~~	529	556	567	1471
P. Keenan	523	562	573	325	341	~~347~~	501	523	534	1471
D. Thompson	490	518	~~529~~	374	402	~~418~~	485	~~512~~	523	1444
J. Vasquez	~~529~~	529	~~733~~	380	396	~~413~~	501	~~512~~	~~512~~	1427
P. Wells	457	485	~~507~~	319	341	~~352~~	468	501	~~523~~	—
M. Macri	~~551~~	~~551~~	~~551~~	~~336~~	336	~~358~~	523	~~600~~	~~600~~	—

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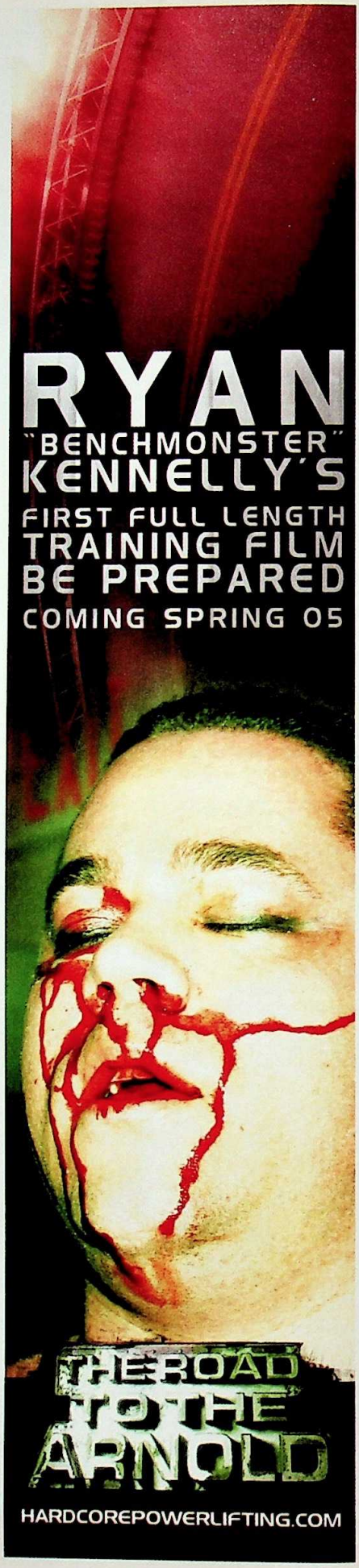

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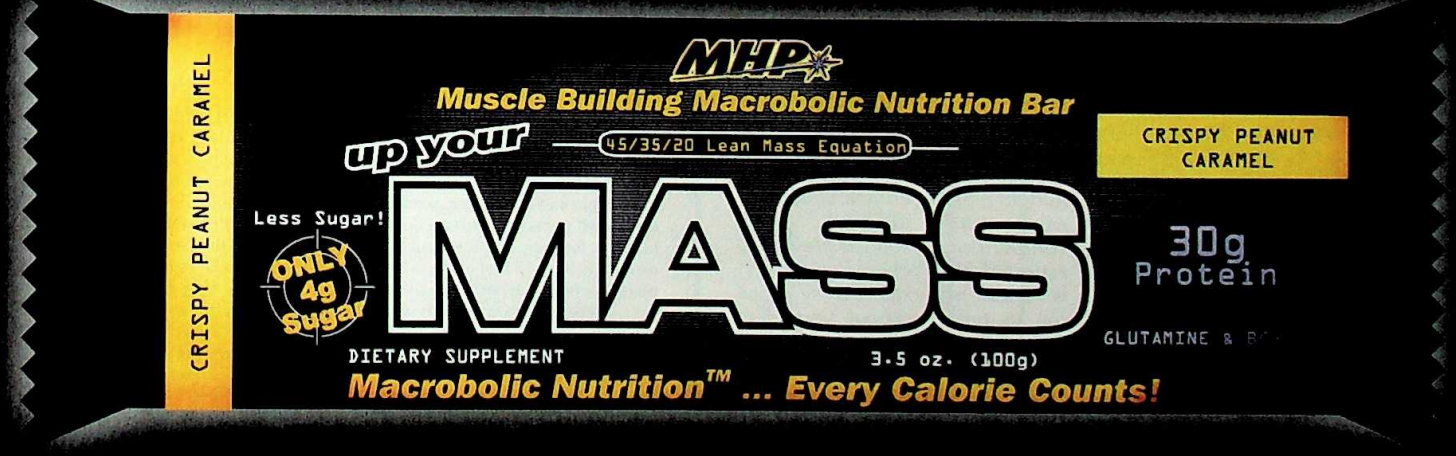

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HARD CORE GYM #42

HARD CORE GYM IN HOT CLIMATES

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

Here's a e-mail I want to share.

My name is Bill. I am currently working in Kuwait. I love the article on Hard Core gyms. One day I was running through the desert and came across something interesting. I heard some moaning and groaning and looked to see what it was. I looked over a wall where the noise was coming from and there were 2 guys working out. What was surprising was what they were using. I have attached some pictures of the makeshift gym. When I went back no one was there, so it is just pictures of the equipment. I think they would qualify as hardcore and they defiantly show that if you have the desire to train then nothing can stop you.

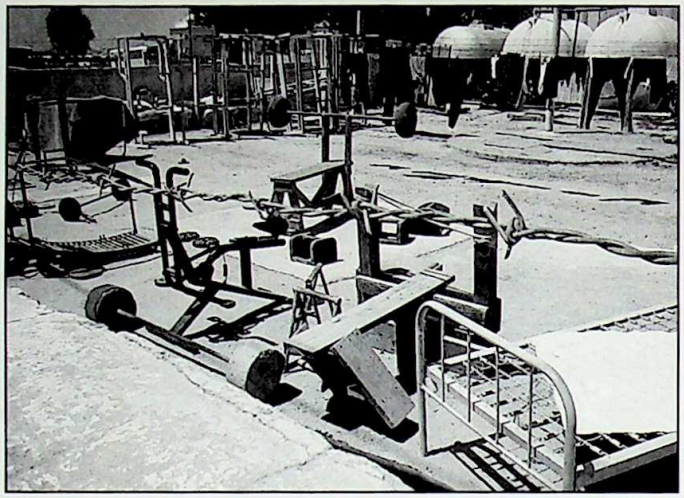
Bill, I love it! Thanks for the pics; way to stay heads-up. Want to tell me a little about yourself for possible article inclusion? Any further details are good. Do you have any idea who trains there? Americans?

Not much to write about me. I have been competing in Powerlifting for about 7 years now. I do not get to compete as much as I like, but I do what I can. I have been working in Kuwait for the past 1.5 years, so competition is even less. Most of my competing is in the AAU. As far as I know I still hold the AAU World record for the deadlift in the 220lb. military division.

As far as who works out in the so-called gym, I really am not sure. I have only seen a couple of people once or twice and they look like they are Indian or Egyptian, but I am not sure. They can not speak English.

Thanks to Bill for staying heads-up, even though I thought you were supposed to keep your head down in a war zone. Isn't that what Audie Murphy said? Oh well, thanks!

While we're looking at small private gyms in very hot environments; let's come back across the ocean to Orange, TX. Mike McDonald reports that they are having great success with a small team in the controlled environment of a small private gym. He sent a cool video of gym members doing the following: David Brooks setting Texas Master State Records; Larry Mistric winning 2004 WPC World's Master 242# division; Mike McDaniel winning 2004 WPC World's Master 275# division; Cole Morse setting Texas Teen State Records; Michael Griffin totaling 2,225# in 2004 APF Seniors 275# division; Michael Griffin totaling 2,403# in 2004 Texas Cup 275# division setting State Open Records; Dr. Kimberly Pitts setting Texas State Records.



There are tough training conditions, and then there are TOUGH

These (and others with similar successes) train at my and my wife's small private gym in Orange, Texas. Please consider us for one of your "Hardcore Gym" articles. I restricted membership to those with schedules allowing everyone to train as a group, those that constantly train to compete, and to those whose presence in the gym contributes to progress for all versus just themselves. In addition to all being competitive lifters we're also actively involved in promoting the sport my involvement in high school lifting (judging, lifting clinics, coaching, etc.) and judging open competitions. (Note: as previously reported, High School Powerlifting is HUGE in Texas. Please email me to tell me about you High School Team.)

Of our 12 members, 10 compete. The 2 not competing contribute as excellent coaches. As a group we have in excess of 150 State level wins and 4 World titles. We apply a lot of training methods you've seen from other gyms but have refined the approach for optimization versus diversity (age, gender, personal capability) for continued progress/improvement by all.

Please consider an article on Michael Griffin. His powerlifting career began with his first competition December 2000 with a 1,813# total. He's made amazing progress since with his most recent outing being 2004 APF Senior Nationals and a total of 2,255# followed with 2004 APF Texas Cup and a total of 2,403. As indicated on the tape all competition lifts to date have been easy, with significant progress yet to be made. His next competition is April 4, 2005 with intent on second attempts on 1047, 655, 843 of breaking Steve Goggins' 2535# all time top 275# division total. In 20 years of active involvement in the sport I've seen most of the great lifters but none to date match Michael's explosiveness and potential.

Thanks to you Mike for this sneak peak at what team work and powerlifting camaraderie can do. We'll get back to this idea in a few months when we profile Bad Attitude Gym – but next month we'll go to Central Illinois.

Questions/comments?
rick@houseofpain.com
or
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Now more than ever you hear about people and businesses here in the US, doing their part to support and thank our brave young men and women serving overseas by sending care packages of this and that? You rarely ever see the humanitarian photos or hear the replies back from the soldiers from the front lines till now?

Our company, Physique Bodyware, the leading maker of fitness apparel and sportswear made here in the US, a New York based company, were one of the first companies on the scene to donate clothing, mostly red colored, sweat shirts and sweat pants to the Police Department, Fire Department and Volunteer Rescue Workers at ground zero to help keep them safe, dry and warm during recovery efforts.

Since 9/11, we began sending hundreds of free care packages full of fitness gear for men and women including; shorts, tank tops pants, sweat shirts and cameras to our brave young soldiers stationed in Iraq and Afghanistan. Our soldier's love the free care packages, filled with enough gear for their entire platoon; they wait patiently and look forward to them! We will continue to do this ?till they are home safe! They send us fantastic full color photos, depicting the people and landscape, send emails and letters explaining how they train in makeshift gyms across Iraq, Afghanistan, and all over the middle east, to stay in shape for their missions and to also de-stress from the ?hell? they encounter on a daily basis! Most of these letters and photos can be found on our website, physiquebodywareusa.com under the link ?Military Muscle?.

Here at Physique Bodyware we truly appreciate what our brave troops are doing for us here at home, they are true heroes. We need to take better care of our troops, now more than ever, show them that we support and love them no matter what your political ideas! Freedom is not free, and it comes at a price, they are paying the ultimate price to keep all of us free!

This is why we need to do more, get involved, sending a bar of soap and cookies is OK but they need moral support! They need encouragement to stay the course and finish the job that so many have lost their life for.

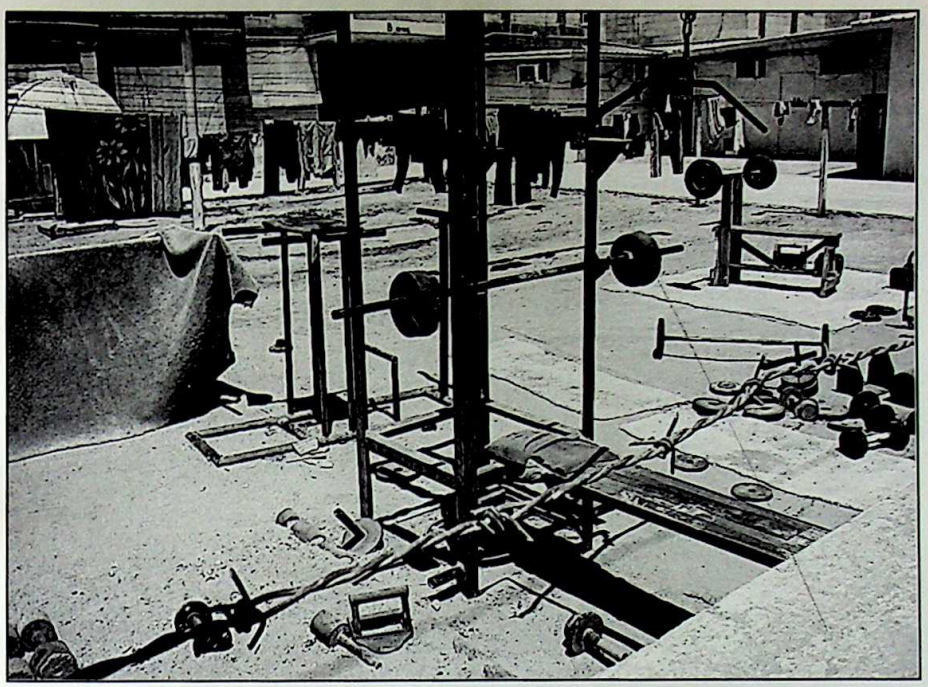
We came up with this great idea and ran it across some of our soldiers? and they loved it! Here's how you can help? We are encouraging our retired vets to get involved by writing letters addressed to our brave young soldiers, giving words of support and encouragement, words to boost moral even share stories of similar times and to never loose hope and faith, that it's OK to believe in God!

Please do this for our soldiers they need these letters, they tell us there is nothing better than a letter from home filled with words encouragement and love!

Please send your letters to Physique Bodyware via email to: physiquebodyware@aol.com or contact this magazine for further details.

Your letters will be sent along with the free care packages we are sending out to our troops weekly.

Attached is a letter from a solider stationed in Iraq to our vets asking for their support!



TRAINING CONDITIONS ... for our military, where's there's a will -- there's a way!

"OUR FREEDOM"

My Fellow Veterans,

It is an honor and privilege to be writing to you today. May I start off by thanking each one of you for your service to our great country. It may have its problems but it is still the best country to live in and serve in its military forces. Whether you served in the Army, Navy, Air Force, Marines or Coast Guard we are all brothers/sisters-in-arms defending our "Freedom." So much blood, sweat and tears has been shed to keep that which is so precious to us, OUR FREEDOM!!!

That "Freedom" was shaken in the horrific attacks that took place on September 11, 2001. I will always remember where I was on that day when those cowardly terrorists committed their evil acts against the United States and the world. I was on a security detail providing security on a federal inmate at an area hospital when a nurse came running into the room yelling that a plane had just hit one of the Twin Towers. We turned on the television just in time to see the second plane hit the other Tower. At that point, I knew that we were being attacked and that we were now at war. The War against Terrorism. I wonder how many of our fellow Americans understand what it means to be at war against this type of enemy. To wear the uniform and fight to protect its very existence and all the rights that come with being an American citizen. Do they understand what the price of "Freedom" costs?

As veterans, we know what the price of "Freedom" costs. Our WWI, WWII, Korean War, Vietnam War, Persian Gulf War (Desert Shield/Storm), Afghanistan and Operation Enduring Freedom/ Operation Iraqi Freedom brothers/sisters have fought against aggression all over the globe. Nazi Germany, Fascist Italy, Imperialist Japan, Communist China, the USSR, the Taliban in Afghanistan and Iraq's brutal, sadistic dictator Saddam Hussein were our enemies. Some might say that we never fought against several of these countries. Maybe not directly, but you were there and you know who you were fighting against by the enemy present on the battlefield and their weapon systems. The War on Terrorism we are now fighting in Iraq has no distinct enemy. The terrorists/insurgents come from Allied as well as non-Allied countries of the United States. This war will be costly because the enemy walks among us. However, the seeds of democracy have been planted here in Iraq and we need to nurture them to maturity.

I am stationed in Iraq and its people and military thank us for being here. They had lived in fear of death and torture for way to long. Some of them have expressed concern that we will pull out before the job is complete. This cannot be allowed to happen for the cost will even be greater down the road. We have to get the job done this time. The Iraqi people deserve their "Freedom" and they have been paying for it with their blood, sweat and tears. Let's help those who are here to get the job done.

I am asking you my fellow veterans, in cooperation with Physique Bodyware, to write to your fellow veterans serving in Afghanistan and Iraq. Let them know how you dealt with being away from home, loss of comrades, personal feelings about war, etc. This will help to build morale and boost the spirits of our fellow veterans. Physique Bodyware will include your letters with the care packages of personal exercise equipment they are sending to the troops. Exercising helps us to relieve the stress that we experience in a combat environment. I wish I had this opportunity when I was over here for Desert Shield/Storm. It would have made a world of difference.

As a fellow veteran, thank you for serving our great country the United States of America. Take care and God Bless each and everyone of you.

Respectfully,
SFC Bartholomew T. Garner

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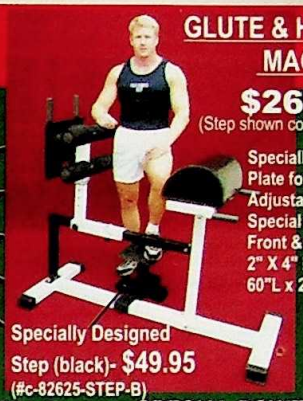

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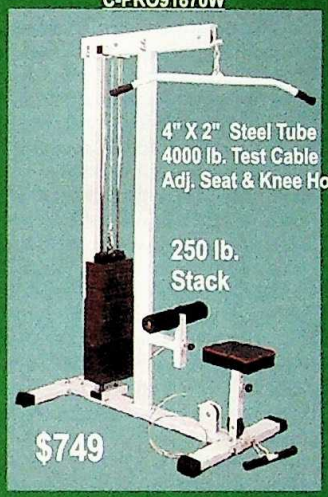

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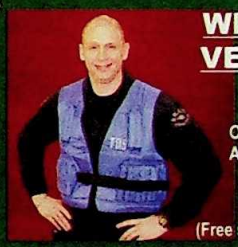

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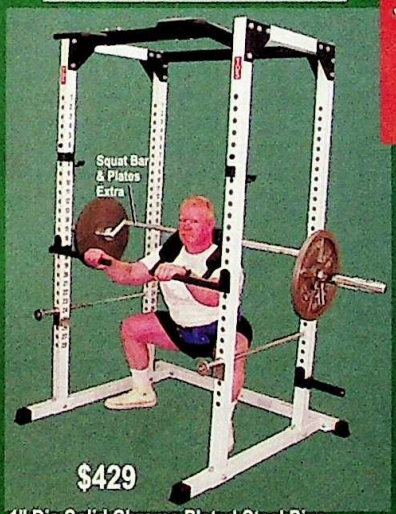

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THEN AND NOW
PART II – MY JOURNEY

as told to Powerlifting USA by Louie Simmons

Larry's string of World titles stops at 9 after jumping 2.5 k's on his second attempt, negating a third.

Dan Wohleber pulls the first 900 pound deadlift.

Dave Waddington squats the first 1000 pound squat.

Mike MacDonald does 512 pound bench press at 181 bwt. Remember - no Shirts!

While I am recovering from my back injuries, I found every book on training methodologies from the old Eastern Bloc I could. I was determined to outlast my rivals. There were many bright stars, but the brightest stars seem to burn out fast.

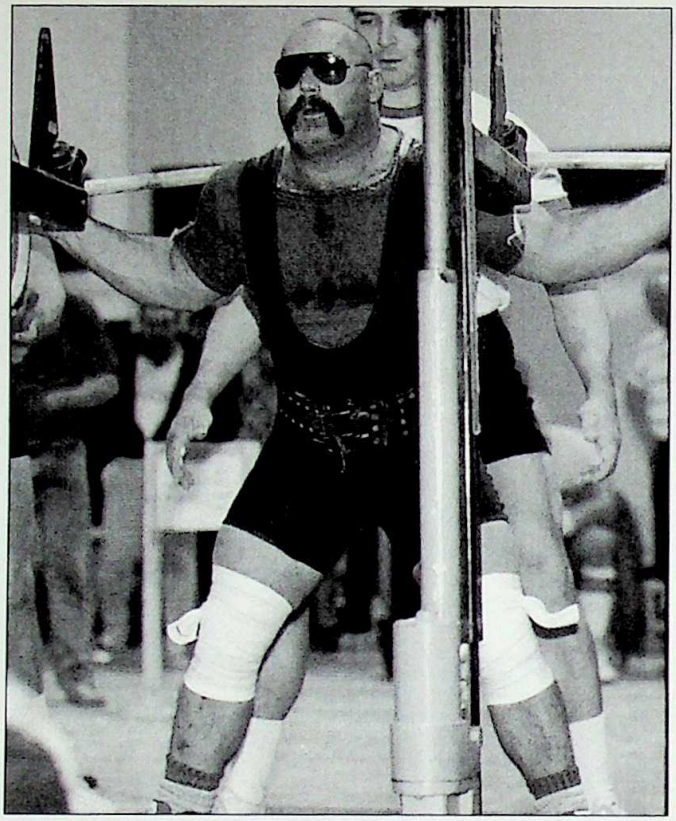
I found my new methods were working well. I decided to lift at 242 bwt just to get my 4th USPF Elite total. After that I found a meet in Toledo and decided to try for my fifth elite total at 275 bwt. The problem was that I could only weigh 234. Ten miles outside of Toledo I started drinking Gatorades. Chuck Vogelpohl kept handing me can after can, but still when I stepped on the scale I was 238. The official said you're good, but I said I'm lifting 275 and so I stayed and drank Gatorades until I went over the 242 limit and officially made 275 class. I made my fifth Elite exactly where I made my First elite.

I squatted 800 pounds and benched 520, and did a 650 deadlift just to total that fifth Elite. By the way, all were done with IPF or USPF judges.

I was now wearing a bench shirt. They weren't much, a bit better than nothing. Shirts came about in 1984 or early 1985. I have lifted in every era of powerlifting. Things change and so must lifters. I am one of a few to bench a Top 10 bench, 480, in 1980 without a shirt and rank 6th, with 575 at 220 bwt in 2002 with a shirt, at 54 yrs of age.

Everyone would ask me about Anthony Clark's benches, were they good? I always said yes. Now Gene Rychlak Jr. is the center of controversy. I saw Gene from the head judge's chair do a perfect 1005 bench. Letter perfect. I'm sure if you throw some serious cash at Gene, he would shut the mouths of those who criticize him. My hat is off to Gene just like Jim Williams, Mike MacDonald, Ted Arcidi, Ken Lain, and all the other great lifters throughout the decades.

Don't take powerlifting backwards; it could end up like US weightlifting - traveling a road that is a dead end street. There are pretenders, but they know who they are. You must respect each other. I recall in 1970, I was weighing in and George Crawford and Jerry Bell, the 1st 700 pound deadlifter at 165 bwt were escorting a little kid at meet, I ask who's this? Jerry replied "this kid will be famous someday"; his name was Bob Wahl - 661 squat at 148 bwt in 1983. To this day I respect every lifter, young or old, that is brave enough to step on the platform.



Back At It... *Louie Simmons squatting at the 1987 YMCA Nationals.*

My old friends Paul Sutphin, Mark Dimiduk, Jay Rosciglione, and many others like Steve Wilson, and John Black of Black's Health World of Cleveland were all doing remarkable things.

I lifted at the 1987 YMCA Nationals with 2033 as a light 242 and 4th place. Steve Goggins was already a superstar, just like today. My good friend Matt Dimel had squatted 1010 at SHW and was totaling 2300. It was a great loss to Westside when Matt died. Gary Sanger was moving to LSU to teach, Bill Whitaker was going to Pennsylvania to start a vet clinic, Dr. Tom Paulucci had some medical problems and had to retire. Doug Heath was going strong. Bob Coe, who showed up at my door 25 years ago, is still at Westside. My knee had been hurting for some time - about 5 years to be exact. I was going to the APF Nationals and was trying a low hassock record, when ¾ up, I snapped my left patella tendon in half. I had heard a few snap, but never thought I would hear my own. But it happened, and now my kneecap was now on the inside of my leg. The emergency squad shows up in 10 minutes, they look at my leg and said we think you just dislocated your knee. I said no way, Jack. I am very allergic to anesthesia and so I had a spinal block and was awake during my surgery.

All went well, and 14 weeks later I go back with my friend Diane Black to have the wires removed. They gave me a shot to calm me for surgery. That shot put me to sleep and they proceeded to give me anesthesia. I stopped breathing for 4 minutes so they trached me and then inserted chest tubes when my lungs collapsed. I wake up 2 days later with holes in my chest and throat, but no knee surgery! WOW - that really helped! Well, they inserted an air tube through my nose and finished the job. After seven days in intensive care to do a four hour procedure, I was home.

I was never going to compete again, but Kenny Patterson said something to me that brought me out of retirement immediately. That was 1996 and powerlifting hadn't gotten out of hand yet. I lifted 7 times in 11 months, and became the first 50 plus year old to bench 550, and the first to bench 600. This was in a closed back shirt. I made a Top Ten bench again. I hear people say I am not built to bench, squat or deadlift. If I made Top Ten lifts all categories, then almost anybody can. Except for you lazy bastards, who have got some excuse why you can't!

Powerlifting comes in eras. No gear, some gear, better gear, and what I refer to as gangster gear. Legal through loopholes. Get used to it. It is here to stay. It makes relative newcomers into superstars fast. Big squats, big benches, and most of the time a poor deadlift! This shows the true strength of a person.

The U.S.P.F. was kicked out of the I.P.F. I told Peter Thorne, we should pull out of the I.P.F. instead of being pushed out. Remember folks, there are drug tested meets, but no drug free meets. Get it straight because that is the way it is. Brother Bennet had a good idea, but unfortunately there will always be those who bend the rules. This has been the way since the beginning of sports. You had the ADFPA and the U.S.P.F. Of course, both seemed power hungry, so Ernie Frantz started the APF and the world body W.P.C. I had lifted AAU until the U.S.P.F. Before the IPF started, the bench was performed first, then squat, and deadlift. I believe it should still be that way, but we had to make concessions with England about - believe it or not - gear, 30 years ago.

This is my point, I never made the rules, but I have always followed them. When I dropped out of the USPF, they sent a questionaire on what I would change. It was a little late for that, and I never filled it out. I always wondered how I killed myself to make elite totals, suffering injuries and thousands of hours in the gym, when a judge could simply study a book, take a test, and become a I.P.F. judge in weeks, and not be a class one lifter. Big men are hard to judge in the squat. You are penalized for not breaking parallel in the squat, which is very tough to do with the super strong suits we can wear by the rules. But in the bench, we are rewarded by one pound of 700 touching your chest — doesn't make sense. But bench meets have become the thing. You see countless bench pressers on the cover of PL USA. I thought it's called POWERLIFTING USA not BENCH PRESSING USA. But it shows how popular bench pressing is. Even at Westside where we push the squat we have made only three all time world records, five over 1000, Matt Smith's 1074 the highest, and ten 800 deadlifters.

We have made 22 all time world bench records and 15 over 700 and one at 825. That shows what I know.

Its 2000 and I'm doing pretty well, squat is 860 at 242 with a 580 bench. I believe I was third at 920 squat and fourth in total with 2100 at 235 bwt. Now the W.P.O. is on the scene with some money. It's amazing how money can bring people together. Kieran Kidder has brought the best lifters together for the first time since Gus Rethwich's Hawaii Record Breaker meet, where unheard of weights were being lifted.

The W.P.O. format pits the greatest lifters in the top of each money division. The 165s are unbelievable with Ron Palmer, who is fairly new to powerlifting, winning most of the time, but the kingpin in the 165s is Tony Conyers with a 837 squat and a 2000 total. The guy must use mirrors. He's also one of the nicest guys you will ever meet. He's been at the top for years. My friend Angelo Berardinelli has also been at the top for years. He started at the famous Black's Health World. He's over 800 in the squat and 1900 in the total and still moving up. Angelo is a bulldog. A young lion is Nick Hatch at 148. I saw him squat an unreal 788 at the ARNOLD CLASSIC at 19 years old. He is out of Big Iron Rick Hussey's gym.

The second group goes 181 thru 220. At the 181, our good friend Arnold Coleman broke Gene Bell's all time total record with 2116. Maybe they will rename the meet to Arnold Coleman Classic. Phil Harrington was not at the W.P.O., but squats 900 at 181. Where will it end?

And yet a new star - Mike Cartinian - who is aiming at Jesse Kellum's 198 total record. Mike trains with Angelo Berardinelli and Kenny Patterson. Speaking of Jesse, I think he's taking it easy back in the swamps of Louisiana, training with some bad ass gators. I must say Jesse is not only one of the strongest men in many weight classes, but very smart about training. I think Jesse and Chuck Vogelpohl are twin brothers from different mothers. At 220, Chuck Vogelpohl has owned the squat record at 1025 but has worn out his welcome in that class and will compete at 242 in Atlanta, Georgia. Travis Mash has risen to the top at 220, breaking Eddie Coan's total record, not once but twice. He too will be going to 242 at the Show of Strength in Atlanta.

The W.P.O. has a 48 hour weigh in, which I have had doctors say is no advantage, but it sounds bad. The 242 and 275 world record holder Steve Goggins only weighed 264 when he squatted 1102 and totaled 2535. He weighed light at 242 and totaled 2481 with a world record squat of 1043. Steve trains in Atlanta with Phil Harrington the world record holder at 181 with an unreal 900 squat, and also John Grove, a veteran lifter who has been around a long time. It's important to have a group of strong experienced lifters. Not to be left out of this group is Kara Bohigian. She is extremely strong and very knowledgeable about training.

Mark "Spud" Bartley who trains with Donny Thompson at Maximus Barbell in South Carolina is really on the rise. At the 2005 W.P.O. Super Open in Columbus, Ohio he made a huge 2463 total and won second place. It proves a point that the most important thing in a gym is your training partners. You can tell who's got balls and those who pretend to have a set. How? It takes guts to lift with the strongest men in the world. Kieran has assembled the strongest and summons them to one platform. A few years ago 2400 would win the SHW class. Then it was 2500. Now Matt Smith made 2601 and that was third place. And let's not forget Gary Frank! He made the first 2500, 2600, 2700, and 2800. With Beau Moore, Andy Bolton, and - I hope - the return of Brent Mikesell, one of the best SHW squatters around, one of them could claim the big title soon.

Beau and Tony Conyers bought a reverse hyper from us some time back, and have made unbelievable progress since. Matt Smith wants me to re-po it from Beau, not for non-payment but because he's getting to be the strongest.

All these men are gentlemen and have nothing but good things to say about the competition. It's always been that way with the strongest lifters. The strongest men never badmouth a beginner or those that are not strong. Nowadays there are many on the World Wide Web that are always being disrespectable to the strongest men and women in the world. Why? What have they done? Oh yeah, nothing! These people are constantly on the web when the men who they are criticizing are training, writing articles, doing seminars. They are also going to meets and cheering on their competition, or are backstage helping putting on bench shirts or spotting someone's warm ups.

No one in my humble opinion should belittle Andy Bolton's deadlift, Brent Mikesell's squat, Gene Rychak Jr's bench press, or Gary Frank's total.

Are they prepared to train beside men like these for even a year and see what they go through? Then and only then, would someone appreciate the work and sacrifice these guys endure. It has been my goal to share what I have been taught, and the reason I teach in my videos and seminars, plus the work my friends Buddy Morris (college and NFL strength coach), Tommy Myslinski (college and NFL player and now coach), my friends and training partners Dave Tate, Jim Wendler, George Halbert, and now Chuck Vogelpohl represents giving back to their sport by giving their time to help lifters and coaches alike to learn a similar system that works for everyone.

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After moving to Columbus and training at Westside, Dave started E.F.S. and now he's not only my training partner (where we compete every day in the gym), we are in competition in business with internet sales on my web site www.westside-barbell.com. I can't forget Paul Childress, whom you see perform in my workout tapes. He has contributed much to Westside Barbell from his own experiences with our system. Also my Finnish friend Sakari Selkainaho also has helped elevate the system. I want to thank my training partners most of all, but I can't thank everyone or mention their names, there are just too many. But, you know who you are; my friends from Ukraine, Finland, Brazil, Japan, Ireland, Germany, Australia, New Zealand, South Africa, and Canada and everywhere else. All NFL players, track athletes, MMA fighters, the late Dr. Mel Siff and all the old Soviet Union authors that brought my attention to an advanced and sophisticated training system. Pavel, the kettl bell master, who has backed us for years and I back him and his team of instructors for their unrelenting teaching.

Powerlifters please band together, I respect all federations and their motives and the direction in which they are heading. But we must travel together to achieve true success.

I would like to thank the three Westside Barbell team doctors who work relentlessly to keep us healthy; Dr. Dave Beversdorf, Dr. Bill Nucklos, and Dr. Eric Serrano. With three more surgeries under my belt, powerlifting is about to pull me down, maybe for the last time, but as a man wrote "I won't go slowly into the night, but I will rage on into the dying of the light".

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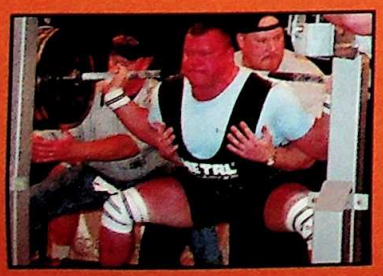

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BRAD KELLEY BENCH PROGRAM

Week 1: *Monday*- 2 board - Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315 x 3, 405x3, 455x3, 495x3, (Karin's Double Denim) 545x3, 585x3, 640x3, 685x1, 730x1, Lat Pull Downs – 200x4x8, Weighted Dips – 50x2x6, 90x2x6; *Thursday*-Benchpress – Barx1x10, 135x2x10, 185x2x8, (Light/Pink Bands Doubled) 95x5x10, (Light Bands + Mini Bands Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress – (Light Bands) 95x4x8, Triceps Pressdowns – 80x10, 90x10, 100x10, 110x10, Lat Pulldowns – 130x10, 140x10, 150x10, 160x10.

Week 2: *Monday*-2 Board -Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315x3, 405x3, 455x3, 495x3, (Karin's Double Denim) 545x3, 585x3, 635x3, 685x1, 715x1, 737.5x1, Lat Pulldowns – 200x4x8, Weighted Dips – 90x2x6, 125x2x6; *Thursday*-Benchpress – Barx1x10, 135x2x10, 185x2x8, (Light/Pink Bands Doubled) 115x5x10, (Light + Mini Bands Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress – (Light Bands) 115x4x8, Triceps Pressdowns – 80x10, 90x10, 100x10, 110x10, Lat Pulldowns – 130x10, 140x10, 150x10, 160x10.

Week 3: *Monday*-2 Board - 2 Board -Warm up, Bar x 1 x 10, 135 x 2 x 10 (no boards), 185 x 2 x 8, 225 x 2 x 6 (no boards), 315x3, 405x3, 455x3, 495x3, (Karin's Double Denim) 550x2, 585x2, 635x2, 675x2, 725x2, (No Boards) 725x1, Lat Pulldowns – 200x4x8, Weighted Dips – 90x2x6, 125x2x6; *Thursday*-Benchpress – Barx1x10, 135x2x10, (Light/Pink Bands Doubled) 145x5x10, (Light + Mini Bands Doubled) 135x5x8, 185x8, 225x3x8, Close Grip Benchpress – (Light Bands) 145x6x8, Triceps Pressdowns – 80x10, 90x10, 100x10, 110x10, Lat Pulldowns – 130x10, 140x10, 150x10, 160x10.

Week 4: *Monday*-Off. *Thursday*-Benchpress – Barx1x10, 135x2x10, 185x2x8, (2 Mini Bands Doubled + 80 Pounds of Chain) 145x8x3, Close Grip Benchpress – (2 Mini Bands Doubled) 145x3x8, Lat Pulldowns – 130x10, 140x10, 150x10, 160x10.

Week 5: *Monday*-Benchpress – Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 750x1, (No Boards) 705x1. *Thursday*-Benchpress – Barx1x10, 135x2x10, 185x2x8, (2 Mini Bands Doubled + 80 Pounds of Chain) 145x8x3, Close Grip Benchpress – (2 Mini Bands Doubled) 145x3x8, Lat Pulldowns – 130x10, 140x10, 150x10, 160x10.

Week 6: *Monday*-Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 750x2, (No Boards) 725x1. *Thursday*-Speed Bench – Barx1x10, 135x2x10, 225x2x10, 315x10x3, Triceps Pressdowns – 80x10, 90x10, 100x10, 110x10, Lat Pulldowns – 130x10, 140x10, 150x10, 160x10.

Week 7: *Monday*-Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, 737x2, 777x2, (No Boards) 725x1. *Thursday*-Speed Bench – Barx1x10, 135x2x10, 225x2x10, 365x10x3, Triceps Pressdowns – 80x10, 90x10, 100x10, 110x10, Lat Pulldowns – 130x10, 140x10, 150x10, 160x10.

Week 8: *Monday*-Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, (No Board) 705x1. *Saturday*-Warm Up Room Benchpress - Barx1x10, 135x2x10, 225x2x10, (1 Board) 315x2, 405x2, 455x2, 495x2, (Karin's Double Denim) 585x2, 640x2, 685x2, (No Board) 705x1, Competition Benchpress – 707.5, 735, 750, 772.5.

This is the exact workout *that Brad Kelley used to produce his world's all time best bench press of 772, ranked #1 on this month's TOP 100 (Leon)*

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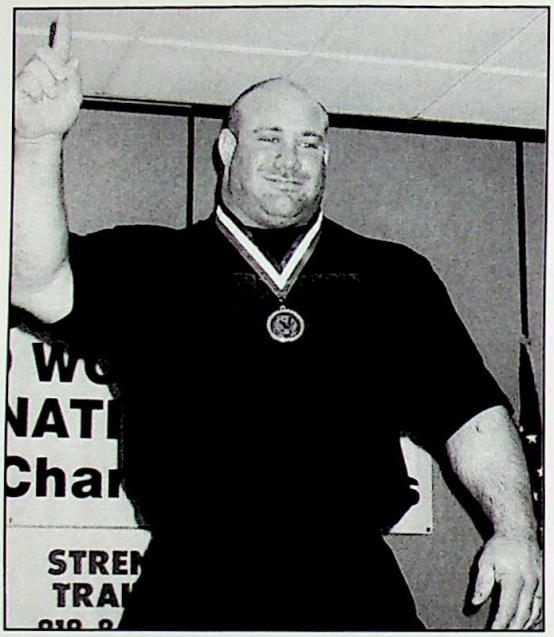
ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development

as told to PL USA by Timothy Ferris, ACSM

Much research has been conducted related to training for muscular hypertrophy and maximal relative strength development, including repetition ranges, rest period durations, and repetition cadence. If two hypothetical athletes have identical muscular development and muscle fiber composition, how does one exceed the other if they have equal training experience and technique? The fastest method can be found in the scientific improvement of muscle fiber recruitment, implemented over as brief a period of time as one day. Lift progress is both faster and more substantial when one increases the number of muscle fibers used in a given movement vs. simply their individual size or firing speed.

There are no direct connections between nerves and skeletal muscle fibers. There is a microscopic gap, a space, between motor neurons and the muscles they contract, referred to as the Neuromuscular Junction (NJ) or synaptic cleft. This is, for strength athletes, the essential "power gap" that must be bridged for strength development beyond muscular hypertrophy and training effect.



***Scot Mendelson** is a big endorser of BodyQUICK*

To properly maximize the electrochemical nature of muscular contraction, it is important to understand the series of discrete events that leads to all physical movement, in this example, the arm extension in the bench press:

1) Based on the intended movement, a signal from the spinal cord causes an electrical current, referred to as the action potential, to travel down the motor neuron towards its associated group of muscle fibers in the tricep. This motor neuron and its group of muscle fibers are, combined, referred to as a single "motor unit".

2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium (Ca++) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

Without chemical stimulation from a motor neuron, muscular contraction cannot occur. Without optimal chemical stimulation, maximal strength output cannot be generated.

To facilitate and optimize the above process for strength gains, one can increase area-specific calcium release, increase the number of motor units activated by a given motor neuron, or increase acetylcholine production at the Neuromuscular Junction. Two vehicles can be used to further these goals: training and supplementation.

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

Training, however, is for another article, and the above physical adaptation does not increase neurotransmitter production or the number of receptor sites for them: the two missing links, so to speak. Within the context of this brief article, we shall focus on the most neglected vehicle for maximal strength development via supplementation: acetylcholine.

Thomas Incledon, president of Human Performance Specialists, a sports pharmaceutical consulting firm, cites acetylcholine and associated neural co-factors as the next generation of ergogenics: "Increasing acetylcholine and neurotransmitter enhancers will be one of the next phases. When you increase acetylcholine, you are able to activate more muscle fiber, which, in turn, lowers the relative intensity of a workout [by increasing the amount of weight that can be lifted]."

By actively providing the precursors and conversion agents necessary for optimization of nerve conduction, strength is increased through the power of multiplication: using more muscle fiber in a given movement, which equals greater gains and hypertrophy in a shorter period of time.

The quantifiable real-world improvements athletes are demonstrating with neural accelerators, now that they are appearing in the competitive circuits, is more impressive than physiological theory or hypothetical speculation.

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

Peter Primeau, IPA World Champion, states: "Last year I was able to squat 565 [lbs.] in a competition. By using [neural acceleration] earlier this year I achieved a 705 squat in competition. My bench went from 440 to 550 in the same cycle. My deadlift improved from 625 to 645. Today I squatted 715 deep for a double."

It is understood that world-class athletes progress based on multiple factors and training is no small component; a supplement cannot replace these prerequisites as it is intended only to amplify and multiply the training effect. That said, if acetylcholine production is impaired or suboptimal, no type or volume of scientific training will produce the highest-possible performance gains, as all contraction is limited by its supply. Using blood analysis testing, it has been demonstrated that plasma levels of choline (a precursor to acetylcholine) are decreased by 25-40% in runners after completion of the Boston Marathon. Randomized placebo-controlled crossover testing has also concluded that increased acetylcholine levels directly correlate to faster running and swimming times in competitive athletic subjects. It is important to note that, as critical as acetylcholine is to strength output, it is equally important to extended muscular performance and sports endurance.

How does one simultaneously increase motor unit recruitment, increase muscle fiber stimulation, and decrease muscle fiber fatigue? Understanding the role and optimization of acetylcholine is the key to bridging the "power gap" and actualizing true genetic strength potential.

Consumption of acetylcholine precursors and necessary conversion agents improves muscle-fiber recruitment and introduces a new basis for the development of maximal strength within shorter time frames than ever before possible with training and supplementation focused on hypertrophy, whether sarcoplasmic or sarcomeric.

Acetylcholine (ACh), unstable when ingested directly, is ideally produced by consuming constituent precursors, conversion agents, and extension agents that increase the intersynaptic half-life once acetylcholine is produced internally.

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as B o d y Q U I C K

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(www.getbodyquick.com). Featured on FOX Sports and CBS' "Science of Fitness", BodyQUICK has quickly entered the world of professional sports and immediately demonstrated the power of acetylcholine, setting nearly 10 world records in competitive powerlifting alone within the last 12 months. BodyQUICK is ASDA-approved and contains no banned substances listed by the International Olympic Committee (IOC) or NCAA. To affect the calcium component of neural transmission and muscular contraction, this product also includes methylxanthines which increase Ca++ release.

Analogous to insulin as a so-called "master hormone" in its ability to regulate testosterone and Human Growth Hormone (HGH) production, the nervous system is the parent biosystem that determines the output and limits of the muscular and cardiovascular systems, as they both depend on electric impulses and action potentials. For this reason, the biochemicals that support neural transmission and help recruit the maximal number of motor units must be optimized to realize the true upper limits of muscular power output.

With an excellent record of clinical safety, acetylcholine-based neural accelerators may present a safer alternative to the more harmful anabolics and androgens so prevalent and so often misused in competitive strength sports today.

Timothy Ferriss, ACSM, has been featured by media worldwide, including Maxim Magazine, The Philadelphia Inquirer, Amazing World News (Japan), and MTV. For more information on acetylcholine-based strength development and athlete case studies, visit www.adaptagenix.com or www.getbodyquick.com

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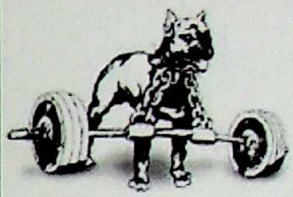

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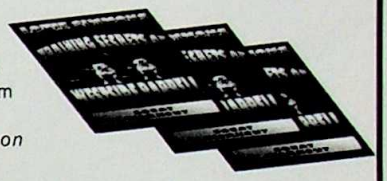

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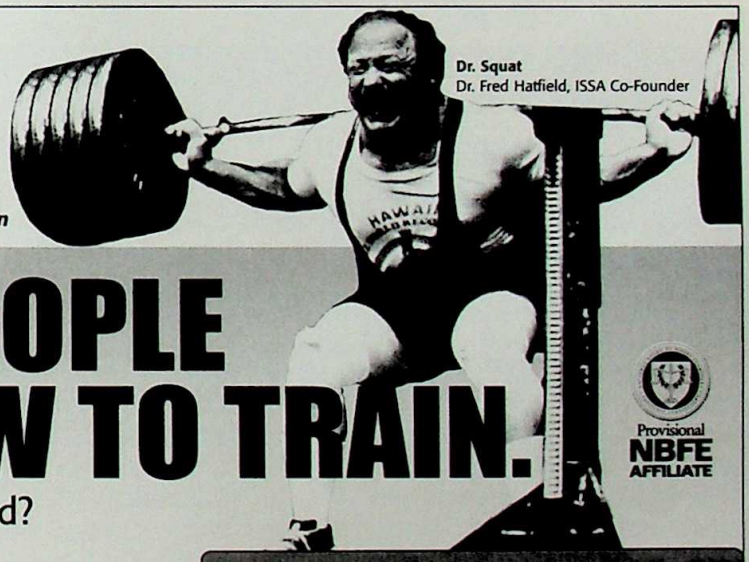

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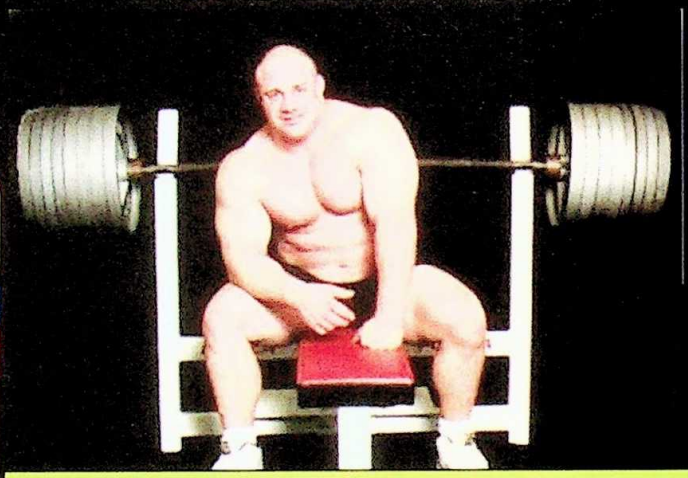

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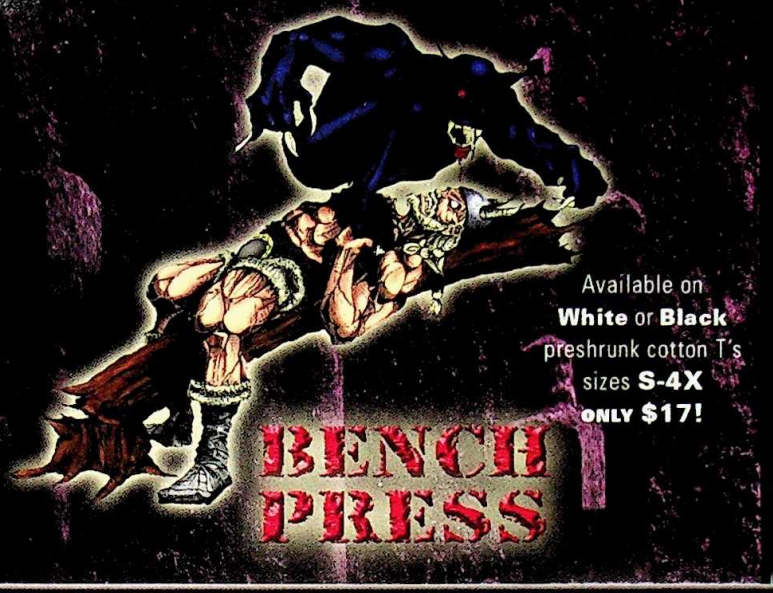

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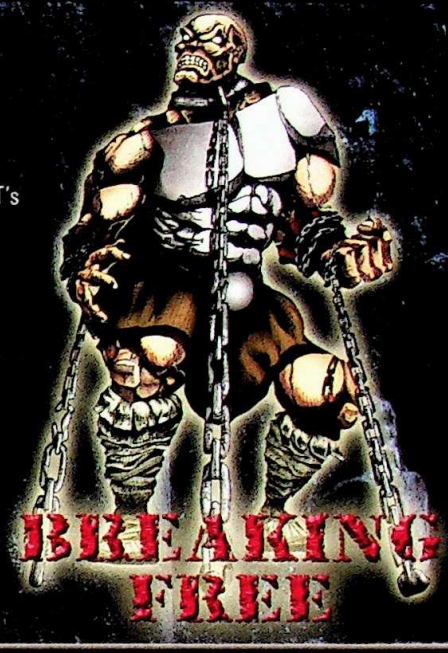

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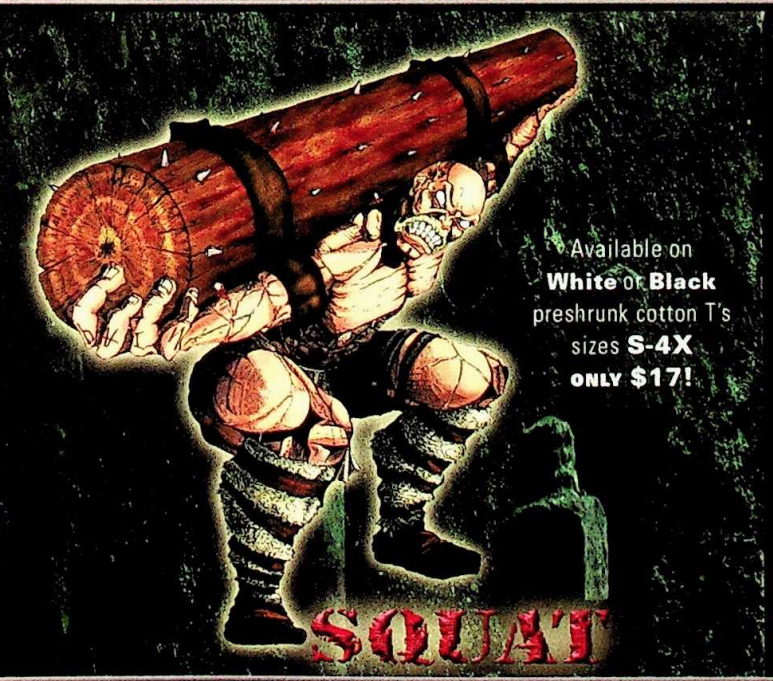

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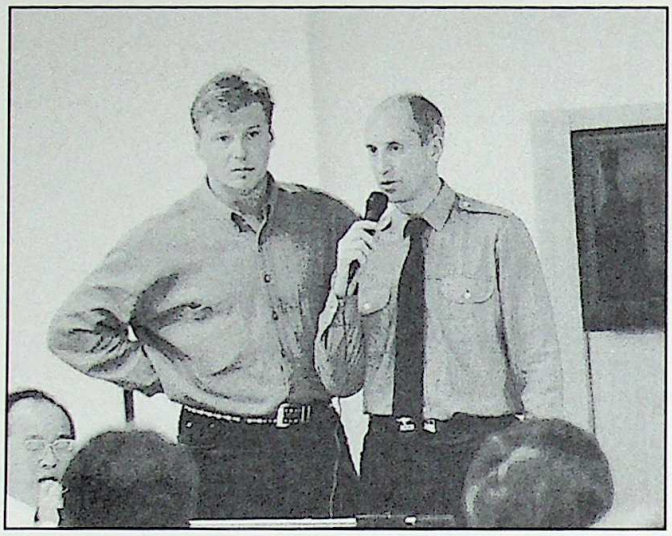
DR. JUDD

The Hypocrisy of Sport- Part II

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



***A Russian Doctor** was called in to assist in Kazahkstan's 1995 IPF Congress appeal of Alexei Sivokon's drug test suspension, on the basis that protein supplements available in the former Soviet Union were sometimes comtaminated with substances that could cause false positives on the urine test. The IPF did not approve this appeal.*

Now professional baseball's dirty little secret is out? Well, if you want to call a something secret that just about everyone in the world knew about. Some of baseball's greatest players have been taking illegal drugs to enhance their performance. Although it has been estimated that a lot of professional baseball players are using illicit steroid and stimulators, Barry Bonds will most likely take the biggest hit along with Jason Giambi. Although that may not be fair, it is somewhat appropriate. Bonds testified to a grand jury that he used a clear substance and a cream given to him by a trainer who was indicted in a steroid-distribution ring, but said he didn't know they were steroids.

"I didn't know what I was taking" is the primary excuse used by just about every athlete caught using illegal drugs. That pretext has been used so many times by Olympic athletes that the IOC doesn't even acknowledge it as an excuse any more. The IOC simply states that an athlete is responsible for what is found in his body, for the simple and intelligible reason that it couldn't have gotten in there unless the athlete put it there. In short, ignorance is not an excuse for breaking the rules.

I would be willing to give Bonds the benefit of the doubt if it weren't for the monumental amount of circumstantial evidence, which clearly points to Bonds not only knowing he was taking steroids, but that he has been using them for quite some time. Let's be real ...Scott Peterson was convicted of a double homicide on less circumstantial evidence. A survey by ESPN revealed that almost 70% of the people polled believed that Bonds knowingly used illegal performance enhancing drugs. Whether he knew it or not, the fact remains that he still benefited from the drugs that were in his body.

In 2001, Bonds shocked the sports world by hitting 73 home runs in one year and he has averaged close to 60 home runs in his last three years. He would have averaged more than 70 home runs a year if they would have pitched to him. Even though Bonds finally admitted he took the drugs unwittingly, he now maintains the substances did nothing to aid his rise as the game's greatest home run hit. Really! When he was in the prime of his career, he didn't even average 40 home runs a year. Now, at forty years of age, he is the greatest home run threat in the history of the game.

"The true essence of sports is to pit one's natural ability against another person's natural ability."

Lawrence Brown

If Bonds has been using these drugs to enhance his performance, how fair is that to guys like Hank Aaron, Roger Maris, or any other ballplayer who has played by the rules? Is it fair to the guy who has finished second in the MVP balloting to Bonds the last three years? Is it fair that Jason Giambi took the MVP away from other athletes who were drug free in 2001? Was it fair that Ken Caminiti, took the MVP away from drug free athletes in 1996? Let me answer that for you. No! Bonds needs 11 home runs to tie Babe Ruth at 714 for his career. Then it's on to Aaron's 755. We now know positively that at least some of those home runs were hit while Bonds was on illegal drugs. How fair is that to Mays, Ruth, and Aaron? If Bonds' record of 73 home runs were a product of illegal performance enhancing drugs, will someone who is drug free ever have a chance to break that record? And what about Roger Maris ... his 61 home runs in the 1961 season fails in comparison to Bonds' 73, Mark McGwire's 70, and Sammy Sosa's 66, all of which were recorded since 1998 when steroids became an issue. Who says cheating doesn't pay?

One of the major travesties of the steroid issue in baseball is that it has adulterated history, and I think it has tainted some of the greatest players of all time. Fans don't view Roger Maris as an icon as they did several years ago. Maris was known as having the most prestigious record in all of sport for 37 seasons, but that is now diminished and barely remembered by most fans. If Barry Bonds breaks Hank Aaron's mark of 755 home runs, than Aaron's career achievement isn't as special as it was 10 or 20 years ago. That is not fair.

Unfortunately, these new marks will soil the record books forever. And some of the bogus accomplishments may never be broken. Worse yet, Bonds, Giambi, Caminiti, and every other ball player who have used illegal performance enhancing drugs have corrupted the integrity of the game and have created the notion for the youth of America that the road to athletic success is via drugs.

Baseball Commissioner Bud Selig expressed shock when he learned about the use of illegal performance enhancing drugs in baseball. Are you kidding me? Where the hell has this guy been? Eleven-year-old kids who don't even follow baseball are aware of that fact. Ten years ago Caminiti said that not only did he use steroids but more than 50% of the players in Major League baseball were using them. Jose Canseco has been saying the same thing, for the last eight years, only more so. In fact, according to the Daily News, Canseco claimed that 80 percent of major leaguers had taken steroids. Canseco also said he, McGwire, and Jason Giambi shot steroids together in the bathroom stall at the Oakland Coliseum and that he introduced his teammates to steroids after being traded to the Rangers in 1992. And here is the real kicker... Canseco also said President Bush, the Rangers' general managing partner at the time, must have known about the steroid use because it was so prevalent in the sport.

Selig has bemoaned that because baseball has no policy against using illicit performance enhancing drugs, so his hands are tied. Of course, he blames all of this on the player's union. If there were not a policy that would penalize someone for using illegal drugs in any corporation, I would have to question the leadership of that corporation. If I had to guess, I would say that Selig is trying to protect baseball by protecting its star players.

The San Francisco Chronicle reported that investigators secretly recorded a conversation with Bonds' trainer, Greg Anderson. He's allegedly heard on tape saying he provided Bonds with steroids that could be taken the day of a test and still not be detected. He also said that through contacts in the testing lab he would know when Bonds was going to be tested. If this is true, what does that say about baseball's attempt to clean up their drug problem? Bonds, Giambi, Caminiti, and Selig should all be inducted into the Hypocrites Hall of Shame.

Selig is either a, to put it mildly, storyteller or the biggest imbecile in the Western World. I suspect, however, he is a storyteller, and he thinks the American public is actually full of imbeciles. It is my contention that Selig, in his zeal to protect the image of baseball, has not only irrevocably affected the sport's integrity, but has tainted what every player, drugged or clean, has accomplished

While all the issues in baseball are troublesome enough, perhaps the most sickening issue in sports today is the increased corruption and loss of integrity in all athletics and the impact it is having on our moral system in the United States. I will address those points later on.

INTERVIEW

BRAD KELLEY

interviewed by Kate Taillon

Kate Taillon: Tell us about yourself.

Brad Kelley: *I am 33 years old. Toni, my beautiful wife of 12 years, and I have two children, Job and Caleb, ages 4 and 5. I have been employed in the ecclesiastical profession for 11 years. Currently, I serve as an associate pastor for Mountain Creek Baptist Church in Greenville, South Carolina. I hold a Divinity Degree from North Greenville College, Southern Baptist School and Anderson Baptist Theological Seminary. In addition to my pastoral duties, I travel throughout the country speaking to youth groups, schools, colleges and churches. I started lifting in high school to build up my strength for football. I haven't looked back since that time. I am, and always will be, a drug free lifter.*

Kate: What are some of the highlights of your powerlifting career?

Brad: *Traveling to St. Petersburg in 1994 to take part in the Goodwill Games was a high point in my powerlifting career. Since I was only 22 at that time, I considered it a major accomplishment to be invited to such a prestigious event.*

Benching 600 in the 242 class for the first time in competition in 2001 at the WNPF Palmetto Classic was a major turning point for me. Once I hit that 600, I knew that I had so much more left to accomplish in the benchpress. Since that time I have had the pleasure of competing in several WPO events, as well as Bench America 1, 2 and Bench America's World Bench War. My first 704 bench was in December of 2003 at an APA meet and I hit that using a double ply denim. I put up my second 704 lift at Bench America 2 in a single ply denim shirt.

Kate: What is your best lift in competition?

Brad: *On March 5, 2005, I benched 772 at a bodyweight of 238 at the APA Battle of the Barbarians in Williamston, South Carolina. Prior to that meet, my best competition lift was 730 in December, 2004 at the APA Holiday Classic in Nashville, TN in the 275 weight class. No excuses, I was just too lazy to drop the 3.5 pounds that would have put me in the 242s.*

Kate: What type of equipment do you train in?

Brad: *I am fortunate to be sponsored by Karin's Xtreme Powerwear. I wear a 2 ply, denim, open back when that style of shirt is allowed. For my last Bench America competition, I wore Karin's single ply, closed back denim. For squats and deads, I use a Metal Pro Squatter.*

Kate: Do you use any supplements?

Brad: *I take a multivitamin and I use glucosamine. I also take ibuprofen about 1 hour prior to heavy lifting. To aide in recovery, I try to get at least 8-9 hours of sleep a night.*

Kate: What are your goals in powerlifting?

Brad: *My ultimate goal is to bench 800. God willing, I would like it to be in the 242's. I am also planning on competing in my first full-power meet lifting in gear. Many years ago, I promised one of my partners that I would compete in a full-power meet, she is getting very impatient, and so I had better achieve this goal soon!*

Kate: How important are training partners?

Brad: *Currently I train with 3-4 partners on heavy bench day and one partner on squat and non-shirt bench day. Good partners are difficult to find and even more difficult to keep. Currently I have three primary partners. I am truly blessed since one of my partners is my twin brother, Bart. We constantly push each other and it was with great pleasure that I witnessed his first 600 bench at the same competition I benched 730. Bart was out for the past year with injuries and it was great to seem him making such a strong comeback. Mark Pritchard is our 4th bench partner. He has been training for almost 2 years and has made serious gains. He also is Bart's handoff person.*

My squat, deadlift and bench partner is Kate Taillon. We have trained together for approximately 6 years. Without her encouragement, yelling and screaming, I never would have come this far. She is able to push me beyond my limits and is constantly searching out new techniques and devising new routines.

I am fortunate to have partners/handlers that travel with me to meets. When I compete, I totally rely on my handlers. Without them, it is much more difficult to compete, especially on an Elite level. You absolutely need someone to work the table, keep an eye on the competition and run the stats. A strong handoff person is also vital. I have been truly blessed with a great team.

Kate: What do you enjoy about powerlifting besides the competition?

Brad: *I take pleasure in the camaraderie of the sport. I have met so many great people throughout the years, many of which I still correspond with regularly. On the flip side, I do see a lot more internet bashing happening. I am totally amazed at the amount of people that are so quick to judge lifters via internet without ever meeting them, or seeing their lifts. Apparently, once you hit big numbers you are subject to be judged by people that know nothing about you, your lifting (save posted results) or even your character and the type of person you are. Unfortunately, this is now a fact of life.*

Kate: When is your next meet?

Brad: *My next meet will be Bench America 3 on October 1st, 2005. My training routine will change slightly to accommodate the use of a one ply, closed back, bench shirt.*

Kate: Do you have any closing remarks?

Brad: *Yes, I would like to thank all the people that have supported my lifting career throughout the years, especially my wife Toni, my two sons, Job and Caleb, and my partners, Bart, Kate and Mark. I would also like to thank my Lord and Savior, Jesus Christ for giving me the will, desire and determination to constantly move forward in all my endeavors.*

Kate: What advice would you give to a newcomer to the sport of powerlifting, namely benching?

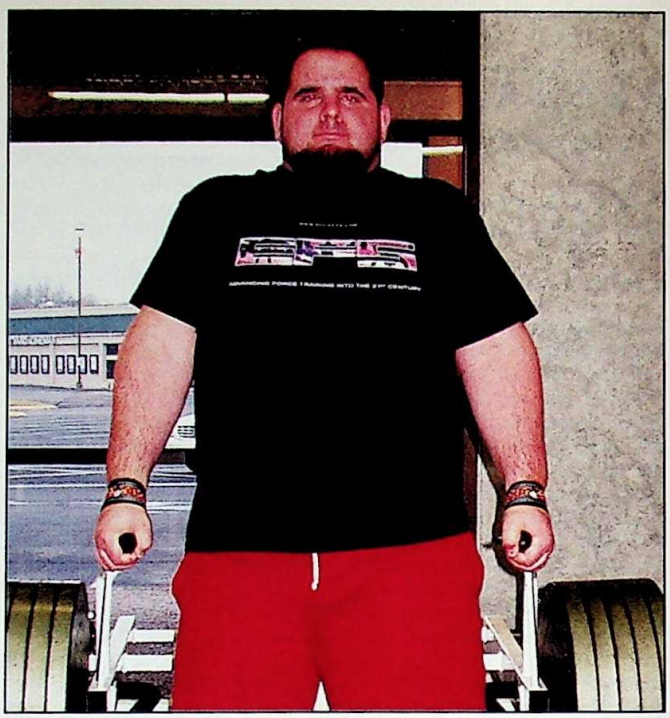
Brad: *Be true to who you are. Make sure you learn the sport. Always employ proper form. Be open minded to new training routines and techniques.*

Brad Kelley: *flanked by his twin brother Bart (left), Kate Tallion, and Mark Pritchard.* (Leon Josaitis photograph)

TRAINING

DECLINE PRESS SET-UPS AND ASSISTANCE

as told to Powerlifting USA by Wade Johnson



***This is Wes**, shrugging to make the traps strong and supportive for a bigger bench. Use the static hold at the top and straps if needed*

To follow up on the last article, I want to discuss the different set-ups we use for decline press sessions while covering a few spotting and safety issues. Hopefully, this will provide you with the information you need to train consistently, injury free and hopefully clear up any questions you may have.

Generally, all gyms have a power rack, but in this day and age with cardio rooms (bigger than a house) and selectorized machines grossly outnumbering free weight stations, the power rack is becoming scarcer. This can be quite a dilemma for someone looking to implement decline presses into their routine. We have also found that the fixed decline press is not always the best angle (most are too shallow). Secondly, it does not always allow the lower legs to lock into a position of maximum comfort and leverage, both being crucial for control and stability. Before we go any further, I cannot overstress safety as a priority in decline training. I know, I know, you are bulletproof and indestructible. A misguided rep can put you into shoulder surgery at the drop of a hat. I understand that there are unavoidable risks associated with training and even more so with heavy weight training, but let's follow some practical approaches to minimize the chance of injury and keep you in the gym and on the platform.

If I succeed in imbedding the importance of safety into your training, then I have done my job. Please, have spotters during all sessions. Far from just the weight crushing you, the decline angle makes it paramount to have control (right to left / fore and aft) of the weight. Mistakes can happen quickly with a bad handoff. Better to have folks there who are paying attention and can safely guide you back into the rack. An aborted lift caused by imbalance can cause serious injury. Little mistakes that may not effect a flat bench rep will always get you in the decline. Side spotters are crucial.

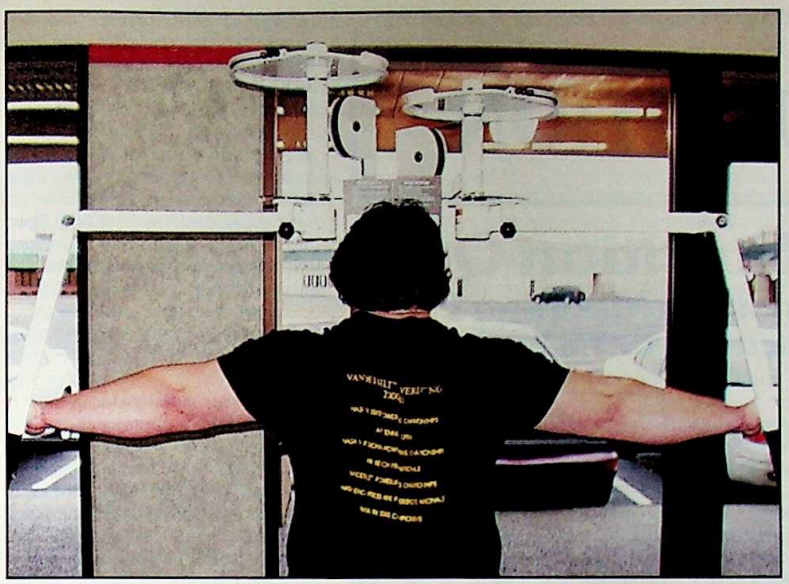
"Spotters"... if you are on the side, arms at your side ... you are not spotting safely! None of us are fast enough nor can we react quickly enough, should something go wrong when the arms are at the side. Cup your hands under the ends of the bar. Should a wrist give way or the weight go in the wrong direction, this will keep the bar and its weight from crushing the lifter. With your hands under the bar, you are always in the right position to keep the lifter safe. Not everyone will have an optimal training situation, but for those of you who have training partners or lift in group sessions, everyone should have responsibilities as a spotter or as an assistant with equipment. Some of this may seem repetitious, but in the case of decline training, I cannot overstress the importance of safety, knowing firsthand how easily a mistake can lead to an injury that takes you out of the gym.

Okay, back to the set up for declines. Ideally, if you have a power rack and an adjustable bench, you are pretty much prepared. Set the catch pins at a level that allows you to get out from under the weight, even if spotters fail to return the weight to the starting level. If you don't have a power rack, a fixed decline bench will suffice but choose a 20 degree incline over a 15 degree if both angles are available.

Now, on to the assistance as applied to both declines and our flat bench routine. Once pressing is done, we do lats for our first assistance. We generally use a rowing movement. At our local gym, we have access to several different machines. My favorite is the Hammer Strength Seated Iso Row. Ultimately, we strive to row in the groove or pathway of our bench press. If you are a home gym trainee and don't have a machine to do lats, the barbell and dumbbell row are great movements. We don't "just row", we really put the focus on pulling with the elbows, keeping the elbows in, all the while expanding the chest area with plenty of air. This mimics what we are attempting to do when on the bench. Making the chest and stomach push up as high as possible while making the lats pull the weight. This is crucial when benching in today's bench shirts. We keep the weight moderate and focus on the form of our movement as opposed to how much weight we are rowing. Sets are kept to 3-5 and reps 8-12 with a focus of reaching 12. Once we are done with lats, we move on to shoulders.

I caution you on doing too much (volume) shoulder work assistance. It is so easy to overtrain the front delts. They take a good deal of abuse from the heavy pressing and remember, rowing works the rear delts to some extent. Again, we focus on the movement and not how much weight is actually being moved. You will see as you read, the movements are not only training a particular muscle group, but teaching those areas to work with other muscles groups (multi-joint cooperation) used in the bench press movement. The idea is to not only make the muscle stronger, but specifically in a coordinated pathway of assistance with other muscle groups. The more coordination, the more weight moved. Early on in the training cycle, we use just a few movements for shoulders. For the anterior delts, we use the lying cable front raise. I chose this movement to keep from cheating with too much weight. It is just a natural thing to mistakenly try to push too much weight. The end result is "slinging" the dumbbells or barbells when doing a front raise.

***Wes** doing the DB hammer curl. No alternating, to make those muscles work together*



This is Wade, *using the pec deck to train rear delts. After a few sets of these, you will soon learn why we don't train any triceps isolation. (Johnson photos)*

We use a straight-bar attachment on the cable row. We put the fanny between the pad and the foot prop and lay flat on the bench. We raise the bar until the bar is about forehead level and back down. Weight is light (relative to the individual) and we do 3 sets of 10 reps. From there, we do side raises for the medial head of the delts, but as you might expect, we do things a little differently. We do them seated, using very light dumbbells. We do 2-3 sets, working up to 50 reps with 5-10 lb. Dumbbells. Obviously, the idea is to condition the shoulders without beating the shoulder muscles to death by slinging dumbbells that are simply too heavy. After 4-6 weeks of training (early in the cycle), these movements get dropped. Occasionally, we will do the seated side raises as needed, but not every session or every week. It simply leads to overtraining over the long haul. Also, as a stretch we occasionally do front raises, keeping the weights very, very light and only to pump a little blood into an area that could be tight and in need of a stretch. Back to the side raises, we do them seated, bringing the weight parallel to the floor, keeping the thumbs lower than the pinky, as if we were pouring water from a bottle. The elbows stay loosely locked, but not rigidly hyperextended. We use a fast pace, but without slinging or heaving the weight. Trust me, after a few sets, those shoulders will be on fire. We finish up the delts with a posterior movement. Since we have access to a pec dec that allows a rear delt motion, this is our preference, but you can easily do bent over dumbbell raises as an alternative. I don't do them because it simply bothers my shoulder. I don't have the shoulder issue when I use the pec dec. We do 3 sets of 12 reps and stay with the moderate weight for this movement as well. As we get into the training cycle, this becomes the primary shoulder routine. The upper back learns to work with the shoulders in this movement and the coordination between these muscles groups is paramount for pushing bigger weights.

Once the shoulders are finished, we go directly to hammer curls. This movement keeps the biceps tendon and brachial group strong and in great condition for support and lateral control of the heavier weights on the bench press. We do not use anything else for biceps training and I value this movement more as a tendon / ligament conditioner instead of just a biceps movement. Sets and reps remain consistent with 3 sets of 8-12 reps and always leaning to 12 reps. We will occasionally use some heavier weights going for 8 rep sets. When we do the hammer curl, we do not alternate each hand, we do them together. The purpose, once again is to teach both sides to work laterally and equally together. Don't sling the weight up, use a weight that you can control (without heaving) to complete the rep. Once we are done with curls, we move on to traps.

When training the traps, we do shrugs. I have access to a shrug machine and it is my favorite movement for training traps on my bench sessions. However, should you be without this option, I would then try dumbbells. Using dumbbells keeps the weight at your sides and is less stressful on the lower back, as opposed to using a straight barbell. For variation, we have used a cambered bar for shrugs. Again, this keeps the hands more to the side and the lifter doesn't have the tendency to be forward, with the weight in front of them, stressing the lower back. To shrug, we simply shrug as high as we can while using a 2 count static hold at the top of the movement. The hold makes the traps strong when you are pinching the shoulder blades together as you apply both traps and shoulders into the bench. Having the strength to hold this position can be a "make or break situation" for a bigger bench press. The static hold greatly aids in the development of this needed strength on the bench. We do 3 sets of 8-12 reps and use a moderately heavy weight. Use straps if you like, especially if it makes the movement more comfortable and allows you to use a bit more weight without grip problems.

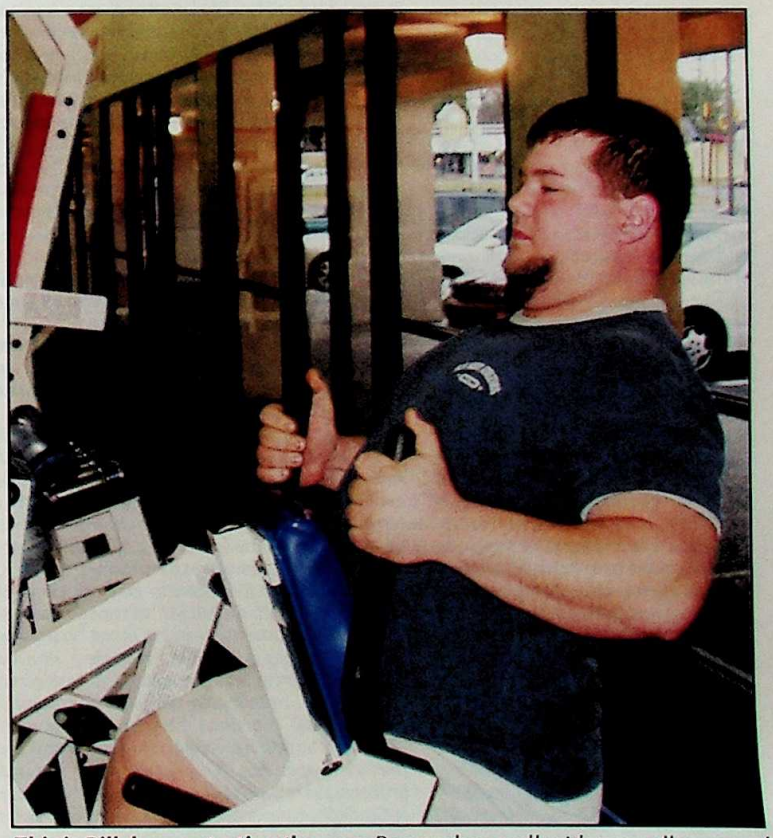
We finish all the training sessions with abs. This may not be everyone's favorite body part to train, but abs cannot be overlooked by the strong and stable powerlifter. We normally follow each session with 100 reps, allowing each individual to apply their own variations to the movement. I bring abs up only to stress their importance as a balance for lower back support. The abs play a large part in the lockout of a heavy deadlift and in the agonizing ascent of a heavy squat, not to mention the benefits derived in the bench.

This is the program that we have been following for the past year. It has led to several personal bests and no bench training related injuries, which has been the top priority for following this method. To follow up, we use this type of assistance after each pressing sessions, both flat and decline. It allows us to handle heavy poundages in all sessions while allowing for better recovery by saving the shoulders and joints. If you are looking for a new bench program or a change of pace, give this method an honest try and you should see success quickly. Best of luck!

Until next time,

Lift heavy, train smart & eat more pizza.

Wade Johnson



This is Bill demonstrating the row. *Remember, pull with your elbows and keep them in close. Expand the chest while using the lats to move the weight.*

NUTRITION

Power Nutrition Q&A

Rage Against the Machine Part I

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

Q: My question is about the hormone Cortisol. You have mentioned this several times before, but I really don't know what it is and how it affects the body. I have heard that your body produces it when you get angry and rage out on someone, is this true? You mentioned that reducing it is good, but why? How important is this hormone for the powerlifter trying maximizing his performance?
Sincerely, Francesco Care

A: It's good to hear from you. Cortisol is one tricky hormone. It has its benefits for the body, but it also has numerous health destroying attributes that can shorten your lifespan. Not only that, it will also destroy your lifting success. I will give you an in depth look into this hormone and how it will affect your powerlifting and long-term health.

What is Cortisol?

First, we must realize that Cortisol is needed to sustain life. It's not all-bad. Cortisol is also known as 17-Hydroxy cortico. It is considered a corticosteroid hormone and originates from the adrenal glands that sit on top of the kidneys Cortisol is released when the pituitary gland releases yet another hormone called Androcorticotropic (ACTH). This in turn stimulates production of adrenal hormones in the adrenal cortex. Most of you don't know this, but Cortisol is created from cholesterol. After several different hormonal metabolic conversions, which I won't bore you with, Cortisol is produced. It is known as a stress hormone as it is released into your bloodstream during times when your body endures various difficulties. Let me give you a simple scenario to help you visualize how Cortisol is secreted in the body.

Powerlifter Road Rage

It's a hot summer afternoon. Its got to be 105 degrees in the shade. Plus, you just finished a horrible day at work. Deadline after deadline was due today and you didn't make any of them. Your boss just rode you all day and the pile of work on your desk seems to resemble the Leaning Tower of Pisa. No matter what you did, it went wrong. You have now left the "Solitary Confinement with a Paycheck" known as your job, and are now on your way home to the sweet lady you married 15 years ago. Well, she was sweet back then, but that was along time ago and another story in itself. Even after what seemed to be an eternity in hell you have something to look forward to ... the Big Game! But disaster strikes again as you get on the freeway only to find it moving at the rate of molasses in January. Even better is the fact that your brother in law was supposed to come over last week to fix the air conditioner in the car, but he couldn't because his wife wanted to go see some stupid "Chick Flick". So, you are now melting like an ice cream. You are aggravated to no end, just waiting to let all this "Pent up Aggression" loose and go CUJO on someone. Forget Lassie, Cujo was a dog's dog!

You are sitting in a traffic jam during the most important football game of the year. You just placed a big bet on this game, 2 weeks of your salary. If your wife had an inkling of what you did she would make the Lorena Bobbit story seem like a Disney production. Like I said, she used to be sweet but that's all over now. The game is close and you just have to get home to find out what is going on, but you know there is no way you are going to make it. Your blood pressure is starting to rise. The thought of losing all that money is driving you crazy. The thought of what you might lose when the old lady finds out about your little wager will be even more painful. You are starting to feel like a Postal Worker who just got his release slip and his divorce papers all in the same afternoon.

Out of nowhere, one of those grubby "Squeegee Kids" comes over to your car and starts gilding his filthy squeegee over your windshield in a gyrating fashion, all the while lip syncing to his favorite Guns and Roses song on his Walkman. What the "bleep", you say to yourself under your breath. You didn't invite this lovely fellow over nor did you want this moron to make your windshield dirtier than it already was. Your blood is now boiling, and this "Street Monkey in Spandex" has the gall to ask for some change for the wonderful service he did by making your windshield a mess. You tell him to go crawl under the rock from which he came. He starts verbally abusing your mother. You have now had enough of this sweetheart. It's now "Go Time" for this punk, because you are going to open a can of "Whoop Ass" on this guy like he has never seen before. You are going to smash him so hard his kids will be born dizzy. You get out of your car, pick him up by the few strands of hair on his greasy head, and throw him across the freeway like a ragdoll. It's time to unleash a whole world of hurt on this fool! ..... Ok, back to reality. I know you most likely couldn't wait for the violent ending, but I have to cut it off here otherwise this whole column will just be about some raged up powerlifter kicking some degenerate into a coma.

There are many different physiological reactions happening inside the body of the subject in the preceding scenario. Your body has probably just released a nice megadose of Cortisol into your own bloodstream, after reading it. To help you understand some of the negative affects that

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

Cortisol has on the body I have laid out the following chart to give you a breakdown of how and what this hormone will do to your body when overproduced.

Negative Effects of Cortisol

Tendon Damage and Degeneration

Increased levels of Cortisol can lead to an increased rate of injuries to tendons. A lot of strength athletes tear their muscles from their tendons, particularly biceps and patella tendons. Obviousl, a lot of those injuries occur during times when our stress levels were the highest. I have noticed this with a lot of my lifters and personally have had a couple of my bigger injuries when my stress level was through the roof. Tendon health for powerlifters is of the greatest concern because your lifting career depends on it.

Decreasing your level of insulin sensitivity and increasing your rate of insulin resistance

What this refers to is how efficiently your body is using insulin. This will play a major role in your performance, your health and ultimately your lifespan. When you become insulin resistant, your chances for Type II Diabetes, Heart Disease, Impaired Kidney function and a whole slew of other diseases are increased. It will also cause you to gain more fat, decrease your rate of glycogen replenishment, reduce your workload volume capabilities, destroy your energy levels, and much more. From my assessment of thousands of powerlifters over the last decade I will say that a large majority are insulin resistant. This is a topic I will discuss further as its ramifications are very serious.

Cortisol will cause you to enter a catabolic state

Cortisol will cause you to lose muscle tissue and lower your strength level. This is due to the fact that when a Cortisol molecule interacts with a receptor site located on a muscle cell it causes it to release valuable amino acids. This happened because of muscle cell proteins breaking down into those amino acids thereby making your turn into a girly man ... minus the muscles. If this alone isn't enough to make you pay attention to this topic, then you are reading the wrong magazine.

Cortisol will raise your blood pressure

This is due to the fact that it causes the body to retain sodium while at the same time increasing the rate of potassium excretion. Increased blood pressure does not always result just from your diet as you can see, but combining a stressful lifestyle and the fact that you eat like "Carnival Help" is just adding gasoline to the fire. Since High blood pressure has also reached epidemic levels in the United States it is important that you keep a watchful eye on this very destructive disease.

Cortisol can also lower your testosterone level

Too much Cortisol in the blood will play havoc with the Big T. Stress will kill your sex drive and testosterone level in a heartbeat. Strength is also related directly to your testosterone level. If your test levels are bottoming out, you may feel more inclined to play with some Barbie Dolls rather than doing heavy deadlifts. If you want to stay a stallion in the bedroom and in the gym keep the Cortisol levels low.

Cortisol can lower Growth Hormone Production

This is definitely something that you don't want happening. Growth Hormone is responsible for many different processes in your body. If you have even a brief understanding of what this hormone is about you will know that it is highly anabolic. This means it will help you build muscle and burn fat. It also has healing benefits for your tendons and ligaments. Many powerlifters and bodybuilders use synthetic GH as part of their pharmaceutical arsenal to help them put on muscle, increase their strength, help them recover from past injuries, and burn fat. Since Cortisol can reduce your natural production of GH, this is something you want to avoid like the plague.

It can also lower the transfer of T4 to T3 conversion

This refers to your different Thyroid hormones. T4, which is also known as Thyroxin, is the inactive form of Thyroid hormone. For it to work it's fat burning miracles, it first must convert to T3, also known as Triiodothyronine which is the active form of this hormone. In pharmaceutical terms T3 is also known as Cytomel. This happens because Cortisol suppresses the all important

enzyme called 5'deiodinase. The reason why this enzyme is so important is because it is what is responsible for the turnover of T4 to T3. Lowering the efficiency of your T4 to T3 conversion rate means that a major decrement in your metabolic rate and your ability to burn bodyfat. What you also have to realize is that T3 is also an anabolic hormone. Bodybuilders use synthetic Cytomel to help them get ripped for competitions where their body fat level has to be under 5%.

Decrease your Rate of Recovery from Intense Training and Increase Joint Pain

Cortisol will also prevent you from recovering from your workouts properly. When the body is under high stress levels it won't heal itself in an efficient manner. This will cause you to be sore from your workouts longer than usual. In turn your joints will also ache more and old injuries will just seem to flare up when you least expect it. If you want to benefit from your workouts you must fully recover from them and allow your body to heal in order to make the progress you are capable of.

Decrease Bone Mass due to Calcium Secretion

This is another side effect of high blood Cortisol levels. Strong and healthy bones are very important for posting a bigger total. This is of even greater concern for female lifters, as this will cause them to be susceptible to osteoporosis later in life. What good is it to have strong muscles that can lift heavy weights at the same time you have bones that are brittle? This will set you up for some nice fractures down the road which could cause serious injury especially if it occurs during a max squat attempt. Not something that you want to picture in your mind before going for a PR!

It can also have a Negative affect on IGF-1 Production

Most of you probably don't have a clue what IGF-1 is. This term stands for Insulin Like Growth Factor-1. This is one of the most powerful hormones in the body. IGF-1 is the hormone that is produced in your liver due to Growth Hormone metabolism with the presence of Insulin. It is more anabolic then Testosterone, Growth Hormone or Insulin.

Another major benefit to IGF-1 is that it causes the "up" regulation of satellite cell production. Who cares about satellite cells? Well, for those "Chemically Enhanced" lifters out there, perk up your ears. These newly formed satellite cells will posses a higher number of androgen receptors, which will have a greater affinity to androgen binding. This means, in powerlifting terms, is that your "Pharmaceutical Program" is going to work a hell of a lot better at a lower dose. This is due to the fact when the good old "Mr.Testosterone" molecule is floating through your bloodstream it will attach itself to the multiple numbers of androgen receptors that are now present on this newly formed satellite cell. Multiply this over thousands or even millions more cells and with who knows how many more androgen receptors and you have a lot more "Anabolic Action" going on. Let's not forget that the increases of these newly formed satellite cells are not only in newly formed muscle fibers, but your existing muscle fibers as well. You see, there is a distinct relation to how the nutritional sciences and the "Pharmaceutical" sciences work in unison to produce a new frontier on results.

Cortisol can decrease the production of IGF-1 in the body when it is overproduced. I can do an entire article about IGF-1 in itself and will go into more depth in the future. If your excess Cortisol production is shutting down the synthesis of the most anabolic hormone in your body, then you better get your Cortisol levels in check otherwise your results are going to go out the window! Synthetic IGF-1 and the more potent R3 Long IGF-1 are very popular among "Enhanced" athletes the world over and now you understand why you can't let Cortisol destroy your natural supply like a wildfire.

Increase fat storage around the midsection

Most of us are trying to limit the extra "Love" around our midsection. On the other hand, good old Mr. Cortisol is trying to increase our waistline and make us resemble the Michelin Man instead of a strength athlete. The reason for the increased fat storage around the waistline, especially in males, is that there are a lot of Cortisol receptors in the tissue surrounding your waist. Let's not add any more fat to our physiques, because we want to change our "Fat Guy" image to the general public..

Cortisol can run down your immune function

This is another bad boy just waiting to unleash itself on you when you least expect it. Think back to one of your really stressed out times and you most likely will notice that within the next few days you probably got a cold or the flu. Cortisol can really decrease your immune function and its ability to fight off viruses or bacteria that invade the body. You can't lift big if you are suffering from some type of illness, since this will keep your body in a catabolic state.

Decrease your metabolic rate

Many don't know this, but when the body has an abundance of Cortisol just floating around in your system it will bring down the efficiency of your metabolism. This is definitely not a good thing since this will cause an increase in fat storage. One of the main purposes of a customized power nutrition meal plan is to get your metabolism to speed up and use your nutrients more efficiently. Cortisol can bring down the number of calories that you burn each day so that your daily surplus of calories are not being used for glycogen replenishment and muscle repair, but instead is being stored as a nice big roll of flab!

Reduce your rate of protein synthesis and amino acid uptake

Many of you might not know what protein synthesis is or the chemical reactions that take place during it, but if you reduce your rate of amino acid uptake into the muscles then you are going to minimize an optimal environment for cell volumization. This will reduce your efficiency of protein synthesis, thereby making sure that you don't put on any muscle and it will make your strength goes south as well.

It can Accelerate Aging and Memory Loss

Excess Cortisol production will make you age faster. I know most powerlifters are not worried about getting some extra Crow's Feet or a few extra wrinkles before their time, but the fact remains that no one wants to look 10-15 years their senior. Memory loss is another areas that no one wants to deal with, yet it is much more serious than just a little aging. Cortisol can have a drastic effect on your cognitive function, not something that should be taken lightly. It is believed that memory loss is a major side effect to excess Cortisol production due to the fact that Cortisol attacks the Hypothalamus. This area of the brain controls the entire endocrine system. By causing damage to the "Major Control Center" so to speak, it will cause major differences in the production and metabolism of the many different hormones under its control. Cortisol can wreak havoc on more then just your muscles!

Relax, take a Deep breath and Step away from that Loaded Mac 10

Before you have a coronary infarct from reading all this, just relax, because the stress that you are now experiencing from reading this article is actually making you release more Cortisol. Since we know what Cortisol is and how badly it affects our health we must figure out a game plan to reduce it in our lifestyle and training plan, so that we can live a longer healthier life. In the second part of this series I will cover what you can do to stop excess Cortisol production dead in its tracks through proper nutritional and supplementation protocols. This will be a very important and informative column, so stay tuned to find out what you can do to maximize your strength and health. Until next month, stay cool, lift hard, and don't let the "Squeegee Kids" get you down!

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I am just letting you know that my website at www.nutritionxp3.com is now up and running. I know that you probably have checked it out many times to find nothing but an under construction page. This is no longer and I want to apologize for it taking so long to get up. Just to let you know that it is more than just a nutrition website dedicated to strength athletes. Each and every month there will be around 15 different articles for you to enjoy. This will include articles of all types including strength training, powerlifting, strongman, rehab, nutrition, sport specific training, coaching theories and more. There will be material from some of the best writers from each industry including the awesome Dave Tate, Top rehab doctors in sports medicine Dr. Ken Kinnackin and Dr. Michael Leahy. The "Living Legend" Louie Simmons, and MuscleMag International Strength Columnist Rahim Kassam. University of Iowa Head Strength Coach Chris Doyle will be on board, and Olympic Gold Medalist trainer Charles Poliquin is there to shed some light on his secrets that get results. Top US Strongman coaches CJ Murphy and Bob Joidoin are also there to teach you the ropes. Let's not forget Coach John Davies who is one of the most innovative trainers ever and much more.

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STARTIN' OUT *A special section dedicated to the beginning lifter*

ACHES AND PAINS

as told to Powerlifting USA by Doug Daniels

Competitive powerlifting has both its rewards and penalties. We are all familiar with its rewards, but this article will deal with its penalties. The biggest penalty has to be the physical pain suffered by our bodies. Our goal should be to not only minimize the pain we must endure during our competitive years, but to lower the risk of long term pain after we retire from competition. There is no way to totally avoid pain due to lifting but there are simple, common sense things we can do to lessen it. In order to do this, let's look at our major pain areas and some causes of that pain. In this article I will not deal with back pain, as this is a subject in itself.

Let's start with the knees. Aching knees can result from many causes, but right at top of the list is abuse. I regularly hear lifters say they must wear knee wraps for squats because their knees ache. What they seldom consider is the root cause of the knee pain. Many times these lifters perform their squats descending in ballistic fashion, crashing hard to the low position, then rebounding up. In addition, ballistic style leg presses, extensions, and leg curls are thrown in for good measure. They should reconsider using ballistic rebounding techniques. This type of lifting places a great deal of stress on your knees. Descend or lower the weight in a controlled fashion while remaining tight, like a spring. When you reach bottom position, explode to the top. Knee wraps are a useful tool for lifting more weight, not to be used because your knees are too sore to squat without them. Remove the root cause of the soreness and pain. Do not use knee wraps as a band-aid or crutch.

Next up are the wrists. Just like the knees, they have many possible inflictors of pain. They can be overly stressed while performing some exercises. Many lifters use wrist wraps while squatting and benching. As with knee wraps, they help support the heavy weights used and can add to your lifts, but they too can be used as band-aids. Letting the bar roll down your back during the squat can inflict some real damage on your wrists as well as to your shoulders and elbows. To solve this problem, have your training partners tell you when the bar starts to roll down your back from the position you started the set with. Keep your chest held high while not leaning forward. Keeping the bar properly on your back also puts you in a better leverage position.

Holding the bar too high in the hand while benching can also stress the wrists. Holding the bar high (near the knuckles) causes your wrists to bend back so they are not directly over the forearms as they should be for best weight support and power transfer. Try to hold the bar lower, more to the meat end of the palm. This will also result in a more power transfer from the arms and chest to the bar. That could mean a bigger bench.

Elbows are also a high pain potential area. As I mentioned earlier, they can be stressed by squatting. They also can be stressed by plain overuse. A lot of benching, shoulder, and tricep work can add up over time. Ballistic moves really pile on the wear and tear, just like they do with the knees. Perform exercises like tricep pressdowns using the triceps to move the weight, not relying on the bounce on the bottom.

Lastly are the shoulders. Flexibility is a key to preventing shoulder problems. I like to keep my shoulders flexible by stretching with a broomstick. Since benching emphasizes the front delts, during the off season, work the lateral and rear heads of your delts to balance your shoulder strength. Side and rear dumbbell laterals can be of value here. Balancing your shoulder strength will add to shoulder stability and lessen the chance of injury.

It is key to listen to what your body is telling you through pain. Pain is really one of nature's gifts. It's your body's way of telling you something is wrong. It can tell you through a whisper or a scream. Being aware of a potential or existing problem is 90% of the battle. Without being aware, you can not hope to address it until it's too late.

I have always recommended training cycles that start with moderate weights and higher reps and lead to heavy, lower rep training as the contest nears. This way, you would not be subjecting your body to the stress of heavy weights for too long of a period. Heavy/light days should be considered also. You can gain by just training each lift once a week. Of course, everybody had different tolerance levels to use and abuse. Older lifters will probably experience pain sooner.

Taking some time off from lifting or taking a layoff every 3-4 months can add years to your lifting career. Taking one week off from the weights now and then can allow both your body and mind to recuperate from the rigors of heavy lifting. You can comeback with renewed enthusiasm and a fresh body. Look for a specific article on training layoffs in Powerlifting USA in the near future.

Using correct exercise form is another big one. As I mentioned earlier; performing exercises in ballistic fashion is inviting pain and injury. Let your muscles do the lifting; not momentum and bounce. Not only does correcting these technical flaws potentially result in less pain, but it can also translate to bigger lifts in competition. This is a definite win-win situation.

Warm-up and cool down contribute to recovery between workouts. Try some low impact aerobics like stationary cycling to cool down. Don't overlook good nutrition. Give your body what it needs to maintain and grow. Adequate fluid intake is critical. Aspirin, ibuprofen (acetaminophen products such as Tylenol do not have anti-inflammant properties); moist heat, cold packs, massage, and whirlpools can be very beneficial in preventing and alleviating aches and pains. Cod liver oil has been proven by scientific testing to act as a lubricant and pain reliever for joints. SAM-e and glucosamine chrondrotin are popular supplements that some users say help. Flexibility can not be overlooked. Building and maintaining flexibility not only can prevent injury but may also allow better exercise execution which can add up to pounds on your total. I suggest acquiring a good book on flexibility for reference. As with most things, don't go too wild too fast on gaining flexibility. Work into it in a gradual and steady fashion.

We cannot escape pain resulting from lifting completely but we can reduce its occurrence and intensity. That requires listening to your body and making common sense changes to your training practices and nutritional approach. An injury or lingering pain can also have long term effects after we retire from competitive lifting, so preventing them in the first place should be a top goal. When in doubt or if you are experiencing chronic pain, see a sports medicine doctor as soon as possible. Minimizing pain, both now and in the future can make the rewards of powerlifting all the more satisfying.

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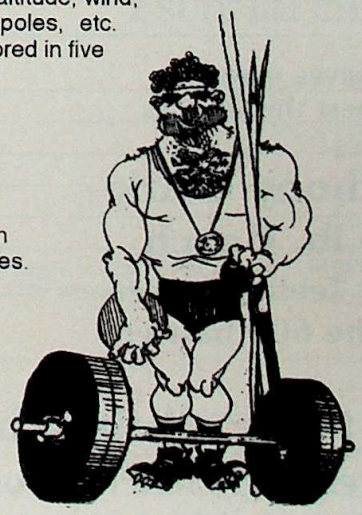

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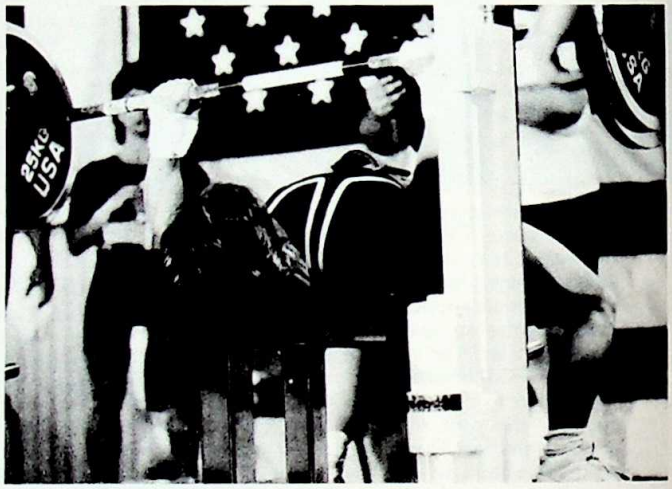

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			TOTAL	

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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: My name is Michael and I'm a 32 year old living in the US. The last two years I started with a trainer competing in powerlifting. Last year I competed for the first time, in the WNPF and USAPL (both natural) in the 181lb class. I am looking for ways to increase knowledge and strength through exercise, diet and supplementation. I subscribe to *Powerlifting USA* and enjoy reading your articles. I have also been to your website to learn more about your products.

My question to you is, I was going to purchase to *Anabolic Solution for Powerlifters*. Is this a specific diet and will it tell me what foods to eat and supplements to take? Right now I eat 5-6 meals a day. I always eat protein and carbs together. I take a multivitamin, use meal replacement powers (Lee Labrada brand) and whey protein (Optimum Nutrition). Is taking Exersol part of the Metabolic diet plan? Sincerely, **Michael**

HI MICHAEL: *The Anabolic Solution for PL lays out your diet for various training phases. It also suggests which supplements to use and when. The supplements aren't a prerequisite for following the diet, only an aid to getting better results. The books is about 200 pages and as such also gives you some of the theory behind the diet as well as some tips on gear, training and pre-contest and contest preparation. As well, you'll get an automatic membership to my sites and access to various aids such as sample diets, articles and other info. As far as using supplements from other companies, most come up short of what's needed. I designed my supplement line to be the best out there and the most effective for my diets. Just have a look at the PDF info files on some of my supplements on line, for example Joint Support at http://www.mdplusstore.com/pdfs/jointsup.pdf and GHboost at http://www.mdplusstore.com/pdfs/GHboost.pdf, and you'll see the difference. Also because of the way I do business, basically on a shoe string, I'm able to retail my products at about 4 times my cost to manufacture them, as against a minimum of 10 times for all other companies (some companies usually mark up their product 20 to 50 times manufacturing costs, for example Basic Research and their affiliates). As such, I use the highest quality ingredients (unlike the cheaper ingredients with allowable level of contaminants the ingredients I use are of the highest purity – therefore there's no chance of contaminants that might lead to a positive drug test) and can offer my products at what amounts to a bargain price considering the cost of manufacturing the products, while giving the consumer the most effective and evidence based products on the market.*

Best regards, ***Mauro***

HI MAURO: I've just purchased the *Radical Diet* to help me lose a lot of fat fast and keep the muscle. However, in reading it over I'm enthused about everything in it except that I didn't see how this diet wasn't inducing a state of ketosis with the level of carbohydrates that one takes in. **Ron.**

HI RON: *Your question is a good one and to answer it fully would take several pages. However, here's a brief answer to your question. The circulating levels of ketone bodies are determined by their rates of production (ketogenesis) and utilization (ketolysis). The former is fairly easy to influence while the latter is not. In the Radical Diet I have mainly tried to minimize the production of ketones by decreasing ketogenesis. I am also presently working on ways to increase ketolysis. One of the ways is to decrease ketogenesis is to increase the direct utilization of fatty acids for energy rather than having the fatty acids broken down into ketones and then releasing these ketones into the general circulation. For example the use of exogenous carnitine (found in MRP LoCarb, LipoFlush, Metabolic, ReNew and several other MD+ products) has been shown to increase the efficiency of fatty acid entry in the mitochondria and increase beta oxidation of fatty acids rather over the formation of ketones. By supplying more fuel directly from fatty acids the need for ketone utilization and formation decreases. Decreasing ketogenesis is also done by two other routes. One is by increasing insulin sensitivity and the other by increasing endogenous production of glucose (gluconeogenesis). Again, both are done by a combination of the food choices is the Radical Diet food list and by the use of the supplements that I recommend in the Radical Diet. For example MRP LoCarb provides several ingredients that increase insulin sensitivity including conjugated linoleic acid (CLA), chromium, and alpha lipoic acid. MRP also contains protein, specific gluconeogenic amino acids, and various other ingredients that increase gluconeogenic efficiency. These and other ingredients are also present in several of the MD+ supplements. The bottom line, and this is substantiated by the many patients in which I've tested their urinary ketones, is that ketosis is minimal on the Radical Diet if it's followed properly. About 25% of the people on my diet show small amounts of urinary ketones in the first few weeks while hardly any show any significant amounts of urinary ketones after the first month. Best regards,* ***Mauro***

DEAR MAURO: Thanks. I'm surprised that you take the time to answer email considering how busy you must be. Could you explain how too much can promote fat gain and also the approx intake that would lead to fat gain? I was reading studies where they used 0.5g of citric acid per kilogram of bodyweight and that seemed like a lot to me. Thank you, **Carl**

HI CARL: *I do my best to answer all emails sent to me. However, since I get so many it sometimes takes a while to get to them. The involvement of citrate in the formation of fatty acids is extremely complicated and would take me a few dozen pages to explain in detail. However, the extremely short answer is that cytosolic citrate, as against mitochondrial citrate (which when present in excess is transported to the cytoplasm) is the initiator of fatty acid synthesis.*

In the mitochondria acetyl-coA and oxaloacetate combine to form citrate. Citrate, if in excess, is transported to the cytoplasm where it in turn forms acetyl-coA and oxaloacetate. The cytoplasmic acetyl-coA then forms malonyl-coA, the first committed step in the synthesis of fatty acids. Acetyl-CoA Carboxylase (ACC), the enzyme responsible for the carboxylation of acetyl-coA to malonyl-coA, is activated by citrate. So not only does citrate provide the substrate for fatty acid metabolism, it also stimulates the formation of fatty acids, and by another mechanism, by inhibiting the enzyme CPT-I, decreases the transfer of fatty acid and fatty acid units into the mitochondria for oxidation.

Cytosolic citrate, the citrate that is a result of using oral citrate, differs somewhat from mitochondrial citrate in that mitochondrial citrate, in the right amounts, can increase TCA cycle flux and is an anaplerotic TCA cycle intermediate. Cytosolic citrate, in smaller amounts, can be translated into pyruvate and then enter the TCA cycle either as acetyl-coA or oxaloacetate, depending on many circumstances. As well there are other pathways for cytosolic citrate. I've attached a few slides from one of my PowerPoint presentations to help you out with some of the biochemistry.

The bottom line is that excessive oral citrate is first taken into the cytoplasm and as cytoplasmic citrate it stimulates fat production. I'd love to tell you how much oral citrate is too much, but it would give away some of my proprietary information which I am using to apply for various patents. Suffice it to say that it's not in gram amounts, and that the amount that is in Creatine Advantage is the amount that I feel is just right, along with measured amounts of malate, succinate, fumarate, etc. to maximize TCA flux, ATP formation and aerobic energy.

BTW if you look at Amino, you'll see that I didn't add citrate, but instead included various other anaplerotic ingredients, and other compounds that would maximize protein synthesis. When you look at the ingredients, also look at the attached file and you'll see some of the connections. ***Mauro***

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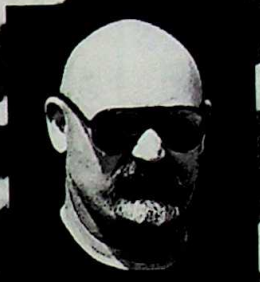

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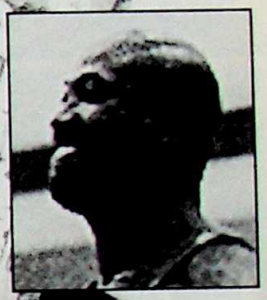

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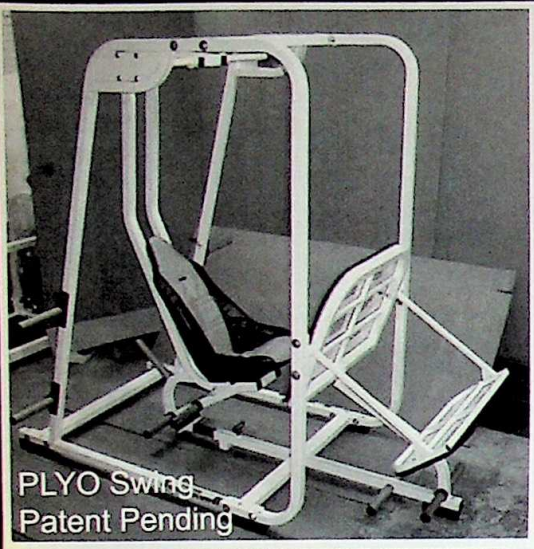
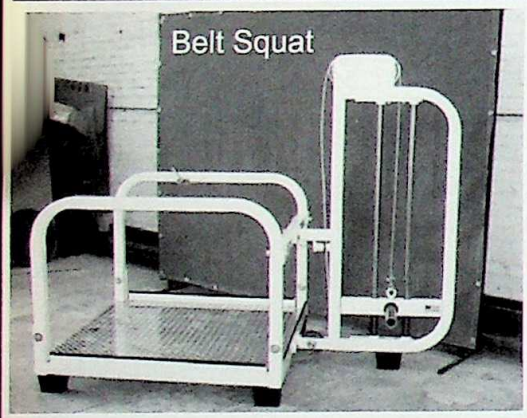

PLYO Swing
Patent Pending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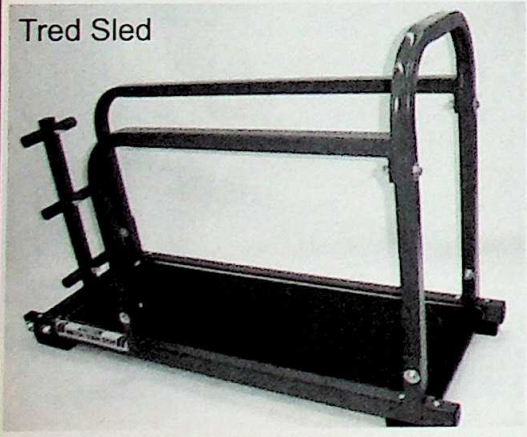
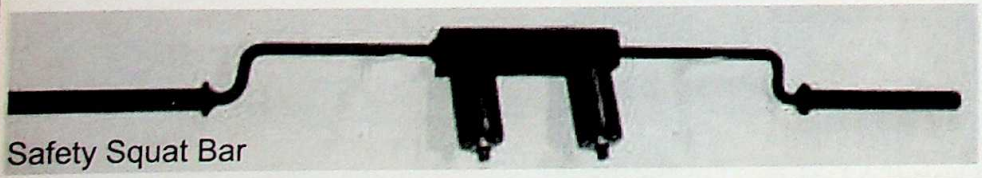
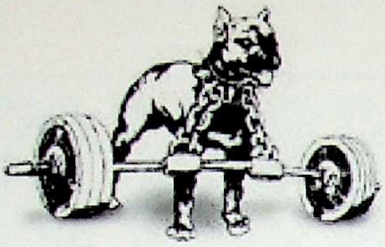

Tred Sled


Safety Squat Bar



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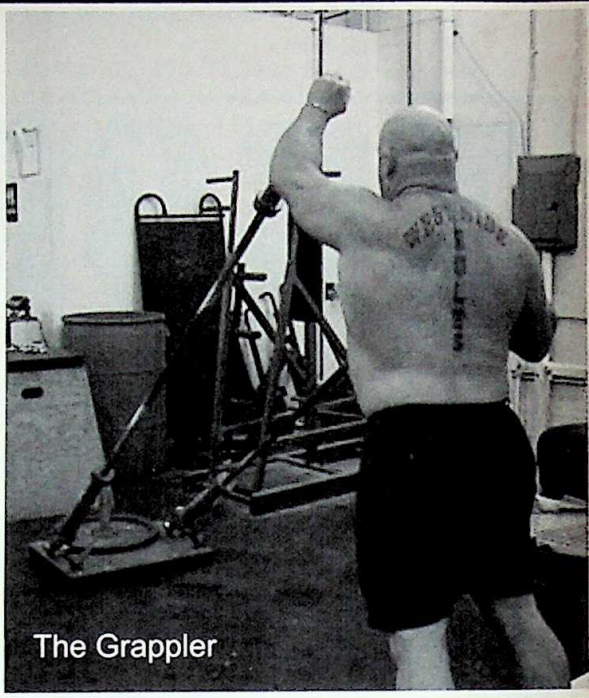
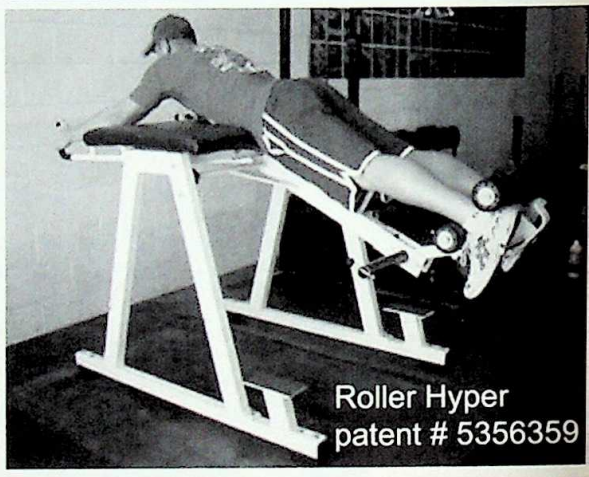
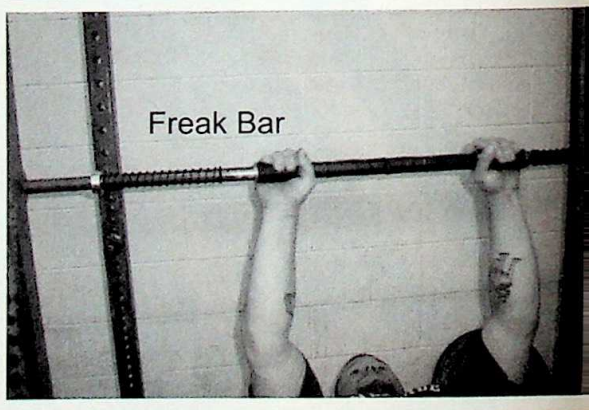

The Grappler


Roller Hyper
patent # 5356359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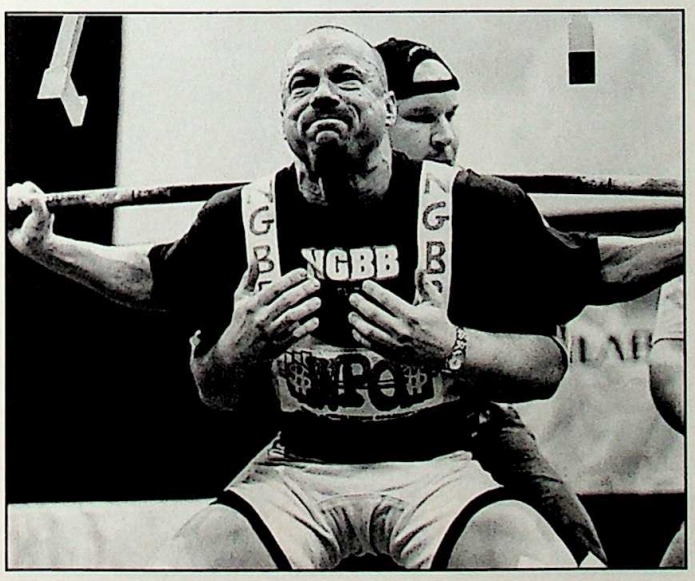
52.0 KG. (114.64 lb. class)						
670.0	1477.097	FEDOSIENKO	5175	11MAR94	Krasnoyarsk, RUS	IPF
665.0	1466.074	Fedosienko	5156	09NOV04	Capetown, RSA	IPF
655.0	1444.0z8	Fedosienko	5160	13MAY04	Nymburk, CZE	IPF
650.0	1433.005	Fedosienko		05NOV03	Vejle, DEN	IPF
628.0	1384.503	STANACZEK	5000	05NOV03	Vejle, DEN	IPF
620.0	1366.866	Fedosienko	5190	07MAY03	Sofia, BUL	IPF
617.5	1361.354	Fedosienko	5180	11SEP03	Koszyan, POL	IPF
612.5	1350.331	Stanaczek	5120	07MAY03	Sofia, BUL	IPF
600.0	1322.773	Stanaczek			00	IPF
600.0	1322.773	Stanaczek	5130	09MAY02	Eskilstuna, SWE	IPF
56.0 KG.						
678.0	1494.734	PAVLOV	5600	26AUG04	Voronezh, RUS	IPF
672.5	1482.608	Pavlov	5600	12MAR04	Krasnoyarsk, RUS	IPF
662.5	1460.562	FEDOSIENKO	5310	20MAY04	Voronezh, RUS	IPF
660.0	1455.051	Pavlov	5570	08MAY03	Sofia, BUL	IPF
660.0	1455.051	HAWTHORNE	5600	17APR04	Baton Rouge, LA	APF
655.0	1444.027	Pavlov	5596	09NOV04	Capetown, RSA	IPF
652.5	1438.516	Pavlov	5600	13NOV02	Trencin, SLO	IPF
647.5	1427.493	Pavlov	5530	28FEB02	Syktyvkar, RUS	IPF
645.0	1421.981	Pavlov	5560	15NOV01	Sotkamo, FIN	IPF
645.0	1421.981	KAZAKOV	5585	04NOV03	Vejle, DEN	IPF
60.0 KG.						
740.0	1631.421	KAZAKOV	5970	10NOV04	Capetown, RSA	IPF
732.5	1614.886	SUTRISNO	5945	10NOV04	Capetown, RSA	IPF
722.5	1592.840	HSIEH	5920	10NOV04	Capetown, RSA	IPF
720.0	1587.328	GANT	6000	08APR88	Honolulu, HI	USPF
720.0	1587.328	McNAMARA	5980	09SEP00	Coppeen, IRE	IPF
716.0	1578.510	Sutrisno	5928	17MAY02	Dong Hae City, KOR	IPF
715.0	1576.305	Kazakov	5980	26AUG04	Voronezh, RUS	IPF
710.0	1565.282	Sutrisno	5950	15NOV01	Sotkamo, FIN	IPF
707.5	1559.770	BRADLEY	6000	27MAR82	Monroe, LA	USPF
705.0	1554.259	Gant	6000	07NOV80	Arlington, TX	IPF
67.5 KG.						
832.5	1835.348	OLECH	6750	11NOV04	Capetown, RSA	IPF
831.0	1832.041	SIVOKON	6730	15NOV00	Akita, JPN	IPF
820.0	1807.791	Olech	6650	06NOV03	Vejle, DEN	IPF
815.0	1796.767	Sivokon	6680	15NOVOI	Sotkamo, FIN	IPF
812.5	1791.256	Sivokon	6750	21AUG01	Akita, JPN	IPF
812.5	1791.256	Olech	6670	11MAY03	Sofia, BUL	IPF
810.5	1786.847	Sivokon	6660	05MAY00	Zarafshan, UZB	IPF
810.0	1785.744	Hatch	6750	04MAR05	Columbus, OH	WPO
807.5	1780.233	Sivokon	6690	17NOV99	Trento, ITA	IPF
805.0	1774.721	Olech		14NOV02	Trencin, SLO	IPF
75.0 KG.						
907.5	2000.695	CONYERS	7420	02APR05	Jacksonville, FL	APF
890.0	1962.114	PALMER	7480	04MAR05	Columbus, OH	WPO
887.5	1956.603	Conyers	7500	05MAR04	Columbus, OH	WPO
886.77	1955.000	BERARDENELLI	7500	09JUL04	Shamokin Dam, PA	IPA
885.0	1951.091	Palmer	7262	28FEB03	Columbus, OH	WPO
877.5	1934.556	Palmer	7500	05MAR04	Columbus, OH	WPO
870.0	1918.021	Conyers	7460	04MAR05	Columbus, OH	WPO
867.5	1912.510	Berardenelli	7500	04MAR05	Columbus, OH	WPO
863.5	1903.692	FURASHKIN	7480	15NOV02	Trencin, SLO	IPF
862.5	1901.487	Conyers	7470	08OCT04	Marietta, GA	WPO
82.5 KG.						
960.5	2117.540	COLEMAN	8220	04MAR05	Columbus, OH	WPO
957.5	2110.926	BELL	8250	09APR88	Honolulu, HI	WPC
955.0	2105.414	BRIDGES	8250	01JUL82	Dayton, OH	USPF
945.0	2083.368	Bridges	8220	07NOV81	Calcutta, IND	IPF
940.0	2072.345	Bridges	8250	08NOV80	Arlington, TX	NPA
932.5	2055.810	Bell	8250	17FEB88	El Toro, CA	USPF
920.0	2028.253	COAN	8220	08JUL84	Dayton, OH	USPF
915.0	2017.230	GAUGLER	8250	14DEC85	Arlington, TX	USPF
912.5	2011.718	Bridges	8210	24JUL83	Austin, TX	USPF
911.72	2010.00	HARRINGTON	8233	19MAR05	Woodstock, GA	APF

Joe Bradley's historic 1559 total @132 is till on the TOP TEN list.



Phil Harrington joins the exclusive TOP TEN CLUB in the Lightheavies

90.0 KG.						
1013.5	2234.385	KELLUM	9000	08NOV02	New Orleans, LA	WPO
1000.0	2204.622	COAN	8850	03MAR85	Honolulu, HI	WPC
1000.0	2204.622	Coan	8970	06JUL85	Chicago, IL	USPF
995.5	2194.702	CARTINIAN	8935	04MAR05	Columbus, OH	WPO
972.5	2143.995	SHLYAKHTA	8806	13NOV04	Capetown, RSA	IPF
972.5	2143.995	TARASENKO	8966	13NOV04	Capetown, RSA	IPF
970.0	2138.484	Kellum	8950	19NOV99	Calgary, CAN	WPC
967.5	2132.972	BELL	9000	12FEB87	Hill AFB, UT	USPF
967.5	2132.972	Shlyakhta	8810	19JUN04	Sofia, BUL	IPF
960.0	2116.438	Shlyakhta	8880	05MAR04	Kolomya, UKR	IPF
100.0 KG.						
1095.0	2414.062	MASH	10000	05MAR05	Columbus, OH	WPO
1093.5	2410.755	Mash	10000	08OCT04	Marietta, GA	WPO
1090.0	2403.039	COAN	9980	28JUL91	Dallas, TX	USPF
1075.0	2369.969	Coan	10000	22NOV87	Dayton, OH	APF
1073.5	2366.662	KELLUM	9920	08NOV03	Marietta, GA	WPO
1065.0	2347.923	Coan	10000	19JUN93	Greensboro, NC	USPF
1056.87	2330.000	Coan	9750	18NOV85	Maui, HI	APF
1052.5	2320.365	VOGELPOHL	10000	07NOV03	Marietta, GA	WPO
1050.0	2314.854	Coan	10000	08JUL90	Hollywood, FL	USPF
1047.5	2309.342	Coan	10000	29JUL86	Dayton, OH	APF
110.0 KG.						
1125.5	2481.303	GOGGINS	10990	06MAR04	Columbus, OH	WPO
1121.5	2472.484	Goggins	10965	05MAR05	Columbus, OH	WPO
1117.5	2463.666	COAN	10880	200EC98	Las Vegas, NV	USPF
1107.5	2441.620	Coan	11000	25JUL99	Dallas, TX	USPF
1090.0	2403.039	WESSELS	10841	07APR97	Peoria, IL	APF
1090.0	2403.039	Coan	10890	03DEC00	Corpus Christi, TX	USPF
1088.5	2399.732	Goggins	10970	01JUN96	Atlanta, GA	APF
1085.0	2392.015	Wessels	10740	01JUN96	Atlanta, GA.	APF
1083.5	2388.708	Coan	10760	12AUG01	Orlando, FL	WPO
1070.0	2358.946	Goggins	10923	290CT95	Columbus, OH	WPC
125.0 KG.						
1150.0	2535.316	GOGGINS	12045	01MAR03	Columbus, OH	WPO
1119.5	2468.075	TURTIAINEN	12440	12AUG01	Orlando, FL	WPO
1117.5	2463.666	BARTLEY	12480	05MAR05	Columbus, OH	WPO
1115.0	2458.154	PASANELLA	12480	28MAY89	Honolulu, HI	WPC
1105.0	2436.108	HOLDSWORTH	12400	06JUN04	Baton Rouge, LA	APF
1105.0	2436.108	STAFFORD	12460	05MAR05	Columbus, OH	WPO
1103.0	2431.699	PAPAZOV	12135	07MAR04	Kolomya, UKR	IPF
1097.5	2419.573	Goggins	11702	24JUN01	Daytona, FL	APF
1095.4	2415.0	Stafford	12428	4APR04	Newark, OH	IPA
1095.0	2414.062	GARCIA	11615	09OCT04	Marietta, GA	WPO
140.0 KG.						
1170.0	2579.408	CHILDRESS	13980	10OCT04	Marietta, GA	WPO
1160.0	2557.362	Childress	13920	05MAR05	Columbus, OH	WPO
1147.5	2529.804	Childress	14000	06MAR04	Columbus, OH	WPO
1132.5	2496.735	Childress	13965	08NOV03	Marietta, GA	WPO
1120.0	2469.177	ALKHAZOV	13900	02APR05	Calgary, CAN	WPC
1110.0	2447.131	TURTIAINEN	13070	01MAR03	Columbus, OH	WPO
1102.5	2430.595	BADENHORST	13850	14OCT90	Pescara, ITA	WPC
1097.5	2419.573	Childress	13900	01MAR03	Columbus, OH	WPO
1090.0	2403.039	Childress	13925	09NOV02	New Orleans, LA	WPO
1090.0	2403.039	BASSON	13780	08JUN03	Universal City, CA	APF
+140.0 KG.						
1272.5	2805.382	FRANK	17050	04APR04	Jacksonville, FL	APF
1227.5	2706.174	Frank	16940	06MAR04	Columbus, OH	WPO
1212.5	2673.105	Frank	17320	18OCT03	Gautier, MS	APF
1210.0	2667.593	Frank	17435	08NOV03	Marietta, GA	WPO
1197.5	2640.036	Frank	16460	16JUN02	York, PA	APF
1182.5	2606.966	Frank	17015	01DEC01	Daytona, FL	APF
1182.5	2606.966	THOMPSON	17050	05MAR05	Columbus, OH	WPO
1182.5	2606.966	BOLTON	15170	05MAR05	Columbus, OH	WPO
1180.0	2601.455	Frank	17010	24JUN01	Daytona, FL	APF
1180.0	2601.459	SMITH	16100	05MAR05	Columbus, OH	WPO

NOTE: No 4th attempts count towards TOTAL on the list Only in WPO competition.

LEGENDS OF POWERLIFTING
Black Recollections - Part I

A power legend recalls the assemblage of one of the mightiest powerlifting teams of all time

by John Black as told to Marty Gallagher

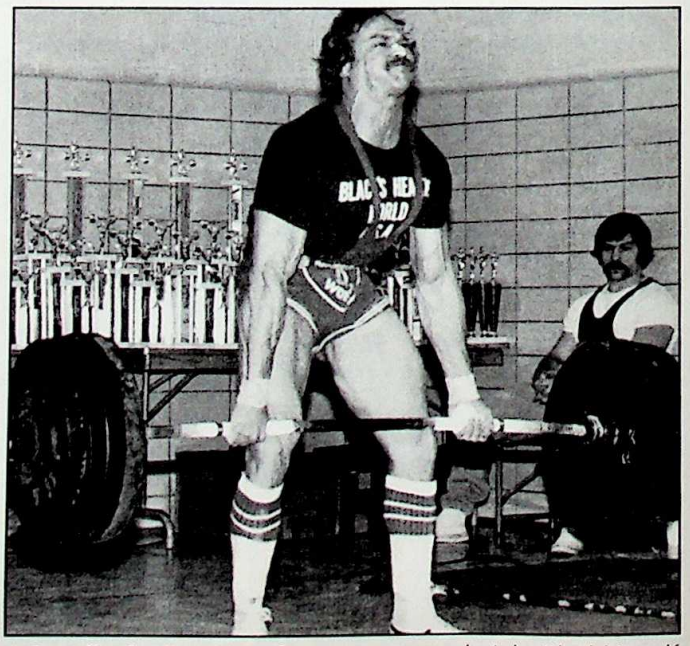
"I'm from the West side of Cleveland and when I was sixteen I got a job at Holiday Health Spa and began weight training. I weighed 110 pounds when I started and real quick I jumped up to 155 and was real muscular. I was strong for my size and could bench press 185 for 10 reps. I felt pretty good about everything. I began serious powerlifting in 1971 and entered the Cleveland City championships. I placed well for a young guy and met a lot of the top local lifters. I needed a place to train and ended up at Vince's Gym – the great Vince Anello trained there – but it wasn't his gym. I trained at Vince's Gym for the next few years, but my dream was to open a gym of my own. In 1975 I opened Black's Health World. Jack Sideris, Bob Fortenbaugh, John Florio, and Vince Anello all joined my gym in 1976. The original gym was small, maybe, 1000 square feet. It was a great crew of guys and we were super serious about powerlifting. In 1977 me, Bob and Vince lifted in the Ontario International Championships in Canada and this was the first win for Black's Heath World as a team. We then tried to enter the Mountaineer Open in 1977 as a team, but back in those days they were super-strict about team affiliation. If you were a member of a team, and quit that team, you were required to remain unattached for an entire year before you could join another power team. A lot of my lifters were declared ineligible at the 1977 Mountaineer Open, so we didn't do as well as we'd hoped in our first US team outing. In 1978 we went back to the Mountaineer Open and everyone was eligible. As soon as we walked in, the meet director looked at us and said, 'There's the team trophy – take it!' This before the competition started."

Black's Health World *... members in this shot include Wohleber and John (bottom), with Hoss the Boss, Mike Riedel, Jeff Betzel, John Florio, Jack Sideris, and Tim Reidel (top l-r)*

"About this time a young kid dropped by for a workout; his name was Danny Wohleber. I was deadlifting 550 and this fourteen year old kid, big for his age, maybe 200 pounds, loads up 405 and does 10 reps. I'm impressed, but he's not finished. Next he puts 455 on the bar and does 10 reps, then 500 for a couple. He finishes with 560 and I'm going 'what the hell' Then he takes off and I don't see him no more for a year ... but let me tell you, he stuck in my mind. Jack Sideris was really coming on strong – nowadays he's the President of Teamsters Local 293 here in Cleveland. Jack was handling near-world record poundage in the squat and Vince Anello was at the top of his game; all of us seemed to be getting stronger each week. We had a training energy that rubbed off on each other. At the Bob Moon Memorial meet in 1978 I saw the kid again. Wohleber was weighing 220 pounds and pulled a 640 deadlift at age 16. Bob Fortenbaugh came to me after the competition and said, 'draft this kid for our team, don't charge him no money, I'm telling you within two years he'll be a national and world champion.' Bob asked him after the meet, "So how often do you deadlift?" Danny said, "five days a week." We were shaking our heads in disbelief. I won first place, outstanding lifter, and the team trophy. They were beautiful trophies and I was thrilled ... I got in the car with my dad and I started to thank God for the win. I thought to myself, I wonder why I'm thanking God, since I don't even believe in him? A total emptiness came over me. It got me going back to church, winning that meet.

"By the end of 1978 the Black's Health World team was rolling ... we entered the Senior Nationals in Los Angeles: Sideris, Anello, me, Wohleber, Steve Wilson ... it was a great lineup. I lifted in the 198 pound class and squatted 650, bench pressed 451 and deadlifted 655. No bench shirts back then, and we used junky knee wraps. Pacifico came up against Estep and a big controversy broke out when Larry Pacifico protested something about Roger Estep's equipment. Roger said something to the effect, "I could lift these weights naked!" All this excitement was holding up the competition and Dennis Reed, who barely made a 705 deadlift, was due up for his final lift – he missed 749 on his second and at the time there was no 'rounds system' and if you missed a weight and no one else was taking that weight you had to follow yourself. Because of the Estep/Pacifico controversy, Dennis was getting lots of extra rest. It took twenty minutes to resolve the equipment challenge and Dennis came back and with all his might pulled 749 to beat Sideris and win the 220 pound class. In the warm-up room prior to the competition Larry Pacifico, who was always trying to mess with people's heads, made the mistake of going up to Sideris and saying, "Jack, what's the matter? You look off today. You look terrible!" I guess this stuff worked on lifters who were in awe of Larry, but Sideris went crazy – have you ever seen Jack's eyeballs when he is really mad? It's frightening. So Jack's eyes bug out and he goes, "Back off Larry! How 'bout we throw it down *right now!*" Pacifico backed off and never tried any of that nonsense again with us.

"In 1979 I went to my second national championship in Bay Saint Louis and got third place. Not bad, but I really felt I could improve more. I was fired up, but the gym was scraping by so I had this idea to enter the national "Tuff Man" competition. 1st place was $50,000. If I won I was going to



A Contributing Team Member *... was namesake John Black himself.*

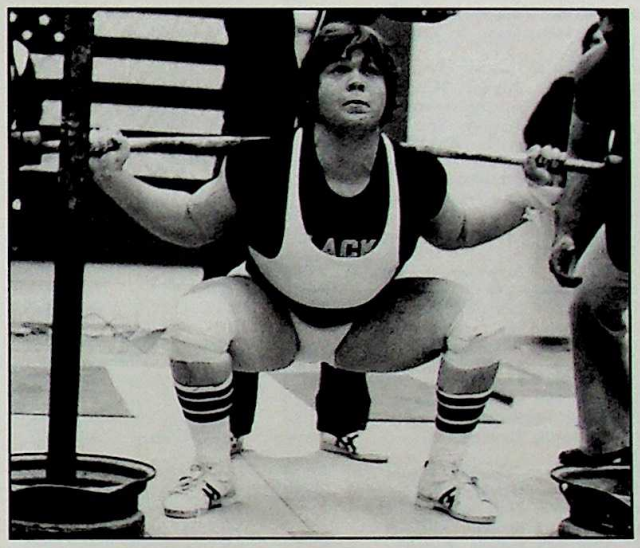
purchase the gym outright. The competition was in the Pontiac Silverdome in front of 18,000 people and in my first fight I knocked my opponent down twice, he got up each time so I went in for the final knockout. I threw a left so hard - and missed - that I tore my left tricep clean off the bone. I couldn't finish the fight. The doctor told me it's going to be okay. That was a big mistake because the tricep was not alright and it rolled up the arm and reattached itself. I should have had it surgically reattached. This hurt my bench press for the rest of my career. I went on vacation to Florida after the national championships and one night I'm walking late at night when the cops stop me and do an ID check. The next day I'm on the beach and I notice my wallet is gone. I freak out. No money, this will ruin my vacation. So I say, God, if you send me back my wallet I will get serious about my personal relationship with you. I go home and my aunt says, "Hey! Are you missing something?' and I go, 'yeah, my wallet', and she says, "Well, guess what? It beat you home!" So I call the guy who found it and returned it and said, I want to give you a reward and he says, "No, please don't do that." So I said, getting this wallet back is part of my life, part of my testimony and every time I tell the story I will say a prayer for you. The fellow says, "Now that's what I want to hear, since we're Christians." As a result of the wallet incident I took The Ten Brave Christian's Pledge.

"I gave up a lot of thing initially, but by 1982 I had backslid, and got back into a bunch of my old bad habits. Back in Cleveland, we talked to Dave Waddington and Todd and Steve Wilson up in Sandusky about joining us. We talked to Louie Simmons down in Columbus and said, why don't you guys join up with us and we'll form a super team. Back then, your team could only be recruited from inside your state. Louie stayed on our team for ten or fifteen years. We become the dominant national team as result. In 1982, I went to Portland, Oregon for the Junior National championships and ended up in a wheelchair. On a 722 pound squat I missed the weight. I had to take the weight again with less than three minutes rest. I had two guys frantically trying to wrap my knees; one wrap was super tight, the other was loose. I was rushed, I was tired, I really needed the weight, and I was lightheaded. My right knee had been sore pretty much the whole training cycle and as I went down with 722, all the tendons and ligaments ripped off both knees. I didn't want to get the knees fixed in Portland, so I had to be transported in a car back to the airport and John Florio almost got arrested because I took up three seats on the airplane and they wanted to charge me for all three seats. Florio was yelling and screaming and it was real tense. I was semi-delirious and every bump and jostle was excruciating. It was a nightmare. We had a van waiting at the airport and they took me right to the clinic for surgery. Ending up in the wheelchair caused me the re-dedicate my life to God. When I hit the floor at that powerlifting competition is when I got the wake-up call. I got serious about God and started a Christian coffeehouse. I started a youth group and now, in 2005, this is a big thing in Cleveland. I was on the ground floor of starting a Christian youth group that eventually flourished and became a major force in the city of Cleveland. Danna Carpenter was a great driving force. My life changed in 1982.

End of Part I
Next: the dominant years...

WOHLEBER THE MAGNIFICENT

Few powerlifters were ever better and less known than Dan Wohleber. This Cleveland native was a power prodigy who came to the attention of the nucleus of great powerlifters that trained out of Black's gym. Capable of a 560 deadlift at age 14, he became the first powerlifter in history to pull 900 pounds. On December 12, 1982 Dan deadlifted 900 pounds and squatted 960. Dan tore a pectoral clean off his breastbone while still a teenager. He did not opt for surgery and this ruined his bench pressing ability for the rest of his career. As a direct result, he routinely spotted other lifters 100 to 150 pounds in the bench press. He once won the national powerlifting championships in the 242 pound class with a 363 pound bench press; he offset this paltry push, essentially done with one arm, by making a world record squat of 871 pounds and an 826 pound deadlift. The 242-pound class squat record stood for over a decade despite the best efforts of Hall of Fame lifters like Dave Jacoby, Thor Kritsky, Willie Bell, Joe Ladnier and Kirk Karwoski. The incomparable Ed Coan finally exceeded Dan's mark in the mid-Nineties. In that nationals competition, Dan missed his first squat, raised the poundage on the second attempt and missed that. Throwing caution to the wind he raised the poundage yet again on his 3rd attempt and made the 871 pound world record. After his 363 pound bench press he traded winning deadlifts back and forth with another Hall of Famer - Mark Chaillet. Mark's opening pull put him in 1st place. Dan's opener took back the lead. Dan's second attempt added to his margin. Chaillet's 2nd attempt put him back in the lead. Dan pulled 826 on his final attempt to seize 1st place and Mark missed his final lift. Talk about an epic power battle!



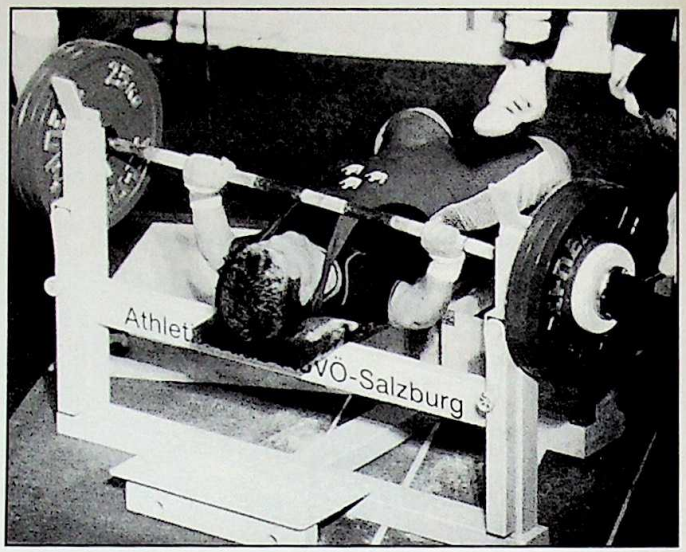
A Fast Twitch Muscle Fiber Fantasy *... Dan Wohleber squatting*

The second great misfortune of Dan's career occurred when, as a result of his white-knuckle win at the nationals, he secured a spot on the United States powerlifting squad and traveled to India to compete in the world championships. Dan caught Malaria. Feverish and stricken much worse than anyone suspected, he took 3rd place. He was out of commission for some time and when he re-emerged he lifted weighing a full 275 pounds. Thick and full, he posted his groundbreaking 900 pound deadlift at a meet in Ohio. Earlier in that same competition he had squatted 960, which at the time was within 20 pounds of the superheavyweight world record. Dan posted a 402 pound bench press; again, quite remarkable considering that he had only his one pectoral to push with. His 960 squat and 900 deadlift gave him an 1860 total for the two lifts – this squat/dead two-lift total was not to be exceeded for a decade and again it took the amazing Eddie C. to exceed this leg/back combined squat/deadlift weight. Dan could whip any 275 pound lifter in the world with one exception: John Gamble. Big John was as balanced a lifter as ever competed on the world platform and his consistent 870 550 830 blend of lifts proved insurmountable to Wohleber with his 380 to 400 pound bench press. Dan again dropped off the scene and nothing was heard until the mid-Eighties when he attempted a comeback, this time as a very light super heavyweight. The third catastrophe of Danny's career occurred when during this comeback his knees snapped under a massive squat in a meet in Ohio. Only an alert spot by John Florio saved Dan from much worse injury. His final competition was in Maui at the inaugural APF world championships. Lifting as a superheavyweight, he couldn't find the groove in the squat and bombed out. Dan's career in retrospect reminds one of the career of football great Gayle Sayers, another great athlete whose career was cut short by injury. What if Dan had not torn that pectoral? With a 500 pound bench press at 242 and a 550 at 275 he would have been capable of totaling 2,200 at 242 and 2,400 at 275. Of course, all this is speculation and 'what if' and no one will ever know what might have been. One thing for sure: his 900 pound deadlift made him the 1st member of the most exclusive club in powerlifting and his incredible squat and deadlift ability seared his unbelievable lifting into the brain of any powerlifter who was lucky enough to see this great one in action.

Men's All-Time World Top 10 Superman Subtotal (SQ+BP) by Herb Glossbrenner

52.0 KG.					
483.0	1064.832	Stanaczek, Andrzej	50.00	(300.5+182.5)	04NOV03
425.0	936.964	Fedosienko, Sergei	51.56	(260.0+165.0)	10NOV04
395.0	870.826	Kazakov, Ravil	51.80	(242.5+152.5)	14NOV02
377.5	832.245	Dunbar, Charles	51.20	(230.0+147.5)	07JUL84
375.0	826.733	Cunha, Joseph	52.00	(237.5+137.5)	02APR83
375.0	826.733	Degovets, Alexander	52.00	(240.0+135.0)	01JUL95
375.0	826.733	Romanov, Alexey	51.90	(230.0+145.0)	18JUN04
357.5	788.152	Caldwell, James	52.00	(227.5+130.0)	21NOV87
352.5	788.152	Booker, Michael	48.99	(227.5+130.0)	04NOV00
352.5	777.129	Radzavich, Alexander	52.00	(225.0+127.5)	94
56.0 KG.					
475.0	1047.195	Karlsson, Magnus	55.70	(287.5+187.5)	14NOV96
460.0	1014.126	Stanaczek, Andrzej	52.10	(292.5+167.5)	22MAR03
447.5	986.569	Pavlov, Konstantin	56.00	(267.5+180.0)	12MAR04
440.0	970.034	Kazakov, Ravil	55.85	(270.0+170.0)	04NOV03
427.5	942.476	Mukhamatyanov, Fanil	56.00	(245.0+182.5)	12MAR04
420.0	925.941	Booker, Michael	53.23	(250.0+170.0)	09MAR02
420.0	925.941	Fedosienko, Sergey	53.10	(255.0+165.0)	20MAY04
415.0	914.918	Buterbaugh, David	56.00	(250.0+165.0)	11AUG96
400.0	881.849	Hawthorne, Richard	56.00	(265.0+135.0)	17APR04
400.0	881.849	Asabin, Nikolay	56.00	(240.0+160.0)	26AUG04
60.0 KG.					
507.5	1118.846	Kazakov, Ravil	59.70	(300.0+207.5)	10NOV04
497.5	1096.800	Karlsson, Magnus	60.00	(320.0+177.5)	020CT99
470.0	1036.172	Zakiev, Airat	59.70	(265.0+205.0)	08SEP04
460.39	1015.0	Heath, Douglas	60.00	(274.42+185.97)	07MAR98
460.0	1014.126	Sutrisno, Darimin	59.45	(280.0+180.0)	10NOV04
450.0	992.080	McNamara, Gerald	59.80	(282.5+167.5)	09SEP00
450.0	992.080	Pavlov, Konstantin	58.15	(270.0+180.0)	27FEB03
450.0	992.080	Hsieh, Tung-Ting	59.20	(270.0+180.0)	10NOV04
447.5	986.569	Bradley, Joseph	60.00	(280.0+167.5)	08NOV81
442.5	975.546	Clark, Jr, August	60.00	(237.5+205.0)	08NOV02
67.5 KG.					
575.0	1267.658	Hatch, Nicholas	67.50	(357.5+217.5)	04MAR05
531.0	1170.655	Sivokon, Alexey	67.30	(316.0+215.0)	17NOV00
530.0	1168.450	Olech, Jaroslav	67.50	(340.0+190.0)	11NOV04
528.5	1165.143	Schwab, Brian	67.00	(300.0+228.5)	080CT04
526.16	1160.0	Heath, Douglas	67.50	(319.78+206.38)	3DEC03
520.0	1146.404	Zolov, Alexander	67.20	(310.0+210.0)	24JAN04
510.0	1124.358	Lapshin, Maxim	66.80	(310.0+200.0)	020CT03
502.5	1107.823	Conyers, Anthony	67.40	(310.0+192.5)	31MAY96
502.0	1106.120	Perez, Jose	67.50	(309.5+192. 5)	05MAR90
500.0	1102.311	Gromov, Alexander	66.85	(302.5+197.5)	12SEP03
75.0 KG.					
601.00	1325.0	Berardenelli, Angelo	75.00	(374.21+226.79)	09JUL04
597.5	1317.262	Conyers, Anthony	74.20	(380.0+217.5)	02APR05
585.0	1289.704	Palmer, Ronald	74.80	(362.5+222.5)	04MAR05
574.93	1267.50	Perez, Jose	74.28	(344.73+230.20)	26MAR94
565.0	245.612	Hooper, Wade	74.92	(335.0+230.0)	I1NOV04
557.91	1230.0	Crain, Rickey	75.00	(362.87+195.04)	22NOV96
545.0	1201.519	Laine, Jarmo	75.00	(350.0+195.0)	24FEB02
545.0	1201.519	Shestakov, Igor	74.10	(370.0+175.0)	29NOV03
543.5	1198.212	Furashkin, Viktor	74.80	(328.5+215.0)	15NOV02
540.0	1190.496	Sivokon, Alexey	73.00	(320.5+220.0)	06APR02
82.5 KG.					
643.0	1417.572	Coleman, Arnold	82.20	(383.0+260.0)	04MAR05
632.76	1395.0	Harrington, Phil	82.33	(408.23+224.53)	19MAR05
620.0	1366.866	Bell, Gene	82.50	(382.5+237.5)	08APR88
610.0	1350.331	Bridges, Michael	82.50	(380.0+232.5)	10JUL82
592.5	1306.239	Palmer, Ronald	80.70	(365.0+227.5)	10MAY03
590.0	1300.727	Primich, Neville	82.50	(370.0+220.0)	00
582.5	1284.192	Gaugler, Rick	82.50	(355.0+227.5)	14DEC85
580.0	1278.681	Naleykin, Sergey	82.00	(355.0+225.0)	09MAY03
580.0	1278.681	Danforth, Michael	82.27	(365.0+215.0)	05MAR04
577.5	1273.169	Shestakov, Igor	81.50	(387.5+190.0)	22MAR03

Marc Bartley is the Number One in Superman Subtotal in the 275s.



Magnus Karlsson (SWE) did his big lifts at the 1996 IPF Men's Worlds.

90.0 KG.					
708.50	1561.975	Kellurn, Jessee	90.00	(412.5+296.0)	08NOV02
695.5	1533.315	Cartinian, Michael	89.35	(413.0+282.5)	04MAR05
640.5	1412.061	Zweng, Matthew	90.00	(388.0+252.5)	24FEB02
625.96	1380.0	Harrington, Phil	89.30	(390.09+235.87)	09JUL04
625.0	1377.889	Coleman, Arnold	88.90	(370.0+255.0)	080CT04
625.0	1377.889	Tarasenko, Andrey	89.66	(362.5+262.5)	13NOV04
620.0	1366.866	Bell, Gene	90.00	(372.5+247.5)	12FEB87
618.0	1362.456	Shlyakhta, Ivan	88.06	(375.5+242.5)	13NOV04
615.0	1355.842	Wright, Dennis	90.00	(380.0+235.0)	21FEB87
615.0	1355.842	Avola, Tatu	89.75	(380.0+235.0)	07NOV03
100.0 KG.					
760.0	1675.513	Mash, Travis	100.00	(440.0+320.0)	04MAR05
756.0	1666.694	Kellum, Jesse	99.20	(443.0+313.0)	07NOV03
725.0	1598.351	Patterson, Kenneth	99.90	(400.0+325.0)	080CT04
705.0	1554.259	Vogelpohl, Chuck	100.00	(442.5+262.5)	07NOV03
695.0	1532.213	Blue, Dondell	99.60	(427.5+267.5)	080CT04
682.5	1504.655	Coan, Edward	99.80	(435.0+247.5)	28JUL91
660.0	1455.051	Freydun, Ivan	98.78	(372.5+287.5)	13NOV04
657.71	1450.0	Cox, Jason G	100.00	(430.91+226.80)	20NOV04
655.0	1444.03	Carney, Jamie	100.00	(400.0+255.0)	24OCT93
655.0	1444.03	Selsan, Harold	98.00	(425.0+230.0)	04MAR05
110.0 KG.					
746.50	1.645.751	Goggins, Steven	109.65	(474.0+272.5)	05MAR05
733.50	1617.090	Coan, Edward	107.60	(471.0+262.5)	12AUG01
727.50	1603.863	Wessels, Wi1liam	110.00	(435.0+292.5)	I1AUG96
720.00	1587.328	Solovyev, Alexey	108.00	(400.0+320.0)	05MAR05
707.60	1560.0	Weston, Brian	110.00	(453.59+254.01)	30MAY04
707.50	1559.770	Patrick, Jason	110.00	(425.0+282.5)	22AUG04
705.00	1554.25	Garcia, Jose	110.00	(447.5+257.5)	07AUG04
703.07	1550.00	Bayles, Joseph	107.95	(385.55+317.52)	21NOV04
685.00	1510.166	Urchik, Paul	108.20	(435.0+250.0)	12AUG01
685.00	1510.166	Mason, Chris	108.00	(400.0+285.0)	06JUN04
125.0 KG.					
797.50	1758.186	Bartley, Marc	124.80	(480.0+317.5)	05MAR05
752.50	1658.978	Grandick, James	119.75	(432.5+320.0)	02APR05
750.00	1653.467	Goggins, Steven	120.45	(500.0+250.0)	01MAR03
740.00	1631.421	Holdsworth, J.L.	124.00	(410.0+330.0)	06JUN04
740.00	1631.421	Garcia, Jose	116.55	(457.5+282.5)	090CT04
740.00	1631.421	Stafford, John	124.60	(412.5+327.5)	05MAR05
732.59	1614.886	Levario, Noel	122.50	(440.0+292.5)	26JUN04
730.00	1609.374	Patrick, Jason	125.00	(1440.0+290.0)	107AUG04
730.00	1609.374	Mehan, Al	125.00	(450.0+280.0)	07NOV04
728.50	1606.607	Turtiainen, Ano	124.40	(456.0+272.5)	12AUG01
140.0 KG.					
820.00	1807.790	Childress, Paul	139.80	(510.0+310.0)	10OCT04
767.50	1692.048	Basson, Oan	137.80	(462.5+305.0)	08JUN03
755.00	1664.490	Alkhazov, Vyacheslav	139.00	(500.0+255.0)	02APR05
740.00	1631.421	Bernor, Jonathan	139.80	(437.5+302.5)	06JUN04
732.50	1614.886	Mehan, Al	130.45	(460.0+272.5)	30NOV03
730.00	1609.374	Hamalainen, Mikko	139.15	(435.0+295.0)	24FEB02
730.00	1609.374	Hoskinson, James	136.54	(467.5+262.5)	06NOV04
725.50	1599.453	Coates, Richard	139.25	(435.0+290.5)	13DEC98
722.50	1591.839	Fusner, Robert	133.70	(410.0+312.5)	19NOV00
720.00	1587.328	Midote, Daisuke	131.10	(420.0+300.0)	00
+140.0 KG.					
872.50	1923.533	Frank, Garry	170.50	(492.5+380.0)	04APR04
841.42	1855.00	Miller, Michael	174.63	(476.27+365.14)	17APR04
815.00	1796.767	Moore, Beau	150.55	(472.5+342.5)	10OCT04
815.00	1796.767	Smith, Matthew	161.00	(487.5+327.5)	05MAR05
810.0	1785.744	Thompson, Donald	170.50	(465.0+345.0)	05MAR05
789.25	1740.00	Clark, Anthony	151.27	(460.40+328.85)	28MAR93
780.179	1720.00	Rychlak, Eugene	162.00	(455.86+324.32)	13APR03
777.50	1714.09	Mikesell, Brent	153.75	(505.0+272.5)	09NOV03
775.643	1710.00	Ruggiera, Michael	156.04	(476.27+299.37)	04APR04
775.00	1708.582	Siders, Brian	154.42	(437.5+337.5)	14NOV04

FORCE TRAINING

by Jim Wendler and Elite Fitness Systems

There are a ton of questions on how to work up to a 1RM on max effort day. While many lifters don't use percentages, it certainly makes it easier on coaches and novices on how to pick attempts. Since many people who are new to doing these movements are not familiar with their maxes, use the following to help guide you.

· 2 Board Press – 105% of 1RM of raw bench press
· 3 Board Press – 110-115% of 1RM of raw bench press
· Floor Press – 90-95% of 1RM of raw bench press
· All of these movements are done with a medium grip (pinky on the ring of the power bar) and all 1RM on the raw bench press are done with a maximum legal grip. If you use different grips, then I have no idea of the approximate percentages.

I'm going to point out that these numbers are approximate values and should be used accordingly. These are not set numbers. So if you are reading this article and already have a calculator in hand and find some kind of discrepancy, it is ok and you will live. Everyone is different. Also, you will notice that there are no numbers for the incline press or the reverse band press. This is because there are a ton of different angles of incline presses and there are too many discrepancies on how to set up a reverse band press.

If you are guessing your 1RM, always err on the side of being lighter. So, now that you know an approximate number for your 1RM on each movement, use the following set/rep scheme. Notice that the percentages start at 50%. This is NOT your first set. Warm-up to that first set anyway that you want. Many times, it could be 2-3 sets and you are ready for the 50% set. For a stronger, more experienced lifter ("experienced" is code word for always beat up and hurting), it may take 5 or more sets to be ready for your 50% set.

1x5 @ 50%, 1x3 @ 60%, 1x2 @ 70%, 1x1 @ 80%, 1x1 @ 90%, 1x1 @ 95%, 1x1 @ 100% or new PR.

Here's how it would work in a real life example. The lifter has a best 2 board press of 450 lbs.

225x5, 275x3, 315x2, 365x1, 405x1, 425x1, 455 or 460x1.

Now let's say that you don't know your best performance on a floor press, but you know your 1RM on the bench press. Your best bench press is 315 lbs. 90% of 315 is 285. So your goal is to do perform a floor press with 285, thus 285 = 100%

145x5, 170x3, 200x2, 230x1, 255x1, 270x1, 285x1.

Because this is your first time performing the floor press, I would advise you to stop. Don't worry if this isn't a true max effort. You've got another week of the exercise. The next week, you have a new goal to shoot for. Because your new goal is probably going to be fairly close to 285, I would advise you to use the same weights or fairly close for your warm-up sets as used before. If you feel like you were good for at least 300, then base the percentages on that number (300). The %s will become a thing of the past the more experienced you get. You will begin to know instinctively how to work up to a 1RM. These percentages are great for the beginner to this program as well as coaches and trainers who would like a more concrete way (something they can put on paper) of guiding their athletes.

With the squat and deadlift variations, we have found that it is very difficult to find any kind of % carryover between lifts. For example, if you can parallel squat 500 lbs. doesn't mean that you are able to squat 475 with a SS Bar on a parallel box. There are way too many variables with the squat and deadlift. My advice to you is simply estimate some very reasonable goals for each movement. In fact, if you are completely new to the SS Bar or any other movement, simply use a couple training sessions to familiarize yourself. Don't try to work up to a 1RM. Learn how to do the exercise correctly and safely. So let's say that you squat 500 lbs. and are trying the SS Bar for the first time. This is how you would use the bar the first couple of weeks; (for all you number freaks out there, we always count the bar as being 45 lbs. because it's easier this way! Plus it doesn't matter how much you do on these movements as long as the way that you track it is consistent.)

Week One: Bar x 10, 95x5, 135x5, 225x5, 275x3, 275x3

Week Two: Bar x 10, 95x5, 135x5, 225x5, 275x3, 315x3.

After the second workout, set a goal (say 365x1) and use the set/rep/percentage scheme as outlined above.

Some notes to help you:

Once you establish a record with a certain grip, STAY WITH THAT GRIP! While it's nice to use different grips and more variation, you won't ever know how you are progressing if you constantly use different grips. The box height is the same concept as the grip; use the same box height when using a certain bar. While you can have a low box, parallel and high box record for each bar, this can get confusing for some. Just stick with a parallel box for now.

When you are beginning, you will probably break more records than the PMRC. (A little Tipper Gore humor...) This is typical and very fun. Run with it, but not at the expense of bad form. A bruised ego is better than a bruised sternum.

Use a grease board to chart your progress. If you are in a home gym, proudly display your records in the garage/basement/family room. If you put it up in your house, make the max effort movements appear to be stock exchange symbols and impress your neighbors.

Don't use a ton of different movements; pick about 5 different max effort movements for the bench press – *1. 2 board press, 2. 3 board press, 3.Close grip bench press, 4. Incline bench press, 5. Reverse band press*

And the following exercises for the squat and deadlift - *Safety squat bar box squat (parallel box), Manta Ray box squat (parallel box), Cambered bar box squat (parallel box), Deadlift off of 3" elevated platform, Rack pulls from below the knees, Reverse band deadlift.*

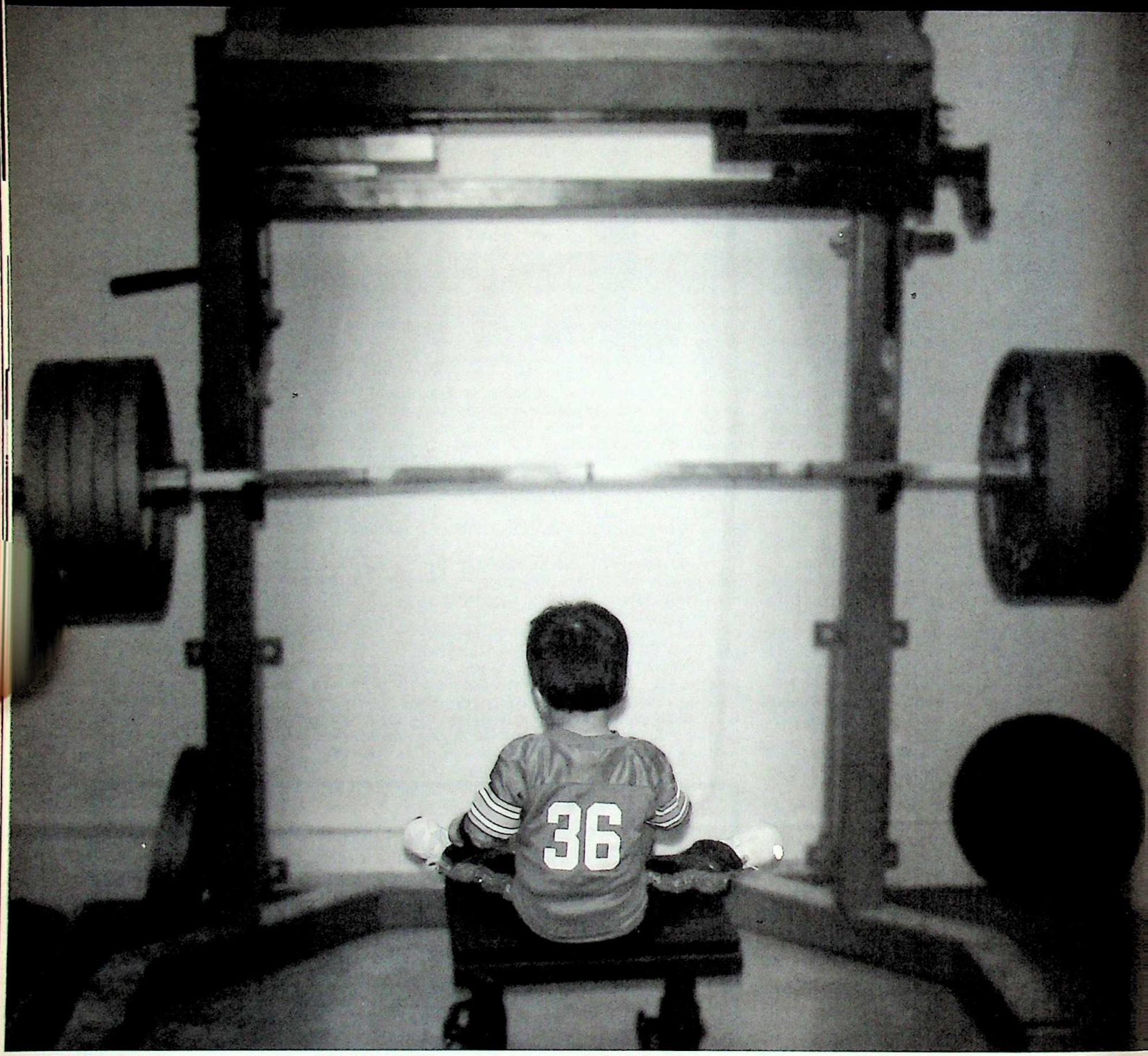
To sum it up:

1. Find your goal weight of the day for the exercise.
2. Figure out which weights to use for each %.
3. Train and establish a 1RM.
4. Use new (and correct) 1RM for upcoming workouts.

For more information regarding training, the most hardcore racks and equipment, apparel, Metal powerlifting gear, Force Training seminars and over 10,000 archived questions and answers visit www.EliteFTS.com.

SPORTS COMPARISONS ... You Can Compare Apples to Oranges ... by Dale Harder .. *this is the updated 2nd edition of his earlier work in which Dale evaluates some of the best marks in the realm of track & field, strength sports, and a wide variety of other sports. By analyzing the number of athletes who reach a given level of performance relative to the total number of athletes involved in the sport, Harder quantifies excellence among very diverse activities, and uses this concept to bring out some very interesting points. With extraordinary attention to a broad range of statistical resources and to the numerous complications of variables in the equations, his approach has actually been endorsed by a Ph.D in Nuclear Physics. There is much powerlifting-specific information in his book: raw versus equipped record comparisons for each lift and the total; PL total comparisons by weight, height, and age; whose the best for a whole PLing career, and the sport is highlighted against other types of strength competitions in the most interesting manner. Records for reps, pushups, pullups, and a great number of other categories are analyzed. If you are a powerlifter, you are basically concerned with strength and ultimate performance ... and this book is all about strength performance and the many forms in which can be expressed. For ordering information, see Dale's ad in this issue of Powerlifting USA. (page 33)*

Someday I will...



EQUIPMENT SEMINARS FORUMS Q&A ARTICLES

Someday I will prepare with everything I have.
Someday I will perform to my best ability.
Someday I will prevail.

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USAPL Fitness Factory Open
29 JAN 05 - Charlotte, NC

BENCH				
MEN				
Open				
114 lbs.				
W. Jones	176			
132 lbs.				
A. Woods	143			
148 lbs.				
Masters (40-44)				
R. Wess	265			
165 lbs.				
D. Maoury	—			
181 lbs.				
Master (40-44)				
BOYS	SQ	BP	DL	TOT
198 lbs.				
Teen (16-17)				
A. English	480	336	557	1372
S. Jordan	314	303	364	722
MEN				
Open				
132 lbs.				
A. Woods	215	143	364	722
181 lbs.				
N. Miceli	303	309	402	1014
198 lbs.				
B. Schmidt	606	408	650	1664
T. Shelton	540	424	645	1609
Masters (40-44)				
B. Schmidt	606	408	650	1664
B. Nichols	584	402	562	1549
Masters (55-59)				
V. Sumner	254	270	353	876
242 lbs.				
T. Jenkins	441	353	441	1235
Masters (60-64)				
M. Lewis	502	325	502	1328
Masters (45-49)				
K. Hall	502	419	540	1461
UNL				
Guest Lifter				
G. Dolan	705	441	705	1852
FEMALE				
UNL				
Open				
A. Anderson	187	—	309	—

(Thanks to USAPL for providing results)

R. Sutton	220
198 lbs.	
Masters (55-59)	
V. Sumner	270
220 lbs.	
Masters (50-54)	
J. Deramus	160
242 lbs.	
T. Jenkins	353
275 lbs.	
A. Gilliam	606
SHW	
Washington	474

USAPL Upper Ohio Valley
26 FEB 05 - Wheeling, WV

BENCH				
275 lbs.				
Law Enforc.				
P. Mirandy!	460			
IRONMAN		BP	DL	TOT
WOMEN				
132 lbs.				
Master II				
C. Watts!		75	180	255
198 lbs.				
Teen (16-17)				
S. Short		255	415	670
SHW				
Master II				
R. Knicely!		370	570	940
WOMEN	SQ	BP	DL	TOT
114 lbs.				
Junior (20-23)				
H. Hunt	205	85	200	490
123 lbs.				
Teen (14-15)				
Novice/Open				
D. Miskinis	205	145	260	610
148 lbs.				
Teen (18-19)				
C. Cooke	390	220	415	1025
Teen (16-17)				
N. Keenan	330	205	350	885
165 lbs.				
Open				
J. Shupbach	550	370	550	1470
220 lbs.				
Junior (20-23)				
R. Boczkowski		440	365	550
1355				
275 lbs.				
Open				
D. Martin	650	525	575	1750
Junior (20-23)				
P. Holland	750	480	570	1800
Teen (16-17)				
N. Jones	500	320	515	1335
SHW				
Master II				
R. Knicely	600	370	570	1540

!=State Records. Held at JC Chamber YMCA.

(Thanks to USAPL for providing results)

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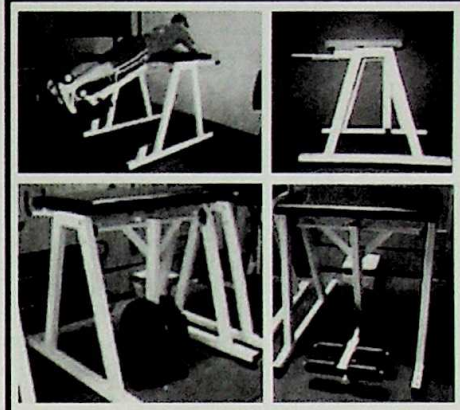

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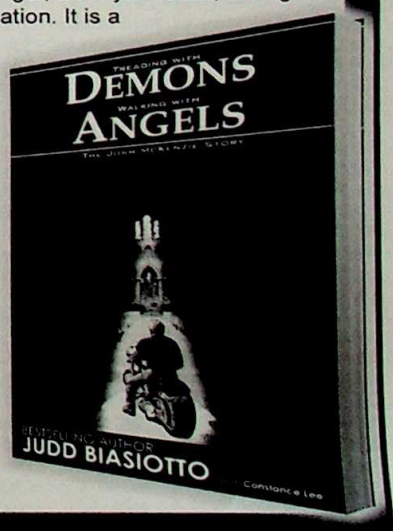
Treading with Demons, Walking with Angels has already been forecast as a sure-fire best seller by a number of National publications. The book chronicles the true-life story of Josh McKenzie - a Hell's Angel, an Aryan racist, a drug dealer,a thief and a killer who finds Jesus Christ and in so doing discovers the path to salvation. It is a riveting insider's account of the lured world of one of the most powerful underground organizations in North America...the Hells Angels. It is a bold book that will shock you, entertain you, and at times turn you stomach, but ultimately it will convince you that with Jesus Christ nothing is hopeless, nothing is impossible, and that there are no boundaries for man.



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Larry Valis, Vice President Equitable Life

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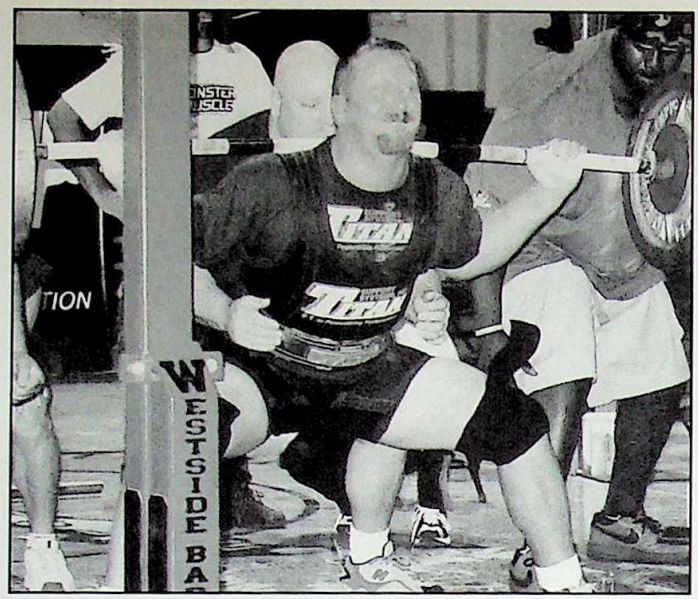
APF/AAPF South Carolina Open
23 APR 05 - Charleston, SC

BENCH				
MEN				
JT				
165 lbs.				
B. Vaughn	250			
R. Clarke	175			
181 lbs.				
T. Jenkins	350			
Masters (40-49)				
242 lbs.				
E. Hubbs	480			
C. Griggs	400			
Master (50-59)				
R. Bell	355			
Open				
148 lbs.				
E. Knight*	420			
181 lbs.				
MEN	SQ	BP	DL	TOT
JT				
198/220 lbs.				
D. Glover	450	300	480	1230
D. Johnson	475	205	405	1085
Masters (40-49)				
181 lbs.				
M. Steck	425	295	405	1125
(50-59)				
D. Pittman	135	—	—	—
R. Layman	—	—	—	—
198 lbs.				
(40-49)				
S. Clark	525	340	—	—
220 lbs.				
(60-69)				
B. Jordan	450	275	425	1150
242 lbs.				
(40-49)				
S. Hines	580	375	575	1530
J. Culliton	570	350	545	1465
275 lbs.				
(40-49)				
Guest Lifter				
K. Tillman	930	—	640	1570
Open				
181 lbs.				
J. Blankenship	550	315	445	1310
P. Lathrop	315	250	455	1020
198 lbs.				
Guest Lifter				
P. Harrington	—	—	—	—
220 lbs.				
M. Rufail	530	350	520	1400
J. Mullens	510	330	530	1370
C. Hendrix	—	—	—	—
242 lbs.				
T. Irby*	800	315	630	1745
B. Waites	—			
242 lbs.				
D. McLeod	455			
275 lbs.				
J. Williams	480			
D. Brown	—			
308 lbs.				
J. Abbott	565			
Police/Fire				
275 lbs.				
G. Haslam	3665			
WOMEN				
Open				
114 lbs.				
J. Smith*	150			
Masters				
165 lbs.				
B. Roby	140			
B. Summers	485	315	500	1300
T. Moore	—	—	—	—
275 lbs.				
T. Brown	600	450	545	1615
B. Chatham	700	—	—	—
R. Boynton	—	—	—	—
J. Floyd	—	—	—	—
308 lbs.				
P. Deaver	540	340	475	1355
WOMEN				
Masters (50-59)				
97 lbs.				
W. Burnette*	255	180	290	725
Masters (50-59)				
165 lbs.				
B. Roby	205	140	225	570
Open				
123 lbs.				
B. Webster	175	125	175	475
165 lbs.				
L. Whitlock	155	195	265	615
181 lbs.				
S. Krupinski	425	305	435	1165

*=Best Lifters. The APF/AAPF held its first meet of 2005 at CSU. We had 29 powerlifters and 14 bench only lifters. They came from Florida, Georgia, South Carolina, North Carolina and Virginia to compete in this our fourth meet since the APF/AAPF returned to SC, under the chairmanship of Capt. Will Millman. Wayne Pullum was again our head referee, guiding the side judges to rule in a consistent manner. Jason Alderman was on the platform. Tim Mast and Billy Bridges plus a crew of spotters and loaders from Columbia, mentored by Donnie Thompson and Marc Bartley. They kept the meet safe. Guest lifter, Phil Harrington from Georgia, was on hand trying to set a new all time squat record of 910 lbs. @ 198. Big Karl Tillman from Columbia, SC, our other guest lifter, is on his way to the APF Masters Nationals in May. We all wish him success. And then there was "WANDA". Wanda Burnette, WM 97 from Horseshoe NC, the "best female lifter" at our 12/11/04 meet in Columbia at USC. She was so far ahead of all lifters during the "best of" calculations, she would have bested our "best male" lifter. We were looking forward to her strength and determination. After the rules briefing, I started the lifting with Dennis "The Menace" Pittman from Jacksonville, FL, doing a small squat. He was saving his energy to attempt, "what he came for", a record bench in his APF MM division to match his records in the squat and deadlift. After three super attempts at 370+ Phil's 1/2 kg. record breakers he called it quits. Nobody ever tried harder. Great job Dennis, you'll get it next time. Next up was Laura Whitlock lifting for the first time with us in WO 165. The squat is a new lift for her, but she worked herself up to 155. She got her opening bench at 185 and then 195. She was stopped, but barely, at 210. Her deadlift was solid, 235, 255, and 265 for a total of 615, a first place trophy and four new SC State records. Barbara Roby lifting in WM 165 had a great day, going 9x9. She squatted 205, benched 140 and deadlifted 225 to total 570 for a first and adding to each of her SC State records. Good job Mom! Buffie Webster, a first time competitor in WO 123, works out at Jungle Gym in Columbia under the expert training of Donnie Thompson (2005 WPO SHW Champion). She opened with a 175 lbs. attempt at the squat and made it. Her next 2 attempts at 200 were a little too much. Missing her opening bench of 125, she came right back to make it on her 2nd attempt but was unable to get 135. She had two nice deadlifts at 150 and 175 but 200 did not go. Buffie totaled 475 earning her a 1st place trophy and 4 SC State records. Welcome to Powerlifting. At 96 lbs. and 53 years young, Wanda Burnette gives no indication of what's to come. She is a GREAT lifter! In WM 97 her 255 lbs. squat was 30 lbs. heavier than her winning squat in December. She benched 170 and 180 before stalling at 190 and then getting up holding her shoulder, in obvious distress. The CSU sports medical staff worked on her shoulder and after a few hours, she was ready to deadlift - and did she ever! She pulled up 255, 275 and then with an amazing effort she was successful with 290 lbs. @ 96 lbs. - 3x her bodyweight. Totaling 725 lbs. for a 1st place trophy. When factoring in the Reshel and MAM coefficients for calculating best lifter, she totaled an awesome 2301 lbs. to earn the

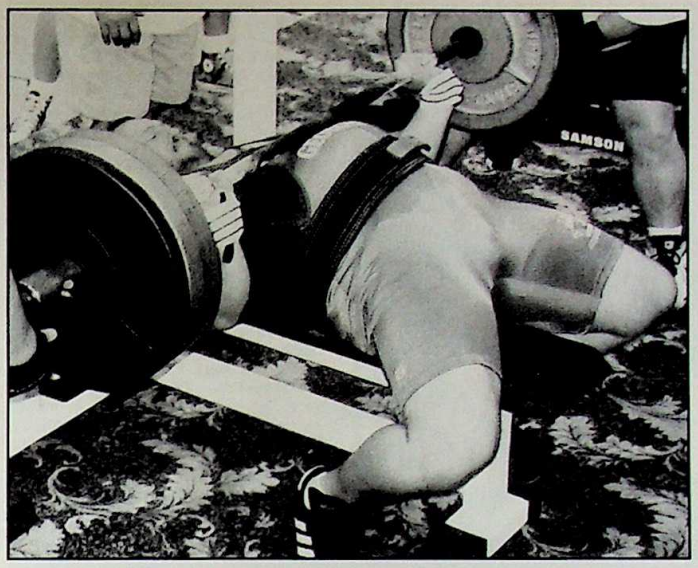


The Best Male Lifter at the APF/AAPF South Carolina Open was TOBY IRBY... *seen above squatting 800 lbs. (Michael Soong photos)*

PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Natls., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Natls, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points , TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/Women's Srs., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.
Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.
Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
Mar/95... Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s
Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.
May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe SQ Workout, TOP 100 275s
Jun/95... Antonio Krastev, USPF Collegiates/Bench Natls, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s
Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.
Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s
Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s
Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
Jul/96... AAU Men's, USPF JRs., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s
Aug/96... ADFPA Men's, APF Sr. Natls, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.
Oct/96.. WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start

"Best Female " trophy again. Looking at the numbers unofficially, I would say that we have seen an Elite lifter perform. Thanks Wanda. Thanks Bill. Our next squatter was Paul Lathrop in MO 181 from Lexington, SC training at Waites Fitness. He missed his first 2 attempts at 315, but came back with determination to make his 3rd. He benched 250 and deadlifted 455 to total 1025 for his 2nd place MO 181. Next up was a very muscular WO 181 Stella Krupinski from Virginia. An accomplished body builder this was her 1st Powerlifting meet and we are glad she made the trip down. An easy opening squat of 365 led to a disappointing 2nd attempt with 405. Instead of coming back at 405 for her 3rd attempt, she (with coach Grant Austin) upped the ante to 425 which she powered up with determination. Strong bench presses at 275 and 305 and then 3 big deadlifts up to 435 lbs. brought her total to 1165 and a 1st place trophy and unofficial runner-up for "best female" lifter with 1822 lbs. by co- efficient. If Stella were a SC resident she would be chasing Stacey Manley's records. David Johnson, a 16 year old high school student from Hilton Head SC, being coached by George Haslam, for his 1st competition was our next lifter. Dave squatted 405 and 475 (beating his personal best by 20 lbs.), but was stopped by a 505 attempt. He benched 205 and deadlifted 405 to total 1085 for a 1st place trophy and a new SC State record in the squat in J/T 220. Our next lifter was Michael Steck in MM 181. He is the current SC State record holder in his division. He opened with squats of 405 and 425 (which is a new record) but could not get 445. He benched 295 and set another new State record with a 405 deadlift. He totaled 1125 for a 1st place trophy. Bill Jordan, a super master lifter from Virginia was next. He gets better and stronger with each meet. At 62 years young and a solid 220 lbs. he had a perfect day going 9x9. He had successful squats of 405, 425 and 450, benches of 225 245 and 275, deadlifts of 405, 415 and 425. His choice of attempts is just right for him. Totaling 1150 lbs. he beat his December total by over 100 lbs. Good job Bill! Rick Layman from Total Gym in Columbia was up next lifting in MM 181. He was not able to get his squat on track today and was out after 3 great attempts. He leaves his SC State records in tact but I know he'll be back looking to break those records next time. New lifter Doug Glover a 17 year old high school student here in Charleston had a great day. He squatted 450, benched 300 and deadlifted 480 for a total of 1230 lbs. and a 1st place trophy in J/T 198. Doug established all new SC State records in his division. I know we will see more of him in the future. Blake Summers, another 1st time competitor 20 years old in MO 242, came up from Lake City, FL. He squatted 485, benched 315 and deadlifted a big 500 lbs. for a total of 1300 lbs. and a 2nd place trophy. Jason Mullens, also a new lifter in MO 220 from Rock Hill, SC was next up. "Indigoracer" started with the 1st opening 500 lbs. squat of the meet and aced it! Up to 510 on his 2nd attempt but couldn't quite make his 3rd at 530. He benched 330 and then had 3 solid deadlifts up to 530 lbs. totaling 1230 lbs. for a 1st place trophy. His deadlift set a new SC State record in MO 220. Up next was Troy Brown, "Mighty Mouse" from Charleston, SC. He started with an easy 500 lbs. squat, moved up to a solid 600 lbs. on his 2nd attempt but 650 stopped him cold. He opened with 400 lbs. in the bench, made it easily but was out of his groove in his 2nd attempt of 450. For his 3rd attempt he tried 450 again and this time he muscled it up for 3 white lights. He deadlifted 565 to total1615 lbs. for a 1st place trophy in MO 275. The 2nd squat lifts began with master lifter Steve Clark @ 198 lbs. He trains at Maximus Barbell in Columbia SC and is the current SC State record holder in his division. He opened with 510 lbs. and then on to do 525 only to be stopped at 550. He struggled with his bench presses of 340 and finally got it on his 3rd attempt. Not able to get his deadlift he was out of today's meet, but he will be back. Our next lifter was Mark Rufail MO 220 who had a lot to prove to himself after the December meet. His 1st attempt at the squat was 530 lbs. which he just missed but came back to nail it on his next attempt. He raised the bar to 565 for his 3rd attempt but couldn't get it. The 530 squat is 80 lbs. over his State record of 450 in J/T 220. His bench of 350 was 50 lbs. over his best. Today was his day to deadlift, with attempts of 440, 475, and 520, it looks like "he's back". Totaling 1400 lbs. he earned a 1st place trophy. Preston "Beef" Deaver moving up to MO 308, was out of his groove on his 1st squat attempt, but came back to make the 540 on his 2nd attempt, which is 90 lbs. above his J/T 308 record of 450. He benched 340 and deadlifted 475. (again both lifts way above his previous records)..He totaled 1355 for 1st place. Jeff Culliton MM 242 from Virginia gets stronger and stronger with each meet. Just a step behind Stewart Hines in his division, he posted good lifts of 570 in the squat, 350 bench and 545 in the deadlift to total 1465 lbs. and 2nd place. With his coach and mentor Bill Jordan at his side it looks like this bodybuilder is a for real "powerlifter". In MO 181 Jeremiah Blankenship put up some big numbers to run away with his division title. Missing his 1st two squat attempts, he came back with a triple body weight lift of 550 lbs. and got it, breaking his personal record by 45 lbs. He benched 315, again a new personal record, but could only deadlift 445 today. He totaled 1310 lbs. and earned a 1st place trophy. Stewart Hines, from Hilton Head SC, looking really strong in MM242, is the current SC State record holder. He made his opening squat of 550 but couldn't get going with 575 on his next attempt. Coming back, he nailed 580 on his 3rd attempt. He benched 375 and deadlifted 575 to total 1530 for a 1st place trophy. Next up was Travis Moore from Blythewood SC competing in his 1st Powerlifting meet @ MO 242. He was unable to get his squat on track and was out after 3 attempts up to 605. We're looking forward to seeing Travis again. Chris Hendrix in MO 220, a current SC State record holder from Elgin SC, also had trouble with his squat today. His 3 attempts at 600 lbs. just would not go. "He'll be back". Next lifter was Randy Boynton from Jacksonville FL in MO 275. Three big attempts of 650, 705, and 730 just would not go. Thanks for making the trip Randy. You'll get it next time! Brian, "Big Country" Chatham from West Jefferson NC was up next in MO 275. He got his 1st squat of 670 lbs, but had trouble with his 2nd attempt with a big 700 lbs. Going after it on his 3rd attempt, he powered it up for a new PR and our 1st successful 700 lbs. squat of the meet. His bench just would not go today. He missed attempts of 500, 530 and 530 and was out of the meet. Come see us again and bring Travis with you. Our next lifter, Toby Irby from Lake City FL in MO 242, pushed his PR of 683 out of the way by squatting a solid 800 lbs. over 3x body weight and 117 lbs. more than his previous record. His bench was only 315 today, but his 630 lbs. deadlift and a total of 1745 earned him 1st



Best Bench Press of the South Carolina Open: *565 by Jeff Abbott.*

Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.

Aug/97... Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s

Sep/97... USAPL/USPF/APF Triple Seniors, 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, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s

Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s

Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s

Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage

Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/ WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardinelli, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s

Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.

Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.

Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. 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, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s

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

Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.

Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls, 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, Strongman II, TOP 100 198s

Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s

Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons

Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

May/00 ... Dennis Cieri,J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s

Aug/00 ... USAPL Men's, APF Srs. Pt. I,

place in MO 242 and our "Best Male Lifter" trophy. Jay Floyd MO 275 from Douglasville GA has lifted in 2 of our meets and has made some good solid lifts. Trying to break his past records, he started out with an 800 lbs. opening attempt but it was not going to happen today. He opted out after 2 attempts. Come back Jay. You'll get it next time! And then the crowd and the other lifters exploded as our 1st guest lifter, Phil "Squatzilla" Harrington got to the platform. Phil holds the All Time, All Federation, world record squat of 900 lbs. @ 181. Today he was trying to break the all time squat record @ 198 lbs. Michael Soong, the "record man" was on hand to bear witness. Phil's 1st attempt was a "conservative" 835. He handled it easily but did not go low enough. He upped his next attempt to 865 and again 2 red lights for depth. His 3rd attempt with a "monstrous" 915 proved to be too much for even this 198 lbs. ironman today. He came crashing down, dragging 5 spotters (including Big Tex) with him. After what seemed like a long time, everyone on the platform got to their feet and proclaimed, "We're OK, no injuries WHEW! The last of the squatters was our other guest lifter, Karl Tillman MM 275 who works out at The Compound, with Donnie and Marc, in Columbia. Karl had already qualified for the Master's Nationals and he just wanted to hone his skills. His 1st attempt of 905 was not good enough, but his 2nd with 930 lbs. (by far the biggest of the meet) was definitely good enough! That squat shattered his SC State record by almost 50 lbs. He was not successful with his 3 bench attempts (which were all over his PR), but had a nice 640 deadlift to take his SC State record up a notch. You (and your family) are always welcome at our meets. Good luck in Texas! In "Bench Only" Jenny Smith was 1st up. She is from Savannah GA in this her 1st APF meet. Her opening attempt @ 140 was nice and smooth. She also made her 2nd @ 150, but could not get her 3rd @ 160. In a limited field she earned a 1st place trophy in WO 114 and was our "Best Female Bench" winner. Richard Clarke, a student at Wando High School was next up @ J/T 165 in his 1st meet. He looked strong making his opener of 175, but could not get 190 on his next 2 attempts. He earned a 2nd place trophy. Our other J/T bench presser, Barry Vaughn came down from Greer SC with coach Mike Srock, as one of our Olympic Weightlifting demonstrators. He figured he would compete in our bench press competition. He made his 240 opener and then moved up to 250, again successfully. He was stopped @ 260. At 165 lbs. Barry earned a 1st place in his division. Master Lifter Robert Bell 52 years young from Lexington SC is the SC State powerlifting record holder, here to "bench only". With a successful 355 lbs. bench he kicked his

Wanda Burnette, *the best 97 lb. woman bencher in the United States for 2004, ended up with Best Female Lifter award at Will Millman's South Carolina Open.*

State record up by 20 lbs, and won 1st place in his age category. Troy Jenkins was the other Olympic Weightlifting demonstrator trying his hand at the bench press. In J/T 181 he had 3 strong lifts of 340, 345, and 350 earning him a 1st place trophy. A good job for his 1st bench press meet - he'll be back. It was good to see Carl Griggs back on our platform. An accomplished bodybuilder from Goose Creek SC, he weighed in at a solid 228. Going 3x3 today with lifts of 350, 375, and 400 lbs, he showed us that bodybuilders sure can bench press. He earned 2nd place in MM 242. Big George Haslam, lifting in Police/Fire 275, in his new casual footwear, opened with an easy 330 which he upped to 365 on his 2nd attempt and got 3 white lites before being stopped at his 3rd attempt of 380. He got a 1st place trophy for his effort. And then, "Little Superman", Eric Knight, a local HS English teacher (poetry), and as he puts it," a genetic freak" took to the platform. At 143.1 lbs, Eric was stalking the magic 3x bodyweight bench press. His 400 lbs. opener was right on track. The 2nd attempt @ 420 was also good and the crowd loved it!! The 420 lbs. bench was almost 2.94 x bodyweight, but he came back for 430. He gave it a heck of a try, but it would not go. The crowd and the other lifters acknowledged this great attempt and we KNOW that he'll be back to get it next time. We awarded him a 1st place in MO 148 and our "Best Male Bench" trophy. David McLeod in his 1st contest from Sumter SC looked like a solid benchpresser in MO 242. His 1st two attempts of 400 and 455 lbs. went up nicely, but he was stopped at his 3rd attempt of 500 lbs. He earned a 1st place trophy for his efforts. Next up was "Super Dave" Brown from Ware Shoals SC lifting in MO 275. David is a strong bencher but could not get on track today. His 3 attempts with 425 lbs. were hard fought but no go. Dave you'll get it next time! John the "Vanilla Gorilla" Williams, lifting with us for the 2nd time from Summerville SC, trains at the Power Pit with Doug Ricafrente. He's on his way to the 500 lbs. bench. He went 3x3 today with lifts of 440, 465, and 480 for 1st place in MO 275. Next time John, 500! Another 500 lbs. predator, Eric Hubbs was up next. He has lifted with us in our last 2 meets and is one of our biggest supporters. He even took the ref test and is now one of our judges. A little lost without his motivation partner, "Killer", he sought out and found a Pernick to slap him around (just a little). He pushed up his current SC State record of 480 on his 1st attempt but just could not get that "500 lbs. monkey" off his chest on his next 2 attempts. The 480 earned him 1st place in MM 242, and he remains as the State record holder. "Coach" Brantley Waites was next. He is the SC State Powerlifting record holder in MO181 and was here today to push his 500 lbs. record bench up a notch. Today was not that day. Attempts of 500, 555, and 600 all proved to be too much. Brantley is a strong powerlifter @ 181 and he'll be back. Our last bench presser in MO 308 was Jeff "Byrd" Abbott up from Lake City FL. A big man @ 292 lbs, his 565 opener was good, but a 2nd attempt with 615 was too much and he opted to stop but still earned a 1st place trophy for his effort. Come back and see us again as we know you'll get it. We had a great meet and look forward to many more. Many thanks to my wife and partner Marge. Without her help this would not be possible. Kudos to Mr. Haney, Diana, Kim, Warren, Jeff and Katie, Tim, Billy, David, Jason and family, Doc, Charlie, Scott, Brian, Leon, Kay, Lisa, Allison, Larry, JR, Lee Ray, Lenny, Doug, Eric, Richard and his crew, Mike Srock, Billy Warren, Tex Henderson, Jared Bruff, Grant Austin, Sue Finley, CSU, Donnie, Marc and all of our valuable sponsors. This was our first meet for the benefit of Special Olympics and we look forward toward developing a good working relationship with them. (Thanks to Will Millman for providing the results to Powerlifting USA)

AAU Drug Free NY Big Dawg
16 APR 05 - Clyde, NY

DEADLIFT			M. Kaufman*		325
MEN			220 lbs.		
181 lbs.			(16-17)		
(35-39)			S. MacCheyne*		
Lifetime			290		
G. Rendino*	530!		Lifetime		
220 lbs.			D. Herbst		340
(40-44)			(40-44)		
M. Peters	410		Lifetime		
275 lbs.			L. Cichelli*		460!
(40-44)			242 lbs.		
M. Brown*	550		Lifetime		
308 lbs.			M. Arcarisi		280
(35-39)			(45-49)		
Valezquez*	350		P. Didas*		—
BENCH			275 lbs.		
MEN			(45-49)		
198 lbs.			J. Becker		340
(16-17)			308 lbs.		
B. Mosher*	330!		(40-44)		
Open			S. Rogers		475
Ironman	BP	DL	TOT		
WOMEN					
(40-44)					
SHW					
M. Gerken*		160!	300!	460	
MEN					
11 + Under					
132 lbs.					
V. Becker*		95!	190!	285	
(14-15)					
148 lbs.					
D. Smith		160	315	475	
165 lbs.					
J. Didas*		230	315	545	
A. Dean		150	325	475	
181 lbs.					
(14-15)					
E. Houseknecht*		150	230	380	
198 lbs.					
(65-69)					
J. Collazo*		250	425!	675	
(16-17)					
M. Bailey*		310	455	765	
220 lbs.					
(14-15)					
J. Brown*		300	480!	780	
220 lbs.					
(14-15)					
A. Hayes		305	405	710	
Open					
C. Mineo*		365	510	875	
(60-64)					
B. Shields*		250	325	575	
P. Foti*		230	365	595	
242 lbs.					
(16-17)					
J. Prior		320	515!	835	
(18-19)					
D. Morgan		—	520	—	
Open					
D. Eddy		440	550	990	
275 lbs.					
D. Kingwater*		—	485	—	
(45-49)					

AAPF/APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s

Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz[Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s

Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s

Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s

Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.

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

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

May/01 ... Ed Coan 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, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals,, 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,, TOP 100 123s

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

Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling 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 S., TOP 100 165s

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

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

Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

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

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

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on 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 Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your Bench Shirt by Halbert, TOP 123s.

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

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

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s

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

Jan/03 ... IPF Men's Worlds, WABDL BP

K. Bowen*	335	600	935
(40-44)			
M. Harrison	430	540	970
SHW			
(45-49)			
T. Brown*	300	525	825

!=American Records. *=Lifted Raw. The AAU Drug Free NYS Big Dawg Record Breakers was sold out and held at Donselaars Party House, the official home for all of my AAU meets. We had great food and great hosts, Scott Molisani/Rich Donselaar. And special kudos to Barb and the kitchen staff. A great day of drug free lifting took place with 8 NYS Bench records being set, 4 American records being set, 13 NYS deadlift records set, and 6 American deadlift records were set. NYS bench records were set by Mindy Gerken, Vincent Becker, Jacob Didas, Juan Collazo, Alex Hayes, Brian Shield, Justin Prior, Ken Bowen, Brennan Mosher, Michael Kauman, and Leo Cichelli. American Bench records were set by Mindy Gerken, Vincent Becker, Brennan Mosher and Leo Cichelli. Leo, you are absolutely awesome. You are without a doubt one of the best raw lifters in the country, by age group, weight class, and drug free. Thank you to you and the Legends of Power for sponsoring this meet. AAU NYS deadlift records were set by Mindy Gerken, with a very impressive 300# lift; Vincent Becker, Dan Smith, Jacob Didas, Aaron Dean, Juan Collazo, Jeremey Brown, Justin Prior, Dustin Morgan, Ken Bowen, and Gene Rendino. It was a fine day of lifting. I would like to thank my national referees RL Murray, Jason Stafford, and Terry Stafford. Also my set up and tear down crew and my spotters: RL Murray, Jason Stafford, Terry Stafford, Mark Howell, Brian and Howard. Without these great people there would be no meets. My wife Michelle, who deals with everything thrown at her during these meets and keeps rolling. Until next time, train drug free! (Thanks to Steve "Big Dawg" Rogers, AAU NY Chair, for results)

The Team Champions at the Central Ohio Bench Press Championships: *was actually the contest host Circleville Barbell Club - front row, l-r, Derek Weaver, Jon elick, barry Sowers, Rich Donley; back row, l-r, Donnie Haddix, Dave Raines, Dustin Sowers. (photograph was provided by courtesy of Jon Elick)*

25th Central Ohio Bench Press
26 MAR 05 - Circleville, OH

WOMEN		S. Boardman	520
Hardbarger	145	M. Chenos	505
V. Curry	125	242 lbs.	
MEN		T. Ball	605
Teen		R. Freiwald	525
D. Hoff	440	D. Hoff	440
D. Haddix	355	275 lbs.	
D. Sowers	225	D. Welch	625
148 lbs.		J. Vest	450
R. Donley	335	J. Ritzier	410
198 lbs.		308 lbs.	
J. Elick	500	D. Raines	425
J. O'Brien	365	SHW	
T. Ashbrook	340	D. Weaver	405
220 lbs.		Master (40-44)	
I. Thomas	490	R. O'Brien	400
B. Sowers	425	Master (55-59)	
M. Grimsley	415	M. Brown	400
M 45-49		M 60+	
D. Wilson	555	C. Workman	280
Wigglesworth	425		

Lightweight Best Lifter Trophy: Richard Donley. Heavyweight Best Lifter Trophy: TJ Ball. Team Trophy: The Circleville Barbell Club. Results Certified by Meet Director Doug Glitt. The 25th Annual Central Ohio Benchpress Championships had another successful year. There were no accidents and the spotters did an excellent job catching the few lifter mishaps that occurred. About 40 lifters participated in this year's event. Attendance was down from the usual number due to the meet being on Easter weekend and also, the widespread flu outbreak that hit Ohio in March. This year, we wanted to provide something different to increase crowd involvement and give the lifters a little something extra. We asked several sponsors for items to give away and raffle. Michelle Kampen and The Powerlifting Superstore made one raffle winner very happy by donating a brand new Rage-X bench shirt! Michelle also threw in a stack of coupons worth 10% off any order, which were given to all the class winners. Wes Kampen and Monster Muscle Magazine provided 150 free issues, which were quickly grabbed up from the table. Wes also provided 2 free magazine subscriptions for our raffle and outfitted our spotting & loading crew with t-shirts. APT ProWristStraps gave us numerous items for the event, including t-shirts, training logs, wrist wraps, and of course several sets of their famous lifting straps. Rick Brewer and House of Pain sent 2 gift certificates worth $20 each for any item in the HOP lineup. Finally, Mike Lambert of Powerlifting USA donated a case of various issues to add to the reading enjoyment of all who attended. I would like to personally express my appreciation to our meet sponsors. It really takes a meet to the next level when powerlifting related companies get involved. The audience and lifters certainly got a pleasant surprise with the raffles and giveaways. I want to emphasize the responsibility that we, as lifters, have to support these companies. They go out of their way to sponsor lifters, sponsor meets, and provide great service. Make sure we return the favor by ordering our gear and supplies from them. Until next year - stay strong! (These results courtesy Jon Elick)

Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins 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, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, 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, 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 Natls, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back,TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr.Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals,Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds,WPC Worlds,IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader,TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs,TOP 100 198s
Mar/04 ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s
Aug/04 ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim SQ/TOT, TOP 100 SHWs
Sep/04 .... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s
Oct/04 ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s
Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s.
Dec/04 ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s
Jan/05 ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s
Feb/05 ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s
Mar/05 ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s
Apr/05 ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s
May/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists

LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK ($5 PER ISSUE, INCLUDING S&H),SEND TO *POWERLIFTING USA, BACK ISSUES,* BOX 467, CAMARILLO, CA 93011. (SPECIAL PRICE ON MULTIPLE QUANTITIES: 2-3 BACK ISSUES - $4.50 EACH, 4-9 BACK ISSUES - $4 EACH, 10-24 BACK ISSUES - $3.50 EACH, 25+ BACK ISSUES - WE NEGOTIATE A BETTER PRICE)

USAPL Southeast Regional
6 NOV 04 - Ft. Lauderdale, FL

BENCH
WOMEN
165 lbs.
Master-1
C. Mette 154
MEN
114 lbs.
Open
J. Szparaga 143
Youth
J. Szparaga 143
148 lbs.
Open
Yarborough 320
Master-2
Chakravorty 243
165 lbs.
Master-3
W. Tinkler 237
181 lbs.
Open
M. Miller 320
Master-3

WOMEN	SQ	BP	DL	TOT
132 lbs.				
Master-1				
D. King	182	116	276	573
148 lbs.				
Collegiate				
J. Wiersma	149	105	220	474
165 lbs.				
Master-1				
C. Mette	243	154	276	672
MEN				
114 lbs.				
Collegiate				
K. Scheppe	220	165	320	705
148 lbs.				
Junior				
G. Ruiz	408	231	419	1058
181 lbs.				
Collegiate				
M. Banach	281	281	303	865
Open				
P. Chang	529	336	601	1466
Master-1				
M. Clark	254	209	314	777
Master-3				
P. Currey	314	314	397	1025
198 lbs.				
Open				
C. Lui	496	375	491	1361
J. Wilsey	507	331	507	1345
M. Brown	281	325	463	1069
Master-1				
T. O'Malie	468	320	441	1229
M. Brown	281	325	463	937
Master-2				
T. Mason	353	265	325	942
220 lbs.				
Junior				
G. McCaulley	551	314	502	1367
Open				
K. Robinson	551	380	551	1483
M. Britt	309	231	342	882
242 lbs.				
Teen-3				
D. Beers	518	314	551	1383
J. Scott	320	303	353	976
Open				
K. Middler	562	408	474	1444
M. Lowe	507	347	474	1328
Master-3				
A. Arrington	496	320	513	1328
275 lbs.				
Open				
J. Dundon	143	435	562	1141
Master-1				
Silverbloom	634	364	612	1609
SHW				
Open				
A. Snider	628	502	601	1731
S. Knowles	601	452	502	1554
M. Nelson	55	55	66	176

P. Currey 314
198lbs.
Master-2
A. Speech 270
220 lbs.
P/F/M
A. Deck 452
M. Ferrantelli 573
Open
M. Ferrantelli 573
Master-2
G. Walker 375
D. Grossman 248
W. Hill 298
242 lbs.
Open
C. Szparaga 364
P/F/M
C. Szparaga 364
SHW
Open
C. Dixon 524
A. Snider 502

The 2005 USAPL Southeastern USA Regional Championships was a great success! Lifters from five (5) states appeared for the championship from Florida, Alabama, North Carolina, Oregon, and California. USAPL National competitor Mike Ferrantelli stroked a very easy 260 kgs./ 573 lbs. on his third attempt to take top honors at the championship. It is my prediction that he will exceed 600+ plus at his next championship, with a clear possibility of breaking the three or single lift IPF World Record. Brenda Lemus was presented with a special award from the Guatemala Powerlifting Federation (IPF member) for her services in assisting with establishing the Central America sub-regional federation and championships. On a final note, this event would have not have been possible, if it were not for the following people who volunteered to assist with the championship. Special thanks go out to Mike and Karen Ucciardi, Julian and Adeline Ulvang, Dan Matthews, Jim Dundon and the Florida Gulf Coast University Powerlifting Team, Dick Giller, Coach Preston of Nova Southeastern University, Inzer Advance Designs, World Gym of East Ft. Lauderdale, and Tropical Gym of Margate. Further information on USAPL Florida Powerlifting can be found at: www.geocities.comifloridausapl. Thank you and see you next time! (Thanks to Rob Keller, Interim Co-Chair FL, for results)

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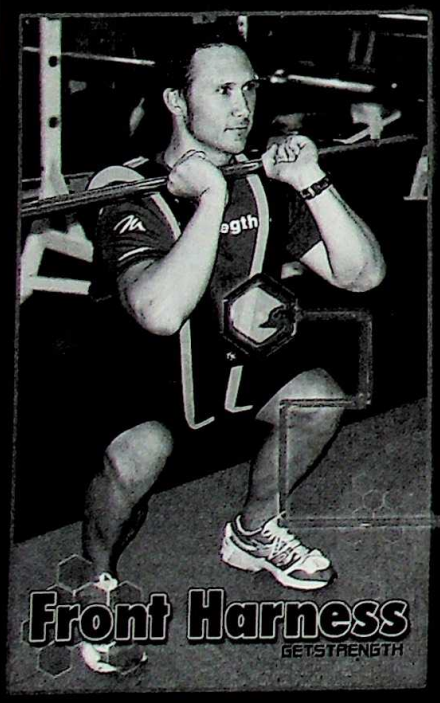

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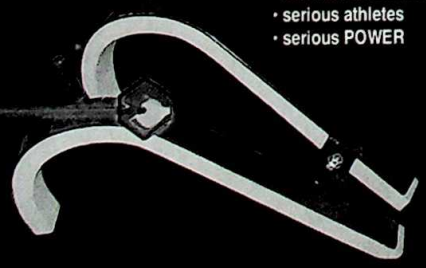

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24-26 JUN, Prairie State Games (BP), Fenton High School, Bensenville, IL. Eric Stone - Sport Commissioner, thestone@chicagopowerlifting.com. www.chicagopowerlifting.com.

25 JUN, AAU Potter, Steuben, Allegany Counties Youth PL (PA) Zeke Wilson

25 JUN, APA Indy BP/DL/Push-Pull Combat (Indianapolis, IN), Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

25 JUN, 100% Raw PLF National BP/PL Championships (Sanford, NC) www.rawpowerlifting.com, rawlifting@aol.com

25 JUN, AAU-USPF Sooner State Games, 405-275-3689, rcrain@charter.net

25 JUN, WABDL Rocky Mountain Regional BP/DL (Salt Lake City, UT) Randy Marchant, 801-465-2349

25 JUN, APF Metal Militia Powerlifting Wars, Bill Crawford. Glens Fall NY, 386-734-3128, worldpowerlifting.org

25 JUN, APC Central California Open/Novice, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

25 JUN, Mountaineer Cup VII Strength & Sports Expo Powerlifting, Mountaineer Race Track & Gaming Resort, Rt. 2 South, Chester, WV, 304-387-8185, 387-8174, mlollini@mtrgaming.com

25 JUN (DATE CHANGE), ADAU 1st Annual RAW "Sports Connection" Challenge (SQ, BP, DL) Drug Free & 100% RAW. (Hagerstown, MD) Kevin Prosser (Meet Director) 301-573-7853 or Alan Siegel: www.pikitup.com

25 JUN, SLP Men/Women Teenage & Open Women's National BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

25 JUN, NASA Missouri Grand (PL, BP, PP, PS - Joplin, MO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

25,26 JUN, WNPF Drug Free Nationals PL & Single Lift, Ron DeAmicis, 6531 New Road, Youngstown, OH 44515, 330-792-6670

26 JUN, Wally World Bench Press (drug free raw, St. Louis, MO), www.wallyworldpower.com, www.usaplnationals.com, www.sonlightpower.com, wallywld@nothnbut.net, Nancy, 314-832-6465, popeyedldf@aol.com, Jim Bell 314-894-1532, sonlight@netcare-il.com, Darrell Latch, 217-253-5429

26 JUN, APA Space City BP Extravaganza, Health Clubs of America, 14900 Westheimer, Houston, TX 77082, Tom McCullough, tommc56@earthlink.net

26 JUN, USAPL Big Bench Blowout / Fireworks in the Rockies, Gary Gertner, 3601 S. Lowell Blvd., Denver, CO 80236, 720-394-6657

26 JUN, APA CT Open BP & DL (Norwich, CT) Donna Slaga, APA CT Chairperson, 38 John Brook Rd., Canterbury, CT 06331, 860-546-2091, djslaga@yahoo.com

2 JUL, 11th Independence BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

2 JUL, NASA Houston Grand, PL'ing, BP, Push/Pull &. Power Sports, Alvin, TX. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

8-10 JUL (revised listing), GPC American Cup PL & BP (Canada/USA, Athens, GA) and APC National PL & BP (Global Powerlifting Committee World Championships Qualifier) L.B. Baker, 770-725-6684, mobile 770-713-3080, lbbaker@americanpowerliftingcommittee.com, www.irondawg.com

9 JUL, USAPL Seattle Summer Classic (Seattle, WA) Paula Houston, 4709 S. Hudson St., Seattle, WA 98118 or 206-760-8724

9 JUL, APF/AAPF Chicago Summer Bash II, Velocity Sports Performance, Willowbrook, IL. Eric Stone - Sport Commissioner, 630-892-7793. Thestone@chicagopowerlifting.com. www.chicagopowerlifting.com.

9 JUL, APA Maine State BP, DL, PP, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

9 JUL, USAPL Mid Atlantic PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

9 JUL, Downtown Sportsfest BP/DL, Mike Laudenberger 425 S. 15th St., Allentown, PA 18102, 610-434-9333.

9 JUL, SLP FT. HAMILTON DAYS BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

9 JUL, NASA Western States Nationals, PL'ing, BP, Push/Pull &. Power Sports, Mesa, AZ. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

10 JUL, WNPF USA Open Championships & Women's Nationals (Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com

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

15,16 JUL, APF/AAPF Firecracker Push/Pull Open, "Step up or Step Aside" (WPC Rules, Police/Fire, Open, Men, Women) - The Gym, Las Vegas, NV. Mark Swank, Meet Director, 72-245-6852 and Carol Upton, Assistant Meet Director, 702-656-6762, 3010 N. Torrey Pines Dr., Las Vegas, NV 89108, thegymlasvegas@earthlink.net.

16 JUL, Greystone's Battle of the BP (Teen, Juniors, Women, Open, Assisted, Unassisted - Rivera Family Fitness, Birmingham, AL) Pete Bouchard, c/o Rivera Family Fitness, 210 Doug Baker Blvd., Birmingham, AL 35242, 205-995-5505 or 205-992-5247.

16 JUL, WABDL Great Lakes Regional BP/DL (Holiday Inn South, Lansing, MI) Gus Rethwisch, 503-901-1622 or 763-545-8654

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

16 JUL, NASA Grand Nationals (PL, BP, PP, PS - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

16 JUL, P.L. BP on the Ohio River (open, teen, women, masters - Huntington, WV) Willie or Chris Williams, 307 Shorr St., Huntington, WV 25702, 962-5129

16 JUL, World Games

16 JUL, USAPL Forum Fitness BP (women, teen, masters, open - Glen Carbon, IL) Maureen Post, 618-616-5260, mpost57@sbcglobal.net

16 JUL, AAU Tioga, Lycoming, Centre, Blai..., Cambria, Huntington, and Clearfield Counties Youth PL (PA) Zeke Wilson

16 JUL, AAU Cornhusker State Games (Lincoln, NE) Howard Huffman, Don McElravy

16-17 JUL, IPA World Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet echaillet@aol.com or Mark Chaillet at 717-495-0024, chailfit@suscom.net.

17 JUL, SLP St. Louis Open BP/DL Championship (Pontoon Beach, IL) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 JUL, SLP ARKANSAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23 JUL, USAPL Iron Works Bench and Deadlift, Matt Smith, 1111 E. Wackerly St., Midland, MI 48642, 989-837-8700, powerlifter@charterinternet.com.

23 JUL, ADAU (Raw) Squat Nationals (Catasauqua, PA - all age/wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894, nutritek@aol.com

23 JUL, ADAU (Raw) Bench Press Nationals (Catasauqua, PA - all age/wt. classes & divisions)

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APF/AAPF/WPO Schedule

June 25th: APF Metal Militia Powerlifting Wars, Bill Crawford. Glens Fall NY.

July 29th-31sts, APWC Worlds (Unified National Qualifier) Chicago, Illinois, Kieran Kidder

Aug, WPO Qualifier, Kieran Kidder

September 3rd, APF Georgia State PL/BP, Kennesaw, GA, Jon Grove

September 10th, APF Gulf Coast Open PL/BP, Hudson, FL, Rick Lawrence

September 17th, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

October 7th-9th, WPO Semifinals + WPO BB4Cash @ GNC SOS, Atlanta, GA, Kieran Kidder

October 15th, US National PL Championships (Unified Nationals). Las Vegas, NV. AAPF/NASA/AAU/USPF joint effort.

November 3rd-6th, WPC Worlds/WPO European Semifinals/WPO European BB4Cash. Helskinki, Finland. Minna & Ano Turtiainen

November 19th, AAPF Southern States, Kieran Kidder

December 3rd-4th, APF Southern States, Jax, FLA, Kieran Kidder

Dates subject to change Call 386-734-3128 for info.

(worldpowerlifting.org) (worldpowerliftingcongress)

Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894, nutritek@aol.com
23 JUL, ADAU (Raw) Deadlift Nationals (Catasauqua, PA - all age/ wt. classes & divisions) Nicholas Theodorou, Nutritional Technologies, 5 Stonecroft Dr.,. Easton, PA 18045, 610-258-1894, nutritek@aol.com
23 JUL (New Date), PPL Southeastern Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM
23 JUL, WABDL House of Pain Push Pull Nationals (Sheraton Dallas Brookhollow, Dallas, TX) Gus Rethwisch, 503-901-1622 or 763-545-8654
23 JUL (new location), WNPF South Florida BP, DL, PC (Plantation, FL) Brian Burritt 772-621-8988 or bburritt@hatshackcom
23 JUL, APA 2nd annual Jackson Open Battle of the Bad PL, BP, DL, PP (Jackson, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com
23 JUL, USAPL Carolina Clash PL & BP Championships - Cleveland Mall, NC. Rob Wess at rwess@darrcam.com or 704-538-6099.
23 JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl
23 JUL, AAU Larry Garro Memorial BP - DL - Iroman - Ironwoman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net
23-24 JUL, USAPL PL Championships at the Tropical Games of the Palm Beaches, Robert Keller, 4264 Vineyard Circle, Weston, FL 33332, 954-384-4472.
24 JUL, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
29-31 JUL, APWC Worlds (United National Qualifier - Chicago, IL) 386-734-3128, worldpowerlifting.org
30 JUL, The New Gym BP APF/ AAPF Summer Slam (W. Hempstead, NY) Shauna Mendelson & Chris Taylor, 516-993-6378, www.lentv.net
30 JUL, NASA Total Body Fitness Summer Classic BP/PP/PS (Paintsville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com.
30 JUL, WABDL Rocky Mountain Classic BP/DL (Holiday Inn Airport, Boise, ID) Gus Rethwisch, 503-901-1622 or 763-545-8654
30 JUL, NASA Colorado Grand, Nationals, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068
30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St,. Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com
30 JUL, SLP Open World BP/ DL, SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
30 JUL, APF West Coast Push-Pull, John Ford, 650-303-7518
30 JUL, Vermont State Open BP, All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, Rick Poston, 802-865-3068

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30 JUL, APF Barbee Classic (San Antonio - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
30,31 JUL USAPL Seminole Classic (Tallahassee, FL). All weight classes and divisions. Robert Keller/Les Cramer, www.seminoleclassic.com.
30-31 JUL, AAU Junior Olympics - New Orleans, La - ages 5-21, aausports.org or contact meet director Judy Wood - 804-559-4624 after 7pm est or 804-512-0921 or email: judi6108@aol.com
JUL, NHSP Push-Pull Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com
JUL, APF Valley Classic (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com
5 AUG, NAP PL Open Senior Nationals, Bob Garza, 281-820-5923.
6 AUG, APF/AAPF Pennsylvania State PL/DL, Keith McNeish, 237 Meadowfield Ln., Jefferson Hills, PA 15025, 412-400-1675
6 AUG, 2nd USAPL Maximum Metal Outdoor BP (Dunmore, PA) Jason Richardson, 570-341-7665, 570-840-4462, JRicha3593@msn.com
6 AUG, APF Southeast Challenge (Orange - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com
6 AUG, APA Heavy Metal BP/DL/ Push-Pull (Taylorville, IL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.
6 AUG, USPF Venice Beach Push-Pull (combined total) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800
6 AUG, Florida State BP Championship, Dwayne Kouf, Stacey Motter, Ed Rectenwald, or Bob Youngs 561-718-9877. Southsidebarbell@hotmail.com
6 AUG, WNPF Single lift Nationals & Ironman Nationals (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com
6,7 AUG, WABDL National BP/ DL (Sheraton Airport, Portland, OR) Gus Rethwisch, 503-901-1622 or 763-545-8654
7 AUG, APF California State (full meet), Scott Mendelson, 818-399-0905, www.scotmendelson.net
7 AUG, USAPL Tennessee Extreme PL, Floyd Lawson, 1744A Bennett Circle, Harriman, TN 37748, 865-882-6400
7 AUG, USAPL Hawkeye Open PL/ BP (Sioux City, IA) Bryan Getchell, 713-258-4965, myweb.cableone.net/bgetch20
7 AUG, SLP VINCE SOTO MEMORIAL OHIO STATE FAIR BP/DL CHAMPIONSHIP (Columbus, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
13 AUG (NEW DATE), Arkansas Benchpress Association (ABA) Central Arkansas BP & DL (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851
13 AUG, 10th Granite State Open BP (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590
13 AUG, SLP WISCONSIN STATE FAIR BP/DL CHAMPIONSHIP (West Allis, Wi.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
13 AUG, WABDL Deep South BP/ DL (Baton Rouge, LA) Reed Bueche, 225-638-3210
13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org
13 AUG, APF/AAPF Mississippi State PL/BP (Biloxi, MS) Joe Ladnier, 1185C Gorenflo Rd., D'Iberville, MS 39540, 228-669-4240, www.joeladnier.com
13 AUG, Larry Flynn Classic Powerlifting & BP Meet - Gold's Gym, 6501 S. Frontage Rd., Merriam, KS 66202, NASA Sanctioned Meet - Drug Free!, Meet Director: Jim Duree, Meet Coordinator: Jim Mellon, 816-868-4570, www.larryflynnclassic.com.
13,14 AUG, APC Region-I Powerlifting & BP Championships - Dayville, CT. Scott Lee or Tom Stucke, 860-779-0673, www.americanpowerliftingcommittee.com.
13,14 AUG, WABDL Can Am Cup

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

Jun 25-26 - Drug Free Nationals, Youngstown, OH. For this event call Ron @ 330-792-6670

July 10 - USA Championships, Atlanta, GA

August 6 - Single lift Nationals & Ironman Nationals Atlantic City, NJ

August 14, Motown Open, Detroit, MI. For this event call Dick @ 269-521-4031

20 August, Ralph Peace Memorial/NC Championships, Asheville, NC

PO BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com, website - members.aol.com/wnpf

Bench America Qualifiers

23 July - WABDL House of Pain Push Pull Nationals, Sheraton Brookhollow, Dallas, Texas. Qualifier for Bench America. No Deduction. Every Bencher has to wear a single ply shirt and every bench presser qualifying for Bench America must also do a deadlift.

6,7 August - WABDL House of Pain National BP/DL Championships, Sheraton Airport Hotel, Portland, Oregon. Normal WABDL rules. Double ply shirts allowed. Come see the beautiful Northwest -- Oregon and Washington -- two of the most scenic states in the country.

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(Okotoks (Calgary), Alberta, Canada) Bruce Greig, 403-938-3067

13, 14 AUG, NASA World Cup, PL'ing, BP, Push/Pull & Power Sports, Okla City, OK. Rich Peters, Phone - 405-527-8513, E-mail SBPDL@aol.com , P.O. Box 735, Noble, OK. 73068

13,14 AUG, AAU Open Nationals & Masters Nationals (Massachusetts) Larry Larsen, 781-767-0764, www.aausports.org

14 AUG, 2nd Maryland's Strongest Police/Fire/Corrections PL (Columbia, MD) Vic Selvaggi, vselvaggi@co.ho.md.us

14 AUG, WNPF Motown Open - Detroit, MI, Richard Van Eck (269) 521-4031 or Jeff Buchin (517) 622-3890

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

20 AUG, USAPL Southern Regional (Radisson Hotel, Tucson, AZ) John Pena, 520-312-2110

20 AUG, NAS Hudson River Strongman (Milton, NY) Steve Mann, 845-489-2304, steve@purepowerlifting.com

20 AUG, AAU World Qualifier (youth & adult, PA) Zeke Wilson

20 AUG, APA Twin State Open Strict Curl/BP/DL/Push-Pull (Keene, NH) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

20 AUG, USAPL Virginia State PL, BP, Ironman (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

20 AUG (New Date), WNPF Ralph Peace Memorial (Asheville, NC) Lester Fields,770-842-2137 or lesterwfields@aol.com

20 AUG, USAPL NJ Bench Press Open, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

20 AUG, NASA Colorado Grand (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

20 AUG, Northern Virginia Raw BP Championships (Sterling, VA), John James, 703-475-9885, www.northernvirginiarawpower.com.

20 AUG, 21st Annual Iowa State Fair BP/DL - Pure, Natural, Novice, Master 1 & 2, Submasters, Women, Teens, Beginner. Jeff Baird, bairdzz@aol.com

20 AUG, APF South Dakota Bench Bash, Summit Activities Center, 1801 Summit St., Yankton, SD 57078. Josh Law, 605-665-2705, lawmerica@hotmail.com, www.upfsd.com.

20 AUG, WABDL Tennessee State BP/DL (Holiday Inn, Murfreesboro, TN) Ken Millrany, 931-962-1596

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

27 AUG, APC Region-III Powerlifting & BP Championships - Athens, GA. LB Baker 770-725-6684 or 770-713-3080, www.americanpowerliftingcommittee.com or www.irondawg.com.

27 AUG, WABDL 9th annual Alki Beach BP/DL (Seattle (Alki Beach), WA) Bull Stewart, 206-725-7894

27 AUG, 2nd Drug Free Summer Time Splash Southern Ohio PL/BP (Moraine, OH) David Ricks, 937-435-2127, RICKS181@HOTMAIL.COM

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

27 AUG, SPF Strongest BP/DL in the South (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

27 AUG, USAPL 2nd Annual Southern OH PL & BP Championships, Dave Ricks, 8835 Winston Farm Ln., Dayton, OH 45458, 937-435-2127.

27 AUG, WABDL Scandinavian BP/DL (WABDL World Qualifier - Tampere, Finland) Sakari Selkainaho, 358-14-423-856

28 AUG, Central BP League & Enormous PL 15th Endless Summer Class Push/Pull (Granger, IN - Fit Stop) Anson Wood, 574-903-4586, www.enormous.biz

AUG, WNPF AL-MS-LA State Championships- Lester Fields, 770- 842-2137 or lesterwfields@ao1.com

AUG, WPO Qualifier (sanctioned APF) 386-734-3128, worldpowerlifting.org

1 SEP, APA Palm Beach Open PL/BP/DL/Push-Pull (Palm Beach Gardens, FL) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

3 SEP, SPF Virginia State Push/Pull, BP (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

3 SEP, NASA Kansas Grand (PL, BP, PP, PS - Salina, KS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

3 SEP, APF Georgia State PL/BP (Kennesaw, GA) Jon Grove, 386-734-3128, worldpowerlifting.org

3 SEP, WABDL Oklahoma State BP/DL (Powerhouse Gym, Tulsa, OK) Cale Sherwood, 918-955-4789

10 SEP (NEW DATE/LOCATION), WNPF Lifetime Drug Free Nationals (Armonk, NY or Piscataway, NJ) WNPF, BOX 142347, Fayetteville, GA 30214, 678-817-4743 or wnpf@aol.com

10 SEP, APF Gulf Coast Open PL/BP (Hudson, FL) Rick Lawrence, 386-734-3128, worldpowerlifting.org

10 SEP, USPF Venice Beach PL/BP, Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

10 SEP (new date), NASA New

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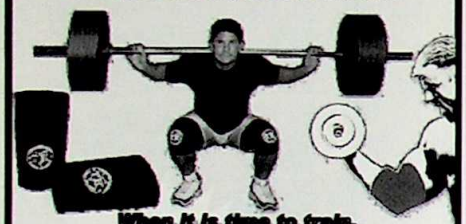

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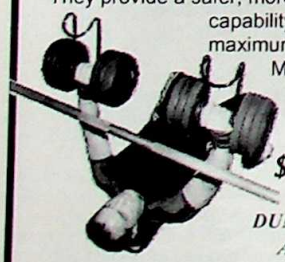

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Mexico Regional (PL, BP, PS - Albuquerque, NM) Mike Adelmann, powerlifter@surfbest.net

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

10 SEP, the Power Quest Strength Promotions BP Championship, Days Inn, Fremont, OH. Rob Twining 419-307-4162.

10 SEP, APF Massachusetts Open Bench Press Championships, Steve Smith, 978-361-6729, 4 Liberty St. Unit 2, Salisbury, MA 01952, smsrudedog@adelphia.net

10 SEP, WABDL Idaho State BP/DL (Templin Red Lion Hotel, Post Falls, ID) Roger Neff, 208-964-0194

10 SEP, 100% Raw Virginia State BP, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

11 SEP, United We Stand (BP, DL, Ironman, Ironwoman, Raw, Equipped, all classes, trophies, 1st-5th $30.00 entry fee, free meet t-shirt), Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117.

17 SEP, APF Maine State Push Pull, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

17 SEP, WNPF Upstate NY II PL/SQ/DL/BP/PC (Clyde, NY) Ron Deamicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

17-18 SEP, USAPL Bench Press Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-275-7069

17 SEP, WABDL Nevada State BP/DL (Elko, NV) Raul Lopez, 775-753-2374, rlopwts@frontiernet.net

17 SEP, Open BP meet, Glenwood Athletic Club, (Glenwood, AR) Jason or George at 870-356-6250

17 SEP (New Date), NPA (drug free) Nationals BP&DL, Fitness Lifestyes, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, fitlifedb@cs.com

17 SEP, USA 'RAW' BENCH PRESS FEDERATION FALL NATIONALS (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17 SEP, Sci Fit of GA 7th annual Bench Press, Joe Deverville, 2055 Eisenhower Pkway, Macon, GA 31206, 478-750-7005

17 SEP, APF Northern California Open, John Ford, 650-303-7518

17 SEP (revised date), APF/AAPF Midwest Classic (Missouri/Kansas/National Records. All divisions plus police/fire. Olympic weightlifting exhibition). Susan Sharpe-Patterson 816-914-9709 or www.midwestbarbell.com.

17 SEP, NASA E. Texas Regional (PL, BP, PP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

17 SEP, WABDL West Coast Classic BP/DL (Marriott Hotel, Rancho Cordova (Sacramento), CA) Gus Rethwisch, 503-901-1622 or 763-545-8654

18 SEP, 7th Deadlift on the River, Jon Smoker, 30907 County Road 16, Elkhart, IN 46516

24 SEP, NASA VA Regional PL/BP/PS/PP (Wytheville, VA) Greg Van Hoose, RR 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

24 SEP, 100% Raw Tri-State Pl (Hagerstown, MD) www.rawpowerlifting.com, rawlifting@aol.com, litjohnraw@aol.com

24 SEP (New Date), WABDL Hawaii State BP/DL (Waimanalo, HI) Keith Ward, 808-259-5266

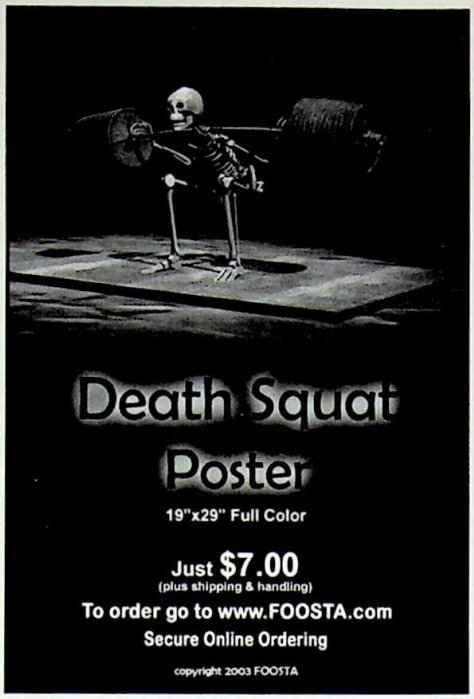
24 SEP, Bartlesville Drug Free Classic, Gilkey's Gym, 5701 SE Adams Blvd,. Bartlesville, OK 74006, 913-626-1141 or 626-1142, jduree7086@aol.com

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

24 SEP, NASA Tennessee Regional (PL, BP, PP, PS - Pickwick Dam, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

24 SEP, APF Hawg Farm Come & Get 'Em (Henderson, KY) Larry Hoover, RR3, Box 164, Princeton, IN 47670, 812-385-9932, quad4hoover@peoplepc.com

24,25 SEP, APF/AAPF Sin City Ironfest, "Bring it



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29 SEP, SLP Genesis Open Push/Pull Classic (Celina, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

SEP (Date Change), WNPF Northern Florida BP, DL, Ironman & PC (Lake City, FL) Lester Fields, 770 842-2137 or lesterwfields@ao1.com

30 SEP-1 OCT, BenchAmerica 3 (Elgin, IL "DO YOU QUALIFY"), info@benchamerica.com.

1 OCT, 2nd Ironman PL/BP (Cleveland, OH) Gary Kanaga, 591 Cornell Dr., Broadview Hts., OH 44147, 440-717-9624, garykanaga@nordonieschock.org

1 OCT, APF/AAPF 2nd NYC Coliseum Impact PL for Charity, PL, SQ, BP, DL, Raw and Assisted, Coliseum Gym, 7509 71st Ave, Middle Village, NY 11379, 718-326-2496 7-10pm as for Teddy or Stacy, www.coliseumgym.com

1 OCT (NEW DATE), WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 380-532-8339

1 OCT, WABDL Night of the Champions (All American Gym, Lakeland, FL) Ken Snell, 863-687-6268

1 OCT, WPA/APA World BP/DL/Strict Curl (Hanover, PA) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

1 OCT, SLP FALL BENCH PRESS/ DEADLIFT CLASSIC (Mattoon, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

1 OCT, Arkansas Benchpress Association (ABA) Arkansas Open BP & DL, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851

1,2 OCT, 14th WNPF World Powerlifting Championships (Philadelphia, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515

2 OCT, ADAU Connecticut State Open PL/BP, Rob Delavega, Powerhouse Gym, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8584, phgbrookfield@sbcglobal.net

2 OCT, SLP IOWA STATE BP/DL CHAMPIONSHIP (Clinton, Ia.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

7-9 OCT, WPO Semi-Finals & WPO BB4Cash @GNC SOS (Atlanta, GA), 386-734-3128, worldpowerlifting.org

8 OCT, NASA Big River Classic (full meet, BP/PS), Tobey & Daryl Johnson, Blytheville, AR.

8 OCT, ADAU "No Druggies Allowed" Raw SQ, BP, DL (no total - men & women - open & all ages) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

8 OCT, SLP OKLAHOMA STATE BP/DL CHAMPIONSHIP (Tulsa, Ok.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

8 OCT, NASA Ohio Regional (PL, BP, PP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

14, 15, 16 OCT, WDFPF Single Lift Worlds (Croatia) jmgedney@wiu.edu

15 OCT, Walker's Gym Bench Press Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

15 OCT, 9th Annual PA Power Challenge (Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

15 OCT, NASA Kentucky Regional PS/PL/BP/PP (Louisville, KY) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

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

15 OCT, US National PL Championships (Unified Natioanls - Las Vegas, NV - AAPF, NASA, AAU, USPF joint effort), 386-734-3128, worldpowerlifting.org

15 OCT, The Ashtabula YMCA Bench Press Championship, Ashtabula, OH, Lonnie Anderson, 440-964-3013, anderson1142@yahoo.com.

15 OCT, PPL "Drug Free" Nationals and Body Challenge, PPL, 2250 Lumpkni Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

15 OCT, NASA West Texas State (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

15 OCT, USPF Central California Open & Novice PL & BP (Modesto, CA) Steve Denison, pwrlftrs@msn.com, www.powerliftingca.com, 661-333-9800

15-16 OCT (corrected dates), AAU National Bench, Deadlift and Push/Pull (Richmond, Va. Holiday Inn) aausports@org or aaupower@aol.com, Va Powerlifting Association - 1811 Southcliff Road, Richmond, Va 23225

16 OCT, SLP Big Bench at the French BP/DL/C Classic III (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

17-23 OCT, GPC World PL/BP (Dessau, Germany) LB Baker, 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com or www.americanpowerliftingcommittee.com

22 OCT, NASA Eastern States Regional PL/BP/PS/PP (Wheeling, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

22 OCT, 1st NASA Unequipped Nationals (Biltmore Hotel, Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8573 sqbpdl@aol.com

22 OCT, NASA Colorado Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

22 OCT, SLP MID-AMERICA OPEN BP/DL CHAMPIONSHIP (Metropolis, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

22 OCT, 23nd Annual Raw A.D.A.U. "Central PA Open" Powerlifting Championships Open and All age Groups for both men and women The longest, continually conducted DRUG-FREE meet in Penn-

The New Gym
APF/AAPF
Bench Press Summer Slam
30 July 2005
West Hempstead, NY
Shawna Anderson & Chris Taylor
516-993-6378
www.lentv.net

sylvania Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

23 OCT, SLP HARD CORE OPEN II BP/DL CHAMPIONSHIP (Chicago, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 OCT, ANPPC NATIONAL POWERLIFTING CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

29 OCT (corrected date), USAPL Blue Ridge BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@adelphia.net

29 OCT, NASA North Carolina Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

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

29 OCT, 8th Fred Rogers/Paul Smart BP/DL, Clyde, NY. Steve Rogers 315-365-3377, Seeper67@tds.net.

30 OCT, SLP Midwest Open BP/DL (Indianapolis, IN) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

OCT, 8th Granite State Open DL/Cheat Curl (men, women, teen, jr., submaster, master, all ages) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

OCT, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

OCT, WNPF Michigan State and Open, Benton Harbor, MI. Richard Van Eck (269) 521-4031

OCT, NHSP PL Championship, Jamie Fellows, NUTRITION 101, 865 Second St, Manchester, NH 03102, AmericanPowerlifting.com, NHBodybuilding@yahoo.com

OCT, NASA Kentucky Regional 'PL'ing, BP, Push/Pull & Power Sports, Louisville,Ky. Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164. Call: (304) 273-2283 or e-mail gvhl@wirefire.com

3-6 NOV, WPC Worlds/WPO European Semifinals/WPO European BB4Cash, Minna & Ano Turtiainen Helsinki, Finland, 386-734-3128, worldpowerlifting.org

5 NOV, NASA Illinois Regional PL/BP/PS/PP (IL) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

5 NOV, APF Texas Cup (Dallas - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

5 NOV, APA 4th annual Battle of the Badasses BP, DL, PP (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 413-828-6102, scott@apa-wpa.com

5 NOV, Northern Virginia Raw PL & BP Meet (Sterling, VA) John James, 703-475-9885, www.northernvirginiarawpower.com.

5 NOV, NASA Iowa Regional (PL, BP, PP, PS) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com

5 NOV, USAPL California State (PL, BP - Dublin, CA) Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

5 NOV, USA 'RAW' BENCH PRESS FEDERATION WORLD CHAMPIONSHIP (Tuscola, Il.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

5 NOV, USAPL NJ State, Joe Morreale, 350 Rt 46, Rockaway, NJ 07866, 973-627-9156

5 NOV, AAU Star City Classic (Lincoln, NE) Howard Huffman

12 NOV, NASA WV Regional PL/BP/PL/PP, Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

12 NOV, ADAU BP/DL Meet (raw/drug free) (Pep's Gym, Leominster, MA) Chris Melanson, 978-466-5888

12 NOV, USAPL Ohio BP/PL, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464.

12 NOV, SLP OHIO STATE BP/DL CHAMPIONSHIP (Hamilton, Oh.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

12 NOV, NASA Arizona Regional, PL'ing, BP, Push/Pull & Power Sports, Rich Peters, Phone - 405-527-8513, SBPDL@aol.com, P.O. Box 735, Noble, OK. 73068

12-13 NOV, WNPF World Bench, Deadlift, Ironman & Powercurl (Atlantic City, NJ) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

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

8-13 NOV (REVISED NEW DATE - new website) - IPF Men's Worlds (J.L. Knight Center, Miami, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.ipfworlds.com

8-13 NOV (REVISED DATE), IPF Pan-American Men's & Women's PL (J.L. Knight Center, Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

11-13 NOV (NEW DATE), IPA Senior National Powerlifting Championships, York Barbell Company, 3300 Board Rd., York, PA 17402, Ellen Chaillet at echaillet@aol.com or Mark Chaillet 717-495-0024, chailfit@suscom.net.

16-21 NOV, WABDL World BP/DL Championships (Reno Hilton Hotel, Reno, NV) Gus Rethwisch, 503-901-1622 or 763-545-8654

19 NOV, Sacramento Open PL/Push-Pull/BP/DL/Strict Curl Championships (Sacramento, CA) Chip Conrad bodytribefitness@hotmail.com or Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax 413-828-6102, scott@apa-wpa.com.

19 NOV, AAPF Southern States, 386-734-3128, worldpowerlifting.org

19 NOV, YMCA Nationals (Austin, TX)We accept all federation and YMCA cards. All weight classes and divisions. Raw, single ply and unlimited equipment. Les Cramer/PLJ, PO Box 300966, Austin, TX 78703, www.powerlifting-journal.com.

19 NOV, 100% Raw World BP (Currituck, NC) www.rawpowerlifting.com, rawlifting@aol.com, 252-339-5025

19 NOV, USAPL Police & Fire Nationals, Keith Simonds, 800 N. Portland, Oklahoma City, OK 73107, 405-321-1775

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

26 NOV (NEW DATE), NASA Kansas City Regional, Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-626-1141, 626-1142, jduree7086@aol.com, www.lenexastrehghtandfittness.com

deleNOV, WSA Men & Women Worlds, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

NOV, APF Northern California, John Ford, 650-303-7518

NOV, Mass/Rhode Island State Open PL. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711, www.newenglandusapl.com and www.nextlevel-fitness.com.

2-4 DEC (NEW DATE), WDFPF World PL Championships (Turin, Italy) jm-gedney@wiu.edu

2-5 DEC, AAU World Bench, Deadlift and Push-Pull (Laughlin, NV) Martin Drake, P.O. Box 108, Nuevo, CA 92567, 951-928-4797, MARTIN.J.DRAKE@BOEING.COM

3 DEC, Walker's Gym Deadlift Classic (Hopewell, VA) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

3 DEC, USAPL Ed Nellor Memorial HS Championships, Jim Hart, 4418 NW 50th, Lincoln, NE 68524, 402-470-3672

3 DEC, Ed Nellor Memorial Collegiate Championships, Jim Hart, 4418 NW

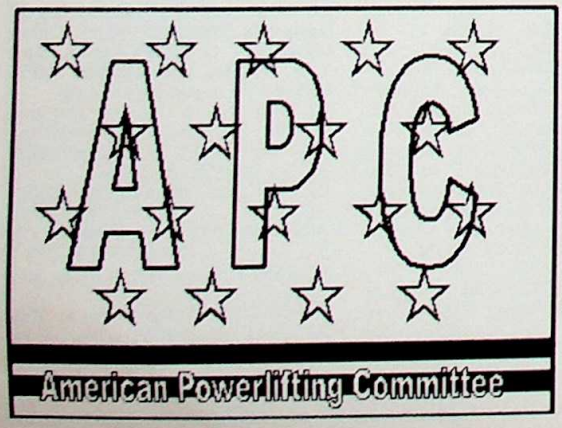
UPCOMING SLP COMPETITIONS

11 JUNE - SLP Superman Classic BP/DL Championship (Metropolis, IL)

25 JUNE - SLP Men/Women Teenage & Open Women Nationals BP/DL (Tuscola, IL)

16 JUL - ANPPC World Cup PL/BP/DL

30 JUL - SLP Open World BP/DL Championship



June 25, 2005 APC Open & Novice, Fresno, Ca., BOB PACKER (559) 322-805
July 8, 9, 10, 2005: GPC Americas Cup, and APC National Powerlifitng and Bench Press Championships, This is an international meet
August 13, 2005 San Diego Open, James Kegrice www.kegricegym.com
August 13-14, 2005 APC Region I, Dayville, Ct., Scott Lee, 860-779-0673.
August 27, 2005 APC Region III, L B Baker 770-725-6684 cell 770-713-3080
September 17, 2005 APC Northern California Open, John Ford 650-303-7518
October 17-23, 2005: Global Powerlifting Committee (GPC) World Powerlifting and Bench Press Championships, Dessau, Germany.
December 11, 2005 52nd. ANNUAL IRON MAN BOB PACKER (559) 322-6805
For more information, www.americanpowerliftingcommittee.com
L B Baker@americanpowerliftingcommittee.com

50th, Lincoln, NE 68524, 402-470-3672

3 DEC, APF Rio Grande Valley (Harlingen - men & women - open, below 1, masters (5 yr. age groups), submaster, junior (2 yr. age groups), police, fire, single lifts) Seguin Fitness, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

3-4 DEC, APF Southern States (Jacksonville, FL), 386-734-3128, worldpowerlifting.org

3,4 DEC (NEW DATE), WNPF Drug Free for Life/Battle of the Countries Championships (Orlando, FL or Atlanta, GA) WNPF, BOX 142347, Fayetteville, GA 30214 678-817-4743 or wnpf@aol.com

4 DEC, SLP Missouri Christmas For Kids BP/DL Championship (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

4 DEC, 13th Annual Raw A.D.A.U. "Coal Country" Classic Separate Bench Press and Deadlift contests Open divisions and all age groups divisions for both men and women Meet held in Bigler PA, Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

9-11 DEC, USAPL American Open PL/Invitational BP (Philadelphia, PA) Robert Keller, rhk@verizon.net, 954-384-4472

10 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-687-4182, timanderson@huntel.net, www.usapl-ne.com

10 DEC, SLP ARKANSAS CHRISTMAS OPEN BP/DL CHAMPIONSHIP (Glenwood, Ar.) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

10 DEC, IPA Christmas Carnage (Leesport, PA) Full Power, BP/DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

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

10 DEC (date change), WNPF New Jersey State/Open (Bordentown, NJ) WNPF, BOX 142347, Fayetteville, GA. 30214, 678-817-4743 or wnpf@aol.com

10 DEC, NASA Novice Nationals PL & PS (Springfield, OH) Gary Scholl, GSat2950@aol.com

10 DEC, USAPL Christmas BP Raw & Assisted, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@adelphia.net, www.virginiausapl.com

10,11 DEC, 52nd APC Iron Man PL & BP/Mr. Iron Man, (APC qualifier to go to GPC Worlds) Bob Packer, 559-658-5437, 559-322-6805, www.calapc.net

11 DEC, SLP Turner Classic BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

DEC, 100% Raw World PL, www.rawpowerlifting.com, rawlifting@aol.com

27-29 JAN 06 - 2005 AAU World Championships (three lifts) and International Bench Press Contest (Richmond, VA - Holiday Inn): aaupower@aol.com or Va Powerlifting Assoc., 1811 Southcliff Road, Richmond Va 23225

14 JAN 06, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. 313-610-2019. Jimharborme@comcast.net.

11-12 FEB, NASA Ohio State High School/**Teenage Nationals** PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com, www.vhepower.com

25 MAR, AAPF 10th annual Frank Kostyo Memorial, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

MAR 06, Mass State Open High School Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com.

MAR 06, USAPL Florida State PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL. Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823.

19-23 APR, IPF Pan-American Men's & Women's Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

19-23 APR, IPF World Masters BP (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

22 APR, WABDL Florida State BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268

APR 06, USAPL Collegiate Nationals (Nova Southeastern Univ. - Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, 501-860-6851

26-28 MAY 06, WDFPF European Single Lift Championships (Varese, Italy) jm-gedney@wiu.edu

MAY 06, New England States Open Powerlifting Championships. Greg Kostas, 781-447-6714 & Rene Moyen, 401-934-2040 and 401-527-3711. www.newenglandusapl.com and www.nextlevel-fitness.com.

15-22 JUL (06) Gay Games Powerlifting (Chicago, IL - register by 15 JUL 05 for out of competition testing program), info@GayGamesChicago.org, www.GayGamesChicago. org

JUL 06, USAPL Men's Nationals PL (Miami, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

JUL 06, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

14,15 OCT 06, WDFPF Single Lift Worlds (Bendigo, Australia) jm-gedney@wiu.edu

OCT 06, USAPL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdundon@fgcu.edu, 239-590-7709

1-5 NOV, 2006 GPC World PL/BP (Gent, Belgium) LB Baker 770-725-6684 or 770-713-3080, www.globalpowerliftingcommittee.com or www.americanpowerliftingcommittee.com

10-12 NOV 06, WDFPF World PL (Cork, Ireland) jm-gedney@wiu.edu

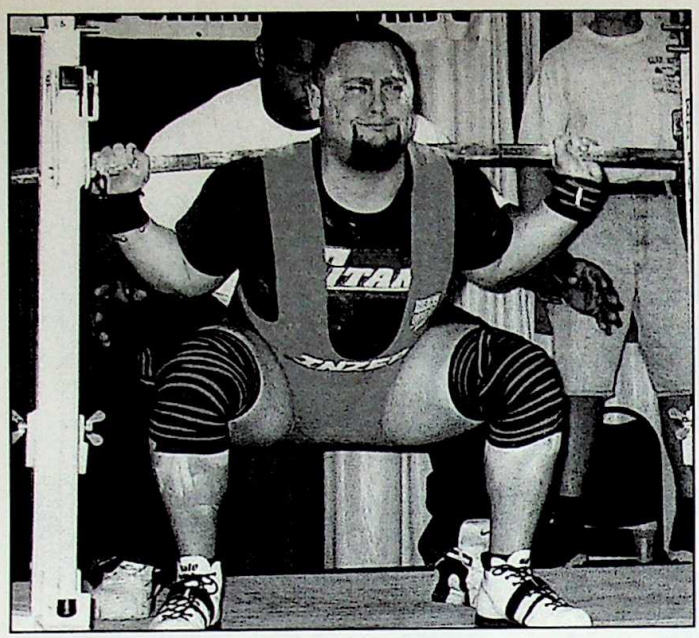
MEET DIRECTORS ... there are HUNDREDS of meets for readers of PL USA to choose from each month. Put a display ad in POWERLIFTING USA to make YOUR MEET stand out. Call Mike Lambert at 800-448-7693 for details. We will even do the typesetting for you ... FREE!!

USAPL American Open
11 DEC 04 - King of Prussia, PA

BENCH
MEN
90 kgs.
Open
M. Coleman 245
100 kgs.
Open
R. Murhon 170
Master-1 (40-49)
R. Murhon 170
110 kgs.
K. Stephens 210
125+ kgs.
Open
B. Gillispie 312.5
Master-1 (40-49)
B. Gillispie 312.5

WOMEN	SQ	BP	DL	TOT
44 kgs.				
Open				
D. Aliminosa	85	45	117.5	247.5
Master-2 (50-59)				
D. Aliminosa	85	45	117.5	247.5
48 kgs.				
Teen-1 (14-15)				
A. Bunting	62.5	35	82.5	180
52 kgs.				
Open				
D. Hariston	107.5	70	132.5	310
Teen-1 (14-15)				
M. Galarza	67.5	40	77.5	185
Master-2 (50-59)				
D. Hariston	107.5	70	132.5	310
56 kgs.				
Open				
G. Parsi	87.5	55	125	267.5
Master-2 (50-59)				
G. Parsi	87.5	55	125	267.5
60 kgs.				
Teen-2 (16-17)				
K. Morris	107.5	60	160	327.5
High School Varsity				
A Welcome	105	50	120	275
67.5 kgs.				
Open				
G. Moore	60	50	95	205
Teen-1 (14-15)				
R. Weber	65	60	110	235
Teen-2 (16-17)				
T. Crokwell	85	55	112.5	252.5
C. Mundy	95	40	105	240
Master-1 (40-49)				
K. Jones	105	92.5	125	322.5
Master-2 (50-59)				
B. Salerno	60	40	107.5	207.5
G. Moore	60	50	95	205
Guest Lifter				
P. Ribic	232.5	150	247.5	630
75 kgs.				
Open				
T. Schiffer	132.5	75	137.5	345
R. Lair	117.5	75	137.5	330
J. Johnston	57.5	57.5	102.5	217.5
P/F/M				
R. Lair	117.5	75	137.5	330
Teen-2 (16-17)				
L. Chappelle	77.5	42.5	107.5	227.5
Maser-1 (40-49)				
T. Smith	55	62.5	87.5	205
82.5 kgs.				
Open				
M. McLean	115	72.5	175	362.5
Master-1 (40-49)				
M. McLean	115	72.5	175	362.5
Guest Lifter				
L. Blyn	180	120	202.5	502.5
90 kgs.				
Teen-1 (14-15)				
P. Keo	95	35	127.5	162.5
90+ kgs.				
Teen-2 (16-17)				
L. Hannegan	72.5	52.5	117.5	242.5
R. Wilcox	—	67.5	147.5	215
MEN				
44 kgs.				
Youth (10-11)				
N. Litowksy	47.5	27.5	62.5	137.5
48 kgs.				
Youth (0-11)				
C. Dantzler	32.5	28	70	130.5
52 kgs.				
Open				
C. Dantzler	32.5	28	70	130.5
56 kgs.				
Teen-1 (14-15)				
J. Ladson	87.5	62.5	105	255
Guest Lifter				
D. Holloway	227.5	125	220	572.5
60 kgs.				
Guest Lifter				
M. Kuhns	232.5	155	172.5	560
Open				
J. Kavarnos	175	107.5	195	477.5
Master-2 (50-59)				
J. Kavarnos	175	107.5	195	477.5
67.5 kgs.				
Open				
M. Petraca	205	132.5	220	557.5
M. Santiago	145	115	192.5	452.5
T. Pinkett	62.5	—	—	—
S. McIsaac	—	—	—	—
P/F/M				
M. Santiago	145	115	192.5	452.5
Teen-1 (14-15)				
M. Polimeni	130	—	152.5	192.5
Teen-2 (16-17)				
V. Volpone	87.5	72.5	112.5	272.5
Teen-3 (18-19)				
B. Tate	127.5	75	165	367.5
High School JV				
M. Polimeni	130	—	152.5	192.5
Junior (20-23)				
M. Petraca	205	132.5	220	557.5
J. Schwartz	—	—	—	—
Master-1 (40-49)				
L. Weinstein	237.5	137.5	265	640
Master-3 (60-69)				
J. Pelligrino	182.5	145	165	492.5
75 kgs.				
Open				
M. Cagliola	245	187.5	222.5	655
N. Royer	180	181.5	192.5	552.5
G. Johnson	70	80	130	280
Guest Lifter				
E. Nickson	272.5	180	270	722.5
Teen-1 (14-15)				
C. Barzhof	115	75	117.5	307.5
R. Feldman	97.5	67.5	137.5	302.5
J. Larue	—	—	—	—
Teen-2 (16-17)				
A. Gitto	210	132.5	212.5	555
Teen-3 (18-19)				
M. Hastie	265	—	—	—
B. Csont	—	—	—	—
B. Karpinski	227.5	157.5	215	600
N. Royer	180	170	192.5	554
Collegiate				
N. Royer	180	170	192.5	554
B. Csont	—	—	—	—
Master-1 (40-49)				
J. Braca	230	137.5	275	642.5
B. Snyder	—	—	—	—
Master-2 (50-59)				
N. Theodorou	182.5	95	260	537.5
G. Hummel	150	160	195	505
R. Lambert	—	—	—	—
82.5 kgs.				
Open				
A. Joseph	227.5	175	255	657.5
M. Ciupinski	217.5	197.5	222.5	637.5
T. Craig	235	130	260	625
M. Reulan	—	—	—	—
P/F/M				
R. Rosati	275	—	—	—
Guest Lifter				
S. DiCataldo	275	—	—	—
R. Wagner	—	—	—	—
Teen-1 (14-15)				
J. Carl	92.5	40	115	247.5
Teen-3 (18-19)				
B. Chwiecko	207.5	125	195	527.5
Junior (20-23)				
J. Brudzinski	217.5	117.5	217.5	552.5
E. Burgess	—	—	—	—
Master-1 (40-49)				
J. Pinto	182.5	125	215	522.5
Master-2 (50-59)				
K. Turi	177.5	125	187.5	490
90 kgs.				
Open				
D. Baker	295	157.5	307.5	760
M. Campbell	272.5	192.5	290	755
R. Laitris	270	200	272.5	742.5
J. Ulvang	260	197.5	280	737.5
J. Russo	247.5	172.5	265	685
K. Rossi	247.5	192.5	245	685
G. Dally	245	147.5	280	672.5
E. Feldman	227.5	130	245	602.5
A. Mort	190	135	—	—
P. Grohoski	—	—	—	—
H. Saucedo	—	—	—	—
Guest Lifter				
J. Pena	307.5	192.5	272.5	772.5
Teen-2 (16-17)				
J. Auerbach	227.5	185	245	657.5
Teen-3 (18-19)				
D. Rimbey	217.5	147.5	247.5	612.5
F. Infurna	215	110	220	545
Junior (20-23)				
D. Baker	295	157.5	307.5	760
M. Campbell	2725	192.5	290	755
D. Poulos	220	157.5	255	632.5
D. Johnstone	260	—	—	—
High School Varsity				
M. Burt	170	90	192.5	452.5
M. Puchyr	—	—	—	—
Master-1 (40-49)				
J. Ulvang	260	197.5	280	737.5
K. Rossi	247.5	192.5	245	685
R. Falcone	242.5	190	227.5	660
T. Sutton	237.5	152.5	237.5	627.5
E. Feldman	227.5	130	245	602.5
M. Izzi	182.5	117.5	217.5	517.5
K. Jensen	110	90	130	330
Master-2 (50-59)				
J. Nealis	170	155	205	530
T. Harmon	—	—	—	—
100 kgs.				
Open				
Delsignore	277.5	192.5	272.5	742.5
M. Gary	262.5	175	265	702.5
J. Nicolosi	292.5	170	235	697.5
G. Davis	255	177.5	260	692.5
T. Ravesi	255	182.5	252.5	690
M. Barcelone	260	190	240	690
R. Hansen	230	167.5	285	682.5
R. Moyen	247.5	162.5	240	650
J. Sullivan	275	180	—	455
McDonough	—	—	—	—
Guest Lifter				
M. Mastean	357.5	212.5	327.5	897.5
T. Succarotte	295	265	287.5	847.5
Youth (10-11)				
P. Collins	92.5	47.5	95	235
Junior (20-23)				
J. Burgin	220	157.5	210	587.5
Boczkowski	200	152.5	200	552.5
High School JV				
D. Snyder	150	85	165	400
T. Slizovskiy	—	—	—	—
Master-1 (40-49)				
R. Wenner	287.5	210	287.5	785
Delsignore	277.5	1925	272.5	742.5
J. Sillivan	275	180	—	455
Master-3 (60-69)				
S. Chatis	187.5	130	217.5	535
110 kgs.				
Teen-3 (18-19)				
J. Smith	195	110	207.5	512.5
Teen-2 (16-17)				
McClafferty	162.5	110	182.5	455
Open				
R. Ebner	312.5	205	280	797.5
M. Shirey	295	182.5	287.5	765
T. Skelly	290	192.5	272.5	755
F. Peters	200	192.5	225	617.5
Master-2 (60-64)				
W. Morris	60	182.5	60	302.5
	4th-BP-183			
Master-1 (40-49)				
M. Bowen	232.5	142.5	227.5	602.5
S. Schmidt	—	—	—	—
Junior (20-23)				
J. Pierce	207.5	162.5	265	635
C. Infurna	240	150	240	630
High School Varsity				
J. Reim	245	150	230	625
High School JV				
D. Snyder	—	—	—	—
Collegiate				
C. Infurna	240	150	240	630
125 kgs.				
Open				
D. Shiffer	335	237.5	312.5	885
J. Plante	240	262.5	240	742.5
D. Ratchford	272.5	215	215	702.5
S. Michelson	245	160	240	645
P. Owens	205	155	250	610
P. Andrich	—	—	—	—
Guest Lifter				
C. Dippre	382.5	217.5	310	910
Teen-3 (18-19)				
D. Spears	245	152.5	237.5	635
Master-1 (40-49)				
S. Michelson	245	160	240	645
R. Olinger	—	—	—	—
125+ kgs.				
Open				
E. Stumpf	320	255	320	895
J. Fiss	332.5	240	272.5	845
M. D'Amore	282.5	205	257.5	745
T. forella	255	155	237.5	647.5
W. Jones	—	—	—	—

(Thanks to Robert Keller for the results)



Jim Nicolosi *squatting 644 at the American Open (Jimmy Kavarnos)*

USPF 7th RMAC Push Pull
18 DEC 04 - UT (kg)

BENCH
WOMEN
Open
52 kgs.
(50-54)
H. Miller 67.5
60 kgs.
C. Hammer 45
82.5 kgs.
(45-49)
L. Shendow 87.5
Master (50-54)
52 kgs.
H. Miller 67.5
82.5 kgs.
(45-49)
L. Shendow 87.5
MEN
Teen (16-17)
67.5 kgs.
E. Reyes 72.5
(18-19)
82.5 kgs.
T. Home 120
90 kgs.
J. Gallup —
Open
82.5 kgs.
(20-23)
C. Peters 110
90 kgs.
(40-44)
Cunningham 180
J. Adams 152.5
C. Thomas 142.5
(20-23)
M. Benales 125
100 kgs.
(20-23)
A. Somerville 182.5
110 kgs.
M. Cordova 235
J. Gibson 220
(40-44)
R. Bills 172.5
125 kgs.
(60-64)
E. Acey 185
SHW
(40-44)
D. Marchant 277.5
Master (40-44)
67.5 kgs.
Edmondson 137.5
90 kgs.
Cunningham 180
(45-49)
E. Reyes 185
100 kgs.
(40-44)
A. Romay 80
110 kgs.
(40-44)
R. Bills 172.5
125 kgs.
(50-54)
G. Anderson 190
(60-64)
E.Acey 185
140 kgs.
M. Herrera 162.5
SHW
(40-44)
D. Marchant 277.5
DEADLIFT
WOMEN

Open		(40-44)	
60 kgs.		R. Bills	250
C. Hammer	117.5	140 kgs.	
82.5 kgs.		B. Mont	320
(45-49)		SHW	
L. Shendow	115	D. Edgell	295
90+ kgs.		Master (40-44)	
D. Richards	190	67.5 kgs.	
Master (45-49)		Edmondson	232.5
82.5 kgs.		100 kgs.	
L. Shendow	115	A. Romay	145
MEN		110 kgs.	
Teen (16-17)		(60-64)	
67.5 kgs.		B. Davis	292.5
E. Reyes	130	(40-44)	
82.5 kgs		R. Bills	250
T. Allen	192.5	125 kgs.	
Open		(55-59)	
82.5 kgs.		D. Shock	190
R. Rhinehart	260	(50-54)	
90 kgs.		G. Anderson	—
C. Thomas	260	140 kgs.	
(20-23)		(60-64)	
M. Benales	182.5	M. Herrera	237.5
100 kgs.			
A. Somerville	265		
110 kgs.			
J. Gibson	272.5		

This meet was held at Stroops Fitness Club. Best Open Bench Press: Dave Marchant. Best Ladies Bench Press: Hedy Miller. Best Teen Bench Press: Thomas Home. Best Master Bench Press: Dave Marchant. Best Open Deadlift: Richard Rhinehart. Best Ladies Deadlift: Dawn Richards. Best Teen Deadlift: Thomas Allen. Best Master Deadlift: Bud Davis. (Thanks to RMAC for providing these contest results to PL USA)

2005 ADAU Great Lakes
2 APR 05 - Erie, PA

WOMEN	SQ	BP	DL	TOT
Open				
114 lbs.				
B. Steffan	185!	95	280	560
123 lbs.				
L. Snyder	260!	150!	350	760!
4ths:	265!		375!	
K. Ott	130	95	200	425
148 lbs.				
M. Sedor	185	95	275	555
198 lbs.				
V. Muscato	250	145!	325!	720!
Teen (14-15)				
123 lbs.				
K. Ott	130	95	200	425
Master (40-44)				
114 lbs.				
B. Steffan	185!	95	280!	560!
MEN				
Open				
132 lbs.				
M. Kuhns	470!	290!	390	1150!
4ths:	291		391	
A. Ellis	280!	155	325	760!
4ths:	156		326	
148 lbs.				
M. Lamparter	310	235	390	935
D. Perhacs	270	200	385!	855
R. Ennis	170	115	215	500
165 lbs.				
R. Cruz	430	295	485	1210
N. Theodorou	400	210	560	1170
J. Stazer	400	240	520	1160
S. Walters	335	235	435	1005
D. Stein	285	220	400	905
D. Fairchild	250	155	280	685
181 lbs.				
Hersperger	455	330	565	1350
D. Heintzel	365	275	500	1140
J. Siegel	400	235	490	1125
Shellhammer	320	265	435	1020
K. Tucker	340	250	430	1020
D. Swingle	305	220	465	990
M. Hitcho	320	225	420	965
C. Fox	315	210	385	910
Michalegko	275	260	370	905
198 lbs.				
J. Sabratori	450	325	475	1250
J. Savage	280	315	600!	1195
N. Ruppert	355	270	525	1150
K. Kluczynskl	360	250	500	1110
D. Kuhns	380	265	430	1075
R. Fornelli	320	215	415	950
220 lbs.				
L. Creatura	540	360!	520	1420
P. Horan	510	400	510	1420
B. Bayer	555!	155	605!	1415
P. Huntley	450	300	495	1145
R. Jenks	440	280	560	1220
V. Brown	360	290	480	1130
B. Dove	320	245	450	1015
242 lbs.				
R. Eckhart	430	405	565	1400
J. Lawson	425	315	560	1300
E. Betza	420	340	500	1260
B. Ott	425	275	500	1200
275 lbs.				
D. Raybuck	556	355	625!	1530
C. Semmel	510	330	550	1390
Grandinetti	475	360	500	1335
B. Dacosta	485	235	520	1140
I. Shupp	390	225	445	1060
319 lbs.				
C. Eckrom	405	300	600	1305
S. Galbraith	145	435!	145	725
Teen (12-13)				
132 lbs.				
A. Ellis	280!	155	325	760
4ths:		156		326
165 lbs.				
D. Fairchild	250	155	280	685
Teen (14-15)				
148 lbs.				
D. Perhacs	270	200	385	855
Teen (16-17)				
275 lbs.				
I. Shupp	390	225	445	1060
Teen (18-19)				
148 lbs.				
R. Ennis	170	115	215	500
198 lbs.				
K. Kluczynski	360	250	500	1110
Junior (21-23)				
181 lbs.				
Hersperger	455	330	565	1350
Submaster (35-39)				
198 lbs.				
J. Savage	280	315	600	1195
R. Fornelli	320	215	415	950
120 lbs.				
P. Huntley	450	300	495	1245
275 lbs.				
D. Raybuck	550	355	625	1530
Master (40-44)				
165 lbs.				
R. Cruz	430	295	485	1210
181 lbs.				
D. Heintzel	365	275	500	1140
J. Siegel	400	235	490	1125
K. Tucker	340	250	430	1020
242 lbs.				
J. Lawson	425	315	560	1300
B. Ott	425	290	500	1200
319 lbs.				
S. Galbraith	145	435	145	725
Master (45-49)				
220 lbs.				
L. Creatura	540	360	520	1420
R. Jenks	440	280	500	1220
Master (50-54)				
165 lbs.				
N. Theodorou	400	210	560	1170
181 lbs.				
Shellhammer	320	265	435	1020
Mlchalegko	275	260	370	905
Master (55-59)				
220 lbs.				
B. Bayer	555	255	605	1415
Master (60-64)				
220 lbs.				
B. Dove	320	245	450	1015

At the 42nd annual ADAU Great Lakes Contest (l-r) *Don Reinhoudt, Joe Orengia (Joe's Gym Team), Nick Theodorou (Twin City Team)*

Champion of Champions: Men Lightweight - Mike Kuhns. Men Heavy Weight - Lenny Creatura. Women - Lori Snyder. Teen - Kevin Kluczynski. Master - Bugs Bayer. Squat - Mike Kuhns. Bench Press - Mike Kuhns. Deadlift - Nick Theodorou. Team Champions: Open 1st - Joe's Gym of Erie. 2nd - Twin City Power Team. Mixed 1st - Bucknell Power Team. 2nd - Nautilus Power Team. The 42nd Annual Great Lakes Championships has to be the longest running powerlifting contest, ever. If it's not, I would like to know what contest is. The Great Lakes contest started out as an olympic lifting contest in the 1950's. It switched to powerlifting in 1967. It has been running almost every year since then, with a couple of missed years because the contest director had some personal things to take care of. This years contest was great, as usual, thanks to all the wonderful volunteers that show up every year to make it possffile. If it wasn't for them, our drug-free, raw program would not be possffile. The officials, spotter-loaders and score table people are the best. The ladies: I'm really proud of the ADAU women. Mainly because they all look like women, but also because they can move some big weights. Benita Steffan defended her title by winning the 114 class and setting three state records in the process. That's four years in a row for Benita. Lori Snyder has been one of the best drug-free lifters for a long time. We're proud to have her in the ADAU. At 123 pounds, Lori broke four American records and earned the "Champion of Champions" award. She didn't just break the records, she shattered them. Kelsey Ott, at the ripe age of fourteen, is another great lakes veteran. This year she moved up a weight class. She won the teenage class and placed second in the 123 class. Newcomer Mary Jo Sedor had a good day for tile gold at 148 and Val Muscato won her second Great Lakes title while dropping a weight class from last year. Val succeeded in setting three new state records for her win. The men: Talk about some great powerlifting. Mike Kuhns started the contest off with six state records and six American records, in the 132 class. This managed to win Mike the outstanding squat, outstanding bench, and the champion of champions award. Way to go Mike. He even got on television that night with a real nice interview. Also at 132 was teen sensation A.J. Ellis. At thirteen years old, A. J. broke tile teen squat, deadlift and total records to win the gold. In the 148 class, Matt Lamparter came out on top with fifteen year old Doug Perhacs placing second with a new state record deadlift. At 165 pounds, master Ray Cruz battled into first place with grandmaster Nick Theodorou pushing him all the way for the silver along with the outstanding deadlift award. Jason Stazer won the bronze just ten pounds behind Nick. Great contest in this 165 pound class. Adam Hersperger ran away with tile 181 class title, in the open and the juniors, with his "raw" 1350 total. The 181 masters one division was a super contest between Dave Heintzel, Jay Siegel and Kevin Tucker. Heintzel won gold on the power of a 500 pound deadlift with Siegel on his tail by fifteen pounds. Fifty one year Old Tom Shellhammer won masters three and pulled into fourth place in the open with his 435 pound deadlift. At 198 Joe Sarratori won the gold with Jim savage taking tile silver after he pulled a thigh muscle on his squat warm-ups. Jim did a 600 pound stiff leg deadlift for a new state record. Kevin Kluczynski won the teen 198 class and also the teenage champion of champions award. The 220 class was very exciting with only five pounds separating the first through third place finishers. Lenny Creatura came down from Connecticut to win the gold and the heavy weight champion of champions award. Lenny totaled 1420 and set a new masters American bench record. Silver went to Pat Horan with the same 1420 total but weighing four pounds more. The bronze went to fifty nine year old Bugs Bayer who did his best total ever, while setting new masters American records in the squat, with 555 (raw), deadlift 605 (raw), and a 1415 raw total. Simply awesome! Bugs also won the masters champion of champions award Pat Huntley won the submasters and Bill Dove came all the way from Wisconsin to win the masters five title Rob Eckhart ran away with tile 242 gold with Jeff Lawson taking the silver and winning the masters one title. At 275, Dennis Raybuck had the tightest "raw" total to win the gold and set a new submaster deadlift record, with 625. Curt Eckroth won the 319 class while second place finisher, Scott Galbraith, set a new American masters record in the bench press. All drug test came back negative. Drug free, raw and proud. See you all next year at the 43rd Great Lakes. "The secret of all success is to know how to deny yourself. Prove that you can control yourself, and you are an educated man; and without this all other education is good for nothing." -R. D. Hitchcock (results courtesy of Joe Orengia)

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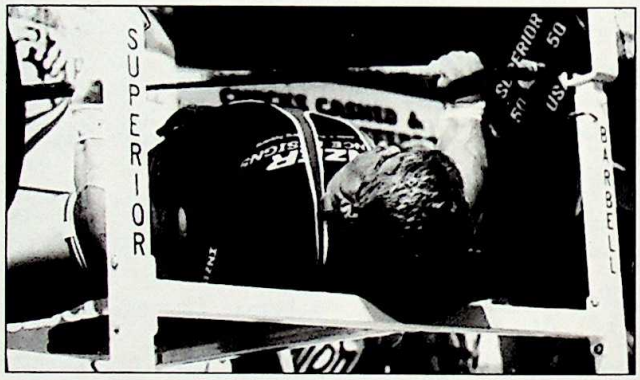

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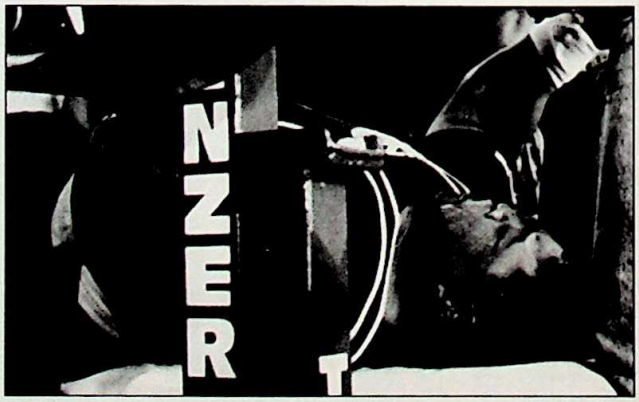

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30th USPF West Virginia State
19 MAR 05 - S. Charleston, WVA

SQUAT		
FEMALE		
198 lbs.		
(15-16)		
K. Cerda	104	
SHW		
(15-16)		
K. Morris	66	
MALE		
148 lbs.		
(15-16)		
L. Tribbie	259	
165 lbs.		
(16-17)		
J. Pauley	225	
198 lbs.		
W. Derr	485	
Senior		
Kwitakowski	600	
220 lbs.		
Teen (15-16)		
Schoolcraft	303	
Submaster		
D. O'Brien	451	
Law/Fire		
Master (50-54)		
J. Rubenstein	402*	
Master (55-59)		
D. Holl	352	
275 lbs.		
Teen (16-17)		
J. Young	181	
308 lbs.		
Teen (18-19)		
J. Estill	325	
DEADLIFT		
FEMALE		
Teen (15-16)		
198 lbs.		
K. Cerda	209*	
SHW		
K. Morris	187*	
MALE		
Teen (15-16)		
148 lbs.		
L. Tribbie	308*	
165 lbs.		
Teen (16-17)		
J. Pauley	369*	
198 lbs.		
W. Derr	479	
Senior		
Kwutakowski	551	
220 lbs.		
Teen 915-16)		
J. Schoolcraft	319	
Submaster		
D. O'Brien	402	
Law/Fire		
Master (50-54)		
J. Ruberstein	523*	
Master (55-59)		
D. Hall	385	
275 lbs.		
Teen (16-17)		
J. Young	319*	
308 lbs.		
Teen (18-19)		
J. Estill	402	
181 lbs.		
Teen (16-17)		
D. Hartman	402*	
198 lbs.		
Teen (15-16)		
B. Rinehart	440*	
Holley BP		
MALE		
165 lbs.		
Teen (16-17)		
G. Ballengee	253	
181 lbs.		
Teen (16-17)		
D. Hartman	220	
Master (45-49)		
J. O'Laughlin —		
Master (60-64)		
K. Samples	220	
198 lbs.		
Open		
B. Brown	413	
E. Bailey	347	
198 lbs.		
Submaster		
D.Lewellyn	391	
Master (55-59)		
B. Samples	303	
220 lbs.		
Law/Fire		
Open		
D. Wamsley	336	
Master (40-44)		
D. Snodgrass	391	
275 lbs.		
Open		
P. Mirandi	468	

FEMALE	SQ	BP	DL	TOT
198 lbs.				
(15-16)				
K., Cerda	104	99	209	412
SHW				
(15-16)				
L. Morris	66	99	187	352
MALE				
148 lbs.				
(15-16)				
L. Tribbie	259	170	308	738
N. Patton	220	154	308	682
165 lbs.				
(16-17)				
J. Pauley	225	209	369	803
181 lbs.				
Master (45-49)				
W. Faw	385	281	385	1051
Master (50-54)				
T. Ballengee	259	231	319	803
198 lbs.				
(16-17)				
B. Snodgrass	203	203	374	780
Junior				
W. Derr	485	336	479	1300
D. Patton	385	264	374	1023
Submaster				
D. Patton	385	264	374	1023
Master (65-69)				
D. Dolin	198	198	253	649
Senior				
A. K??	600	402	551	1553
220 lbs.				
Teen (15-16)				
J. Schoolcraft	303	275	319	897
Submaster				
D. O'Brien	451	347	402	1200
Master (45-49)				
M. richards	429	308	501	1238
Law/Fire				
Master (50-54)				
J. Rubenstein	402*	325*	523*	1250*
Master (50-54)				
c. Brua	187	198	264	649
Master (55-59)				
D. Hall	352	264	385	1001
242 lbs.				
Submaster				
R. Harbert	556	534*	556	1646
Master (40-44)				
R. Perkins	352	380	413	1145
Law/Fire				
Master (45-49)				
B. Reynolds	55	314*	55	424
Master 955-59)				
C. Stanley	485	341	551	1377
275 lbs.				
Teen (16-17)				
J. Young	181	225	319	725
Submaster				
J. Simone	584	451*	584	1619
Senior				
J. Simone	584	451*	584	1619
308 lbs.				
J. Estill	325	203	402	930

*=State records. For thirty years, powerlifters here in West Virginia have rallied around the USPF state powerlifting championship. Other organizations have tried to copy this success, yet with the exceptions of Greg Van Hoose, and the energy that he too has pumped into our sport, nobody can lay claim to the longevity and success the USPF has long experienced here in West Virginia. the key to the years of success can be attributed plain and simple to the lifters. the results of the contest indicate that our lifters continue to put forth quality efforts in support of West Virginia's oldest and most established powerlifting organization. another key to our success has been our dedicated meet officials. Starting with the godfather of powerlifting here in West Virginia, Vince White, and the Holley Strength Club, members to our long time and most loyal sponsor, Balzout, in Nitro, West Virginia, we could not be more grateful. We all thank you very much and we appreciate all your hard work, dedication and unselfish efforts. the proceeds from our contest go to help sponsor and support the athletic boosters programs at South Charleston High School. we at the Holley Strength System are very honored to be able to contribute to a very worthy and just cause. The young athletes that these proceeds go to help deserve every quality opportunity that we can present to them and we hope our efforts help fund programs that will benefit the student athletes. (Thanks to John Messinger for providing the results)

***John Messinger** from Holley Strength Systems presents Scotty Holroyd from Balzout (standing at right) in Nitro, West Virginia with a plaque thanking him for over 10 years of support of the USPF State Powerlifting Championships. (photograph provided courtesy of John Messinger)*

USAPL Shamrock Showdown
12 Mar 05 - Bellefonte, PA

	SQ	BP	DL	TOT
148 lbs.				
G. Cottman	410	325	430	1165
165 lbs.				
O. Williams	435	310	530	1295
J. Kling	500	295	440	1235
W. Young	500	245	475	1220
181 lbs.				
R. Serrano	600	340	560	1500
B. Conway	500	340	520	1360
N. Leslie	550	355	—	—
198 lbs.				
N. Horton	500	375	500	1375
220 lbs.				
S. Shoulars	650	485	675	1810
B. Shannon	625	385	600	1.610
M. Evans	650	350	600	1600
J. Granison	550	365	550	1465
242 lbs.				
W. Skelley	690	415	670	1775
A. McFerren	715	425	560	1700
P. Hartig	515	335	515	1365
275 lbs.				
G. Lowe	905	475	750	2130
SHW				
J. Smith	730	400	640	1770
J. Felton	655	425	655	1735

Outstanding Light Weight Lifter: Rafael Serrano. Outstanding Heavy Weight Lifter: Gregory "Beetle" Lowe. (results - USAPL)

Application for Registration
UNITED STATES POWERLIFTING FEDERATION
(801) 776-2300 • FAX (801) 776-4600

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			Y N	

Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	Y N	Y N	Y N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

Registration Fee $25.00
Make checks payable to and Mail to:
UNITED STATES POWERLIFTING FEDERATION
NATIONAL HEADQUARTERS
P.O. Box 650
Roy, Utah 84067

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

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

If Under 18 have Parent Initial _____

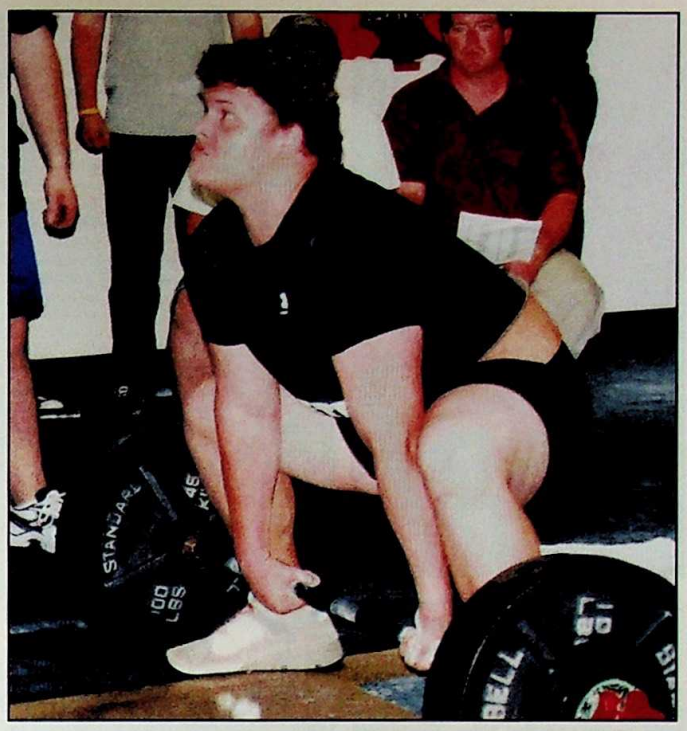
Signature _____

APA Southern States
26 MAR 05 - Jackson, MS

BENCH				
132 lbs.				
Junior				
J. Morrow	315			
181 lbs.				
Drug Tested				
M. Ledbetter	—			
Submaster				
B. Permenter	350			
198 lbs.				
Drug Tested				
J. Burdette	—			
220 lbs.				
Teen				
D. Peirce	405			
Open				
C. McMullin	420			
E. Downey	—			
165 lbs.		BP	DL	TOT
Drug Free				
M. Story		250	450	700
181 lbs.				
Master-2				
J. Barlow		360	475	835
220 lbs.				
Master-2				
g. Alles		375	400	775
Master-3				
H. Long		325	375	700
114 lbs.	SQ	BP	DL	TOT
Teen				
L. Bean	175	115	230	520
165 lbs.				
Junior				
G. Smith	415	305	480	1200
R. Saxton	—	—	—	—
198 lbs.				
Submaster				
J. Smith	600	500	525	1625
220 lbs.				
Open				
J. Steen	650	450	600	1700
J. Morson	635	185	575	1695
B. Dean	435	325	460	1220
Teen				
W. Guice	500	240	405	1145
Junior				
C. Card	475	350	550	1375
Master-3				
R. Jinkins	385	325	505	1215
242 lbs.				
J. Jackson	525	330	580	1435
275 lbs.				
Open				
B. Haynes	650	560	—	—
308 lbs.				
Teen				
J. Stauts	530	310	450	1290

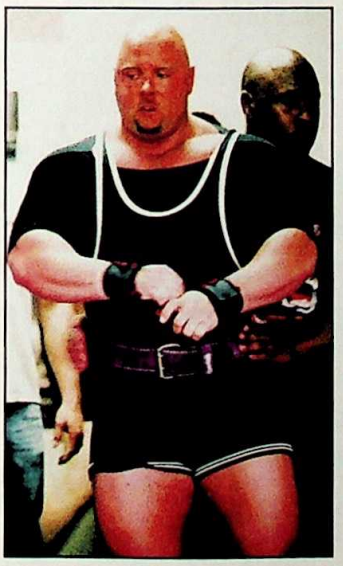
Best Lifter Powerlifting: Jason Morson. Teenage Best Lifter Powerlifting: Jeremy Jackson. Drug Free Best Lifter Bench Press: Joe Morrow. Best Lifter Bench Press:

Submaster				
C. McMullin	420			
Drug Tested				
C. McMullin	420			
242 lbs.				
Teen				
T. Smith	345			
Submaster				
J. Gousset	455			
275 lbs.				
Teen				
C. Waddell	315			
Master-1				
T. Tidwell	415			
308 lbs.				
Submaster				
J. Micka	625			
		BP	DL	TOT
Drug Free				
250	450	700		
181 lbs.				
Master-2				
360	475	835		
220 lbs.				
Master-2				
375	400	775		
Master-3				
325	375	700		
		BP	DL	TOT
Teen				
115	230	520		
165 lbs.				
Junior				
305	480	1200		
—	—	—	—	
198 lbs.				
Submaster				
500	525	1625		
220 lbs.				
Open				
450	600	1700		
185	575	1695		
325	460	1220		
Teen				
240	405	1145		
Junior				
350	550	1375		
Master-3				
325	505	1215		
242 lbs.				
330	580	1435		
275 lbs.				
Open				
560	—	—		
308 lbs.				
Teen				
310	450	1290		



16 Year Old JOHN STAUTS totaled 1290 at the APA Southern States

John Micka. Best Lifter Push-Pull: James Barlow. Best Lifter Deadlift: Renee Belair. Special thanks to Scot Long and the YMCA for providing an excellent venue and fantastic spotters and loaders. I would also like to thank Brent Smith and Pete Bouchard for judging the entire meet. Judging was strict, consistent, and fair. Lots of great lifts were performed and several records were set that will be noted on the APA website. The APA returns to Jackson on July 23. I look forward to seeing many of you there. Special thanks to PL USA for sponsoring this event and several other APA events this past year. (Thanks to Scott Taylor, APA President, for providing the results)



***Big John Micka** prepares for a successful 625 bench press at the APA Southern States Championships (photos Taylor)*

Travis AFB Push/Pull
11 DEC 04 - Travis, AFB, CA

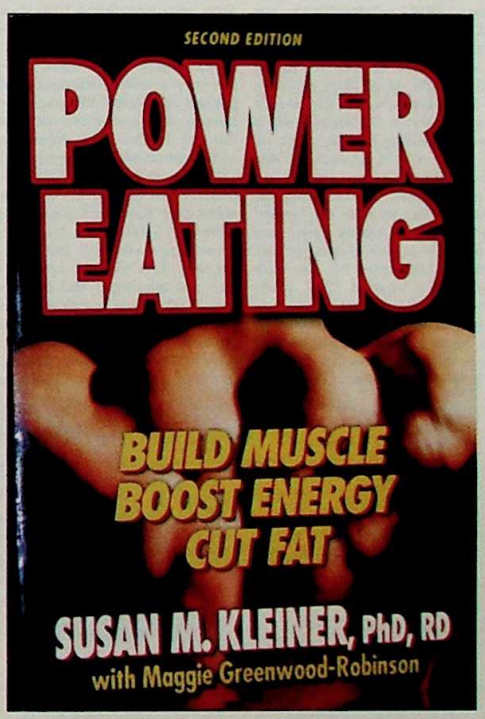
WOMEN	BP	DL	TOT
123 lb.			
Pickett	100	200	400
132 lb.			
Myers	100	275	375
148 lb.			
Jones	140	300	440
MEN			
132 lb.			
Iwacaricki	200	300	500
148 lb.			
Valladares	215	300	515
165 lb.			
Poiter	250	400	650
Lockette	250	375	625
Jones	275	325	600
Buer	225	350	575
181 lb.			
Gradiz	300	450	750
Kreutzer	275	400	675
Pilkington	285	375	660
198 lb.			
Scheuer	400	525	925
Boateng	300	550	850
220 lb.			
MacGregor	250	515	765
242 lb.			
Brannamon	250	450	700
275 lb.			
Weigardt	325	550	875
SHW			
Guitierrez	425	550	975
Guest Lifters			
165 lb.			
T. Adams	300	625	925
Masters (40-44)			
220 lb.			
Z. Clark	500	690	1190

(Thanks to Z. Clark for these

Sci Fit of Georgia BP
18 SEP 04 - Macon, GA

BENCH		T. Cambell	155
GIRLS		Raw	
Teen		165 lbs.	
C. Coker	105	R. Cambell	255
WOMEN		198 lbs.	
Light		J. Arrington	340
S. Cranford	95	220 lbs.	
Heavy		W. Kelley	360
B. Hinton	180	R. Kelley	225
MEN		242 lbs.	
Novice		J. Rowland	405
181 lbs.		C. Rogers	385
J. Lowenthal	330	275 lbs.	
N. Wilson	300	K. Morgan	410
198 lbs.		J. Bowens	330
J. Michael	350	Open	
F. Mclain	330	181 lbs.	
C. Minor	300	G. Fields	450
220 lbs.		J. Lowentiial	330
W. Buckley	425	198 lbs.	
M. Harris	385	S. Taylor	430
242 lbs.		M. Burdetfe	375
J. Belflower	365	220 lbs.	
308 lbs.		M. Driggers	550
D. Harris	330	M. Gunter	445
Masters		D. Patferson	380
Med		C. Guilmette	375
P. Newson	410	242 lbs.	
W. Bunkley	425	J. Rowland	500
J. Lowentiial	330	275 lbs.	
Masters		C. Edalgo!	600
Heavy		S. Elmore	525
M. Gregory	385	D. Lyon	440
Raw		SHW	
148 lbs.		D. Dunn	535
B. Portwood	300	R. Baggley	485

!=Best Lifter: Chip Edalgo. (Thank you to Joe Deverville for providing the results)



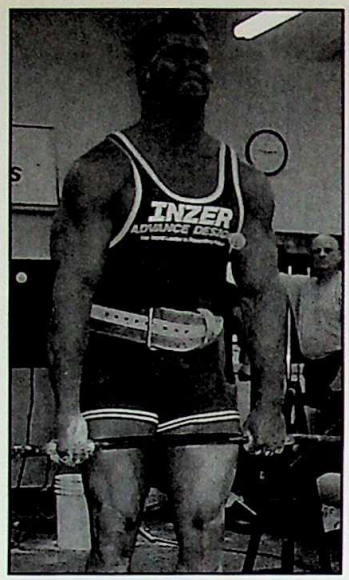
POWER EATING... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA 93011 for $17.95 plus $4.00 shipping and handling.

APA Texas State
26 FEB 05 - Houston, TX

BENCH				
198 lbs.				
Submaster (33-39)				
W. Hinds*	430			
220 lbs.				
Open				
R. Cidzik	405			
Submaster (33-39)				
R. Perez	415			
R. Jansky	375			
242 lbs.				
Open				
E. Wright	—			
C. Matthews	—			
MEN	SQ	BP	DL	TOT
165 lbs.				
Teen (11-12)				
J. Burttschell	230!	150!	250!	630!
Junior (20-23)				
C. Golden	430	310	480	1220
198 bs.				
Submaster (33-39)				
W. Hinds	550	430	585	1565
Master (45-49)				
R. Lee	440	315	500	1255
Routhouska	400	300	415	1100
220 lbs.				
Teen (13-15)				
S. Mize	380!	145	335	860
Open				
J. Ferguson*	560	500	660	1720
E. Adams	415	325	465	1205
2421bs.				
Teen (18-19)				
L. Fitzgerald	515	325	435	1285
Open				
G. Alford	525	385	550	1460
275 lbs.				
Submaster (33-39)				
J. Ferguson	650	550	650	1750

Submaster (33-39)	
M. Dorm	450
275 lbs.	
Open	
C. Maylone	355
Submaster (33-39)	
C. Maylone	355
308 lbs.	
Master (40-44)	
S. Burttschell	—
SHW	
Open	
B. Sterling	—

!=World Records. *=Best Lifters. Thanks once again to Kelly Blair of 1 On 1 Elite Personal Fitness of Pasadena, Texas for hosting the APA Texas State Powerlifting Championships. Despite the rain and cold, spectators came out in droves to watch lifters from all over the great State of Texas compete on the platform. In the men's 165's, 11 year old Jessie Burttschell set 8 world records and ending his day with an all time best total of 630 pounds. In the Junior's, Christopher Golden ended up with a 1220 pound total. Lots of competition in the 198's. Ending up with the biggest total, submaster Wayne Hinds came out with a 1565 total for a new Texas record. Master lifter Roger Lee ended his day with 4 Texas records and a total of 1255, while master lifter Glenn Routhouska finished with a 1100 pound total. In the 220's, 15 year old Seth Mize cleaned house with 2 American records and 2 World records and a new PR total of 860. Also in the 220's,



***Josh Ferguson** with a 660 deadlift at the APA Texas State Meet (photograph Tom McCullough)*

first time lifter Josh Ferguson came out on the top with a big 1720 pound total for a new Texas record and Best Lifter. Elija Adams also had a fine day with his 1205 pound total. In the 242's, first time lifter Gary Alford came up on top with his 1460 total, and teen lifter Lance Fitzgerald ended up with a 1285 total. Also lifting for the first time ever, in the 275's, Jason Ferguson ended his day with a 500 pound bench press for a new Texas record and a big 1750 total. In the bench press only division, lifting in the men's 198's, submaster Wayne Hinds pushed up a big 430 bench press while just missing 450 giving Wayne Best Bencher of the day. In the 220's, submaster Raul Perez came out on top with a big 415, while Ryan Cidzik nailed 405 on his 2nd attempt and passed on his 3rd. Also in the 220's, submaster Raymond Jansky ended his day with a 375 bench. In the 242's there were some huge attempts but unfortunately no success. Erik Wright opened with a huge 615 just missing it and then giving 640 for a ride when his bench shirt blew out. Erik passed on his 3rd attempt. Chad Matthews opened with 540 just missing it and then gave 550 for an unsuccessful ride on his 2nd and 3rd attempts. Coming out on the top of the pack, Michael Dorm nailed 450 on his 2nd attempt, giving him 1st place in the 242's. Lifting in the 275's, submaster lifter Chester Maylone ended his day with a 355 bench press. In the 308's, master lifter Steve Burttschell gave 520 a ride for three unsuccessful attempts. Back on the platform after many years, SHW submaster lifter Blake Sterling opened with a huge 675, just missing it He came back with the same weight on his 2nd and 3rd attempts just missing it each time. Thanks to all the lifters who came out to compete our platform and all the great people who came to support them. A special thanks to our Judges Steve Burttschell, Ryan Cidzik, Maria McCullough, head judge Shannon McDougal, and our spotters/loaders Brian Propst, Brian Nugier, and James Evans. Thanks also to the Burttschell family and the McDougal family for their help cleaning up after the meet. A special thanks also to Mike Lambert of PLUSA and John Inzer of Inzer Advance Designs for all of your continued support. (Thanks to Thomas McCullough for providing these results)

Statewide Meet
12 MAR 05 - Danville, IL

114 lbs.	SQ	BP	DL	TOT
Hedding	95	135	250	480
123 lbs.				
Garcia	265	225	305	795
Desario	225	165	280	670
Bertone	45	85	205	335
132 lbs.				
Hayes	370	260	400	1030
N. Abner	315	255	425	995
McClinton	200	135	185	520
148 lbs.				
Jordan	400	280	475	1155
Adams	340	325	400	1065
F. Williams	300	295	425	1020
Matthews	295	275	445	1015
Berry	315	245	405	965
165 lbs.				
Sylvester	450	275	565	1290
Jenkins	400	375	475	1250
Alexander	335	325	465	1125
Dyer	315	335	400	1050
E. Williams	235	275	390	900
181 lbs.				
Brown	625	315	650	1590
Tanzy	550	340	530	1420
Jackson	500	300	525	1325
Neal	500	305	500	1305
Booker	405	350	500	1255
Baker	370	295	450	1115
198 lbs.				
Hodges	525	410	550	1485
Navarro	565	300	525	1390
Sible	425	405	515	1028
Martin	455	315	515	1285
Gansbauer	435	365	485	1285
Booker	410	355	515	1280
220 lbs.				
Hunt	575	415	525	1515
Ball	525	435	550	1510
Jones	500	355	580	1435
Edmondson	500	370	560	1430
Walters	435	325	545	1305
242 lbs.				
Grant	585	405	650	1640
Pace*	675	330	630	1635
Jones	575	405	640	1620
Brown	525	425	575	1525
Lewis	475	365	575	1415
275 lbs.				
Day	545	435	595	1575
Householder	545	455	575	1575
Brandt	500	385	535	1420
Henderson	450	345	545	1340
Grandadam	275	315	405	995
SHW				
Ruff*	600	425	550	1575
Prince	455	270	495	1220
Turner	225	355	365	945

*=Master Lifters. 1st place team: Danville, 68 pts. 2nd place team: Dixon, 48 pts. 3rd place team: East Moline, 28 pts., 4th place team: Big Muddy, 14 pts. Thanks to Greg Watson and Groppi for running this match. (Thanks to Robert Bethel for the results)

Midwest BP/DL
19 MAR 05 - Green Bay, WI

BENCH	
FEMALE	
Teen	
J. Balthazor	105
N. Gonzalez	85
R. Clement	85
Police/Fire	
D. Vargas	200
MALE	
Teen	
132 lbs.	
J. Birnschein	195
J. Flack	135
148 lbs.	
L. Goss	200
M. Platta	190
Valenezuela	185
J. Eschweler	185
E. Roman	170
165 lbs.	
T. Bushman	255
M. Duran	250
D. Helm	250
J. Haas	210
181 lbs.	
P. Gantner	315
C. Schulz	210
C. Balthazor	150
198 lbs.	
M. Clark	330
Tomjanovich	285
220 lbs.	
K. Hirn	215
242 lbs.	
N. Breschta	355
275 lbs.	
J. Ciha	340
SHW	
K. Kroll	365
D. Bishop	325
MEN	
148 lbs.	
C. Majewski	340
D. Aldag	240
165 lbs.	
Constantineau	345
181 lbs.	
Vongphouthon	390
198 lbs.	
J. Rebera	475
M. Clark	330
C. Eastman	280
220 lbs.	
L. Malcomson	560
D. Lomp	500
R. vanFossen	450
D. Cimicud	450
M. Cimicud	435
M. Fleming	410
242 lbs.	
J. Mattson	500
Oudenhoven	500
275 lbs.	
S. Lade	715
M. Vanboxel	605
SHW	

D. Forstner	610
Salscheider	570
Police/Fire	
181 lbs.	
J. Knowles	335
220 lbs.	
L. Malcomson	560
M. Fleming	410
275 lbs.	
B. Giffin	365
Master	
148 lbs.	
T. Aldag	305
D. Aldag	240
165 lbs.	
Constantineau	345
198 lbs.	
P. Degeneffe	400
M. Waller	315
220 lbs.	
T. Depner	435
F. Kucharski	280
242 lbs.	
M. Hill	310
275 lbs.	
M. VanBoxel	605
D. Balthazor	555
Open	
148 lbs.	
C. Majewski	475
T. LaPlant	380
165 lbs.	
Constantineau	465
181 lbs.	
D. Felton	570
R. Zuege	570
Anglebrandt	510
198 lbs.	
Schoenbeck	625
J. Rebera	565
220 lbs.	
D. Lomp	700
T. Conklin	620
J. Irwin	585
D. Cimicud	550
M. Cimicud	540
242 lbs.	
T. Deprey	610
M. Gunville	585
275 lbs.	
S. Lade	660
B. Ambos	520
DEADLIFT	
MEN	
Open	
SHW	
D. Forstner	730
Salscheider	700
Master	
198 lbs.	
& Under	
Schoenbeck	625
Master	
220+ lbs.	
P. Utic	470

(thanks to Beyond Fitness for these results)

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance

First Name Last Name Middle Initial Today's Date

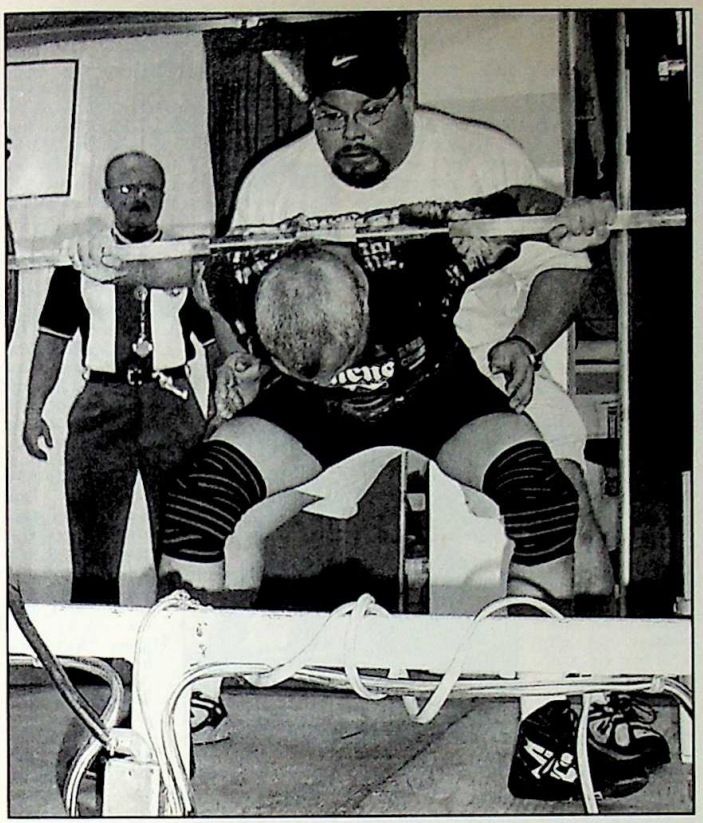
Street Address City State Zip Code

Telephone Number E-Mail address Date of Birth

Sex Social Security Number Signature (Parent if under 18 years old)

☐ $25 Adult Membership ☐ $15 High School Student

Make Checks Payable to: APA, P.O. Box 27204, El Jobean, Florida 33927-7204



Steve Somerman *left a little piece of his scalp on the platform after dumping this weight at Steve Denison's Western USA Cup contest.*

USPF Western USA Cup
19 FEB 05 - Pasadena, CA

MEN	SQ	BP	DL	TOT
Open				
148 lbs.				
S. Layman!	584	402	512	1498
165 lbs.				
S. Somerman	385	—	—	—
T. Olson	—	—	—	—
181 lbs.				
G. Reichert	529	330	600	1460
198 lbs.				
A. Baxter	523	380	573	1476
J. Dorsten	451	374	600	1427
J. Hernandez	556	369	501	1427
M. Belluscio	529	248	507	1284
H. Scholnick	—	—	—	—
220 lbs.				
M. Elwell	440	639	1669	
DiBartolomeo	501	380	562	1443
242 lbs.				
B. Marum	573	418	567	1559
M. West	507	396	512	1416
T. Hardridge	710	—	—	—
308 lbs.				
J. Bryant!	628	540	738	1906
B. Meek	705	507	633	1846

!=Best Lifters. American Powerlifting Records set: Josh Bryant, 308 Open, Deadlift, 738 lbs. Brian Meek, 308 Master 55-59, squat 705, bench 507, deadlift 633, total 1846. State Powerlifting Records set: Jose Hernandez, 198 submaster, squat 556. John Dorsten, 198 submaster, bench 374, deadlift 600, total 1427. Brian Meek, 308 Master 55-59, bench 507. State Bench press Records set: Brian Meek, 308 Master 55-59, Bench 507. State Deadlift Records set: Josh Bryant, 308 Open. Deadlift 738. John Dorsten, 198 Submaster, Deadlift 600. Thanks go out to the following people - Referees: Gordon Santee, International; Ron Scott, International; Bill Ennnis, International; Steve Denison, National, Meet Director; Lisa Denison, National; Rob Meulenberg, State; Gary Ridgeway, State; Chuck LaMantia, National, Announcer; Jim Merlino, National; David Foster, State. Spotter/Loaders: Carl Lux, Joe Thomas, Braid DeWeese, Gary Garcia. Sponsors: Inzer Advance Designs, California Army National Guard, Orange County Strength Club, BFC Disc Jockey, Chuck LaMantia, Fit Expo. (results courtesy Steve Denison)

16th Cabin Fever BP/DL
12 MAR 05 - Elkhart, IN

BENCH	
WOMEN	
198 lbs.	
A. Atkinson	160
MEN	
Teen	
148 lbs.	
M. Myers	275
181 lbs.	
M. Rowe	215
Master	
181 lbs.	
F. Stokes	335
SHW	
D. Stouder	425
Master (45+)	
Zimmerman	410
Master (50+)	
198 lbs.	
R. Cuny	275
Master (55+)	
242 lbs.	
Washington	330
Novice	
275 lbs.	
D. Ewen	345
Natural	
165 lbs.	
B. Bolling	295
220 lbs.	
K. Herron	415
242 lbs.	
C. Lambersie	345
275 lbs.	
D. Curry	465

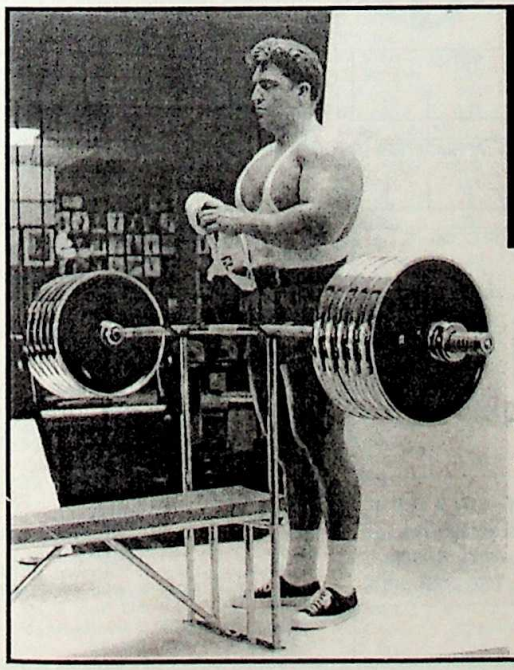
Raw	
B. Yoder	470
Open	
220 lbs.	
K. Herron	415
4th-425	
J. Ballentine	335
242 lbs.	
A. Storm	450
275 lbs.	
J. Conley	510
DEADLIFT	
MEN	
Teen	
165 lbs.	
J. Smoker	275
Master (45+)	
275 lbs.	
Zimmerman	520
Master (55+)	
148 lbs.	
M. Wider	460
Open	
220 lbs.	
J. Ballentine	525
242 lbs.	
S. McKrindle	450
275 lbs.	
J. Conley	605

Special thanks to: Anson Wood, Jon G. Smoker, Brian Campbell, Mike Wider, Larry Boynton., and the Reed Bros. The Cabin Fever contest has never been more appropriately named as wave after wave of snow bands hit our area, over a good three months period. Based on the results of this meet, obviously a lot of lifters just escaped the weather by pouring themselves into some productive workouts, during the late winter. Some like Brendan Yoder had also been doing their fair share of eating. He came in at an all time high of 257, put up his best ever by far and away, a 470 raw. A very athletic Matt Myers lifted in the 148 teen raw. He came close with the double bodyweigbt 300, still getting a very good 275. Brandon Bolling distinguished himself in the novice 165 with a 295. In the Masters, Ray Zimmerman was very pleased with his 3 for 3, finishing with 410. And so was Dennis Stouder as he got all 3 too, finishing with a pr 425. Also getting an all time best by winning the 242's open was Archie Storm, with a 450. 2nd with a pr was Scott McKrindle with 375. The lone 500 bench of the day belonged to Joe Conley with 510 at 275. And at 220 Keith Herron got a 4th attempt pr of 425. In the deadlift, Jon G. Smoker came in a little over the 148 class 16-17 teen division. He had his first 2 pr meet in quite some time, finishing with 275. At the other end of the spectrum, Mike Wider continued to will his deadlift back up to continue his trend over the last several years, miling a 4th attempt 460 at 148, 55+. Zimmerman matched his success in the bench with 3 more good attempts, to finish with 520. The best deadlift of the day belonged to Joe Conley with 605 at 275. (Thanks to Jon Smoker for these results)

USAPL Plainwell Qualifier
20 FEB 05 - Plainwell, MI

WOMEN	SQ	BP	DL	TOT
105 lbs.				
Open				
M. Shennan	210	85	250	545
132 lbs.				
T-1				
K. Cole	220	125	275	620
T-2				
M. Dennany	225	195	240	660
MEN				
114 lbs.				
S. Lynch	115	100	180	395
132 lbs.				
T-2				
G. Barker	200	135	290	325
148 lbs.				
JR				
D. O'Shea	315!	230!	315!	860!
165 lbs.				
T-2				
M. Prestidae	—	135	275	—
Open				
B. Proxmire	500	385!	515	1400
M-1				
T. Benton	—	315	—	315
181 lbs.				
T-1				
M. Feibiger	300	180	320	800
198 lbs.				
T-1				
C. Williamson	170	150	275	595
Open				
C. Terry	665	135	760!	1560
220 lbs.				
T-2				
M. Barry	—	200	—	—
T-3				
J. Quintano	470	315	500	1285
P. Barbosa	405	350	405	1160
J. Barbosa	405	320	420	1145
M. Winnell	315	255	350	920
M-4				
M. Swisher	365	275	425	1065
T-2				
A. Galsack	450	300	425	1175
T-3				
L. Suthard	630!	350	620	1600
Open				
B. Lipinski	—	500!	—	500
C. Swisher	425	—	585	—
275 lbs.				
T-3				
J. White	295	190	385	870
M-6				
R. Soffridine	—	405	—	405

!=State Records. (results courtesy USAPL)



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King of Powerlifters
now reveals his traning secrets and training techniques

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First Time Ever - actual routines as well as with complete training poundages

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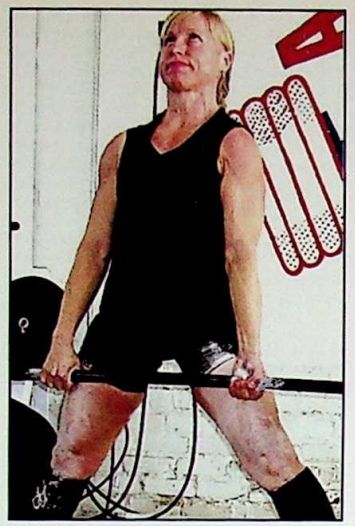
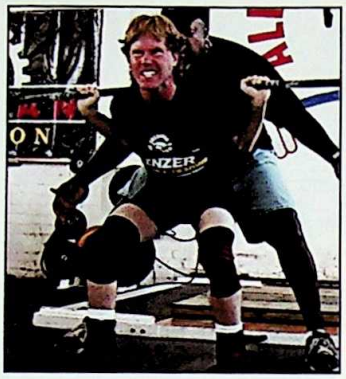
AAPF 9th Frank Kostyo Memorial
19 MAR 05 - Lakeland, FL

WOMEN	SQ	BP	DL	TOT
Teen (13-15)				
165 lbs.				
C. Kirkland	210!	135!	225!	570!
	4th-DL-250!			
Teen (16-17)				
114 lbs.				
K. Hutchison	240!	95!	240!	575!
123 lbs.				
S. Balliette	175!	65!	200!	440!
Junior				
148 lbs.				
A. Tribble	320!	170!	325!	815!
Open				
148 lbs.				
A. Tribble	320	170	325	815
165 lbs.				
J. Dunham	300	145	330	775
Master (40-44)				
105 lbs.				
J. Balliette	180!	95!	220!	495!
	4th-SQ-190!			
123 lbs.				
M. Kirkland	345!	170!	340!	855!
MEN				
Teen (13-15)				
114 lbs.				
D. Gargauso	200	140!	280!	620!
E. Striz	185	85	230	500
B. Silk	145	85	200	430
181 lbs.				
B. Silk, Jr.	280	180	340	800
SHW				
L. Cristiani	45!	385!	225!	655!
Junior				
165 lbs.				
J. Land	380	275	430	1085
275 lbs.				
C. Briley	550	360	550	1460
Open				
114 lbs.				
S. Beasley	170	110	205	485
123 lbs.				
K. Snell	440	264	470	1175
154 lbs.				
E. Talmant	620!	300	580	1500!
198 lbs.				
D. Beasock	520	360	485	1365
220 lbs.				
D. Peterson	570	430	430	1430
T. Haynes	495	325	560	1380
242 lbs.				
J. Jordan	722	420	550	1692
M. Minster	460	340	475	1275
D. Bronerman	425	390	430	1245
275 lbs.				
L. Widener	465	345	485	1295
Master (45-49)				
123 lbs.				
K. Snell	440!	265!	470!	1175!
220 lbs.				
D.Peterson	570	430!	430	1430
K. Tillman	545	315	500	1360
Master (55-59)				
P. O'Brien	500	260	510!	1270
Master (60-64)				
275 lbs.				
R. Zareck	45	385	275	705
Master (70-74)				
198 lbs.				
B. Remley	55	295	225	575
Master (65-69)				
242 lbs.				
J. Yong	225	380!	300	905
Master (75-79)				
181 lbs.				
F. Pedrosa	245!	205!	315	765



***Margaret Kirkland** had a great day at the AAPF Frank Kostyo competition, competing on the same platform as her 15 year old daughter Cari (J. McElroy photo)*

!=American Records. Coordinator: Louis Baltz. Best Female Lifter: Margaret Kirkland. Best Male Lifter: Ken Snell. The 9th Annual AAPF Frank Kostyo Memorial Powerlifting Championship got underway with the women taking to the platform first. The women's division was rather unique with two pairs of mother and daughter competitors. Cari Kirland set all new American records in the 13-15 age group 165 lb. class with a nice 570 lb. first place total. Cari's mother, Margaret Kirkland, also set all new American records in the 40-44 age group 123 lb. class. Margaret hoisted some amazing poundage for her size. She did a 345 lb. squat, 170 lb. bench, 340 deadlift, and an 855 lb. total, which won her best female lifter of the contest. The other mother and daughter competitors also did quite well. Sunny Bailed, in her first contest, set all American recorfds in the 16-17 age group 123 lb. class, with a nice 200 lb. deadlift and first place. Aiyisha Tribble lifted raw (very ripped) in her very first contest, and set all new American records in the 198 lb. class junior division. She also won the open class with an impressive 815 lb. total. another first time competitor was Julianne Dunham. Julie won the open 165 lb. class, with a nice 775 total. In the men's 13-15 age group, Daniel Garaguso set 3 American records in the 114 lb. class, with a first place finish over Ethan Striz and Branden Silk, respectively. Bryan Silk Jr. won the 181 lb. class, setting FL state records with each of his lifts. Livio Cristiani won the super heavyweight class, while setting all American records. In the junior division 165 lb. class, John Land set all the state records, including his 1085 lb. first place total. Chad Bailey won the 275 lb. class with a nice 1460 total. Scott Beasley has an off day, but still managed a nice 485 lb. total in the men's open 114 lb. class. Ken Snell won the123 lb. class. Eric Talmart had an outstanding 620 lb. American record squat in the 165 lb., and another American record with his 1500 lb. total, for first place. Don Beasock won the 198's with a nice 1365 total, and Doug Paterson took first over Terrance Haynes in the 220 lb. class. Jeff Jordan was the big winner in the 242 lb. class with an impressive 1692 lb. total over second place finisher Michael Minster, and third place Don Broverman. Lawrence Widener finished with a 1295 total to win the 275 lb. class. in the men's master 45-49 age group, Ken Snell broke all the American records in the 123 lb. class and won the best lifter award with his 1175 lb. total. Doug Peterson got an American record in the bench with 430 lbs. in the 220 lb. class. he also won first place over Keith Tillman. Pat O'Brien broke the American record in the 55-59, 220 lb. class, with a 510 lb. deadlift. in the 60-64 age group, Don Broverman established an American record in the 242 lb. class, with an impressive 390 bench. Richard Zareck, who comes all the way from Pensacola, FL (an 8 hour drive), broke the American record in the 60-64, 275 lb. class with a 385 lb. bench. Johnny Yong also set a new American bench press record. Johnny benched 380 lbs. in the 242 lb. class, 65-69 age group. World class lifter, Bill Remley, had an off day, but still managed an impressive 295 lb. bench in the 198 lb. class 70-74 age group. Fred Pedrosa set the set two new American records in the 181 lb. class 75-79 age group, with a 245 lb. squat and a 205 lb. bench. A special thanks to the All American Gym, Louis Baltz, Junk Yard Dogg, Tim Calhoon, Brett Moosehead, Joe Renaldo, Dave Brown, Tom O'donnell, Nate Dunahm, Johnny Best, Ann Silk, and all the lifters and spectators who keep making these meets possible. (Ken Snell)



***Ken Snell,** seen above with a 440 squat, is in his 30th year of powerlifting competition and says "I'm 46 and feeling like those numbers should be reversed sometimes!" (photo courtesy of Ken)*

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PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPLICATION

CITY | STATE | ZIP CODE

AREA CODE | TELEPHONE NUMBER | MO | DATE | YEAR | AGE | SEX | US CITIZEN YES | NO

REGISTRATION FEE (CIRCLE APPROPRIATE FEE): A.P.F $30 | A.A.P.F. $30 | A.P.F. & A.A.P.F. $40

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I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F. OR A.A.P.F.

SIGNATURE X _____

APF Texas State Open
9 APR 05 - Round Rock, TX

BENCH		M. Laval	683
WOMEN		J. Snyder	622
Open		J. Laskowski	—
114 lbs.		308 lbs.	
P. Metcalf	143	M. Sparkman	518
165 lbs.		Junior (13-15)	
A. Lance	115	165 lbs.	
Submaster		C. Cuellar	181
165 lbs.		Junior (16-17)	
A. Hance	115	148 lbs.	
Masters		G. Saucedo	143
114 lbs.		165 lbs.	
C. Richardson	165	O. Salinas	242
P. Metcalf	143	B. Ryan	203
MEN		181 lbs.	
Open		K. Villarreal	253
198 lbs.		220 lbs.	
W. Hinds	441	J. Solomon	281
T. Mata	391	R. Diaz	259
242 lbs.		242 lbs.	
L. Olivo	358	J. Davila	—
B. Grant	—	308 lbs.	
275 lbs.		F. Espinosa	402

***Lewis Baltz** of All-American Gym is flanked by Sunny Balliette, 15, and Julie Balliette, 41. Julie deadlifted 220 on her last deadlift attempt in her first contest, the Frank Kostyo Memorial (McElroy)*

Junior (18-19)
165 lbs.
W. Keenan 347
275 lbs.
T. Basquez 352
Submaster (33-39)
198 lbs.
W. Hinds 441
242 lbs.
R. Purdy 473
275 lbs.
J. Garcia 314
J. Laskowski —
Masters (40-44)
165 lbs.
C. Garcia 165
220 lbs.
J. Campbell 473
242 lbs.
J. Hendrix 429
275 lbs.
M. DeLaval 683
308 lbs.
C. Bryant 391
Masters (45-49)
198 lbs.
T. Mata 391
Masters (50-54)
181 lbs.
B. Capps 303
Masters (60-64)
242 lbs.
J. Chase 314
DEADLIFT
WOMEN
Open
114 lbs.
P. Metcalf 303
165 lbs.
A. Hance 281
198 lbs.
V. Kling 264
Submaster
165 lbs.
A. Hance 281
Masters
114 lbs.
P. Metcalf 303
MEN
Junior (13-15)
114 lbs.
R. Alanis 225
132 lbs.
R. Williams 242
165 lbs.
C. Cuellar 270
Junior (16-17)
132 lbs.
C. Pina 292
181 lbs.
R. Guzman 435
Submaster (33-39)
198 lbs.
W. Hinds 567
308 lbs.
P. Leonard 666
Masters (50-54)
198 lbs.
D. Mullins 402
Open
123 lbs.
J. Rivera 270
148 lbs.
T. Larnando 540
165 lbs.
C. Garcia 275
181 lbs.
M. Allen 534
198 lbs.
W. Hinds 567
220 lbs.
W. Koval 479
242 lbs.
R. Pierce 661
L. Olivo 402
308 lbs.
P. Leonard 666
J. Torres 501
SQUAT
WOMEN
Open
114 lbs.
P. Metcalf —
165 lbs.
A. Hance 209
198 lbs.
V. Kling 336
Submaster
165 lbs.
A. Hance 209
Masters
114 lbs.
P. Metcalf —
MEN
Junior
181 lbs.
A. Kling 441
198 lbs.
D. Kling 473
Submaster (33-39)
198 lbs.
W. Hinds 573
Open
198 lbs.
W. Hinds 573
220 lbs.
W. Koval 402
242 lbs.
C. Garcia 644
SHW
R. Sierra 777

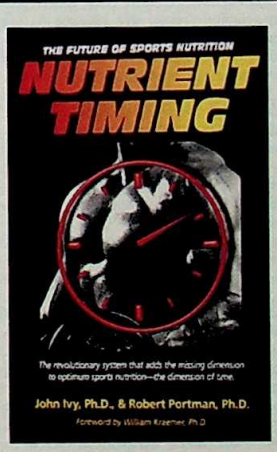
MEN	SQ	BP	DL	TOT
Below Class-1				
181 lbs.				
D. Garcia	303	253	336	892
198 lbs.				
K. Burr	446	314	435	1195
220 lbs.				
A. Gonzales	611	402	617	1631
T. Burr	545	358	601	1504
242 lbs.				
L. Olivo	369	358	402	1129
D. Charles	—	—	—	—
275 lbs.				
D. Ortiz	601	374	551	1526
R. Gonzales	424	336	485	1245
308 lbs.				
J. Torres	—	—	—	—
Police/Fire				
181 lbs.				
M. Niemann	457	336	407	1201
275 lbs.				
J. Roy	562	352	540	1455
B. Moore	622	385	601	1609
SHW				
R. Garza	672	562	606	1840
Open				
181 lbs.				
J. Tyree	567	352	529	1449
198 lbs.				
K. Kirkland	651	501	606	1758
W. Hinds	573	441	567	1581
220 lbs.				
M. Dugan	633	407	562	1603
A. Gonzales	611	402	617	1631
242 lbs.				
M. Martin	738	551	661	1951
P. Wylie	705	501	710	1918
S. Donegan	733	507	606	1846
R. Mullins	661	457	661	1780
275 lbs.				
M. Askew	903	601	705	2210
308 lbs.				
M. Sparkman	804	518	501	1824
SHW				
R. Garza	672	562	606	606
Junior (13-15)				
114 lbs.				
M. Askew, Jr.	165	93	209	0168
C. Westbrook	132	77	171	380
123 lbs.				
D. SanMiguel	259	132	303	694
132 lbs.				
I. Bell	270	110	275	655
165 lbs.				
D. Bramblitt	242	159	275	677
D. Bergman	203	121	176	561
181 lbs.				
A. Kling	—	—	—	—
198 lbs.				
N. Bailey	242	154	325	722
220 lbs.				
R. Condra	413	236	457	1107
275 lbs.				
K. Gerstner	446	253	4]3	1]13
Junior (16-17)				
132 lbs.				
D. Ryan	297	221	314	832
181 lbs.				
A. Vasquez	407	264	441	1113
R. Guzman	363	181	435	981
198 lbs.				
D. Kling	—	—	—	—
220 lbs.				
L. Sanchez	507	297	479	1284
242 lbs.				
M. Ruiz	628	391	562	1581
J. Davila	—	—	—	—
275 lbs.				
C. Vidal	573	352	485	1410
D. Bennett	540	270	491	1301
L. Long	496	303	424	1223
J. Garcia	451	292	462	1207
Junior (18-19)				
148 lbs.				
J. Marshall	523	319	485	1328
K. Clark	341	209	347	898
165 lbs.				
A. Gana	491	281	407	1179
181 lbs.				
J. Cortez	529	352	473	1355
275 lbs.				
T. Basquez	—	—	—	—
Junior (20-23)				
181 lbs.				
A. SanMiguel	523	331	540	1394
J. Gonzales	501	303	523	1328
198 lbs.				
T. Reiniger	501	270	523	1295
C. Wiltse	303	225	347	876
220 lbs.				
J. Allen	601	352	578	1532
242 lbs.				
M. Hoff	451	225	485	1162
SHW				
B. Einhaus	699	534	551	1785
Submaster (33-39)				
198 lbs.				
W. Hinds	573	441	567	1581
220 lbs.				
C. Goode	578	385	512	1477
242 lbs.				
P. Wylie	705	501	710	1918
M. Dorman	501	479	451	1432
275 lbs.				
T. Rutherford	628	457	611	1697
Masters (40-44)				
165 lbs.				
M. Cox	462	225	462	1151
220 lbs.				
J. Vasquez	633	501	644	1780
R. Nesuda	661	325	556	1543
242 lbs.				
P. DelaRosa	435	429	512	1377
275 lbs.				
S. Smith	584	380	611	1576
308 lbs.				
C. Bryant	694	391	617	1703
Masters (50-54)				
181 lbs.				
J. Tyree	567	352	529	1449
B. Capps	374	303	374	1052
198 lbs.				
D. Mullins	303	253	402	959
220 lbs.				
B. McKelfresh	501	264	540	1306
N. Taylor	380	341	457	1179
Masters (55-59)				
181 lbs.				
B. Johnsonl	578	187	402	1168
Special Olympics				
198 lbs.				
A. Markham	154	181	225	562
WOMEN				
Open				
114 lbs.				
P. Metcalf	—	—	—	—
165 lbs.				
A. Hance	209	115	281	606
Junior (16-17)				
114 lbs.				
I. Rossi	231	93	248	573
Junior (18-19)				
123 lbs.				
N. Bassett	187	88	209	485
148 lbs.				
A. Silvas	352	225	374	953
Junior (20-23)				
114 lbs.				
C. Davenport	192	99	242	534
Submaster (33-39)				
165 lbs.				
A. Hance	209	115	281	606
Masters (40-44)				
114 lbs.				
M. Mackelfresh	126	82	187	396
SHW				
L. Yeager	369	192	341	903
Masters (45-49)				
114 lbs.				
P. Metcalf	—	—	—	—
Masters (65-69)				
123 lbs.				
S. Clark	154	93	192	441
148 lbs.				
S. Clark	203	126	275	606
181 lbs.				
D. Rawe	165	99	231	496
Below Class-1				
105 lbs.				
K. LaCour	221	99	248	567
132 lbs.				
L. Hill	209	137	225	573

Best Lifter Men: Michael Askew, Open 275 lbs. Best Bench Men: Mike Delaval, Open Men 275 lbs. Best Squat Men: Michael Askew, Open Men 275 lbs. Best Deadlift: Tim Lamando, Open Men 148 lbs. Best Lifter Junior Men: Jeremy Marshall, Jr. Men 18-19 148 lbs. Best Lifter Masters Men: John Tyree, Masters 50-54 181 lbs. Best Bench Masters Men: Mike Delaval, Open Men 275 lbs. Best Lifter Women: Amanda Silvas, Junior Women 18-19 148 lbs. Best Bench Women: Amanda Silvas, Junior Women 18-19/148 lbs. Best Squat Women: Amanda Silvas, Junior Women 18-19 148 lbs. Best Deadlift Women: Amanda Silvas, Junior Women 18-19/148 lbs. Best Lifter Junior Women: Amanda Silvas, Junior Women 18-19/148 lbs. (Thanks to Gary Pendergrass for providing these results)

2nd Canal St. Barbell Club BP
29 JAN 05 - Nelsonville, OH

BENCH			
MEN		181 lbsd.	
165 lbs.		T. Campbell	455
T. Campbell	375	242 lbs.	
		J. Andrews	500
		275 lbs.	
		S. Mount	650
		S. Carter	405

(results courtesy of Canal St. Barbell Club)



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APF/AAPF 1st Alabama Open
12 MAR 05 - Attalla, AL

BENCH		Junior		
WOMEN		D. Bowman		307!
Open		Open		
Y. Almadovar	70	J. Osburn		70
MALE		C. Phillips		200
Teen		C. Simmons		325!
C. Clayton	—	L. Gallagher		217
Raw		J. Moxley		—
T. Robinsky	—	B. McGee		312
J. Mateo	122	J. Searcy		80
V. Andres	142	P. Dean		220
B. Tindul	185	B. Bishop		—
M. Hardin	187	Master (40-44)		
J. Carter	185	D. Moore		205
Novice		C. Phillips		200!
M. Martins	165	Master (45-49)		
J. Hill	—	B. Tindul		185
D. Moore	205			

WOMEN	SQ	BP	DL	TOT
Teen (13-15)				
C. Joyce	160	62	120	342
Teen (16-17)				
R. DeoCampo	160	47	137	345
Raw/Open				
Y. Almadovar	75	70	122	267
MEN				
Teen (13-15)				
N. Rocco	102	52	102	257
J. Ladnier	115	52	137	305
Teen (16-17)				
B. Harrison	—	—	—	—
Teen (18-19)				
J. Taylor	265	162	282	710
Novice				
C. Seidengaden		130	132	150
412				
T. Weller	—	—	—	—
B. Brown	142	160	150	452
Junior				
T. Bowman	312	227	295	817
J. Mullen	212	155	210	577
Submaster				
J. Ray	220	142	267	650
C. Seidengaden		130	132	150
412				
K. Overby	285	240	257	782
Master (40-44)				
B. Tracey	357!	247!	292	897!
A. Massie	285	147	205	637
T. McCormick	215	137	237	585
Master (45-49)				
B. White	182	142	165	662
Master (50-54)				
M. Shealy	197	137	167	502
Master (55-59)				
E. Burns	160	80	195	435
Raw/Open				
J. Ray	220	142	287	650
D. Hoard	272	220	255	747
Open				
J. Finlayson	227	150	227	6050
P. Dean	265	220	260	737
W. Carter	—	—	—	—
G. Fields	310	207	272	790
A. Massie	285	147	227	637
W. Brantley	350	272	255	877
A. Guice	250	175	252	677
C. E'Dalgo	300	—	—	—
J. Hoskinson	472!	260	317	1050
J. Searcy	—	—	—	—

!=American Records. Imagine! Standing room only crowd overflowing into the lobby! Heavy metal music charges the room with excitement, as the M.C. eagerly announces the next warrior's turn to do battle. The warriors? Some of the mightiest individuals to walk the face of the earth! Not the W.W.E. - Not the W.P.O. (but close!) This was the 1st Annual APF/AAPF Alabama Open Powerlifting and Bench Press Championships! These warriors were not here to fight in the ring or with swords on the battlefield; but to battle with 100's even more than 1,000 lbs. of steel. Warriors brave enough to stand with more than ® ton on their back or with over 700 lbs. held over their face. Weights that would crush the bones of mere mortals... But these are not mere mortals. They are the rare breed of powerlifters that is fierce enough and hungry enough for a challenge to battle where the big boys (and girls) come to play - the APF! Obviously, Alabama was hungry for big time powerlifting to return to the state and embraced this competition with open arms. Forty nine of the finest lifters in the southeast combined to break 11 American national records at this inaugural meet. 1000+ squats, 700+ bench presses, bar-bending deadlifts and 10 times body weight plus totals gave the appreciative crowd the chance to see first hand the kind of lifts they had only read about, or of which they had heard rumors. There was no shortage of celebrities here as the legend of legends Garry Frank (LA Chairman), the "Mississippi Monster" Joe Ladnier (MS Chairman), John Ewing, and Florida's Bobby and (Powerlifting Diva) Carol Ann Meyers, were all on hand to support Alabama Chairman Buddy McKee and Co-Promoter Stace Beachum (owner and manager of Gold's Gym Rainbow City, AL) with equipment, set up and technical support for their first meet. The score table was run almost flawlessly and headed up by Pamela McKee, (Buddy's beautiful wife), who is the real work horse of APF/AAPF Alabama. Pam's staff of Linda and Kenneth Nunn, and Jill Alford worked tirelessly and professionally all day long. The Spotter/Loader Crew from Gold's Gym of Steve Moats, Jarome Vaughn, Leon Tremmell, Steve Khadur, Adam Hix, John Aycock, and Brett Ellis were awesome! No accidents and some catches that should be in the "Spotters Hall of Fame"! Great job guys! The World's Strongest Man, Garry Frank, did a superb job of heading the great crew of judges which included John Ewing, Bobby Meyers, and "Big" Jim Hoskinson (between lifts). The quality of this crew was stated best by Tennessee's Brent Tracey who said, "If you got the lift, you earned a lift; that's how it should be." Here's a run down of the competition in this highly successful 1st time event: In Bench Only (raw), Cam Clayton of Alabama pushed all 3 of his presses out strongly at 396 lbs., but lifted his butt off the bench on each, bombing out of his first meet in the 181's. He's just getting started and showed tremendous strength, with a littl technique work, he'll solve this problem and will be a force to deal with in the future. He showed the strength to go well over 400 on this day at only 18 years old! He'll be back. In the women's raw open 148's Alabama's Yulma Almodovar was 1st in the AAPF division with an easy 154 lb. bench press, she left a lot on the table. In "Bench Only" Men Raw Open AAPF, Mateo Jose was 1st in the 148 class with a press of 270 lbs. Victor Andres won the 181's with 314 lbs.. He and Mateo train at Powerhouse Gym in Albertville, AL. The 242 winner was Blane Tindul of Marion, AL, with 407 lbs. Former Semi-Pro Football player for the Alabama Raiders, Mike Harden won the 275's with 413 lbs. He was my teammate on the Raiders and was one tough son of a gun! It was good to see him again! James Carter of host gym "Gold's Gym/Rainbow City", won the 308's with a press of 407 lbs. In the equipped Bench Only. The winner in the novice 181's was Mark Martino with 363 lbs. The novice 242 winner was David Moore of Eastman, GA, with a bench of 451 lbs. In Men's Junior Bench Only, Georgia's David Bowman was 1st and put up an APF American Bench Only record with a big 677 tb press at 275. The Bench Only Masters drew three lifters. Spanish Fort, Alabama's Charles Phillips, won the 198 (40-44) brackets with an AAPF American Bench Only Record of 440 lbs. David Moore won at 232 (40-44) APF with a 407 lb. press, and 242 (45-49) AAPF winner was Marion, Alabama's Blane Tindul with 4071bs. The Bench Only Open Men's division drew 8 competitors and some great lifting. At 123 Johnny Osburn of Ga. Pushed 154 lbs. for 1st place. In the AAPF 220's Rainbow City's Brant Bishop the WABDL AL Chairman, had a bad day, missing his 507 opener. He then surprisingly passed on his next two attempts. I saw him make 560 in the gym just a few weeks ago. He and his wife are expecting their 1st baby in about 6 weeks so maybe the stress is taking a toll. He'll be back though! 1st at 220 was Patrick Dean with a good 485 lb. lift. AL APF 242 Johnny Moxley of Statesboro, GA couldn't quite find his groove with 529 and was out for the day, so close! Luke Gallagher of Jasper, AL, took 2nd with 479 lbs. and Christian Simmons of Ocean Springs, MS, was 1st and Best Lifter Bench Only with a huge American Record 716 lbs. Great Job! Super Heavy Beau McGee of Statesboro, GA was 1st with 688 lbs. and also set an APF American Bench Only Record. The "Mississippi Monster" Joe Ladnier was the guest lifter in the Bench Only. He is a great showman and the fans loved him. Even with shirt trouble he put on an impressive show. He opened at 738 but it started up uneven and his left arm took the load and wouldn't lock. His 744 2nd jumped up good but seemed to drift to the rack before he could control it. He then changed shirts and took a big jump to 771. He lowered the weight well under control but it stopped and hovered just above his chest forever. Since it was an exhibition lift head judge Garry Frank yelled "press" so he could try and press it out for the crowd; which he did, strongly. But, it was red lights for no touch. I'm not sure 800 wouldn't have touched and went up as well! Great show anyway, Joe! In Powerlifting, the heavy action continued. In the Teen Women division. 165er Rachel DeoCampo (16-17) took 1st with a 352.5 squat, 104.5 bench and a 303 deadlift for a 760.5 lb. total. Charmayne Joyce won the over 198 class (13-15) with a 352.5 squat, (missing 462.7 and 501 just short in depth) great promise here! Then benching 131.7 and deadlifting 264.5 for a 755 lb. total. Impressive young girls! In Teen Males AAPF (16-17) 165's Barry Harrison showed promise of great things to come. Weighing 151, this 17 year old went down and up easify on all 3 squats at 385 and 402, but lack of meet experience caused him to cut each just short and he was out of the meet. His future is bright however as he made it look like warm up weight. Stay with it Barry! In APF Teen males (13-15) 148 class. Nick Roco won with a 225.7 squat, 115.5 bench and 225.7 deadlift for a total of 672.2 lbs. Big Jake Taylor (The Man Child) was astounding with a 584 squat, 358 bench and 622.1 deadlift for a big 1564.9 lb. total weighing 227 winning the 242 (18-19) division. In the Novice Men 181's Chris Seidenfaden went 286.5 - 292 - 330.5 for a 909.2 lb. total. At 220, Todd Weller looked to be off to a good start but the bomb out bug was contagious and he couldn't get 650.2 and 672.2 (twice) by the judges this day. Strong attempts though - he'll have better days! Brian Brown took 1st at Novice Men 242, weighing 228.25 with lifts of 3141bs - 352.5 lbs. and 330.5 lbs. for a 997.5 total. Trevor Bowman won at APF Junior Men 242's impressively with a 688.7 squat, 501.5 bench and 650.2 deadlift, to total 1,801.9 lbs. The winner at AAPF Junior 242 was Jason Mullen who went 468.2 - 341.5 - 462.7 for a 1,272.9 lb. total. At Submaster Men Powerlifting Jeff Ray of North Port, AL won the APF 198, though lifting raw, with lifts of 462.7- 314 - 633.1 to total 1, 432.7 lbs. Chris Seidenfaden was 1st at 181 with a 286.5 squat, 292 bench, and 330.5 deadlift, for a 909.2 total. Chris is from Alabaster, AL. Ken Overby of Rainbow City's Gold's Gym took 1st in the AAPF Submaster 308's with an all PR performance of 628.2 squat, a 529 bench and a 567.5 dead lift for a 1,724.9 lb. total. Another Gold's Gym lifter Emory Burns, who still rodeo's and rides bulls at 55 years old, won the AAPF 55-59 (220 division), riding lifts of 352.5, 176.2 and 429.7 for the fun 8 seconds to total 959 lbs. Good ride cowboy! Bryon White (not the country singer!) took 1st in the 165 APF (45-49) Masters going 402.2 - 314 - 363.7 to total 1460.2 lbs. Bryon is from Ocean Springs, MS. Brent Tracey of Manchester, TN, had a great day breaking 3 APF Masters American records squatting 788 (American Record), benching 545.5 lbs. (American Record) and deadlifting 644.7 lbs. for an American Record total of 1,918.4; over 10x bodyweight and 1st place. 2nd went to Aflan Massie with a fine 628.2 lb. squat, a 325 lb. bench press, and a 451.7 lb. deadlift for a total of 1,405.2 lbs. Michael Shealy won the APF (50-54) 220 class squatting 435.2, benching303 lbs. and deadlifting 369.2 lbs, totaling 1,107.3 lbs. In Women's Open (Raw) 1st was 148 class Yulma Almadovar with her AAPF total of 589.5 lbs. In Men's Open (Raw) APF, Jeff Ray won the 198 class with a 485 squat, 314 bench and a big 633.7 deadlift for a 1,432.7 lb. total. Jeff is from Northport, Alabama. Gold's Gym's Darrell Hoard won the 275's

At 280 lbs. I've never felt small.. until I saw this picture!".. *that's what Alabama Open contest promoter Buddy McKee had to say, when flanked by his side judge John Ewing and Head Judge Garry Frank.*

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The Mississippi Monster ... Joe Ladnier at the APF/AAPF Alabama Open (photographs were provided by the courtesy of Buddy McKee)

weighing in at only 246 lbs. He turned in a 600.7 easy squat, a 485 lb. bench (near missing 501.5 twice) and deadlifting 562 lb. for an impressive 1,647.7 lbs. Raw total. The Men's Open division was impressive! Three Amateurs and seven Pro lifters put on a great show of power. In AAPF (amateur) Jeff Finlayson took 1st at 181 with impressive numbers: squat 501.4, bench 330.5 lbs., deadlift 501.5 lbs. to total 1,333.4 lbs. Patrick Dean of Decatur, Alabama won the 242 class with a squat of 584 lbs., bench of 485 lbs. and deadlift of 556.5 lbs. to total 1,625.7 lbs. William Carter started BIG! In the 242's in the squat. Maybe a little to big this day as he couldn't quite get his attempts of 650.2, 699.7, and 699.7 passed by the judges. Impressive attempts but this wasn't his day. In the APF Pro division the over flow crowd got their money's worth and them some, starting with Donair Georgia's Greg "Spanky" Fields (Best Lifter Light Weight's) weighing in at 165 even he started huge with a 683.2 lbs. squat, then proceeded to a 457.2 lb. Bench press, then capped it off with a 600.7 lb. deadlift for an over 10-1/2 times body weight total of 1,741.4 lbs. Allan Massie of Gulf Port, Ms took the 198's squatting 628.2, benching 325, and deadlifting 451.7, totaling 1,405.2 lbs. Biloxi Mississippi's Wes'ey Brantley had a fine day, winning the 220's with a big 771.5 lb. squat, 600.7 bench, and 562 deadlift, for an impressive 1,934.2 total. Alex Guice won the 242's going 551 (squat), 385.7 (bench) and 556.2 (deadlift) to total 1,493.7 lbs. Georgia's Chip E'Dalgo struggled twice with 661.2 lbs. on the squat then nailed it on his 3rd attempt. But on his best lift, the bench press, his 567.5 opener (usually quite easy for him) did him in as he near missed it 3 times. He weighed in at 235.25. here. I competed with him in Georgia last year and he was a 275'er. Maybe the drop affected him a tittle more than he anticipated. Sorry Chip (he is a great guy and lifter). The big show! Was big! Jim Hoskinson (Best Lifter Heavy Weight) and reigning WPC World 308 Champion. He started by only making the biggest squat in the APF 308 history! 1,041 lbs. which went up seemingly with relative ease! Then he went on to bench 573 lbs. and almost got 606. He capped his performance off with a 699.7 deadtift, for a 2,314 lbs. total! Four American records fell in his wake! The Open Squat, the Master's 40-44 Squat, Bench and Total! Great job by a great lifter and even greater person! The Super Heavy competitor started huge on the squat with 1,003 lbs. but big James "Pitbull" Searcy couldn't find the depth he needed to get white lights. Great display of strength though! Well, that's a wrap on the very successful debut for the APF/AAPF in Alabama! The future is very bright and we look forward to even bigger and better things to come. Please come and join the fun next year. We'll make sure you're glad you came! P.S. A special thanks to Econo Lodge and their wonderful staff for making everyone feel so welcome; and to Gold's Gym/Rainbow City for Co-Sponsoring the meet. Thanks also to House of Pain of Tennessee (Mark Phillips) and our excellent Judges Crew of Garry Frank (Head), John Ewing, Bobby Meyers, and Jim Hoskinson. And last but not least, the spotters for keeping everybody safe! (Thanks to Alabama APF/AAPF Chairman, Buddy McKee, for providing these results)

IPF/NAPF Central America
8-10 OCT 04 - Guat. City, GUAT

WOMEN	SQ	BP	DL	TOT
44 kgs..				
Z. Vasquez	200	110	200	510
A. Zambrano	135	80	180	395
G. Fajardo	200	—	—	—
48 kgs..				
S. Fuentes	185	110	160	455
W. Yat	160	70	195	425
52 kgs..				
M. Cano	275	135	300	710
G. Orellano	240	95	275	610
S. Ulloa	—	—	—	—
56 kgs..				
M. Santos	205	85	265	555
A. Saban	—	—	—	—
60 kgs..				
A. Requeno	220	85	265	570
67.5 kgs..				
A. Paz	250	150	225	625
E. Toyom	250	100	250	600
N. Canas	230	105	235	570
E. Canas	235	105	225	565
75 kgs..				
M. Venzuela	250	160	285	695
L. Salvador	275	105	295	675
C. Ramos	225	95	245	565
A. Ulloa	230	—	—	—
75+ kgs..				
A. Valenzuela	300	135	260	695
C. Meza	225	160	245	630
MEN				
52 kgs.				
V. Garcia	300	225	335	860
J. Flores	190	115	245	595
56 kgs..				
E. Rivera	335	235	385	955
R. Hernandez	355	145	375	875
60 kgs..				
F. Rivera	385	235	405	1025
A. Toj	365	190	425	980
M. Martinez	325	245	365	935
67.5 kgs..				
C. Santos	455	285	455	1195
M. Cardona	425	275	405	1105
75 kgs..				
F. Alvardo	475	285	495	1255
L. Tuch	455	275	440	1170
J. Zoldoni	425	235	460	1120
82.5 kgs..				
C. Recinos	565	405	565	1535
G. Mena	485	305	500	1290
E. Samuy	420	330	535	1285
T. Bonilla	395	240	460	1095
E. Bravo	—	—	—	—
90 kgs..				
M. Benetiz	585	405	570	1560
J. Moran	515	300	505	1320
H. Barrera	440	315	500	1255
Z. Barahona	395	240	470	1105
I. Escobar	475	—	—	—
100 kgs..				
J. Mejla	455	335	425	1215
G. Chavez	450	250	450	1150
A. Rivas	310	255	420	985
110 kgs..				
R. Benetiz	620	475	570	1665
R. Quileb	615	325	500	1440
N. Arana	620	275	510	1405
C. Flores	430	285	475	1190
125+ kgs..				
R. Urias	675	425	600	1700
J. Castillo	565	400	500	1465

(Thanks to Robert Keller for providing these meet results to Powerlifting USA)

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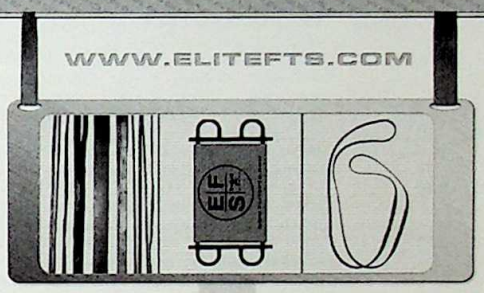

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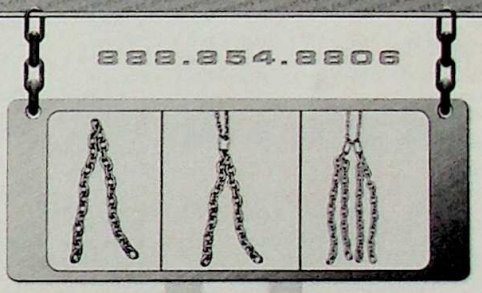

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10th APF Michigan State
19 MAR 05 - Clawson, MI

BENCH
WOMEN
Open
132 lbs.
B. Woody 225
181 lbs.
E. Goggins 100
Master (60-64)
165 lbs.
J. Tirshnet 95*
Master (70-74)
181 lbs.
L. Howard 100*
MEN
AAPF
Open
240 lbs.
C. Tallman 630*
SHW
A. Stomberg 435
Submaster (30-39)
220 lbs.
J. Swirple 440
Master (40-44)
165 lbs.
A. Sharp 375*
APF
Open
165 lbs.
M. Ruelan, Jr. 405
181 lbs.
R. Kusmack 475*
T. Fisher 425
198 lbs.
M. Zweng 650*
242 lbs.
J. Caporosso 580
T. Farrow, Jr. 400
275 lbs.
M. Kroczaleski 625
308 lbs.
C. Walker 550
SHW
T. Skiver 705
Novice
165 lbs.
T. Hensley 335
181 lbs.
J. Genaw 355
Junior (20-23)
308 lbs.
T. Webber 390
Submaster (30-39)
242 lbs.
T. Trombly 525
Master (40-44)
165 lbs.
A. Sharp 375*
220 lbs.
J. Martin 455
G. Elias 405

WOMEN	SQ	BP	DL	TOT
AAPF				
Open				
148 lbs.				
B. LaPierre	355	185*	260	800
S. Pier	335*	195*	330*	860*
Romanowski	335	165	275	775
Teen (16-17)				
148 lbs.				
K. Czerwiec	270!*	165'*	225!*	660!*
APF				
Open				
148 lbs.				
B. LaPierre	355	185*	260	800
165 lbs.				
L. Boshoven	305	205	305	815
SHW				
C. Gilbert	425	250	400	1075
K. Reske	360	245	405	1010
Submaster				
SHW				
C. Gilbert	425*	250*	400*	1075*
MEN				
AAPF				
Teen (14-15)				
165 lbs.				
D. Fortin	250	155*	290	695*
		4th-DL-315*		
Open				
220 lbs.				
T. Doll	675	500	560	1735
Master (40-44)				
165 lbs.				
A. Sharp	225	375*	315	915
Master (50-54)				
220 lbs.				
F. Givens	615*	425	670*	1710*
	4th-BP-440*			
APF				
Open				
165 lbs.				
M. Hardy	550	345	505	1400
181 lbs.				
M. Smith	585	370	485	1440
198 lbs.				
N. Lewis	625	405	650	1680
J. Hanson	625	445	540	1610
T. Sheeham	475	365	540	1380
220 lbs.				
R. Fuciarelli	690	435	610	1735
F. Givens	615	425	670	1710
242 lbs.				
R. Ferris	735	550	660	1945
J. Czerwiec	665	450	675	1790
M. Kocsis	570	400	585	1555
275 lbs.				
D. Soppelsa	760	450	585	1795
308 lbs.				
M. White	850	500	675	2025
M. Morgan	770	490	650	1910
SHW				
P. Stratakis	965	605	705	2275
M. Crawford	575	465	500	1540
Novice				
165 lbs.				
N. Sobe	335	225	475	1035
220 lbs.				
J. Gunter	500	285	570	1355
242 lbs.				
T. Pearch	650	435	575	1660
275 lbs.				
S. Martin	530	330	450	1310
Teen (16-17)				
275 lbs.				
N. Love	520*	295*	440	1235
Junior (20-23)				
181 lbs.				
A. Strange	385	370	500	1255
Submaster (30-39)				
SHW				
P. Stratakis	965*	605	705	2275
Master (40-44)				
242 lbs.				
R. Eriksen	675*	515*	660*	1850*
Master (50-54)				
181 lbs.				
G. McMillan	515	300	565	1380
Master (65-69)				
198 lbs.				
L. Hughes	260	210	300	770
Master (70-74)				
A. Geraty	195	170*	305*	670"
		4th-SQ-230*		
Master (75-79)				
198 lbs.				
B. Creech	205*	110	245	560
	4ths:	115*	250	
Out of State				
242 lbs.				
J. Casciato	530	315	430	1275

*=State records. !=National records. The APF in Michigan showed once again why it is one of the strongest states in the country. 70 lifters over two sessions provided for some great lifting on a cold, rainy day spring day. The morning session included the some of the strongest women in our sport including Charisse Gilbert who won best lifter for women. She squatted an impressive 425# and pulled 400! Each of her lifts were state records in the women's Submaster division. Detroit Barbell Club brought strength as well as beauty to the meet. Teen sensation Kim Czerwiec set 148# class AAPF national records in all three lifts while leaving close to 100# on the platform. Beth LaPierre set the state bench record in both the AAPF and APF, also in the 148's. Shelly "Fury" Pier set the AAPF state records in all three lifts. Kristy Reske rounded out the crew with an amazing 1010# total. Nationally known Lynne Boshoven put on a deadlift exhibition with 20 reps at 305# in the 165# class. Lena Howard benched in the 70-74 age group setting a state record with 100#. Joanne Tirshnet set the state bench record with 95# in the 60-64 age group. These are two very inspirational women! In the Teen division, David Fortin set AAPF state records in all three lifts for the 14-15 age group while lifting in his very first meet! Nate Love set APF state records in the squat and bench for the 16-17 age bracket. Arthur Sharp set both APF and AAPF state records in the bench for Master 40-44 165#ers. In the Master 50-54 class for AAPF, Floyd Givens showed us how to do it. He set state records in all three lifts, won best lifter for Master's and was overall Champion of Champions. Floyd is a very humble man but an incredible role model for lifters to mold themselves after. Nick Lewis won best lifter for lightweights in the Open class with an impressive 1680# total in the 198's. One of the highlights of the meet was 242'er John Czerwiec. John tore his bicep around 8 weeks out from the meet. He was able to squat and bench so he kept training in hopes of qualifying for Seniors in June. It took 3 attempts to get a squat in and needed a pr deadlift with that torn bicep to qualify. It was an all or nothing attempt with 675# loaded in the bar and his bicep wrapped tight. The crowd jumped to its feet as he pulled it to completion and 3 white lights. Paul Stratakis won best lifter for heavyweights with a 2275# total. Paul gave 1015 squat a ride and exploded up with it but was around 1/2" high. Look for a grand to fall at Seniors. The meet was run all day without any misloads or dropped bars. Great job by our spotters. Thanks go out to Steve Shaftley, Brian Nasser, Jason Jackson, Rob Johnson, Steve Woods, Jim Proce, John Wood and Big Clay Brandenberg for keeping the lifters safe all meet long. Weare lucky to have numerous national judges which allow people to attempt national records at our state meets. Quality and consistency were the words of the day from judges Mike Szudarek, Art Little, Paul Stratakis, Andy Briggs, Martin Howard and Craig Gallo. MC Dante Fortin kept the crowd buzzing with his professional announcing skill while Martin Howard and Paul Sippola ran the scorer's table. Sculptured trophies were provided by Carl Seeker. I highly recommend his awards and the lifters love them. You can reach Carl at 1-814-730-1943 for your trophy needs. The entire APF Michigan family wishes to express our sincere condolences to Rob Johnson who lost his bride suddenly at the end of January. Also to John Czerwiec who lost his mother in March. (J. Harbourne)

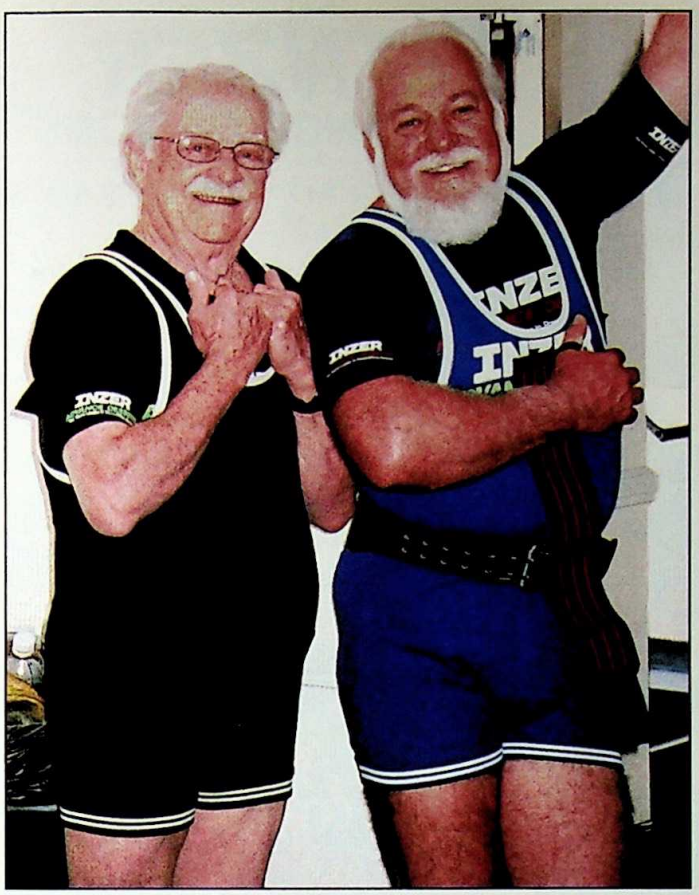
Garry Frank & some of his Friends at the APF Louisiana State Championships: *Garry, Terry Buckley, Christian Simmons, David Favre, and Allan Massie. (photographs provided courtesy of Frank)*

APF Louisiana State
23 APR 05 - Baton Rouge, LA

BENCH
MEN
Master
181 lbs.
B. White-45 308
D. Boyes-70 137
220 lbs.
V. Breaux-59 413
Open
275 lbs.
K. Fleming 303

WOMEN	SQ	BP	DL	TOT
Teen				
97 lbs.				
K. Gunkel	121	45	148	314
Open				
165 lbs.				
C. Myers	468	281	451	1168
Master				
114 lbs.				
T. Rivers	165	82	231	474
123 lbs.				
D. Hogg	181	121	225	545
SHW				
K. LaMonica	369	225	347	942
MEN				
Teen				
132 lbs.				
J. Ladnier	303	115	314	733
148 lbs.				
Z. Wagoner	418	297	451	1168
R. Blunschi	407	281	451	1140
181 lbs.				
J. Hillard	385	253	369	1008
198 lbs.				
J. Casey	573	380	562	1515
A. Martino	479	248	413	1140
275 lbs.				
J. Spohrer	545	396	587	1532
Junior				
148 lbs.				
N. Rocco	281	137	259	677
Novice				
198 lbs.				
S. Johnson	479	275	435	1190
Open				
148 lbs.				
T. Hoerner	755	341	606	1703
181 lbs.				
M. Lucket	777	473	606	1857
198 lbs.				
A. Massie	644	281	440	1366
220 lbs.				
J. Clay	518	391	479	1387
242 lbs.				
R. Tinney	755	479	650	1884
C. Simmons	1003	716	650	1369
275 lbs.				
D. Favre	744	523	551	1818
308 lbs.				
B. McKee	777	600	600	1978
SHW				
J. Ewing	1003	507	683	2193

John Ewing Returns: *squatting 1003 lbs. in his first meet after snapping his arm back at the WPC World meet held just last October!*



Legendary Louisiana Masters: *Don Dreyer (age 83) and Vince Breaux (age 59, standing at right) at Garry Frank's APF State contest*

Master				
181 lbs.				
D. Dreyer	154	143	248	545
198 lbs.				
A. Massie	644	281	440	1366
T. Buckley	705	413	198	1317
T. Smith	446	330	396	1176
220 lbs.				
B. Myers	804	501	628	1934
308 lbs.				
B. McKee	977	600	600	1978

(Thanks to Garry Frank for the results)

APF/AAPF Midwest Open
19 MAR 05 - Kansas City, KS

WOMEN	SQ	BP	DL	TOT
Open				
K. Austerman	—	205	—	—
K. Baker	380	220	305	905
MEN				
C. Bangs	435	285	450	1170
S. Beccue	475	335	520	1330
J. Biddle	715	435	600	1750
T. Bollig	575	—	565	—
D. Buchanan	575	405	600	1580
B. Cramer	545	255	585	1385
N. Crafton	550	350	555	1455
D. Davis	565	500	565	1630
C. Evans	475	415	465	1355
D. Francis	655	250	550	1455
T. Furlow	675	430	660	1765
N. Gentges	—	—	—	—
J. Gross	—	220	—	—
R. Guevara	430	295	420	1145
M. Hairston	725	565	565	1855
S. Heffernan	575	430	500	1505
J. Heisinger	700	390	650	1740
K. Hernandez	—	420	—	—
Hildebrand	440	380	465	1285
T. Kell	335	225	430	990
S. Kelley	675	370	560	1605
L. Lewis	—	420	—	—
T. Luke	—	475	—	—
J. Mann	675	425	650	1750
M. Nash	130	100	235	465
D. Noonan	—	455	—	—
K. Parrish	—	—	—	—
M. Prewitt	630	375	550	1555
M. Reynolds	—	510	—	—
V. Spitalere	275	185	335	795
C. Steunmke	455	255	465	1175
B. Stevens	—	—	—	—
P. Sullivan	—	450	—	—
B. Willis	455	335	475	1260

(Thanks to Susan Patterson, Midwest Barbell, for providing these meet results)

Bartlesville Push Pull
7 MAY 05 - Bartlesville, OK

PS BENCH				
Master Pure				
220 lbs.				
G. Norris	170			
Push Pull		BP	DL	TOT
Youth				
76 lbs.				
R. Bean		27.5	60	87.5
Power Sports				
Teen				
165 lbs.				
J. Cox		47.5	92.5	140
114 lbs.				
Z. Spraque		60	107.5	167.5
Master-3				
G. McGuier		—	135	135
Powerlifting				
High School				
220 lbs.				
A. McKay		100	185.5	285.5
Teen				
198 lbs.				
D. Hofstorm		102.5	147.5	250
Pure				
275 lbs.				
J. Ransbottom		257.5	295	552.5
Junior				
165 lbs.				
K. Jones		—	232.5	232.5
Master-1				
220 lbs.				
M. Bean		160	250	410
M. Hearing		150	207.5	357.5
Master Pure				
220 lbs.				
M. Beam		160	250	410

(Thanks to Jim Duree for providing results)

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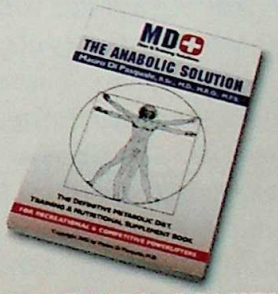

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Patrick Hall

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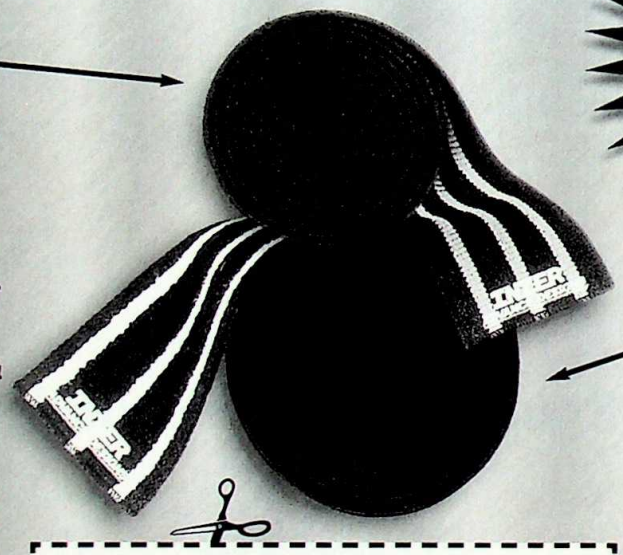

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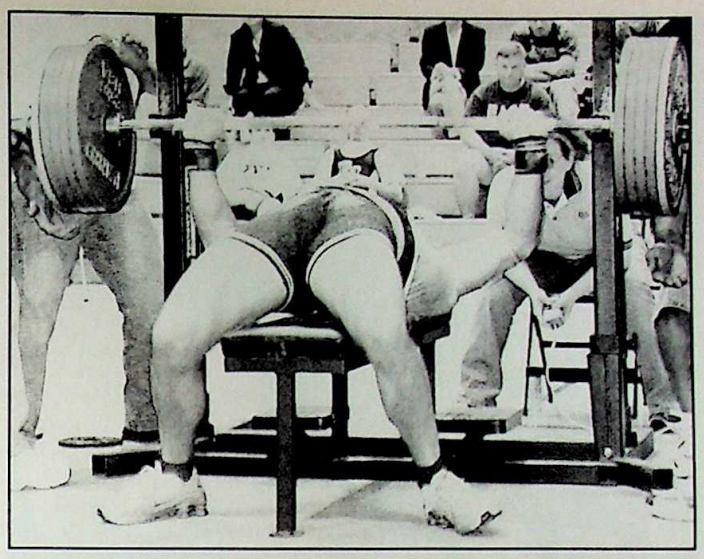
USAPL North Carolina State
23 APR 05 - Denver, NC

BENCH		275 lbs.		
MEN		A. Gilliam		606!
Open		SHW		
114 lbs.		Washington		474
W. Jones	176!	Masters (55-59)		
132 lbs.		V. Sumner		270!
A. Woods	143!	Masters (50-54)		
165 lbs.		J. Deramus		160!
D. Maoury	—	Masters (40-44)		
242 lbs.		R. Wess		265!
T. Jenkins	353	R. Sutton		220!
MEN	SQ	BP	DL	TOT
Teen (16-17)				
A. English	480	336	557	1372!
S. Jordan	314	303	402	1020
Open				
132 lbs.				
A. Woods	215	143	364	722!
181 lbs.				
N. Miceli	303	309	402	1014
198 lbs.				
B. Schmidt	606	408	650	1664
T. Shelton	540	424	645	1609
242 lbs.				
T. Jenkins	441	353	441	1235
Masters (60-64)				
M. Lewis	502	325	502	1328!
Masters (55-59)				
V. Sumner	254	270	353	876!
Masters (45-49)				
K. Hall	502	419	540	1461!
Masters (40-44)				
B. Schmidt	606	408	650	1664!
B. Nichols	584	402	562	1549
Guest Lifter				
G. Dolan	705	441	705	1852
FEMALE				
A. Anderson	187	—	309	—

!=Records made. It was another successful USAPL North Carolina State meet. This meet continues to grow with quality competitors of all ages. A full power meet was run in conjunction with a bench only meet. Although, the turn out may have been hindered by the meets proximity to USAPL Men's Nationals and Master's Nationals in May, there were over 40 competitors, nearly 60 classes entered, and 6 females. The success of this meet still goes to it's efficient running by all the volunteer help. Thanks goes out to all the table help, spotters, loaders, announcer Tim Morgan, and referees, Glen Hill, John Demchak, and Christy Newman. A special thanks to the sponsors, Bulk Nutrition.com, Inzer Advance Designs, APT writs Wraps, Dick's Sporting Goods, and Promax. The meet was held in three flights. The first flight was female and teens, followed by men's open, and then men's masters. In the first flight, the opening attempt set the stage for what was to come. Female youth competitor, 13 year old, Wendi Clewis broke the state squat record on her opening attempt on her way to 6 records and a 309 lb. total, at a mere 101 lbs. bodyweight. The female class, decided by Wilks formula, was won by Suzette Ogbon, followed closely by Andrea Anderson. Both broke multiple state records on their way to totaling 623 lbs. and breaking a record on all 3 attempts. The teens followed and continued the record setting trend. Teen-1 class was won by Andrew Hare, breaking 7 records and totaling 959 lbs., taking the bench only title as well. In teen-2, it was Justin Eicholtz, winning both power and bench meets, finishing with a record 292 lbs. bench. the teen-3 class had two separate champions. In full power, it was up and coming Adam English, taking gold while breaking 6 records. His 1394 lb. total would have placed him in the top 5 at last years High School Nationals at 198 lbs. and 2st by more than 50 lbs., in the 181 lb. class. Considering he came in weighing 190 lbs. In the bench only meet, it was Brandon Adams capturing the title with a record 309 lbs. lift. the second flight was the men's open classes. The lightest competitor was Wilbert Jones. Wilbert won the bench only 114 lbs. class with a double bodyweight, record setting bench. In the 123 lbs. class, Adam Woods won both gold's in the full power and bench meets setting a total of 7 state records. Rob Wess also took both state titles, in the 148 lbs. class. Open lifter Kevin Locklear, from South Carolina, took the open 148 lbs. class. This was the biggest class and it had two separate champions. Charlie Kiziah bombed in the squats almost falling twice, but came back dominating for the bench title with a record 391 lb. lift on his opener. The full power gold went to Kurt Sokolski, who set a submaster bench record on his way to a 1356 lb. total. In the 198 lbs. class, Travis Pardue won both titles. In the full power meet, he totaled 1527 and walked away with the best lifter award. Although Travis won the state title in the bench, he was out done by world team member Dennis Cieri, from New Jersey, for the open title. Dennis slimmed down from 220 lbs. to 198 lbs., after dropping 600 lbs. on his chest 6 months ago, looked good. He finished with a bench of 568 lbs. The 275 lb. gold went to Georgian, Neil Gewirtzman, with the biggest total of the meet, 1620 lbs. This easily locked up the best bencher award. At 242 lbs., another New Jersey boy put up a big number. Troy Lehrer made 540 lbs. look easy for the gold. The biggest bench of the day came from SHW AJ Coleman Jr. AJ gave 601 lbs. a ride for the title and a state record. The experienced guys came last, with the third flight being made up of the master's lifters. It started off with a show of true strength. Masters-7 lifter, 74 year old, 181 lb. Bill Milner, won the bench gold with a record 215 lb. bench. the masters-1 class, figured by wilkes, was a well-contended class. Mark Swift won the state title with a record total of 1466 lbs., followed closely by Rob Wess, who set a masters bench record. The open title was won however, by the man from Georgia, Neil Gewirtzman. The bench title went to Robert Britt, with a 402 lb. bench, followed by Elizer Hinton Jr. with a South Carolina record bench of 386 lbs. In the masters-2 class, Kurt Hal easily won the full power meet with 1394 lb. total. Kent Walton took second but won the bench title, returning to lifting after more than 20 years. Masters-3 was the last class of the day and it had a double winner. Wayne Alsup took both titles, winning the bench with a record 375 lb. lift, and finishing the meet with the biggest pull of the day 650 lbs., for a new state record. Again, this was a very enjoyable meet for all. Starting with gift bags with freebees from our sponsors, APT Wrist Wraps, Promax, and Dick's. Next was a quickly and efficiently run meet, with great support and sportsmanship. Then finally to Battle Axe best lifter awards and free Rage X bench shirts, supplied by Inzer Advanced Designs, for the bench meet winners. (These meet results provided by Donovan Thompson)



***Dennis Cieri's** near miss with an IPF World Record 584 bench press @ 198 at the USAPL North Carolina State Powerlifting and Bench Press Championships (photograph by courtesy of Donovan Thompson)*

USAPL CO Winter Bench Fest
27 FEB 05 - Aurora, CO

Youth		Master-2	
114 lbs.		S. Heyl	308
(12-13)		Master-3	
M. Roberts	99	J. Handley	192
Teen		242 lbs.	
220 lbs.		Master-1	
(18-19)		T. Ruppert	325
D. Kelley	369	Master-7	
242 lbs.		C. Doggett	319
(17-18)		275 lbs.	
J. Walters	347	Master-1	
WOMEN		J. Obechina	407
148 lbs.		Master-2	
Open		R. Gellar	501
A. Miller	159	Open	
165 lbs.		165 lbs.	
Master-2		T. Rickett	369
C. York	143	220 lbs.	
Masters-1		R. Treantos	429
165 lbs.		T. Howell	225
T. Rickett	369	SHW	
198 lbs.		L. Ingersoll	424

(Thanks to USAPL for providing results)

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As a condition of membership to USAPL, I understand and accept that I am prohibited from using any substance or doping method that is banned by the United States Olympic Committee. It is my sole responsibility to stay current with any USOC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly, and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit USAPL to publish my name as a suspended member and/or a member who is suspended for testing positive for a banned substance or doping method on the Internet, in *Powerlifting USA*, or any other publication that USAPL so chooses.

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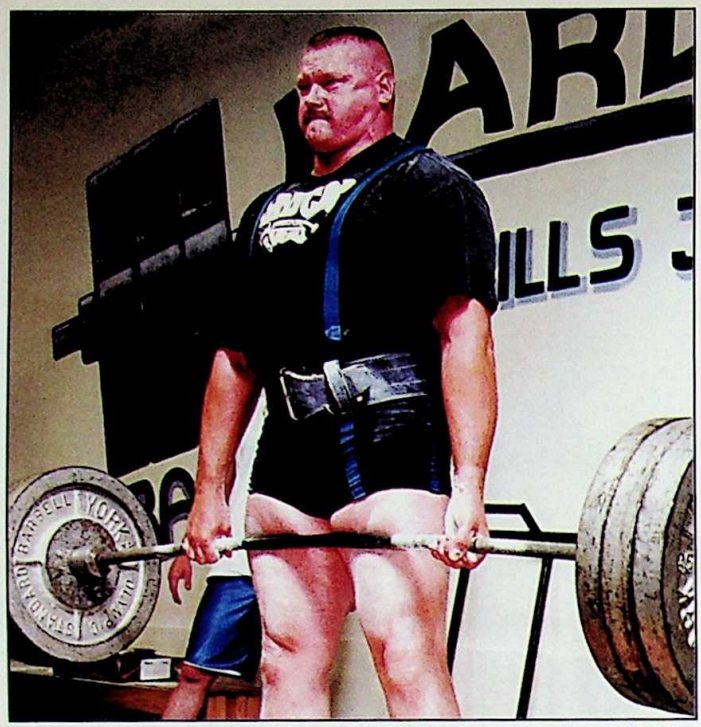
AAPF National PL/BP (kg)
22-24 APR 05 - Turner, ME

BENCH
MEN
Master (40-44)
181 lbs.
D. Naughton 200
198 lbs.
Blackstone 175
220 lbs.
S. Luciano 205
Master (45-49)
275 lbs.
L. Hemenway 250
Master (50-54)
198 lbs.
R. Egli 162.5
Master (55-59)
SHW
T. Nelson 197.5
Master (60-64)
198 lbs.
J. Hussey 160
Master (65-69)
220 lbs.
F. Kucharski 117.5!
Master (70-74)
242 lbs.
B. Bianco 110!
Open
181 lbs.
S. Barattini 170
198 lbs.
J. Rebera 215.5!
308 lbs.
M. Gerard 237.5
Submaster
275 lbs.
D. Szymanski 227.5
WOMEN
Open
165 lbs.
Fineis-curry 112.5

MEN	SQ	BP	DL	TOT
Junior				
165 lbs.				
E. Cressey	215	152.5	235	602.5
220 lbs.				
R. Santiago	250	150	217.5	617.5
275 lbs.				
T. Irving	250	217.5	272.5	740
Master (40-44)				
181 lbs.				
M. Cormier	272.5!	182.5	242.5	697.5
D. Naughton	250	200!	180	630
R. Pushard	210	147.5	200	557.5
Master 945-49)				
148 lbs.				
V. Scelfo	187.5	110	142.5	440
165 lbs.				
M. Larsen	185	82.5	180	447.5
181 lbs.				
R. Fabiano	227.5	182.5	227.5	637.5
198 lbs.				
D. Morong	230	172.5	272.5	675
220 lbs.				
M. Terman	317.5!	165	301!	782.5!
S. Cote	310	150	245	705
P. Thomsen	240	170	250	660
242 lbs.				
D. Parks	330!	177.5	240	747.5
308 lbs.				
T. Lane	342.5	197.5	305	845
Master (50-54)				
181 lbs.				
F. Ruettiger	277.5!	160	227.5	665
G. Wolfe	267.5	147.5	230	645
220 lbs.				
D. Zenzen	297.5	170	237.5	705
Master (55-59)				
148 lbs.				
M. Wider	192.5	102.5	205	500!
181 lbs.				
B. Todd	230	132.5	182.5	545
198 lbs.				
E. Sapienza	202.5!	155!	205	562.5!
Master (65-69)				
165 lbs.				
R. Flores	235!	120	242.5!	597.5
220 lbs.				
E. Brown	165	125	157.5	447.5
Master (70-74)				
181 lbs.				
E. McCulloch	135!	90	160	385
G. Camacho	112.5	105	165!	382.5
C. Morse	227.5	135	205	567.5
Open				
181 lbs.				
L. Morrison	300	197.5!	272.5	770
C. Kanavas	262.5	170	262.5	695
P. Houston	250	175	245	670
J. Pelletier	285	150	215	650
R. Fabiano	227.5	182.5	227.5	637.5
198 lbs.				
R. Clark	305	200	305!	810
J. Soule	287.5	215	290	792.5
J. Rebera	315.5!	215.5!	260	790
G. Sotirakos	287.5	217.5	277.5	782.5
E. Baker	285	210	260	755
220 lbs.				
M. Ridge	287.5	227.5	250	765
A. Daignault	255	160	215	630
242 lbs.				
A. Acome	345!	267.5!	285	897.5!
J. Gotlieb	332.5	182.5	287.5	802.5
R. Tonini	320	227.5	255	802.5
D. Jensen	295	197.5	275	767.5
M. Chariott	252.5	147.5	260	660
D. Sneed	125	82.5	200	407.5
275 lbs.				
P. Halliwell	372.5	232.5!	260	865
G. Bonneville	355	227.5	277.5	860
C. Ryder	365	202.5	272.5	840
S. Tyler	307.5	250	275	832.5
308 lbs.				
B. Klaus	390!	272.5!	317.5	980
Bierschbach	345	227.5	290	862.5
T. Lane	342.5	197.5	305	845
A. Brickett	342.5	220	272.5	835
J. Cross	347.5	197.5	272.5	817.5
A. Miller	272.5	235	272.5	780
Submaster				
148 lbs.				
C. Morse	227.5	135	205	567.5
181 lbs.				
J. Pelletier	285	150	215	650
198 lbs.				
R. Clark	305	200	305	810
S. Nautel	272.5	165	255	692.5
220 lbs.				
J. Westleigh	275	172.5	252.5	700
Teen (13-15)				
132 lbs.				
J. Gallison	127.5	77.5	150	355
Teen (16-17)				
198 lbs.				
M. Welcheck	285	175	205	665
220 lbs.				
N. Metzger	272.5	205!	250	727.5
275 lbs.				
L. Stasko	317.5!	175	237.5	730
H. Beck	272.5	205	205	682.5
Teen (16-17)				
308 lbs.				
Addenbrooke	305	215	272.5	792.5
SHW				
M. Pelosi	287.5	142.5	272.5	702.5
Teen (18-19)				
181 lbs.				
A. Manders	160	115	205	480
242 lbs.				
K. Davis	265	200	250	715
WOMEN				
Junior				
165 lbs.				
J. Desrosier	182.5	95	137.5	415
Master (40-44)				
181 lbs.				
S. Ross	137.5	72.5	125	335
Master (50-54)				
181 lbs.				
J. Stabile	140!	62.5	147.5	350
Master (55-59)				
123 lbs.				
S. McCallion	95!	37.5!	105!	237.5!
Open				
114 lbs.				
A. Rogers	117.5	80!	145	342.5
132 lbs.				
P. Morong	135	70	145	350
148 lbs.				
B. Winslow	180.5!	80!	170!	430
165 lbs.				
Fineis-Curry	220	112.5	182.5	515
198+ lbs.				
K. Saunders	162.5	70	165	397.5
Submaster				
165 lbs.				
L. Denison	202.5	87.5	162.5	452.5
Teen (13-15)				
132 lbs.				
R. Mayer	117.5	62.5	120	300!

!=World Records. Best Lifters Friday: Teen - Nick Metzger, Rachel Mayer. Junior - Terrence Irving, Jasmin Desrosier. Submaster - John Westleigh, Dale Szmanski, Lisa Denison. Saturday: Richard Flores, Tim Lane, Lloyd Hemingway, Jane Stabile. Sunday: Brian Klaus, Brooke Fineis-Curry. I would like to thank all of the AAPF lifters for their support, for without your participation there would not be any national championships. I would also like to thank my partners: Chris Wiers and Scott Blanchard. Table: Norm Guay, Erica Guay, Lynne Barlow, Kristy Scott. Judges: Maris Sternberg, Bob Spaulding, Mike Scott, Dick Zenzen, Eugene McCulloch, Jeff Rebera, Tom Nelson. Spotters/Loaders: chris Wiers, tim Lane, Scott Blanchard, Andy Daignault, Greg Brochu, Steve Cote, Randy Pushard, Ethan Baker, Kathy Saunders, Eric Saunders, John Pelletier. You are all "the best". Stay hardcore. (Thanks to Russ Barlow for these results)



***Tim Lane** at the AAPF Nationals (photograph courtesy of R. Barlow)*

APF Nebraska/Iowa State
2 APR 05 - Omaha, NE

BENCH
WOMEN
123 lbs.
Open
A. Kuphal 159
MEN
Junior
242 lbs.
R. Briggs 639
Master-1
198 lbs.
R. Hennigar 413
220 lbs.
S. Murphy 474
242 lbs.
M. Moody 429
308 lbs.
C. Jensen 402
D. Dickey 584
Master-2
165 lbs.
T. Fuller 303
Open
181 lbs.
B. Heck 600
J. Kuphal 424
198 lbs.
D. Phipps 468
A. Sanders 501
220 lbs.
C. Liar 325
242 lbs.
J. Garcia 336
R. Luyando 723
B. Hein 722
275 lbs.
A. Wilson 644
R. Everett —
308 lbs.
P. Harris 622
Teen
198 lbs.
L. Lacy 407
220 lbs.
J. Hennigar 341

DEADLIFT

MEN
Novice
148 lbs.
B. Kutsch 358
Open
181 lbs.
S. Auxier 590
L. Kuhl 540

PUSH/PULL	BP	DL	TOT
WOMEN			
132 lbs.			
Open			
H. Burke	165	341	507
198+ lbs.			
Teen			
M. Dudley	319	435	755
MEN			
Master-1			
181 lbs.			
J. Sorrell	336	374	711
Novice			
242 lbs.			

M. Wilcoxson		413	600	1014
275lbs.				
B. Stuart		468	650	1118
Open				
242 lbs.				
B. Leisinger		418	622	1041
Teen				
242 lbs.				
C. Kinsey		303	402	705
308 lbs.				
J. Robinson		325	440	766
WOMEN	SQ	BP	DL	TOT
198 lbs.				
Master-1				
D. Widdis	534	264	468	1267
97 lbs.				
Open				
B. Sieps	286	143	304	734
148 lbs.				
R. Carlsson	303	137	352	793
198 lbs.				
T. Vaught	402	231	424	1058
181 lbs.				
Teen				
A. Huston	534	259	512	1306
MEN				
Junior				
181 lbs.				
T. Runde	722	440	567	1730
198 lbs.				
J. Knutson	661	501	573	1736
242 lbs.				
J. Petersen	804	424	540	1769
Master-1				
148 lbs.				
D. Abbey	606	352	534	1493
220 lbs.				
J. Boukal	573	281	496	1350
M. Taylor	771	529	633	1934
D. Satterfield	501	325	540	1366
242 lbs.				
J. Gnerre	683	507	622	1813
R. Ward	837	451	650	1940
275 lbs.				
J. Anderson	771	440	573	1785
D. Pearson	925	501	749	2177
Open				
198 lbs.				
B. Bachmann	529	231	440	1201
S. Frankl	705	501	650	1857
220 lbs.				
R. Ferris	683	479	231	1394
F. Campos	496	303	600	1399
B. Gohr	749	457	606	1812
B. Mull	837	485	655	1978
242 lbs.				
T. Acome	749	567	628	1945
275 lbs.				
D. Gross	589	429	551	1570
J. Grandick	953	705	744	2403
308 lbs.				
J. Bolger	771	501	551	1824

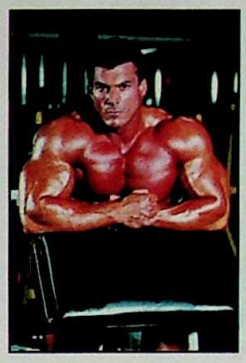
Best Lifter Heavyweight: Jim Grandick. Best Full Lifter Lightweight: Doug Abbey. Best Bench Heavyweight: Rob Luyando. Best Bench Lightweight: Brad Heck. Best Deadlift Heavyweight: Jim Grandick. Best Deadlift Lightweight: Doug Abbey. (thanks to Beccas Swanson for providing results)

Go Beyond the ZONE

Better BALANCED Nutrition for Better RESULTS!

New Macrobolic Nutrition Bars and and Macrobolic MRP's Build Muscle, Burn Fat and Taste Incredible!

Let's face it - the ultimate goal for everyone who works out is to increase lean muscle while reducing body fat. Yet, many people are following diets that limit their muscle building potential and make all of their hard training efforts go to waste. The huge media attention surrounding the 'Low-Carb' diets has probably led many to believe that it's the only way to get lean. Unfortunately, you probably found out the hard way that a 'Low-Carb' diet isn't giving you the results you want—rather than looking big and hard with full, dense muscles, you often feel small, flat and weak! The ZONE diet on the other hand, is a much more sensible and effect approach. It is based on a more balanced diet of 40% Carbohydrates, 30% Protein and 30% Fats. While this is much more effective than low-carb for long term weight loss, it still falls short for anyone who works out and is hoping to lose body fat while increasing lean muscle. That is about to change thanks to a revolutionary new diet program designed to unleash the anabolic effects of food—MACROBOLIC NUTRITION!



GERARD DENTE

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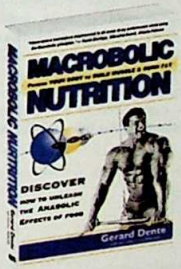
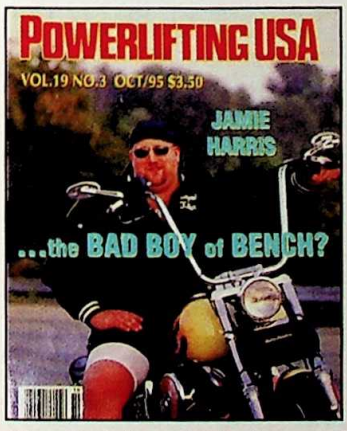
Macrobolic-MRP and Macrobolic Performance Bars by MHP are based on this revolutionary 45/35/20 diet concept and contain the highest quality sources of carbohydrates, proteins and fats available. Macrobolic supplements truly set a new standard in quality and efficacy for performance nutrition. To buy or for more information, please visit www.macrobolicnutrition.com or call MHP at 1.888.783.8844.



- Gerard Dente
Nutrition Expert,
Author of Macrobolic Nutrition

Back Issue of the Month



The October 1995 issue of Powerlifting USA had the "Bad Boy of Bench?"—JAMIE HARRIS

*—**on the cover with an interview by Chris Lydon M.D.** which helped establish the self-described "Legend Killer" as a legend in his own right. (... "I love the adversity of people trying to tell me I can't do something"...). We also had the insight of John Inzer and his "Successful Deadlifting Strategies" accompanied by some of the most remarkable photographs of a deadlift attempt you will ever see (how about 10' blasts of flame within a few feet of the lifter!). Rick Brunner described the process involved in elite level sport supplement program design, and PL pioneer Ronnie Hale was profiled by his fellow Hoosier buddy Herb Glossbrenner. On Herb's all time lists for the 114 and 123 women's classes, Mary Jeffrey and Carrie Boudreau were the top ranked lifters, with daughter Lori Jeffrey in 35th place in Mom's class, and bench- blaster-and bodybuilder-to-be Paula Suzuki 41st position (with a 220 BP at 123). Louie Simmons described how to use three new training devices: the Manta Ray squat bar support, the "Ab Bench", and cable-based Belt Squat Machine. Doug Daniels laid out the Squat Suit Story, Nick Theorodorou (a founder of the ADFPA) laid out is deadlift routine in our Workout of the Month. Moses Battles was interviewed by longtime ADFPA official Bob Gaynor. We had double-truck coverage of the AAU Jr. Olympics in Des Moines, IA including the lifting of one teenage Mike O'Donnell. Bench Star Frank Wakakuwa was pictured after his 595 at 242 in Hawaii. On our TOP 100 for the 148s, Mr. Shackelford had the top squat (700), with Tony Conyers 2nd at 675, and Tony led in every other category with 435 630 1740. Mark Sigala was 54th in the squat (490), Greg Page was 89th in the bench (325), Robert Cortes was 73rd in the deadlift (485), and John Gengo was 87th in the total with 1220. To order this back issue, and many others that are still available, see our listing starting on page 48 of this issue.*

Nova Raw PL/BP
16 APR 05 - Sterling, VA

BENCH		275 lbs.		
MEN		(35-39)		
165 lbs.		B. Powell		385
J. Smith	280!			
MEN	SQ	BP	DL	TOT
165 lbs.				
J. Klotz	135!	115	365!	615!
181 lbs.				
N. Mercorelli	455!	350	425	1230!
242 lbs.				
Law/Mil/Fire				
B. Eyler	450!	350!	570!	1370!
275 lbs.				
(35-39)				
B. Powell	—	385	445	830
SHW				
J. James	455	315	550	1320

!=Nova Raw Records. Best Lifter: Nick Mercorelli. Meet Director: John James. This meet was held on the weekend that major league baseball returned to the Washington, area after a 34 year absence. In the bench press men's 165, Julius Smith lifted 280 and looked good for more in the future. In 275 submaster, Brian Powell weighed in at 246 and benched 385, with a close miss with 400, which I'm sure he'll get next time. In the powerlifting meet we had Jonathan Klotz in the 165's. Jon had a hard fought 365 deadlift, and is a law school student. In the 181's Nick Mercorelli was best lifter with a 1230 total. In the law/military/fire division 242's, Bert Eyler had the highest total of the meet, 1370, including a 570 deadlift. Bert is a police officer. Thank you to Dan Keckman for helping load weights for the deadlift, all the lifters, House of Pain, Mike Lambert and Powerlifting USA. (from John James)

Jonathan Klotz with a 365 deadlift in the 165 lb. class at the Nova Raw meet. (this photograph provided by John Patrick James)

100% Raw North American BP
30 APR 05 - Stanardsville, VA

BENCH		(under 6)	
FEMALE		M. Campo	45
105 lbs.		105 lbs.	
Open		(8-9)	
(45-49)		J. Campo	80
K. Poyner	130	148 lbs.	
123 lbs.		(16-17)	
Open		J. Shifflett	145
K. Self	155	(60-64)	
165 lbs.		C. Waggoner	55
(18-19)		181 lbs.	
N. Miller	135	(18-19)	
MEN		J. Peachy	225
66 lbs.		Open	
J. Self	380	R. Crawford	250
198 lbs.		(18-19)	
Open		K. Ryan	285
M. Shipley	340	(50-54)	
J. Jackson	325	C. Gibson	300
(50-54)		275 lbs.	
T. Campo	350	(35-39)	
220 lbs.		S. Kuzma	467.5
(20-24)		Open	
C. Parks	295	(40-44)	
Open		J. Fullen	470
G. Godbold	375	319 lbs.	
(35-39)		(20-24)	
D. Smith	380	S. Dellinger	405
(40-44)		Supers	
J. Shifflett	325	Open	
242 lbs.		L. Thompson	335
(14-15)			

(Thanks to John Shifflett for these results)

ISCI Power Meet
9 APR 05 - Boise, ID

MEN	SQ	BP	DL	TOT
148 lbs.				
M. Gomez	275	185	405	865
L. Branigh	260	225	355	840
C. Scott	240	205	335	780
B. DeVino	245	195	320	760
A. Alfuro	225	135	375	735
165 lbs.				
Z. Ziegler	300!	235!	415!	950!
C. Ritchie	335	220	365!	920!
T. Morrison	255	270	385	910
C. Gonzales	335	225	335	895
J. Miller	300	205	365	870
J. Garcia	295	205	325	825
C. McManus	225	205	375	805
T. Buss	275	165	340	780
L. Marin	235	215	325	775
B. Mancini	230	155	340	725
J. Smith	205	165	325	695
B. Estrada	220	135	295	650
C. Fell	175	195	—	—
181 lbs.				
S. Dunn	385	275	400	1060
E. Hernandez	315	210!	475!	1000!
N. Jones	325	215	420	960
A. Brewster	275	215	435	925
G. Kroll	255	265	405	925
J. Aganza	295	215	405	915
R. Cervantes	205	205	370	780
N. Ruiz	245	175	255	675
C. Hamson	135	185	315	635
Gegenheimer	135	135	330	600
198 lbs.				
A. Adermann	335	300	455	1090
H. Colling	335	245	420	1000
L. Luna	305	230	435	970
R. Neri	315	225	385	925
W. Roberts	275	225	405	905
J. Hafuer	250	245	375	870
Derryberry	205	215	350	770
T. Brown	245	205	250	700
A. Bailey	—	—	—	—
220 lbs.				
C. Griffith	315	235	510	1060
M. Matthews	315	275	365	955
242 lbs.				
M. Hadley	345	345*	510	1200
L. Murray	275!	225	350!	850!
Masters				
M. Matthews	315	275	365	955
L. Murray	275!	225	350!	850!

Outstanding Lifters	Total	Points
1st-Albert Adennann	1090	672.203
2nd-Shawn Dunn	1060	661.228
3rd-Matthew Hadley	1200	656.04

*=ISCI Records. !=Personal Bests. This was the largest power meet ever held at the Idaho State Correctional Institution. Forty-one (41) lifters participated in this meet. All of the Big Dogs sat this one out and let some of the new bloods step to the platform. Zach Ziegler came ready for battle adding 25 100. to his squat, 30 lbs. to his bench and 65 lbs. to his dead to take the 165 class away from Chad Ritchie. Do we have a feud going on? Shawn Dunn put on quite a show in the 181 class missing only one lift throughout the whole meet. Ernesto Hernandez put up a good fight adding 55.100 to his total. Maybe next meet, he'll squeeze into first place. Al Adermann missed our last meet due to a minor mishap, but this time he was ready and the man to beat. He set a 1090 total which won him to Outstanding Lifter Award. He is a potential Big Dog. Chris Griffith and Matt Hadley joined the 500 Club with 510 lbs. deads. Matt also smashed a 10 year old bench press record in the 242 Class. Marcus (Coach) Matthews came out of retirement to take the Masters Division. This meet would not have taken place without the hard work and dedication of a lot of people. Thanks to Martin Perez, who put the whole meet together and acted as a judge with Jorge Barjas and Big Bryan Jacobs. To the loaders and spotters, who did an excellent job keeping everyone safe and injury free, Daniel Torres, Monte Moon, Steve Rendon, Derek Johnson, Jerry Castaneda and Etson Flores. To our scores and announcer Doug Austin, Bill Brady and David Wright for keeping everything running smoothly. Thanks to Doug Parker, Rodney Bernal and Jon Spickler for the sound and pictures. Thanks to all the lifters and audience members who helped set up and tear down the lifting platform. And thanks to the audience who's excitement and cheering helped pump all the lifters up. Most especially, a very special thanks to Sgt. Barrosa and CO Clark, who supported and helped us pull all this together. See you all again in six months. (Thanks to Douglas Austin for providing these meet results)

6th Police/Fire Nationals (kg)
5 MAR 05 - Overland Park, KS

BENCH		D. Clarke	40
Power Sports		N. Mense	47.5
MEN		148 lbs.	
198 lbs.		High School	
Teen		T. Hoag	55
C. Surber	70	Teen	
Junior		D. Hoops	50
J. White	132.5	198 lbs.	
Novice		Submaster-2	
J. Kline	125	P. Bonsignore	127
Submaster-1		Master-1	
K. Roush	152.5	D. Hoag	142.5
220 lbs.		220 lbs.	
Submaster-2		Inter	
T. Long	162.5	E. Jackason	170
165 lbs.		220 lbs.	
MP		M-P	
M. Hurley	95	B. Walla	—
WOMEN		242 lbs.	
148 lbs.		J. Chaney	172.5
Master-2		Submaster-1	
K. McGowan	87.5	J. Nickols	172.5
181 lbs.		Submaster-P	
High School		T. Meeker	232.5
C. Weaver	70	275 lbs.	
Powerlifting		Master-1	
MEN		M. Lawson	182.5
101 lbs.		E. McDonald	155
Teen		Master-2	
T. Smith	37.5	E. White	172.5
123 lbs.			
Power Sports	CR	BP	DL	TOT
Youth				
76 lbs.				
T. Kennedy	15	20	52.5	87.5
143 lbs.				
J. Spencer	20	25	57.5	102.5
M-2				
148 lbs.				
D. Kennedy	45	97.5	140	282.5
198 lbs.				
C-TN				
C. Surber	35	—	—	35
275 ;bs/				
C-M-1				
E. McDonald	80	—	—	80
Power Sports	SQ	BP	DL	TOT
WOMEN				
165 lbs.				
High School				
K. Lawson	92.5	45	105	242.5
MEN				
Youth				
101 lbs.				
R. Chaney	42..5	30	65	137.5
121 lbs.				

100% RAW Powerlifting Federation
Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. ____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

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

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NOTE: Your 100% RAW Membership Will Expire One Year From The Date of Application.

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

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

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

www.RAWPOWERLIFTING.com

B. Meeker	55	35	72.5	162.5
Youth				
55 lbs.				
J. Meeker	22.5	12.5	22.5	57.5
Powerlifting	SQ	BP	DL	TOT
MEN				
Teen				
123 lbs.				
D. Hopkins	65	40	72.5	177.5
220 lbs.				
D. Brandon	107.5	65	122.5	295
Inter				
181 lbs.				
J. Cantwell	255	125	250	630
198 lbs.				
T. Wiggington	157.5	110	175	442.5
308 lbs.				
J. Roach	205	185	205	595
220 lbs.				
Pure				
R. Henderson	272.5	195	340	272.5
M-1				
R. Henderson	272.5	195	340	272.5
MP				
R. Henderson	272.5	195	340	272.5

(Thanks to Jim Duree for providing results)

ABPA Arkansas State
9 APR 05 - Benton, AR

Teen		A. Walker	250
K. Taylor	115	181 lbs.	
P. Pate	145	P. Brewer	370
Novice		A. Davis	370
C. Moore	385	198 lbs.	
C. Norwood	340	S. Markham	345
T. Fenix	135	T. Kitchens	330
Beginner		220 lbs.	
J. Scott	340	L. Walker	430
B. Echoles	225	E. Nash	325
Master (50+)		D. Siler	315
J. Turner	340	242 lbs.	
Washkowiak	330	R. Hayes	365
Police/Fire		J. Nordman	320
R. Collins	360	S. Smith	320
Open		275 lbs.	
148 lbs.		C. Moore	385
T. Fenix	135	SHW	
160 lbs.		K. Brown	425
R. Raper	280		

Best Lifter Over-All: Lorenzo Walker. The Arkansas Benchpress Association 2005 Arkansas Benchpress State Championship was held at John's Gym. The meet was our largest yet and we had a large group of spectators on hand to watch. We added a new Masters Division. We now have the Maters 40 + and the Masters 50+. The Best Lifter Award went to Lorenzo Walker with a 430 Benchpress. Lorenzo has pared his body weight down by 50 pounds! Thanks to John, Shaun and Rhonda, the owners and operators of John's Gym for the use of their facility. Thanks to Dennis Washkowiak, Chris Moore and Ronnie Spivey for Judging. And special thanks to my lovely wife Tonya Nichols who helped organize, coordinate, direct and keep scores. She also designed the overall trophy-a mounted eagle which is also our training logo. This was the first time to award this trophy. We plan to award them at our future events. Thanks to all the competitors and fans for competing and supporting the Arkansas Bench press Association.(Thanks to ABA President, DD Nichols, for these results)

Cutting Edge Spring Classic
1 MAY 05 - Albany, NY

FEMALE	SQ	BP	DL	TOT
Teen				
148 lbs.				
R. Mayer-15	281	132	270	683!
4ths:	286!	142!	286!	
Master (55-59)				
122 lbs.				
S. McCallion	20	86	71	177
MALE				
Special Olympics				
114 lbs.				
C. Vooys	189!	114!	222!	525!
4ths:	201!	133!	227!	
Youth				
114 lbs.				
J. Day-9	40!	60!	93!	193!
4ths:	44!	65!	104!	
Youth				
99 lbs.				
C. Lampman	82!	62!	135!	279!
4ths:	95!	70!	155!	
Youth				
132 lbs.				
T. Lampman	115!	105!	200!	420!
4ths:	140!	225!		
181 lbs.				
Teen (16-17)				
J. Sagor	240	170	285	695
4ths:		185	310	
198 lbs.				
Teen (14-15)				
G. Chrys	355!	275!	370!	1000!
4ths:	370!		395!	
198 lbs.				
Teen (16-17)				
J. Riitano	185	195	300	680
4ths:	225	205	315	
275 lbs.				
Teen (14-15)				
D. Bonesteel	306	150	320	776
4ths:	327			
Master (50-54)				
165 lbs.				
G. Sagor	267!	168!	317!	752!
4ths:	288!		330!	
Master (65-69)				
220 lbs.				
E. Brown	20	44	401!	465

!=Meet Records. (results by Dyke Naughton)

PCC State Farm
22 APR 05 - State Farm, VA

MEN	SQ	BP	DL	TOT
165 lbs.				
M. Turpin	365	275	525	1165
J. Valentine	325	230	425	980
181 lbs.				
P. Athey	500	300	500	1300
198 lbs.				
A. Seeley	345	245	465	1055
220 lbs.				
R. Green	500	300	505	1305
J. Downey	415	225	495	1135
242 lbs.				
J. Tuller	315	195	335	845

The Iron Warriors of PCC took the platform for the first time in over a year. All things considered, they put up some nice lifts. Our program is thriving, thanks to the responsible behavior of all who use the iron pile. An appreciative thank you to the scorekeepers, loaders and spotters is in order. Thanks also to Rec. Super Ms. Jackson. We're looking forward to our contest on Saturday, 25 June 2005. (Thanks to Jack Tuller for providing these results)

SPF/WBPLA World Bench Press
2 APR 05 - Gatlinburg, TN

BENCH			
Open		MEN	
Teen		181 lbs.	
220 lbs.		S. Sergeant	380
B. Angel	380	198 lbs.	
WOMEN		B. Jones	550
148 lbs.		D. Lowe	500
M. Maddux	160	220 lbs.	
		J. Butia	565

***Kevin Harmon**, who has made it to the WPO stage, was the Best Lifter at the U.A.P.C. BP Nationals.*

S. Braz	525	MEN	
242 lbs.		198 lbs.	
M. Smith	610	S. Harrell	405
B. Gardner	460	T. Brovles	325
259 lbs.		242 lbs.	
K. Mackey	615	K. Burkett	515
308 lbs.		W. Greene	415
A. Maddux	480	259 lbs.	
Police/Fire		J. Cox	425
220 lbs.		308 lbs.	
S. Braz	525	M. Slade	435
242 lbs.		SHW	
B. Gardner	460	J. Heard	480
259 lbs.		Police/Fire	
K. Mackey	615	220 lbs.	
308 lbs.		S. Sexton	200
M. Stidbam	320	308 lbs.	
Submasters		Cunnineham	290
198 lbs.		Submasters	
D. Lowe	500	198 lbs.	
W. Stover	225	S. Burnette	335
Masters (40-44)		W. Stover	225
181 lbs.		A. Hunt	205
T. Hinchey	315	Submasters	
Masters (40-44)		259 lbs.	
198 lbs.		K. Rogers	435
S. Harrell	440	Masters (40-44)	
Masters (45-49)		198 lbs.	
220 lbs.		S. Harrell	405
S. Braz	525	J. Cole	305
Masters (55-59)		SHW	
T. Butler	375	J. Heard	480
Raw		Masters (50-54)	
Teen		242 lbs.	
220 lbs.		W. Sexton	250
B. Martin	115	Masters (55-59)	
Junior		220 lbs.	
259 lbs.		S. Sexton	200
J. Cox	425	Masters (60-64)	
308 lbs.		220 lbs.	
M. Slagle	435	C. Wooten	360

Best Lifer Raw: Kenny Burkett 515. Best Team Raw: Team Gladiator's. Best Lifter Open: Michael Smith 615. Best Team Open: Tom Shupe's Extremes. (Jesse Rodgers)

UAPC Bench Press Nationals
26 FEB 05 - Gainesville, GA (kg)

56 kgs.		(40-44)	
(13-15)		N. Gormon	195
R. Johnson	67.5	(50-54)	
60 kgs.		G. Glenn	155
G. Bardley	102.5	100 kgs.	
67.5 kgs.		Open	
(13-15)		M. Green	247.5
S. Smith	92.5	4th-250	
4th-100		(50-54)	
K. Harmon!	192.5	Y. Howah	230
90 kgs.		110 kgs.	
Open		(35-39)	
N. Gormon	195	R. Lott	210
(20-23)		(45-49)	
C. Maddox	227.5	G. Hatfield	215
(35-39)		(60-64)	
S. Smith	175	B. Lockett	152.5

This meet was held at Rick's Gym. (Thanks to L.B. Baker for providing these results)

SLP March Madness
12 MAR 05 - Tuscola, IL

BENCH		242 lbs.	
MEN		T. Wilke	420
Teen (18-19)		4th-440	
148 lbs.		DEADLIFT	
A. Niemeyer	200	WOMEN	
4th-205		Open	
Master (50-54)		132 lbs.	
275 lbs.		S. Mocilan	185
L. Charlson	410	4th-200	
4th-420		MEN	
Police/Fire		Master (45-49)	
(50-54)		198 lbs.	
275 lbs.		M. Raya	550
L. Charlson	410	Master (50-54)	
4th-420		242 lbs.	
Open		J. Ewing	505!
		4th-515!	

!=Son Light Power Illinois state record. The Son Light Power March Madness Bench Press/Deadlift Classic was at Cross County Mall. Thanks again to the Mall Association and manager Mike Witwicki for their continued support. In the bench press event first-time competitor Anthony Neimeyer did well, finishing with a personal best 205 and the win at 18-19/148. Lance Charlson won both the police & fire and master 50-54/275 class with a solid 420 raw lift. Our final bencher was Tim Wilke, winner of the open 242 class, finishing with a personal best 420. A fourth with 440 was also good, pushing that pr up even further. In the deadlift competition, another first-time lifter, Susan Mocilan, also did great, finishing with a personal best 200 pull at open 132. Mike Raya pulled an easy 550 at 45-49/198 while James Ewing won at 50-54/242 with a new state record of 515. Thanks to my son Joey, grandson Daniel and Wee-Man for all their help, along with Brett Faught, who came to help out. See you all again here May 7 for the annual Cross County Pull! (D. Latch)

UAPC Powerlifting ™ Application • PO Box 40, Bogart, GA 30622

irondawg.com

Conditions of Membership: As a Condition of membership to UAPC, I agree to follow and obey all rules, regulations and drug testing procedures of UAPC. I further agree that the rules, regulations and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended and/or denied for my failure to obey UAPC/AWPC rules, regulations and drug testing procedures. I voluntarily submit to any drug testing procedure that UACP/AWPC has approved in its rules and regulations and drug testing procedures. If I do test positive for banned substance, I agree that the results of the test are conclusive and I further agree to accept the consequences of that positive test regarding my membership.

As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method, including those most recently banned. I further accept sole responsibility for what I take into my body and that should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

SIGNATURE_____ If under 21 yrs. Parent Initial:_____ Date:_____ Prior Reg. #_____

Name:_____ Phone: (____)_____ E-Mail:_____

Address:_____ City:_____ State:_____ Zip Code_____

Date of Birth:_____ Age:_____ Sex:_____ U.S. Citizen?_____ UAPC Registered Club Represented:_____

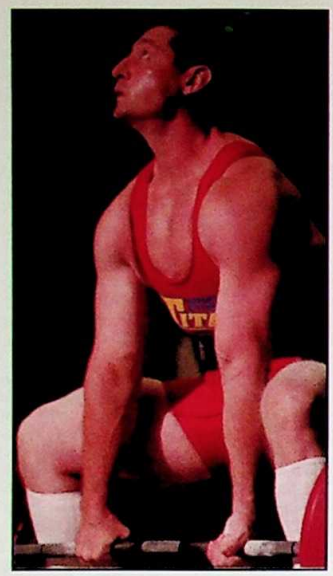
Membership Prices: (please circle all that apply) • Adult - $30.00 • High School Division (Full year; any meet) - $15.00 • Special Olympian $10.00

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs) • Masters (40 yrs & up) • Military

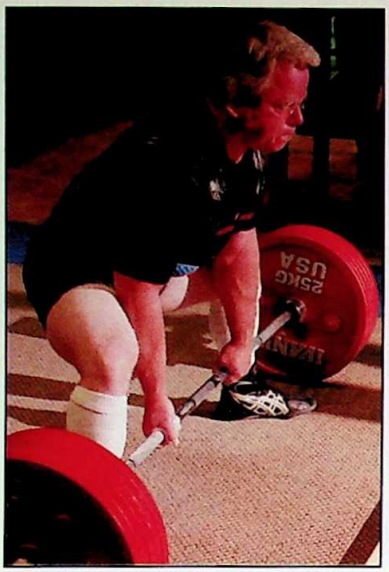
Police & Fire High School Special Olympics

Cash/Check/Money Order #_____ Membership Price $_____

All memberships expire 12 months from date of purchase.



Gary Ferstler: *newly in 50-54.*



Power & Precision: *Mike Bridges pulls*

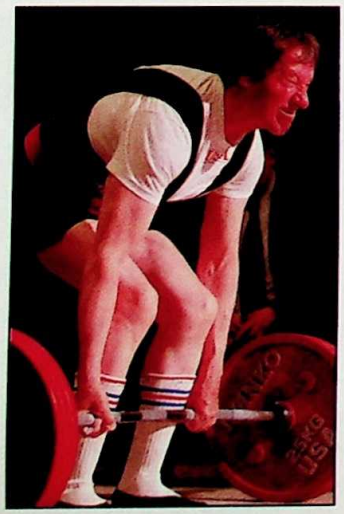
(continued from pg. 7)

In these circles, good effort is applauded just about as much as good power. Their commitment extends to their hip pocket as well, as they supported the other sponsors of the meet like Combo Rack, Inzer Advance Designs, House of Pain, and Titan Support Systems. Most of these great guys will be back again next year, joined by the annual crop of open lifters, who realize they have been re-born into a new world of competitive opportunity once they cross the 4 decade mark. In the hardnosed arena of IPF international competition, the Masters division is one category in which the USA remains a dominant force, thanks to the vitality of the USAPL masters program and meet directors like Lance Slaughter.

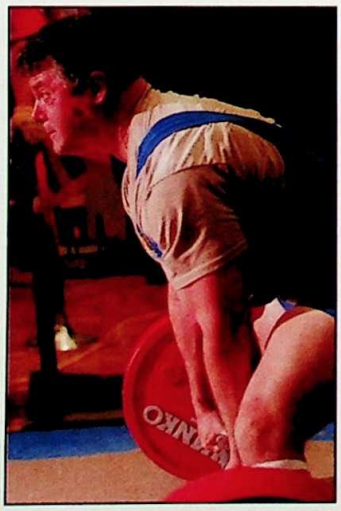
SMILE: *Scott Roberts with 705 lbs.*

198 lbs.											
Master-1											
G. Jones	~~622~~	628	661	413	~~429~~	435	1096	595	606	617	1714
G. Buffington	562	600	611	424	446	~~457~~	1058	551	~~595~~	617	1653
M. Willett	595	617	628	396	413	413	1025	584	611	628	1636
C. Terry	606	~~655~~	~~655~~	303	~~325~~	325	931	694	~~760~~	~~782~~	1625
A. Serio	584	633	666	259	281	303	947	606	628	~~644~~	1576
C. Safran	529	551	567	330	~~352~~	352	920	551	622	644	1565
R. Clark	551	600	—	~~402~~	402	413	1014	551	~~611~~	~~611~~	1565
J. Tremblay	523	562	562	330	374	374	898	523	567	584	1466
E. Feldman	490	512	534	143	253	275	810	518	545	556	1366
T. Longo	424	457	~~485~~	275	~~303~~	~~303~~	733	424	468	~~501~~	1201
B. Hawkins	~~374~~	~~374~~	~~374~~	—	—	—	—	—	—	—	—
Master-2											
M. Bridges	551	611	661	402	446	479	1140	556	606	633	1774
					4th-BP-498						
B. Schmidt	~~584~~	584	622	402	~~407~~	~~407~~	1025	600	644	—	1669
K. Kanemoto	573	600	~~633~~	424	~~435~~	~~451~~	1025	512	545	573	1598
R. Baxter	567	567	595	369	385	391	981	551	573	595	1554
J. Dally	~~507~~	540	567	303	325	~~325~~	843	540	589	~~600~~	1444
J. Harpe	~~479~~	479	~~518~~	336	347	363	826	578	~~611~~	~~611~~	1405
M. Koufos	429	462	479	248	292	303	782	451	490	501	1300
D. Wilke	429	462	~~485~~	297	~~308~~	~~319~~	760	424	~~451~~	475	1262
F. Frank	~~391~~	391	~~407~~	~~292~~	~~292~~	292	683	424	451	~~473~~	1135
S. Heyl	396	440	~~462~~	~~319~~	~~319~~	~~319~~	—	407	440	462	—
Master-3											
G. Ferstler	551	~~611~~	611	308	~~314~~	314	925	600	644	~~705~~	1570
D. Wiley	567	~~606~~	~~606~~	325	347	352	920	518	529	~~534~~	1449
C. Spicer	473	~~507~~	~~507~~	325	352	~~369~~	826	450	485	~~496~~	1311
L. Robinson	385	402	407	253	264	~~270~~	672	451	485	501	1173
P. Driscoll	385	~~407~~	~~440~~	286	~~314~~	~~319~~	672	407	440	~~462~~	1113
B. Hewitt	374	402	418	253	286	~~308~~	705	~~385~~	~~385~~	385	1091
J. Handley	~~275~~	275	~~297~~	165	176	~~198~~	451	352	385	402	854
Master-4											
T. Fitzgibbon	380	~~418~~	~~418~~	236	248	~~259~~	628	396	418	~~440~~	1047
B. Lindsey	~~451~~	~~468~~	~~479~~	~~380~~	~~380~~	~~380~~	—	—	—	—	—
M. Stevens	~~413~~	~~413~~	~~413~~	—	—	—	—	—	—	—	—
Master-5											
S. O'Neill	413	429	~~446~~	275	297	303	523	413	429	~~440~~	1162
D. Reamy	319	~~341~~	~~341~~	187	203	~~214~~	523	369	396	407	931
Master-6											
L. Manly	~~292~~	~~292~~	292	225	253	275	567	275	~~314~~	~~314~~	843
220 lbs.											
Master-1											
R. Wenner	606	~~628~~	~~639~~	440	457	462	1069	~~606~~	606	628	1697
J. Burnell	622	~~661~~	~~661~~	424	~~440~~	~~446~~	1047	~~600~~	639	644	1692
J. Hanson	490	~~523~~	523	308	319	330	854	462	~~485~~	485	1339
T. Ruppert	440	~~473~~	~~473~~	336	~~363~~	~~363~~	777	507	529	~~540~~	1168
J. Blanco	396	~~440~~	~~457~~	275	319	~~352~~	716	396	435	451	1168
Lewandowski	424	468	~~501~~	209	~~231~~	~~231~~	677	462	~~490~~	—	1140
Master-2											
S. Roberts	650	683	705	413	435	~~446~~	1140	600	622	639	1780
S. Cain	622	~~644~~	~~644~~	418	~~435~~	~~435~~	1041	551	~~633~~	606	1703
M. Lohmann	617	639	650	363	374	385	1036	589	600	600	1636
D. Bertier	~~380~~	380	418	286	~~308~~	~~308~~	705	589	600	600	1636
Womelsdorf	330	~~358~~	358	154	187	220	578	358	402	~~440~~	981
M. Salansky	540	578	~~600~~	~~402~~	—	~~402~~	—	—	—	—	—
Master-3											
M. Musto	611	~~633~~	~~633~~	~~424~~	424	440	1052	611	633	~~650~~	1675
F. Givens	534	589	611	402	~~446~~	446	1058	567	~~705~~	~~705~~	1625
K. Fisher	~~473~~	473	518	314	~~341~~	352	870	600	633	650	1521
B. Coury	501	~~529~~	~~529~~	330	358	363	865	457	490	~~551~~	1355
M. Nagele	429	473	~~479~~	297	319	~~336~~	793	507	556	~~567~~	1350
J. Valpatic	468	485	501	281	292	303	804	473	496	512	1317
S. Slavens	380	402	418	281	303	~~314~~	722	450	485	~~501~~	1207
Master-4											
D. Clark	~~529~~	529	551	347	363	~~374~~	914	600	622	~~633~~	1537
J. Medeiros	~~462~~	462	479	~~363~~	363	~~374~~	843	462	~~473~~	—	1306
B. Evans	220	286	352	391	402	~~407~~	755	220	308	352	1107
Master-5											
B. Helmich	435	473	~~507~~	330	347	~~363~~	821	507	—	~~562~~	1328
Master-6											
R. Rood	352	402	429	275	303	336	766	352	407	435	1201
R. Anselm	352	~~385~~	~~385~~	225	242	~~253~~	595	~~352~~	352	~~374~~	947

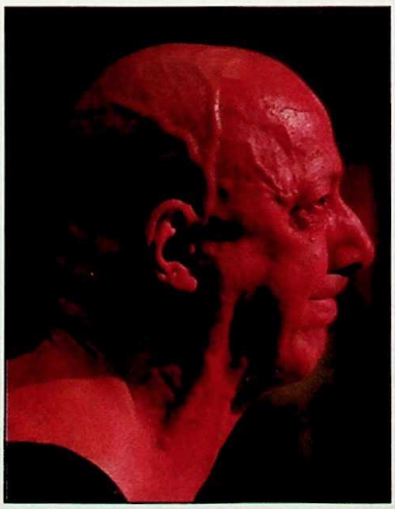
Down Deep: *Aaron Byas.*



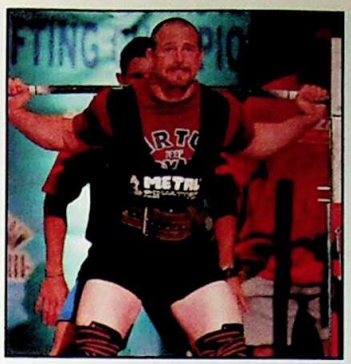
Long Live ZUVERS!! *Jim Waters.*



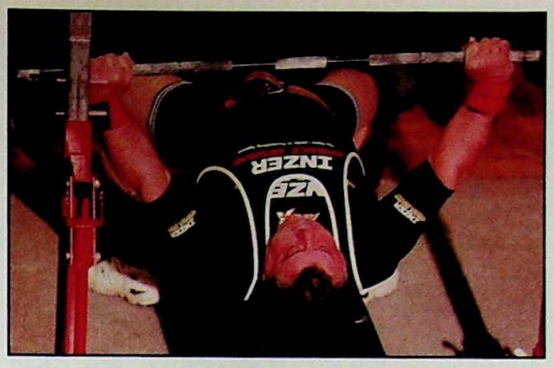
Rich Wenner *ASU Strength Coach*



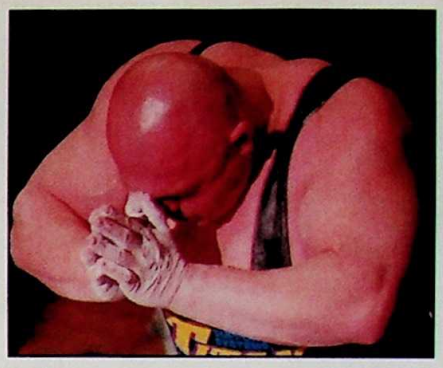
Bill Helmich: *record setting experience.*



Ron Garofala: *a Colorado champ*

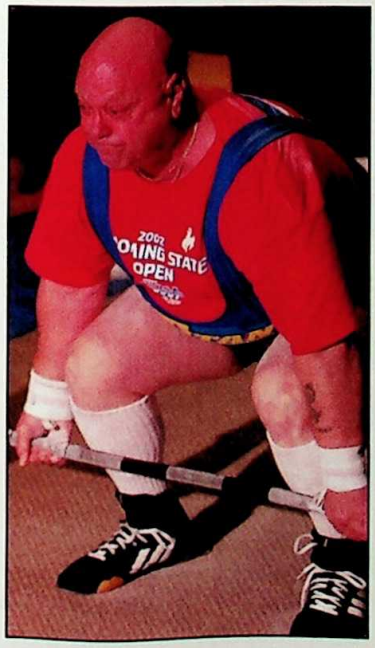


Willie Morris: *breaking his own IPF World BP Record.*

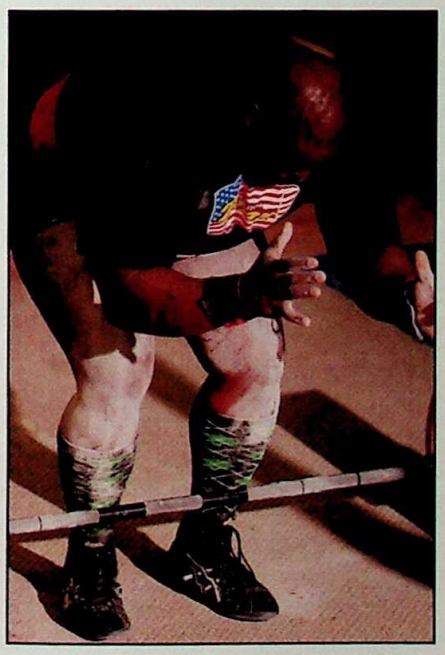


Jeff Capps: *preparing to unleash a big DL.*

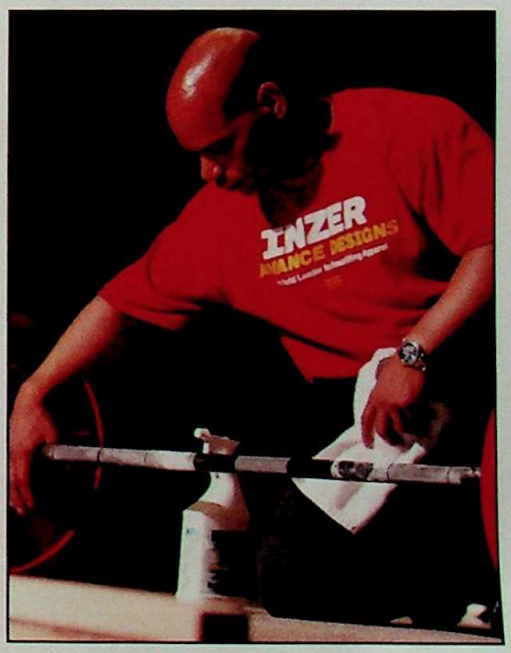
Master-7											
R. Curtis	225	~~231~~	~~248~~	225	242	~~253~~	468	314	336	352	821
242 lbs.											
Master-1											
A. Harris	749	~~804~~	810	485	512	~~523~~	1322	744	782	~~793~~	2105
S. Waits	771	~~804~~	~~804~~	496	512	518	1289	628	650	~~672~~	1940
B. Callahan	633	672	688	435	~~462~~	~~468~~	1124	622	633	683	1807
R. Kitani	~~479~~	479	540	~~567~~	~~567~~	579	1118	479	—	—	1598
R. Ciano	507	~~523~~	~~540~~	~~435~~	435	451	942	562	600	~~655~~	1543
T. Dierks	507	529	545	319	330	341	887	501	518	~~529~~	1405
S. Hamilton	319	407	440	358	~~374~~	~~374~~	799	402	424	~~440~~	1223
T. Babcock	451	523	551	~~440~~	~~440~~	~~473~~	—	—	—	—	—
C. Felix	~~462~~	~~462~~	—	~~396~~	—	—	——	—	—	—	—
Master-2											
G. Pamplin	622	666	~~688~~	501	529	540	1207	518	551	551	1758
R. Kolbeck	584	~~622~~	~~622~~	385	~~402~~	~~413~~	970	584	~~617~~	~~617~~	1554
M. Brown	512	551	573	341	358	374	947	490	512	551	1499
K. Jordan	507	540	551	~~341~~	341	363	914	451	490	518	1432
J. LaGrill	~~518~~	~~540~~	~~562~~	~~418~~	—	—	—	—	—	—	—
R. Chavez	~~661~~	~~661~~	~~661~~	—	—	—	—	—	—	—	—
Master-3											
B. Sindelar	523	~~556~~	556	358	374	391	947	523	562	~~573~~	1510
F. Panaro	418	462	~~485~~	275	~~303~~	303	766	545	600	~~633~~	1366
D. Roman	407	418	429	319	~~341~~	363	793	407	435	~~462~~	1229
G. Stevens	~~490~~	534	~~562~~	~~314~~	~~330~~	~~330~~	—	—	—	—	—
Master-4											
C. Taylor	~~551~~	~~551~~	551	380	~~396~~	~~396~~	931	523	567	~~578~~	1499
L. Harrod	385	~~407~~	~~407~~	209	225	242	628	374	407	424	1052
Master-5											
J. Evans	220	—	—	264	308	330	551	352	396	440	992
Master-6											
S. Chatis	385	~~424~~	424	303	~~325~~	~~325~~	727	~~479~~	479	512	1240
275 lbs.											
Master-1											
D. Gonzales	710	~~738~~	738	479	496	501	1240	617	639	650	1879
B. Collins	628	~~661~~	683	501	~~523~~	~~523~~	1184	600	644	661	1846
R. Huizer	683	~~727~~	727	~~462~~	485	~~518~~	1212	562	~~589~~	~~589~~	1774
M. Goodwin	490	529	551	418	451	468	1019	~~529~~	529	~~551~~	1548
J. Tremblay	440	473	485	286	319	~~330~~	804	~~462~~	507	529	1333
G. Nolan	606	~~644~~	~~644~~	~~407~~	~~407~~	~~418~~	—	—	—	—	—
K. Stewart	~~749~~	~~749~~	~~749~~	—	—	—	—	—	—	—	—
Master-2											
J. Capps	584	~~639~~	~~639~~	407	451	~~473~~	1036	606	661	683	1719
D. Bowie	~~617~~	617	~~661~~	358	~~369~~	380	997	501	600	~~650~~	1598
M. Marcotte	451	~~501~~	501	325	~~352~~	352	854	451	501	~~540~~	1355
S. Schultz	~~584~~	~~584~~	~~584~~	—	—	—	—	—	—	—	—
Master-3											
R. Hendrix	~~650~~	650	705	446	462	485	1190	650	~~705~~	~~705~~	1840
Wainwright	518	545	~~562~~	391	~~402~~	407	953	~~501~~	501	523	1477
Master-4											
A. Wood	~~440~~	~~440~~	440	330	352	374	815	451	479	~~507~~	1295
Master-5											
W. Morris	496	540	~~573~~	402	424	435	975	325	424	473	1449
					4th-BP-~~440~~						
Master-6											
R. Grisham	490	512	529	~~297~~	297	314	843	446	468	~~485~~	1311
UNL											
Master-1											
D. Rogers	694	~~727~~	~~727~~	418	440	462	1157	683	~~733~~	733	1890
K. Ryder	606	644	~~666~~	512	540	~~562~~	1184	650	699	~~710~~	1884
P. Fletcher	650	699	733	374	407	440	1173	622	694	~~716~~	1868
D. Reece	683	~~722~~	~~722~~	~~490~~	~~490~~	490	1173	534	551	~~567~~	1725
T. Allred	~~584~~	584	~~606~~	468	~~485~~	485	1069	584	600	~~611~~	1669
G. Hart	507	~~567~~	~~567~~	352	402	~~413~~	909	507	562	600	1510
S. Johnson	512	~~545~~	~~545~~	424	~~485~~	~~485~~	936	507	534	~~540~~	1471
M. Casey	~~385~~	413	413	341	380	~~402~~	793	~~446~~	446	~~501~~	1240
Master-2											
R. Cech	573	600	639	473	490	~~501~~	1129	540	~~600~~	600	1730
R. Smith	~~529~~	529	551	~~407~~	407	~~435~~	959	507	529	540	1499
G. Gertner	275	~~281~~	~~286~~	540	~~556~~	~~556~~	815	~~363~~	363	—	1179
D. Gaudreau	~~771~~	771	799	~~611~~	~~611~~	~~611~~	—	628	661	705	—
C. McGuire	165	—	—	~~424~~	~~424~~	~~424~~	—	—	—	—	—
Master-3											
S. Anderson	584	628	650	385	413	440	1091	402	512	~~545~~	1603
S. Green	600	639	~~661~~	~~485~~	~~507~~	~~507~~	—	~~551~~	606	622	—
H. Heyman	396	~~424~~	424	225	248	~~270~~	672	~~363~~	363	418	1091



Rob Grisham: *1311 TOT @ age 66.*



Deron Rogers: *a 733 DL for the SHW win*



Lance Slaughter *did almost everything at the meet*

GPC Canadian Nationals (kg)
2 APR 05 - Calgary, Alberta, CAN

BENCH
WOMEN
75 kgs.
(40-44)
M. Kronberg 70
MEN
90 kgs.
(45-49)
S. Lee 217.5
Open
T. Stucke 232.5
Morning

	SQ	BP	DL	TOT
MEN				
Teen (18-19)				
90 kgs.				
T. Humphrey	285	182.5	252.5	720
82.5 kgs.				
C. Moser	112.5	—	125	—
Junior				
70 kgs.				
N. Lewis	170	80	155	405
Masters (50-54)				
60 kgs.				
G. Bobrovitz	150	132.5!	155	437.5
82.5 kgs.				
M. Raffan	160	70	140	370
(40-44)				
82.5 kgs.				
K. Allen	227.5	140	240	607.5
90 kgs.				
Fisher	—	135	250	—
[illegible]nston	330	65	280	675
[illegible]e	325	190	322.5	837.5
[illegible]	150	80	140	370
[illegible]	42.5	100	160	402.5
[illegible]	[illegible]0!	187.5	265!	752.5
[illegible]	[illegible]5	125	182.5	472.5
[illegible]	148	52.5	135	335.5
[illegible]	110	77.5!	142.5	332.5
	4th-SQ-112.5!			
[illegible]				
[illegible]kgs.				
K. Mclean	162.5	65	162.5	390
(40-44)				
82.5 kgs.				
K. Packer	172.5	85	157.5	415
Afternoon				
MEN				
Open				
82.5 kgs.				
G. Greenhill	205	125	240	570
90 kgs.				
E. Yee	250	175	257.5	682.5
100 kgs.				
Edgecombe	250	135	185	570
S. English	300	197.5	275	772.5
110 kgs.				
D. Lannon	205	102.5	227.5	535
B. Zarsky	275	182.5	260	717.5
R. Taylor	305	205	287.5	797.5
125 kgs.				
T. Chornet	270	165	230	665
M. Camlin	340	250	335	925
A. Mehan	—	267.5	310	—
140 kgs.				
M. Piattelli	340	325!	295	—

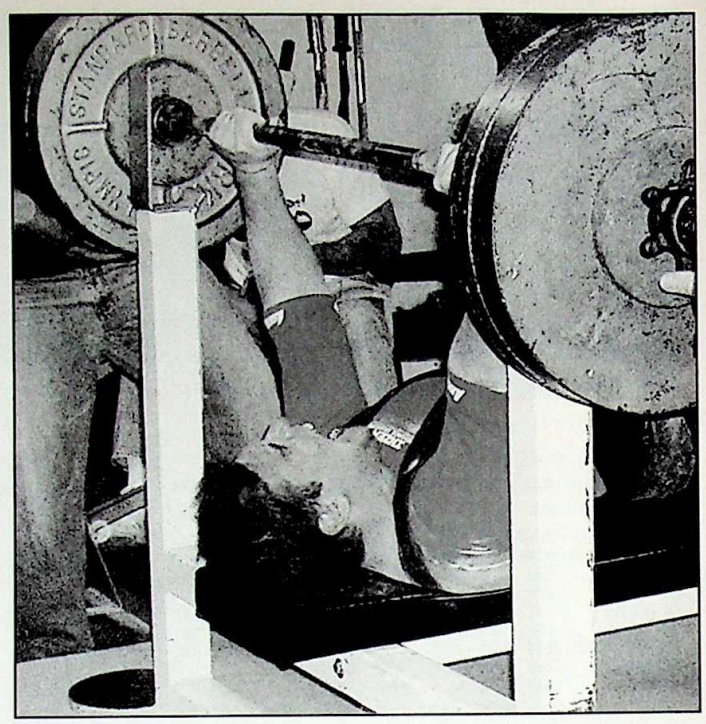
Submaster
R. Monuik 132.5
Open
R. Laitres —
110 kgs..
Open
Zimmerman 290
140 lbs.
Open
C. Shiel 250
M. Piattelli 325

!=World Records. (courtesy Brian Johnson)

Beast of the East BP
17 Apr 05 - Taylor, PA

WOMEN
148 lbs.
N. Hubbard 55
181 lbs.
C. Cooper 47.5
Teen (14-15)
123 lbs.
J. Kaminitski 62.5
(18-19)
165 lbs.
J. Sensi 115
Open
R. Bumett 130
B. Legg 110
Masters (50-54)
R. Burnett 130
B. Legg 100
Open
181 lbs.
J. Rubio 170
Masters
J. Rubio 170
(65-69)
P. Hubbard 120
Open
198 lbs.
M. Majcer —
Masters (40-44)
B. Lehman 172.5
Master (50-54)
R. Barna 115
Open
220 lbs.
J. Bartell 210
E. Bronko 207.5
V. Malanga 152.5
Junior
B. Stanis 195
Open
242 lbs.
N. Williams 210
B. Gilbert 195
C. Kitchen —
Masters (55-59)
B. Costigan 100
(40-44)
R. Smith 217.5
(45-49)
S. Boroushko 170
L. Reese 135
275 lbs.
Masters (60-64)
B. Donnelly 170
Master (50-54)
R. Davies 200
Master (40-44)
B. Grippo 200
Open
B. Grippo 200
319 lbs.
Open
R. Boyer 137.5
J. Sanders —
J. Meene —
Masters (50-54)
R. Boyer 137.5

Best Female Lifter: Nona Hubbard. Best Male Lightweight Lifter: Jack Rubio. Best Male Heavyweight Lifter: Jon Bartell. (Thanks to the Power Gym for the results)



Jon Bartell with the Outstanding Lift of the Beast of the East Bench Press meet ... a 462 bench press weighing 216. (Power Gym photo)

Power Palooza 7
9,10 APR 05 - Leesport, PA

BENCH
FEMALE
Youth (10-12)
A. McCloskey 130
Teen (14-15)
139 lbs.
S. Harvath 125
MALE
Teen (14-15)
148 lbs.
M. Dietz 160
Teen (18-19)
148 lbs.
M. Briggs 285
165 lbs.
E. Mattei 300
181 lbs.
M. Ferguson 305
Raw
Middlewt.
B. Lonard 480
S. Bray 360
J. Chowansky 350
R. Simmons 335
Heavywt.
A. Sivera 460
J. Ulikowski 430
Submaster
J. Sanders500
K. Adams 380
VanValkenbur315
Law/Fire
J. Menne 585
E. Christ 425
L. Lackey 335
J. Murphy —
Master (40-44)
B. Sutliff 340
D. Bonner —
Master (45-49)
K. Biehl 320
J. Murphy —
Master (50-54)
B. Katinowski 340
M. Garman 285
Master (55-59)
L. Schoelkoph—
Master (60-64)
R. Sohn 335
Master (70-74)
H. Vaughn 235
181 lbs.
J. Talarico 385
198 lbs.
J. Rock 450
Danenhower 350
242 lb.s
J. Baer 560
S. Thomas 550
308 lbs.
J. Menne 585
J. Sanders 500
DEADLIFT
FEMALE
Youth (10-12)
A. McCloskey 275
Teen (16-17)
104 lbs.
K. Ramich 220
MALE
Teen (14-15)
220 lbs.
C. quintero 330
Master (50-54)
F. Schnelly 400

FEMALE	SQ	BP	DL	TOT
Youth (10-12)				
A. McCloskey	245	130	275	650
Raw				
Teen (14-15)				
148 lbs.				
R. Manning	210	140	275	625
Teen (16-17)				
104 lbs.				
K. Ramich	100	70	220	390
139 lbs.				
S. Boyer	150	100	190	440
176 lbs.				
B. Smith	210	100	230	540
176+ lbs.				
A. Cohn	230	115	215	560
Equipped				
Teen (16-17)				
114 lbs.				
J. Audioria	210	125	270	605
Open				
176+ lbs.				
S. Gartland	235	115	275	625
MALE				
Raw				
Teen (14-15)				
123 lbs.				
D. Richardson	220	140	225	585
181 lbs.				
B. Curran	250	150	325	725
220 lbs.				
N. Bosch	325	245	385	955
242 lbs.				
T. Strause	30	185	325	810
Teen (16-17)				
165 lbs.				
C. Muvdi	285	225	350	860
S. Christian	250	155	325	730
181 lbs.				
M. Keeley	285	210	285	780
Z. Rodgers	235	150	300	685
T. Zuwiala	210	135	215	560
198 lbs.				
R. Muvdi	260	160	330	750
242 lbs.				
C. Edposito	360	225	300	885
J. Miller	300	215	365	880
275lbs.				
J. DeJesus	315	245	450	1010
308 lbs.				
J. Carifo	335	240	385	960
Teen (18-19)				
123 lbs.				
F. LoDato	205	125	310	640
148 lbs.				
J. Rock	600			

American Powerlifting Committee (APC)
www.americanpowerliftingcommitte.com
P O Box 40
Bogart, Ga. 30622

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

Name._____ Date_____
Address._____
City._____ State._____ Zip_____
Phone._____ Email_____
Date of Birth_____ Age__Sex__US Citizen__Club_____
Prices: Adult $30.00 Teenage $15.00 Special Olympian $10.00

_____ _____
Signature If under 21 Parent or Guardian

Card expires 12 months from date of purchase

J. Painter	320	220	435	975
Equipped				
Teen (14-15)				
123 lbs.				
T. Johnacki	185	90	200	475
132 lbs.				
Woytanowski	275	135	325	735
P. Columbia	155	150	275	580
148 lbs.				
J. Brida	300	185	365	850
Z. McAugley	235	160	280	675
165 lbs.				
S. Vanadia	300	160	315	775
198 lbs.				
J. Mountz	390	290	350	1030
220 lbs.				
Gambarella	205	150	285	640
308 lbs.				
C. Faith	—	—	—	—
Teen (16-17)				
114 lbs.				
T. McAvoy	275	200	325	800
132 lbs.				
S. Iagravenis	375	180	420	975
148 lbs.				
A. Puglisi	380	235	420	1035
165 lbs.				
J. Manolio	350	210	405	965
181 lbs.				
N. Abbaticola	425	225	365	1015
198lbs.				
M. Montenero	450	265	400	1115
275 lbs.				
C. Flynn	480	305	550	1335
G. Rinhart	520	300	500	1300
Teen (18-19)				
181 lbs.				
D. Wong	510	255	470	1235
J. Mauncele	455	280	425	1160
275 lbs.				
C. Andrews	600	425	570	1595
Junior				
D. Contineza	525	275	550	1350
J. Santiago	420	280	380	1080
J. Getz	375	315	525	1215
Raw Middleweight				
R. Rodriquez	700	425	700	1825
D. Bartal	560	290	600	1450
J. Krick	470	300	525	1295
Kristovensky	405	335	520	1260
Raw Heavyweight				
E. Daubert	630	405	575	1610
J. Pulakis	650	405	625	1680
J. Vellucci	550	370	580	1500
J. Snell	510	400	550	1460
R. Duff	480	320	500	1300
M. Minnifield	450	315	475	1240
J. Grove	400	300	475	1175
Master (40-44)				
B. Yoder	640	525	600	1765
C. Blough	600	400	610	1610
B. Ramberger	610	440	585	1635
Master (55-59)				
J. Poole	260	225	365	850
Master (60-64)				
B. Bellerby	500	370	435	1305
D. McConnell	420	340	455	1215
Open				
148 lbs.				
F. Glass	400	150	350	900
165 lbs.				
B. Crowe	715	460	580	1755
181 lbs.				
F. Piermattei	675	460	555	1690
220 lbs.				
P. Tongiani	505	365	520	1390
242 lbs.				
B. Ramberger	610	440	585	1635
IPA Freedom Cup				
Master (40-44)				
R. Ingravera	650	405	590	1645
Master (55-59)				
J. Hopkins	400	290	560	1250
275 lbs.				
M. Evans	800	500	600	1900
D. Murray	—	—	—	—

Best Lifters: Teen - Chris Andrews, Master - Brian Yoder, Men's Open - Brian Crowe, Raw - Ralph Rodriquez, Grand Champion - Ralph Rodriquez. Best Lifters Bench: Men's Open - Jeremy Baer, Raw - Brad Leonard, Master - Ri chard Sohn, Grand Champion - Jeremy Baer. Best Teams: Full Power - 5th Street Power House, Bench 1st - Fitness Quest, 2nd - Puggy's Power, Hgh School 1st - Schuylkill Valley, 2nd - Holy Name I & MSGR Donovan I, 4th - MSGR Donovan II & III, 6th - Holy Name II, 7th - Holy Name III, 8th - MSGR Donovan IV, (Thanks to Gene Rychlak Jr. for results)

APF Mark Rexroad Memorial
18 DEC 04 - Glen Falls, NY

BENCH	
WOMEN	
55 lbs. (age 9)	
K. McCaslin	75
Teen (14-15)	
98 lbs.	
S. McCaslin	105
132 lbs.	
L. Daly	190
Open	
181 lbs.	
K. Goliszek	285
MEN	
Open	
165 lbs.	
R. Hillyard	385
181 lbs.	
B. Sheldon	245
198 lbs.	
R. Daly	615
K. Dean	455
C. Scarincio	450
220 lbs.	
T. Young	500
L. Young	400
242 lbs.	
C. Perkins	600
J. Anderson	470
M. Ferlito	—
B. Fields	—
M. Cawley	—
275 lbs.	
B. Kalfrin	525
J. Killen	455
Chief	450
308 lbs.	
J. Hart	—
SHW	
IRONMAN	
WOMEN	
Open	
148 lbs.	
A. Roberts	
WOMEN	SQ
Open	
132 lbs.	
S. Young	240
S. Lattimer	—
Teen (14-15)	
181 lbs.	
M. Stewart	305
220 lbs.	
R. Daly Jr.	345
Teen (18-19)	
181 lbs.	
P. Nicholson	305
220 lbs.	
M. Stewart	—
Masters-1	
220 lbs.	
J. Mitchell	410
S. Luciano	400
Master-3	
308 lbs.	
B. Godden	525
Masters-4	
220 lbs.	
S. Shales	415
Submaster	
308 lbs.	
P. Porcelli	470
WOMEN	
Open	
S. Daley	315
DEADLIFT	
WOMEN	
123 lbs.	

	BP	DL	TOT
	250	275	525

	BP	DL	TOT
	150	220	610

***After squatting 900, and benching 530, John Bott** tore his bicep on a 630 pull, which he completed (photograph by Sandi McCaslin)*

MEN				
Open				
198 lbs.				
A. Jackson	440	360	500	1300
G. Adams	700s	150	—	—
242 lbs.				
S. Smith	775	525	620	1920
M. Ladewski	760	475	660	1895
P. Hallowell	810	480	575	1865
S. Coppola	685	500	640	1825
J. Seabrook	670	500	620	1790
P. Rosetar	600	400	550	1550
275 lbs.				
B. Mimnaugh	855	545	720	2120
J. McQuaid	825	475	705	2005
S. Roach	610	420	605	1635
J. Bott	900	530	630	2060
Masters-2				
242 lbs.				
B. McIntyre	600	570	600	1770

(thanks to Sandi McCaslin for providing these meet results to Powerlifiting USA)

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Editor
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- Bill Connor, Ed.D.
Physical Educator
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(article continued from page 8)

Beau: *The Lord has blessed me in the fact that I have a mental focus. I teach it as well as do it myself. I truly understand that the game is mental. It has nothing to do with the physical. If the brain's not trained, the body won't go insane. That's my philosophy. Train the brain for the body to go insane. Everything we do in our lives has to do with mental attitude. If you have that going, you can accomplish some amazing things. You have to practice when you start your training cycle - very light. You can't just turn it on when the weights get heavy. You have to constantly keep practicing and practicing.*

Greg: I trained with you for about a month, last year. You get up there like a freight train. You get on that platform and get it done and then you get out of there.

Beau: *The brain can be your best friend or your worst enemy. You can have all the best thoughts in the world, or you can sit there with all the negative stuff that starts to creep in. You got to get out there and get it done.*

Greg: Where are you training now?

Beau: *I just moved for the umpteenth time, and I'm training in my three car garage. I have some of the guys come over on Saturday, and we just get after it.*

Greg: How many partners do you have in your garage gym?

Beau: *Four of us, counting me. Tim Burns, Bill Beekley, who is my coach and my right hand man, and Chris Bentley.*

Greg: I know you like to stay raw for a while before you start bringing the equipment on in the training cycle. How many weeks out do you start putting the equipment on?

Beau: *I try to put the equipment on at the last possible second. The reasons are, first, I'm lazy. I don't like to put it on, as it's very uncomfortable. I'm very grateful for the sponsorship I get, but it's very uncomfortable. Second, though I'm very grateful for my sponsorship, I don't think we'll ever find out who the strongest man in the world is until they put us all together and just give us a belt. That's my opinion. I feel very strongly about that. I can lift raw and have lifted everywhere the money is at. Whether it be the Mountaineer Cup, or the Arnold Classic, or If someone has a raw meet, I will be there. I like competition so much that I go where the competition is at. I get as strong as I can raw, which gives me a mental confidence, before I start putting the gear on, about two weeks before the meet. My bench press suffers because of it. It used to be my strongest lift, but because everybody is learning how to use these shirts, it's getting more and more advanced. I'm still three or four years behind, but, I'm OK with that.*

Greg: I've heard your nickname ("Big Nasty"). Where did that come from?

Beau: *I played football at a black college, and was the only white guy out there. Out of 22 guys on the field, I was probably the meanest and the nastiest. That's how I played the game, and that's how I attack the platform. Not in the warm-up room, on the platform. I enjoy going to the meets and having fellowship, but when I hit that platform, I'm getting after it. You're either attacking or someone's attacking you, when you're on that platform. That's just the way it is. I choose to attack.*

Greg: Please share some training tips.

Beau: *We all have it, we all just take it for granted. It's learning how to train your brain. Obviously, there's different types of training cycles you can do. Mine are pretty standard, but I'm really focused. I'm as much challenging my brain mentally at Week One as when I get down to the last week before a contest. I write everything down. I do it pyramid style, I'm always going up each week. On Saturdays, which you can attest to, I like to train all three lifts, doing percentage singles. I do assistance during the week. I do bench close-grips, dips, triceps and push-downs. The next day I might take a break. Then I do box squats, pull off the blocks, lower back work, and if I'm too tired I'll take a Thursday or Friday and do some upper back work with some bicep work. I do no more than four workouts and no less than three. A fourth day is mostly just for assistance work that I missed.*

Greg: How about supplements?

Beau: *Well, I got to take care of my buddy at Gearman Nutrition, the best protein in the world. It's the only protein I've ever had that when you shake it up there's no lumps. When it gets into my system I can feel my muscle being repaired. I'm a big fan of the protein and the glutamine. I'm all over that.*

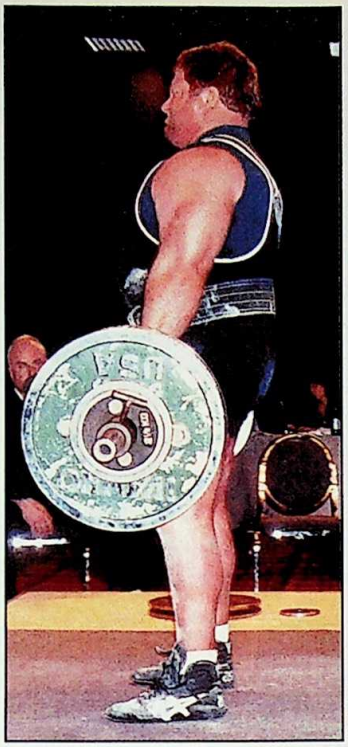
Greg: Any advice for the beginning lifter?

Beau: *When you go to train, don't worry about who your competitors are, because you can't control what they do. You can only control what you do. You have to compete within your self. The trick is to push yourself as hard as you can without hurting yourself. That's how you get to the level you're trying to get at. There's a difference in competing with yourself to just barely beat the numbers or really pushing yourself. That goes back to the mental aspect. You have to train your brain mentally. If you don't understand what that is, think of anything you ever did in your life that you've been very successful at. The reason you were successful is because you made up your mind that you were going to do it, then you put the hard work in. It's the same concept - just put it into your training. As far as a beginning lifter, don't worry about all the equipment. Get your body and foundation as strong as possible. Get your mental capacity as strong as possible, and the sky is the limit. Have fun.*

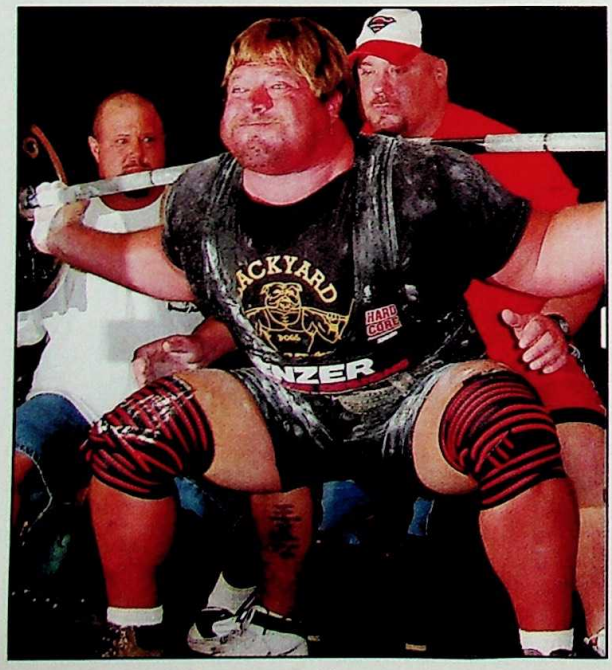
Greg: Is there anyone you'd like to thank?

Beau: *I want to thank God first. I have to thank my wonderful wife, and my kids. I love my family. I got so many people I'm so happy for that help me. Greg, I want to thank you for your sponsorship, and I really enjoy your products. I have to thank Inzer, and House of Pain for all their support. Especially John Inzer - anything I need I get right away. I need to thank my training partners, there's tons of them. Bill has been my right hand man for years. I thank Tim for helping me out, Chris, James, Tom, the whole group. I want to thank Tony Conyers as well. He's been a great friend of mine for many years. We have had some great times together. I'm very blessed that I get to compete at this level. I enjoy talking to all the lifters. I think I'm friends with all the guys I compete against. It's just been a blast. To be 40 years old and doing what I'm doing, I'm just very grateful. One thing I have to say, and it's just my opinion, I don't think we'll ever know who the strongest man in the world is until everybody gets out there with a belt on, just because of the equipment. There's so many way of using the equipment. A lot of people would argue that, and you see that on the internet, but I think my opinion is very credible, just because of the things I've accomplished with and without the equipment. I really enjoy the sport. I hope I can keep doing it until they put me in a box.*

Greg: They'll have to get a big box. Thank you very much for your time.



A PR 804 DL *for Beau @ the '04 Arnold*

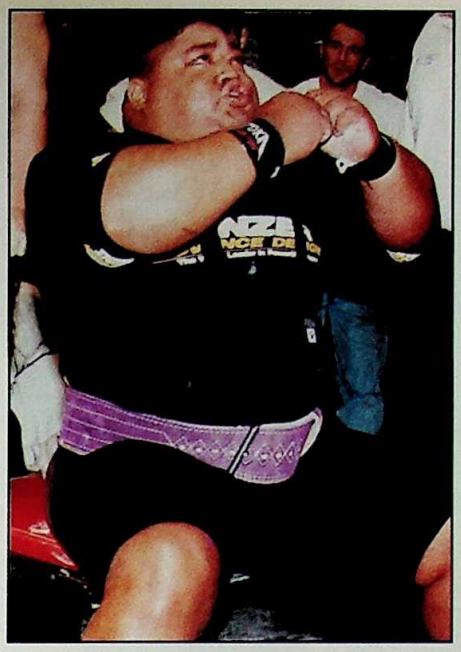


Beau *has been making remarkable progress in the squat lately*

(continued from page 5)

director's promotional dream. He gave TV interviews to all 3 network affiliates. He would do everything from bench 550 two days before a contest to lift cars to promote an auto dealership who was a sponsor, or lift a beer keg overhead for a beer sponsor. By the way, Anthony did not drink. I had the pleasure of having Anthony at my Hawaii meets five times, my Bend, Oregon meet once in 1991, Tri Cities, Washington in 1994, Spokane, Washington in 1995, and Post Falls, Idaho in 1997. At all of these events, Anthony always helped me promote the events, and he always made an impact on each of these communities by visiting orphanages, children's hospitals, churches, prisons, or talking to inner city youth.

In 1998, Anthony squatted 1025 lbs. in a single-ply squat suit. Was the lift low enough? No. But here's the rest of the story, as Paul Harvey would say. My daughter had been in St. Jude's Children's Hospital in Memphis, Tennessee, on four different occasions, from January of 1987 to 1988. Anthony's 1st attempt at 1025 buried him. Then I got on the mike and said, "There is a fishbowl at the back of the ballroom for donating for St. Jude Children's Hospital. How many of you would be willing to chip in $2.00 each if Anthony makes his 2nd try at 1025?" That would be the highest squat in history, at the time. Over 2500 people yelled a resounding "YES". Anthony went down to thunderous applause. He bowed and sputtered, but came up with the weight. He



Power Comes From God *- Anthony's motto*

did a good morning with it, but he was obviously high. He got the lift 2-1 and over $5,000 was collected for St. Jude's. Later on, after consulting with numerous people in the powerlifting world, the call was reversed. It was on ESPN and it was obviously high. Anthony wasn't pleased with the reversal, but he handled it with class and it never affected our friendship. He showed me a tape of him squatting 1020, about 4 years later, and it was 2 inched below parallel in a single ply squat suit.

In 1989, Anthony and I had our way paid to Fargo, North Dakota, to deliver a strength demonstration. I had to dress up like "Buzzsaw" and dye my hair white. One of our sponsors was Red Lobster. We walked in and the first thing they said was "all the lobster you can eat." I said to Anthony, "they can't be serious". The Red Lobster eating record, as we found out, for miniature lobster, was 40 for all Red Lobsters across the nation. Anthony and I topped out at 46 each, and the manager had a look of absolute depression on his face. The sweat was rolling off his face, as he was going to have to explain to his regional manager where 92 lobsters went. Every employee in the place has told that story at least once a year over the last 16 years.

Then we visited the children's wing of the biggest hospital in the upper Midwest, with the exception of one in Minneapolis. A 15 year old boy, who died one month later, was awed by Anthony. He had suffered with Hodgkin's Lymphoma for 3 months and hadn't smiled because of despair, fear, and pain. Anthony had him wide-eyed and laughing. The oncologists at this hospital were not able to get this 15 year old boy into remission, and were giving him less than a week to live. He fed off Anthony's strength and lasted a month.

Anthony, thanks for the memories. See ya!

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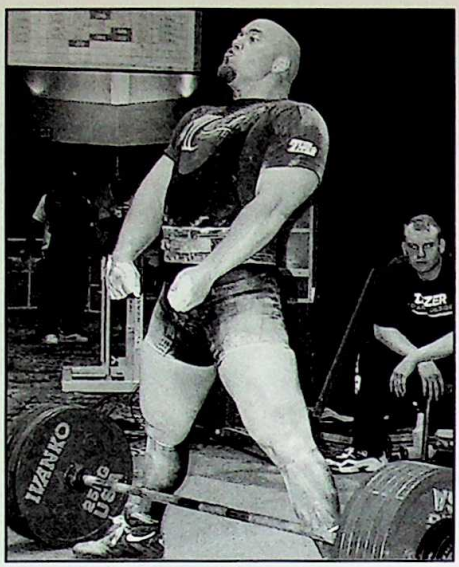
(article continued from page 11)

walked away with a clean sweep of all the golds, as he placed first in every event. Trenton Wade has come into the 198 lb. class, with some good lifts to go with it. Wade only weighed in at 188 lbs., and when he grows into this class, he will be a force to deal with. In 3rd place was Sean Dicataldo. After going 3 for 3 in the squats, and winning the silver in this lift, he lost ground on the bench, but still managed a 600 lb. deadlift to wrap up the bronze. Jeff Blindauer came in 4th, and Todd Shelton finished 5th, after giving us a scare by missing his first two benches. John Pena was thought to be ready to give Ray a run for the National title, but was unable to get a squat passed.

The surprise of the meet in the 220 lbs. class was a lifter from Florida, named Jason Beck. Keep that name in your mind, because you will be hearing a lot from him in the future. Some people are built for this sport, and Jason is one of them. This was another class that had some great lifters in it. 2004 World Bronze medalist, Charr Gahagan, and Bench Press World Record holder Tony Succarotte were also fighting for a shot on the World Team. Also, never count out Mike Mastrean when there is a squat around. After the dust had cleared, Jason walked out with the National title, and a great 935 kilo total. Tony has been an alternate on several world teams in the past, but this was not the year. He finished 2nd, but still earned a spot to Miami. Both Jason and Tony had to sweat it out, as deadlift phenom Charr was ready to pull out the win on his last lift. With 793 lbs. loaded on the bar, he went for the win. As the weight started moving, Jason and Tony were looking nervous. The bar stopped just short of his knees, and a loud cheer from Robert Keller, who was coaching Jason, could be heard by all. Mr. Nationals, Shawn Cain, lifted in his 20th Open Men's National Championship. Once again, he was on the award platform with a 5th place finish.



***Jason Beck** ... powerful new factor at 220.*

What more can you say about Tony Harris, except champ. I must say that when I saw the line-up for the 242 lb. class, I thought this was the year he would be upset. OK, I must eat crow. Tony is by far Mr. Know How. He has constantly made this class his to dominate. Whenever you think the competition has him beaten, he finds a way to pull out the win. This meet was no exception. After missing his first squat, he came back and smoked the other two, and finished with a 367.5 kg. lift. Not bad for a guy who is a masters lifter. After making all three benches, he went on to break his Masters World Record in the deadlift with a 771 lb. pull on his second attempt. His 952.5 kg. total was nothing to frown about. Two world meets in 30 days. Go Tony!

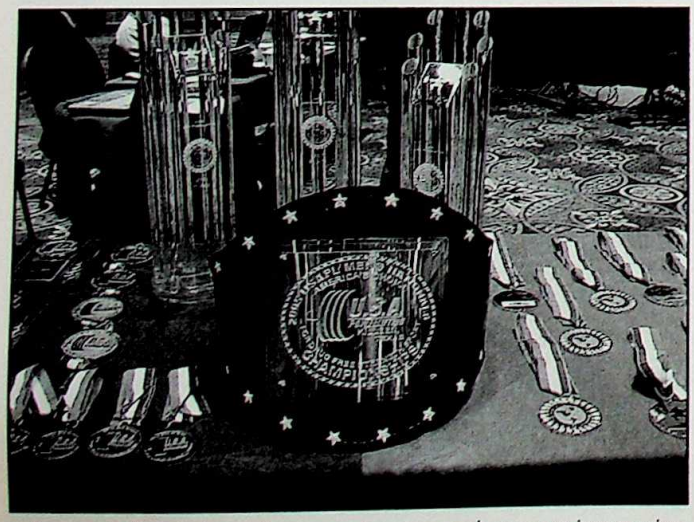
Any one of the other top 5 lifters were possible upsetters for Tony. Ryan Goldin has been known for his great benching, but this guy can also compete with the best in the other lifts. A 573 lb. bench press got him the gold in this lift, and also helped him to the 2nd place award. Another lifter whom I have seen grow up in this sport, is Steve Mann. During the National meeting, Steve was selected as the new records clerk, and he went on to show that be may be putting his own name in the books very soon. His 562 lb. bench got him the silver medal, and he seemed to be really happy with that lift. The 242 lb. class is something new for Nick Tylutki, and just wait until he fills out. At only 227 lbs., be did a 804 lb. squat, winning the bronze in that lift. Another one for Tony to watch out for in the future.

Long time lifter and Las Vegas native Scott Waits, is another Master lifter. Scott is one of those tall and muscular guys that don't look as if they can do heavy weight. He has been surprising lifters for years now, and continues to do so. Scott did not have a great day, making only three of nine lifts, but his lifts were good for a 5th place award. Chris Kahanek will be making a move to Los Angeles in the next month, for a new job offer, but he will be missed in Texas. A strong lifter, he finished 6th. Al Fritz only made 4 of his lifts, which kept him off the medal stand in 7th. Coming in 8th, 9th, and 10th respectively was Shane Newark, John King, and Ahmad Atef. Jeff Douglas was the person I felt had the best chance of beating Tony, but his three missed benches did him in. He did manage to win the gold in the squat.

***Ray Benemerito benches** ... his way to yet another national championship (photo Larry Stephens)*

Seeing Tony Cardella lift, and not helping me spot, in a meet in Killeen was strange. Tony has been the back spotter for most of my meets for the past year. Well, maybe he got

181 lbs.										
S. McLawchin	688	716	738	463	~~490~~	496	650	683	~~705~~	1918
D. Ricks	666	~~700~~	~~700~~	440	457	479	~~650~~	~~650~~	650	1796
D. Austin	666	~~705~~	~~705~~	380	~~402~~	~~413~~	650	683	705	1752
J. Benemerito	551	600	633	408	435	~~457~~	~~551~~	~~551~~	551	1620
T. Reid	551	~~573~~	~~573~~	~~413~~	424	~~429~~	~~611~~	611	628	1603
J. White	523	556	573	363	380	~~402~~	~~573~~	573	600	1554
J. Stark	600	~~633~~	633	341	~~374~~	~~374~~	551	573	~~584~~	1548
A. Joseph	490	~~512~~	~~512~~	363	380	~~391~~	~~551~~	551	~~573~~	1422
D. Emeott	407	446	463	286	~~308~~	314	418	~~451~~	~~485~~	1196
H. Blake, IV	~~551~~	~~551~~	~~573~~	~~463~~	~~463~~	~~463~~	—	—	—	—
198 lbs.										
R. Benemerito	672	711	~~738~~	463	~~490~~	~~490~~	655	~~694~~	~~694~~	1829
T. Wade	~~622~~	633	~~661~~	418	~~440~~	451	584	617	~~661~~	1703
D. Dicataldo	589	622	639	~~380~~	385	396	~~589~~	589	600	1636
J. Blindauer	529	~~551~~	556	~~435~~	~~435~~	435	600	~~617~~	617	1609
T. Shelton	~~518~~	523	540	~~413~~	~~413~~	413	611	198	650	1603
H. Scholnick	562	~~595~~	~~595~~	~~413~~	435	~~451~~	518	562	~~589~~	1559
M. Brandon	617	~~639~~	~~639~~	~~534~~	~~534~~	~~534~~	~~606~~			
John Pena	~~677~~	~~677~~	~~677~~	~~435~~	435	446	589	~~606~~	606	
220 lbs.										
J. Beck	722	755	777	490	518	540	683	722	744	2061
T. Succarotte	650	694	711	634	~~650~~	~~650~~	628	672	694	2039
C. Gahagan	694	738	771	468	490	501	~~727~~	738	~~793~~	2011
M. Mastrean	749	788	~~810~~	463	~~479~~	~~512~~	683	711	727	1978
S. Cain	622	650	~~677~~	418	435	446	600	672	~~716~~	1769
K. McCloskey	628	~~644~~	~~644~~	490	~~512~~	512	534	567	589	1730
M. Gary	529	567	~~584~~	358	~~380~~	~~380~~	551	584	~~606~~	1510
M. Ferrantelli	~~705~~	~~705~~	705	~~540~~	~~540~~	~~540~~	—	—	—	—
242 lbs.										
T. Harris	~~749~~	760	810	490	512	518	738	771	~~782~~	2099
R. Goldin	744	567	~~799~~	~~545~~	545	573	633	666	~~677~~	2028

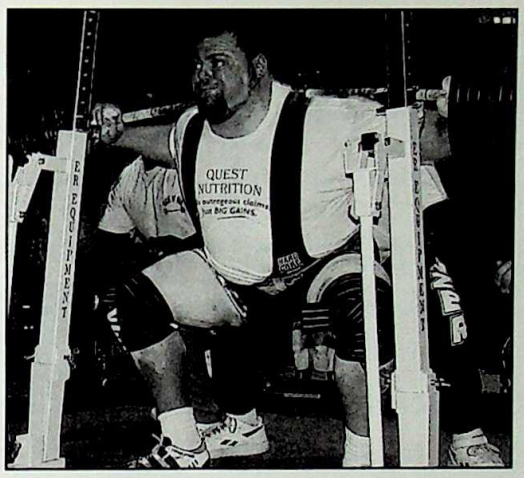


***Johnny Graham's Awards** ... as extensive as they were impressive.*

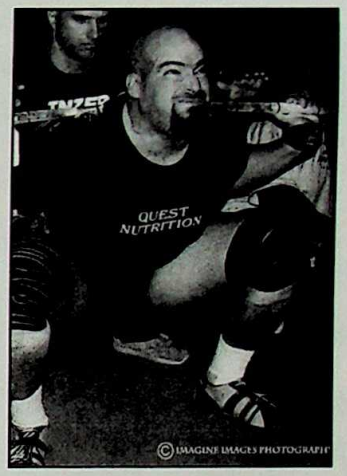
stronger helping me out, as he won his 4th straight 275 lb. national title. And man was he awesome in doing it, with and 8 for 9 day. Tony is assisted in meets by USAPL President Larry Maile, and his knowledge paid off once again. Now, if we could just get Tony to have this kind of day in Miami. His 2204 total was one of his better days, and Tony medaled in all three lifts. Now that's what I call consistency. Scott Lade showed the nation that his bench press powers, along with his other lifts, are world caliber. How about an 804 lb. squat, a World Record 694 lb. bench press, finished off with a 655 lb. deadlift, and you have 2nd place.

Emilio Saldierna is the new coach of LA Tech Powerlifting Team, but I guess the new job hasn't slowed him down. He took a lead with a Gold medal 848 lb. squat, and held on for the bronze. Sean Culnan has made the transition down to the 275 lb. class, and turned this class into something to talk about. Sean scared the hell out of us, as he passed out after his second deadlift. At least he made sure his 4th place was secured before the big drop to the floor. Scott Ward had a solid 8 for 9 day to wrap up the final award in this class. Mike Anderson showed brother Pat that he is the squatter in the family. His 367.5 kgs. squat got him the bronze in this lift, and he just beat Pat by 2.5 kgs. for 6th. OK, Pat can still out bench him. Scott Schoen finished 8th, but this guy can deadlift. His 705 deadlift won him the bronze. Mike O'Donnell hasn't had time to enjoy his new life as a married man to Jessica Watkins. That's OK, as she coached him to 9th place. Rounding out this class, was Dr. Mike Hartle, coached by his wife Monique.

The 242s *... Tylukti, Mann, (top l-r) Waits, Harris, Goldin*



2491 on FOUR ATTEMPTS *... Brian Siders at SHW.*



Tony Cardella *@ 275 (Stephens)*

When it came time for the big boys to lift, the buzz was around Brad Gillingham. Brad is fast approaching 40, and believe me, that takes some toll on your body. But don't tell that to Tony, Scott, and Shawn. Brad is scheduled to lift in the World Games in July, and since this national meet was moved up 2 months, he was training for that.

Guess what, we still had Brian Siders. Everyone was asking what World Record would he break at this meet. Even the local TV station was on hand to interview him. After smashing his finger a few weeks before the meet, there was some worry about his performance. Have no fear. It really felt good for me to get back on the platform for this meet. OK, I was just spotting, but standing behind Brian during his squats, and just praying that he would come up with it, was a workout by itself. His opener was an easy 953 lb. lift. On his 2nd of 986 lbs., he once again came up easy, but lost his balance and stepped back. Now you see why there were prayers. He lost his 3rd on a 2 to 1 call. Now, what do you say when a lifter makes a 771 lb. bench press, and a new World Record look like a 135 lb. lift. "Holy Bleep". That's what came out of my mouth when I spotted this easy lift. He once again wrapped up his 3rd straight National title on his opening deadlift of 766 lbs., for an 1130 kg. total on a bad day.

Randall Harris has moved up from the Junior division, and has given the rest of the big boys something to look at. With his dreadlocks flying, this guy made an 876 lb. squat, 639 lb. bench, and 771 lb. deadlift, which equals silver. Lance Karabel is one thick lifter. Spotting him on his lifts was tough, and 903 is nothing to look askance at. That lift gave him a silver to Brian, ("Damn Brian"), and another silver in the bench also. ("Damn Brian"). Some people may have forgotten about Nick Minneti, but after the deadlifts, they knew who he was. Guess what? Brian didn't win the gold on the deadlifts, Nick did, and his 771 lb. pull was a good one at that. That lift moved him up to 4th place, and the top four lifter all had over 1000 kgs.! Now that's some big men moving big weights. Jason Christus rounded out the medal platform with a 910 kg. total for 5th.

Identical twin brothers Scott and Todd Slaughter finished 6th and 7th, with Scott making the bench presses that put him on top of his brother. The oldest lifter in the meet was Ernie Surrell. At the tender age of 57, he had the qualifying total to compete with the younger guys. I think this makes Ernie the oldest lifter to qualify and lift in the Men's Nationals. Ernie came to break some American records, and he succeeded with a new American record squat of 606 lbs. Brian Laudadio has always been in the running to medal at this meet, but he couldn't get a bench press passed to stay in the fight.

Before closing, I want to once again thank all the wonderful people who have supported me in putting on this event. Thanks to the members of USAPL who had the confidence to give me this bid for 2005. My right arm in all my events, Lanette Lopez, is really the brains behind my meets. She stays out of the limelight, but without her support, I can't make this happen. The wonderful members of Phantom Warriors Powerlifting Team worked the entire week. The great officials and staff. The staff of the Killeen Civic and Conference Center, who were always there whenever I needed anything. And, last but not least, my wonderful family, who answer so many calls, and have always been there for me. *"Together everyone achieves more".*

JOHNNY GRAHAM

S. Mann	727	766	782	~~551~~	562	~~578~~	622	644	655	2000
N. Tylutki	~~760~~	760	804	468	485	~~507~~	683	705	~~711~~	1995
S. Waits	~~766~~	~~766~~	782	507	507	~~518~~	633	~~655~~	~~771~~	1923
C. Kahanek	650	~~676~~	694	468	490	507	650	672	~~700~~	1873
A. Fritz	655	683	~~711~~	479	~~507~~	~~507~~	633	~~655~~	~~655~~	1796
S. Newark	672	~~700~~	~~700~~	~~534~~	534	~~556~~	567	584	~~606~~	1791
J. King	622	650	~~672~~	429	~~440~~	~~440~~	600	622	~~639~~	1703
A. Atef	633	677	~~688~~	~~446~~	~~457~~	457	562	~~567~~	~~567~~	1697
J. Douglas	804	~~815~~	815	~~529~~	~~529~~	~~529~~	—	—	—	—
275 lbs.										
T. Cardella	788	810	826	578	611	~~633~~	705	744	766	2204
S. Lade	~~760~~	760	804	~~666~~	~~677~~	677	628	644	655	2138
E. Saldierna	821	848	~~859~~	567	~~589~~	589	~~650~~	650	~~700~~	2088
S. Culnan	716	755	777	534	556	~~567~~	711	~~716~~	~~716~~	2044
S. Ward	727	749	760	~~545~~	556	573	650	677	688	2022
M. Anderson	733	755	854	490	~~512~~	~~512~~	633	~~688~~	~~688~~	1934
P. Anderson	622	683	~~705~~	540	~~567~~	567	584	638	~~661~~	1884
S. Schoen	611	639	672	485	~~501~~	501	~~666~~	705	~~727~~	1879
M. O'Donnell	~~694~~	694	~~749~~	440	~~468~~	~~468~~	617	650	650	1785
M. Hartle	644	~~683~~	~~683~~	~~512~~	~~529~~	~~529~~	578	—	—	1736
G. Emrich	639	~~672~~	672	~~418~~	~~418~~	~~418~~	622	639	~~661~~	—
UNL										
B. Siders	953	~~986~~	~~986~~	722	771	~~804~~	766	~~810~~	—	2491
R. Harris	777	832	876	573	611	639	~~744~~	744	771	2287
L. Karabel	815	854	903	639	~~677~~	~~677~~	705	733	~~766~~	2276
N. Minneti	826	639	~~881~~	~~545~~	545	573	705	771	~~782~~	2204
J. Christus	760	~~809~~	~~821~~	~~617~~	622	~~639~~	622	~~666~~	~~672~~	2006
S. Slaughter	633	~~661~~	~~661~~	573	600	606	551	~~578~~	~~578~~	1791
T. Slaughter	633	~~661~~	~~661~~	551	573	~~600~~	551	~~578~~	~~578~~	1758
E. Surrell	~~606~~	606	~~694~~	330	391	402	440	507	545	1554
B. Laudadio	~~755~~	810	~~837~~	~~650~~	~~677~~	~~677~~	—	—	—	—

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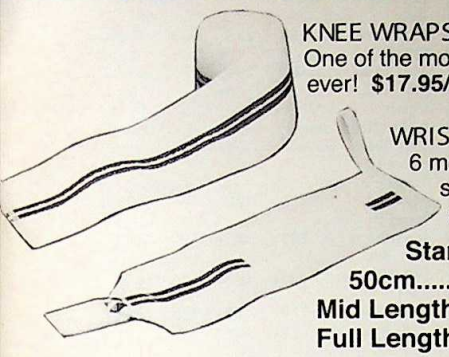

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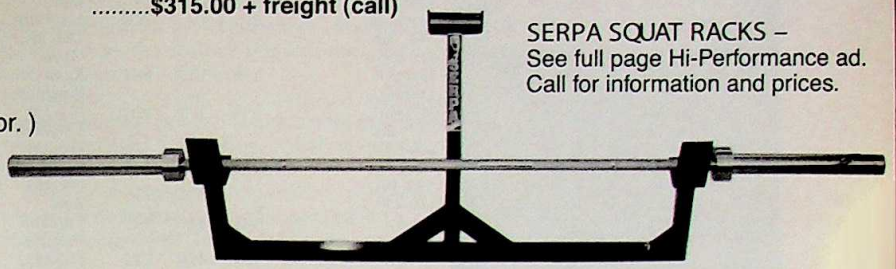


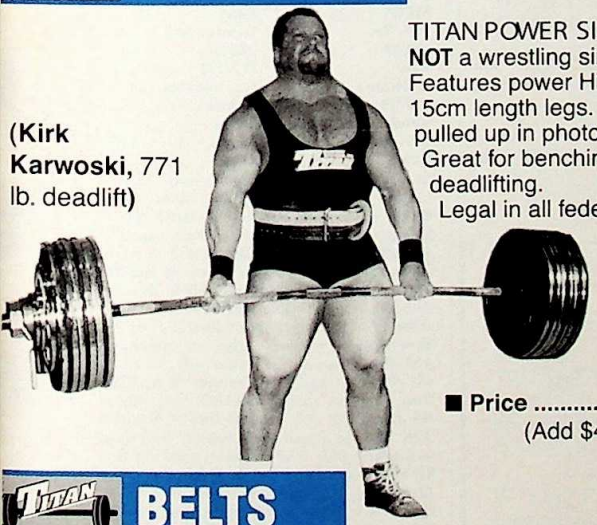
SAFE'S SQUAT SHOES

CONTENDER:
Designed & manufactured **exclusively** for powerlifting. Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; lateral strap (7) Avg. width & standard heel
.....$129.95
(Special make-up charge for sizes 14 & 15)

OTHER PRODUCTS

CHALK: 1 lb.	**$9.95**
AMMONIA CAPS:	
Box of 10	**$4.00**
SPEED COLLARS:	**$36.50**
DIP BELT:	**$21.50**
TRAINING BELTS:	
4 x 2 1'/2"	**$22.50**
4 x 4"	**$25.00**
USAPL T's:	
3 color logo	**$15.00**

SINGLETS



(**Kirk Karwoski,** 771 lb. deadlift)

TITAN POWER SINGLETS
NOT a wrestling singlet.
Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo).
Great for benching & deadlifting.
Legal in all federations and RAW meets.
Black, Royal Blue, Red or Purple

■ **Price $30.00**
(Add $4.00 for logo)

SUIT SLIP ONS: get into suits easier! give weight	**$19.00**
BRIEFS: Titan quality and performance	**20.00**
DUAL QUAD BRIEFS: Patented Harness Design	**30.00**
DEADLIFT SLIPPERS: Low profile, rubber soled	**5.00**
DRY HAND LIQUID CHALK: Silica compound grip enhancer!	**7.50**
LIFTING STRAPS: 1.5", 2" , heavy duty & leather	**Call**
Titan T'S AND TANK TOPS: 3 color logo	**8.75**
ADIDAS DEADLIFT SHOES: Gummed rubber soled	**44.95**
TRICEP ROPE: Great for cable work	**19.50**

BELTS

COMPETITION buckle belts; feature stainless steel seamless roller & full leather buckle foldover.

LEVER belts; feature Hi-Tech patented lever for maximum tightness and easy on/off application.

All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

■ **Price.....$79.00**

ORDER FORM

ITEM	Color 1st	Color Alt.	Size	Quan-tity	Price

Hi or Low Cut _____

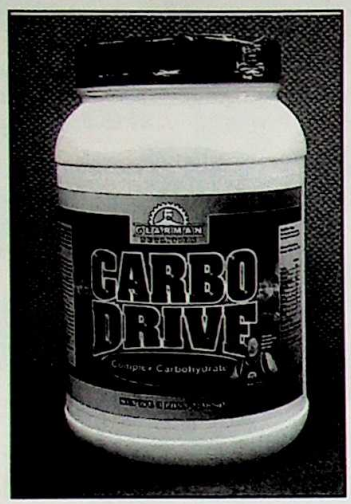
CUSTOM SUIT ❑ Reg. ❑ Meet ❑ Comp ❑ Style A ❑ Style B ❑ Dual Quad
Male ❑ Female ❑
Height _____ Weight _____
Hips (Buttocks) _____ Leg (Largest part) _____
Overall (TOP OF TRAP TO 6" BELOW CROTCH) _____

Shipping & Handling	$5.50
Overseas add 30% Air	
Tx. Res. add 8.25%	
Total	

Titan Support Systems, Inc. • 921 Rickey • Corpus Christi, TX 78412 • USA
Visa, MC, Amex, Discover, Diners Club and Carte Blanche, COD
www.titansupport.com.

1-800-627-3145 • 361-991-6749 • FAX 361-991-9470

New Product



Now available — CARBODRIVE *— the heavy duty carb loader/ weightgain product from Gearman Nutrition, with endorser Beau Moore (see his interview on page 8 of this issue) on the label. Call 813-843-7652 for full details or check out their website at www.gearmannutrition.com.*

WNPF Flordia State
5 MAR 05 - Ft. Lauderdale, FL

BENCH
181 lbs.
(60-69)
Currey 300
198 lbs.
Open
Lui 405
220 lbs.
Open
Calloway —
(40-49)
Calloway —
(50-59)
Walker —
Raw
Walker 365
(60-69)
Currey 405
242 lbs.
(50-59)
Raw
Bucchioni 485
275 lbs.
(40-49)
Silverbloom —
SHW
Open Raw
Ironman
165 lbs.
(40-49)
Wright!
OPEN
Wright!
181 lbs.
(60-69)
Currey
198 lbs.
(40-49)
Brown
Open
Brown
Powerlifting
148 lbs.
(13-16)
Raw
Dixon
181 lbs.
Chang!
Sayles
242 lbs.
(50-59)
Raw
Bucchioni
SHW
Open Raw
Wilson
!=Best Lifters. This was the first event for Brian Burrittwith the WNPF. Brian did a superb job with this meet. He had two new officials and two new spotters and they all did very well in their new positions. Brian will continue to bring WNPF powerlifting to the southern Florida area. The second meet this year will be held sometime in September so we don't conflict with other meet directors in the area. We want to work with the other leagues in the area and not step on anyone's toes. There are plenty of lifters for everyone. A big thank you goes to Brian Burritt for putting on this meet and supporting the WNPF. Thanks to Lynnie Whidden, Greg Wright and the two spotters for all of their help. Thanks to Lester Fields for keeping the meet running smoothly. Thanks to Kris for watching the door and thanks to the lifters that supported this event. We will be back year after year in this area. The next Florida meet will be in Orlando in May and we hope to see all of you there. (from WNPF)

	BP	DL	TOT
Wright!	330	575	905
Wright!	330	575	905
Currey	300	405	705
Brown	305	420	725
Brown	305	420	725

Powerlifting	SQ	BP	DL	TOT
Dixon	185	125	205	515
Chang!	500	355	600	1455
Sayles	450	360	550	1360
Bucchioni	375	240	485	1100
Wilson	530	390	500	1410

242 lbs.
(70-79)
Raw
Brandt 190
275 lbs.
Open Raw
Wilson 425
(40-49)
Merry 400
SHW
Open
Dixon! 525
Open Raw
Wilson 390
DEADLIFT
181 lbs.
Fromberg 635
Wilson 500
POWERCURL
242 lbs.
(70-79)
Brandt 110

WNPF Delaware Championships
30 JAN 05 - Newark, DE

BENCH
165 lbs.
(13-16)
Raw
Kleinsmith 95
165 lbs.
(50-59)
Raw
Lapointe 265
181 lbs.
Open
Ryan 435
Bingham 380
(35-39)
Bingham 435
(40-49)
Foltz 330
(40-49)
Raw
Catalini 250
198 lbs.
(17-19)
Raw
Kemble 340!
(60-69)
Raw
McCaffrey 140
220 lbs.
(40-49)
Handlin* 475
Plummer 470
(40-49)
Raw
Munzer 350
(60-69)
Raw
Davis 290
275 lbs.
(40-49)
Raw
Kleinsmith 390
DEADLIFT
123 lbs.
WOMEN
123 lbs.
(40-49)
Raw
Benner* 165! 175! 310! 650!
Spano 185! 110! 300! 595!
Larson 140 90 195 425
165 lbs.
Youth
Raw
McClosky 205! 120! 115! 440!
MEN
114 lbs.
Youth (11-12)
Raw
Foltz 130 75 175 380
132 lbs.
(13-16)
(40-49)
Raw
Spano 300!
Klaassen 260
165 lbs.
Youth
Raw
McClosky 115
(13-16)
McClosky 475
198 lbs.
(60-69)
Raw
McCaffrey 270
220 lbs.
Open
Raw
Thomas* 655
(40-49)
Raw
Thomas 655!
POWERCURL
123 lbs.
(40-49)
Benner 75
Klaassen 75
Spano 70
165 lbs.
(40-49)
Edwards* 150
Open
Edwards 150
198 lbs.
(60-69)
McCaffrey 105!
SQUAT
165 lbs.
Youth
Raw
McClosky 205!
65 lbs.
(13-16)
McClosky 410

	SQ	BP	DL	TOT
Benner*	165!	175!	310!	650!
Spano	185!	110!	300!	595!
Larson	140	90	195	425
McClosky	205!	120!	115!	440!
Foltz	130	75	175	380

Raw
Bomberger 225! 95 200 520
165 lbs.
(13-16)
Raw
Klaassen 285 275 375 835
(13-16)
McClosky 410 230 475! 1115
181 lbs.
Open
Koberstein — — — —
220 lbs.
(40-49)
Raw
Stewart 420 320 475 1215
Novice
Jensen 400 295 500 1195
242 lbs.
(40-49)
Raw
Edgerton 510 310 405 1225
275 lbs.
(40-49)
Brinton* 625 475 525 1625
(17-19)
Raw
Fisher 335 165 385 885

!=American records. *=Best Lifters. Team Champs Powerlifting: Ephrata Power Team. Team Champs Bench Press: Ephrata Power Team. This was the first official meet as a meet director for Lester Fields. Lester has been with the WNPF since 1992 and he has been one of the cornerstones for the league. He is a very dedicated and hard working individual and a great announcer for the WNPF. Thanks to all of the lifters that supported Lester in his first event and a big thank you to the WNPF staff for their help. Thanks to Lee, Bob, Annette, Mike, John, Kenny, Steven and Denise for being there. We'll be back in 2006 for the Delaware States again. (from the WNPF)

WNPF Youth Nationals
19 Mar 05 -

BENCH
WOMEN
123 lbs.
Open
Raw
Benner 180!
MEN
165 lbs.
(13-16)
Raw
Williams 265
(17-19)
Reed 230
(40-49)
Raw
Snow 290
Open
Raw
Legg 220
(50-59)
Raw
Legg 220
(60-69)
Raw
Robinson 205
181 lbs.
(17-19)
Raw
Raynov 185
198 lbs.
(17-19)
Gregorio 205
Open
Raw
M. Bachmayer
365
T. Bachmayer 280
Open
Klazas 405
(35-39)
Klazas 405
(35-39)
Raw
Twyman 380
(40-49) Raw
M. Bachmaye 365
T. Bachmayer 280
220 lbs.
(17-19)
Raw
Hafiz 330
Open
Raw
Hicks 300
Rolls 290
(40-49)
Raw
Hicks 300
(40-49)
Plummer* 500
(50-59)
Raw
Gismonde 225
275 lbs.
(17-19)
Haybedian 380
275 lbs.
Open
Lewis 525
SHW
Open
Raw
Ramos —
(50-59)
Raw
Sullivan 340
DEADLIFT
WOMEN
123 lbs.
Open
Raw
Benner 300!
MEN
100 lbs.
(9-10)
Raw
Litowsky 145
165 lbs.
Open
Raw
Legg 310
(50-59
Raw
Legg 310
181 lbs.
Open Raw
Darling 330
220 lbs.
(13-16)
Raw
Quintro 280
(35-39)
Raw
Bricker* 535
SQUAT
220 lbs.
(35-39)
Raw
Bricker 525!
SHW

World Natural Powerlifting Federation (WNPF) Membership Registration

LASTNAME_____ FIRSTNAME_____ INT._____

STREETADDRESS_____

CITY,STATE,ZIP_____

AREACODE,TELEPHONE:____ _____ DATEOFBIRTH____ ____ _____

AGE_____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5YRSMIN._____

REGISTRATION FEE
$10.00 SPECIAL OLYMPICS
$20.00 HIGH SCHOOL
$40.00 ADULTS
$30.00 SENIORS (65+)

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(678) 817-4743

SIGNATURE/PARENTS SIGNATURE IF UNDER 18_____

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

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

(40-49)				
Raw				
McDaniel	325!			
POWERCURL				
165 lbs.				
Open				
Legg	80			
(50-59)				
Legg	80			
181 lbs.				
Open				
Darling	130			
198 lbs.				
WOMEN	SQ	BP	DL	TOT
123 lbs.				
(13-16)				
Lykens	160	110	225	495
Open Raw				
Benner*	200!	180!	300!	680!
SHW				
(13-16) Raw				
Cohn	230	115	215	560
MEN				
100 lbs.				
(9-10) Raw				
Litowsky	125	65	145	335
132 lbs.				
(13-16) Raw				
McDaniel	175	135	200	510
148 lbs.				
(13-16)				
Richardson*	400	175	400	975
165 lbs.				
(17-19)				
Marshall	295	145	315	755
181 lbs.				
(13-16) Raw				
Montanez	260	165	375	800
(17-19)				
Ferguson*	430	290	430	1150
Space	330	175	450	955
Hall	320	185	410	915
Trusty	360	155	330	845
Spatz	—	—	—	—
198 lbs.				
(13-16)				
Christianson	280	110	340	730
220 lbs.				
(13-16) Raw				
Stonehill	300	155	300	755
McKain	260	155	330	745
(13-16)				
Tidy	375	155	350	880
Maietta	280	140	350	770
(50-59) Raw				
Jones	440	280	455	1175
242 lbs.				
(13-16) Raw				
MacDonald	345	150	350	845
(17-19)				
Fitzgerald	—	—	—	—
275 lbs.				
(13-16) Raw				
Hawrylack	275	185	340	800

Open	
Carr*	155
(40-49)	
Carr	155
242 lbs.	
Open	
Cage	150
(40-49)	
Cage	150
SHW	
Open	
Ramos	145

*=Best Lifters. !=American Records. Team Champs: Calvary Christian Academy, 2nd place - Schuylkill Valley Power Team. Overall this was a good meet. We ended up with 54 lifters from 6 different states. Half of these lifters were from the age of 10 to 19 years old. Calvary Christian Academy proved to be the best overall team at the meet this year. They are coached by the best teenage coach in the WNPF Tom Conway. Tom's kids are well behaved, well coached and they come to have fun. We are very happy to have Tom and his kids in the WNPF. Mike Ferguson brought a small team in also and they all did well. If they would have had at least 11 lifters they would have given Calvary a nice run for the first place award. We will bring this meet back in 2006 in March and we hope to have more kids in this meet but not to the point where we won't finish until 8 or 9 pm . We gave out large sculptures and a free meet t-shirt to all of the kids in the meet. We had a problem with the awards where many of them were smashed by UPS and several lifters gave up their awards to make sure the kids got their awards. A big thank you goes out to Jeff Hicks, Steve Cage and Bob Legg for volunteering to give up their trophies. Great performances were put on by Eric Richardson and Mike Ferguson and they both won best lifter awards. I can't leave the adults out, congrats to Jeff Plummer, Phil Bricker, Bonnie Benner and Pat Carr for winning best lifter awards. Big Shaq Ramos and Lance Fitzgerald from Texas had off days and both bombed out. Hopefully these two guys will regroup and come back stronger at the next WNPF meet. John Sullivan came back to redeem himself with a 340 bench. Joe Gismonde decided at the last minute to do this meet. He took a token bench to qualify for worlds. Mr.Twyman made his comeback after a five year absence and hit a 380 raw bench. Jeff Plummer hit the 500 mark in the 220's. Big Bill Lewis hit 525 and missed 550 by inches. The always consistent Jeff Hicks won both the open and masters raw divisions. The Bachmayer's went head to head in the 198's and they both enjoyed the meet and made great comments on the awards at the meet. Tony Klazas has been a WNPF member since last year. He's always a steady 400+ bencher and a great person. Bob Legg has been with us for years. He's always supported us and were glad to have Bob in the WNPF. Shawn Darling from N.J. lifted well for a first timer. Alaa Hafiz hit 330 lbs. at 18 yrs. old raw. The spotters did a tremendous job Joe Nicolosi, Jeff Anderson, Chris Loomis, Perry Thomas and Joe Ruscitelli. Thanks to Wayne, Bob and Gary Heim for their help officiating. (via WNPF)

World Drug-Free Powerlifting Federation, Inc.
News Release

WD.F.P.F. Drug Control Information:
The World Anti-Doping Agency (WADA) has established a process whereby athletes who suffer from select legitimate medical conditions are permitted to use certain medications/substances. This process, "Therapeutic Use Exemption", (TUE), is now available to athletes competing within the structure of the ADFPF and the W.D.F.P.F.. To apply for exemption for use of Beta-2 agonists (e.g. Formoterol, Salbutamol, Salmeterol, Terbutaline) by inhalation for the treatment of asthma or glucocorticosteroids, by non-systemic routes (c.g. nasal spray), a letter from the doctor is required along with completion of the official TUE form. Contact the following web site for the TUE form:

http://www.wada.ama.org/rtecontent/document/simplified.pdf%20

All TUE applications for any substances (some of which are listed above) will be reviewed by the W.D.F.P.F. Drug Control Committee. Completed TUE forms, including letters from physicians are to be sent to the W.D.F.P.F. Secretary General: Postal address listed below.
Note: From January 1, 2005 dermatological perparations containing glucocorticosteroids (e.g. topical Hydrocortisone for eczema) are permitted and no longer require a TUE application process. For further information concerning TUE, use web site: http://www.uksport/gov.uk/did/
A REMINDER to U.S. Lifters:
The U.S. affiliate to the W.D.F.P.F. will be the AMERICAN DRUG-FREE POWERLIFTING FEDERATION. All U.S. lifters wishing to qualify for one of the U.S. Teams entering the 2005 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in Turin, Italy on December 3 & 4th and/or the 2005 W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS held in Coratia on October 14, 15 & 16th, need to register with the ADFPF as soon as possible. To receive ADFPF information, registration form and application form for placement on one of the U.S. Teams, send a stamped, self-addressed envelope to:

Judith M. Gedney
Brophy Hall
Western Illinois University
Macomb, Illinois 61455
or, send your postal address requesting ADFPF material to:
jm-gedney@wiu.edu

The W.D.F.P.F. welcomes all drug-free lifters interested in competing internationally against other athletes who train and compete without the use of strength enhancing or weight-reducing drugs. For non-U.S. citizens living within the U.S., who want to compete within the W.D.F.P.F., contact the above address, stating your national citizenship. We will put yo in touch with your National Drug-Free Powerlifting Organization ro provide you with information as to how you can register your nation within the structure of the W.D.F.P.F.. The temporary W.D.F.P.F. web site can be found at:
www.wdfpf.cc

The ADFPF will be trying to fill full U.S. Teams of men (up to 3 per weight class) and women (up to 3 per weight class) in each of the W.D.F.P.F. Categories of competition. Those categories include:

OPEN (minimum age 14 upward indefinitely)
TEENAGE 1 (14 through 15 years of age)
TEENAGE 2 (16 through 17 years of age)
TEENAGE 3 (18 through 19 years of age)
JUNIOR (20 through 23 years of age)
MASTERS 1 (40 through 44)
MASTERS 2 (45 through 49)
MASTERS 3 (50 through 54) and so on for masters in 5 year increments.
POLICE/FIRE/MILITARY (Open; no age categories in this division)

Age is determined by each individuals age on the day of their competition.

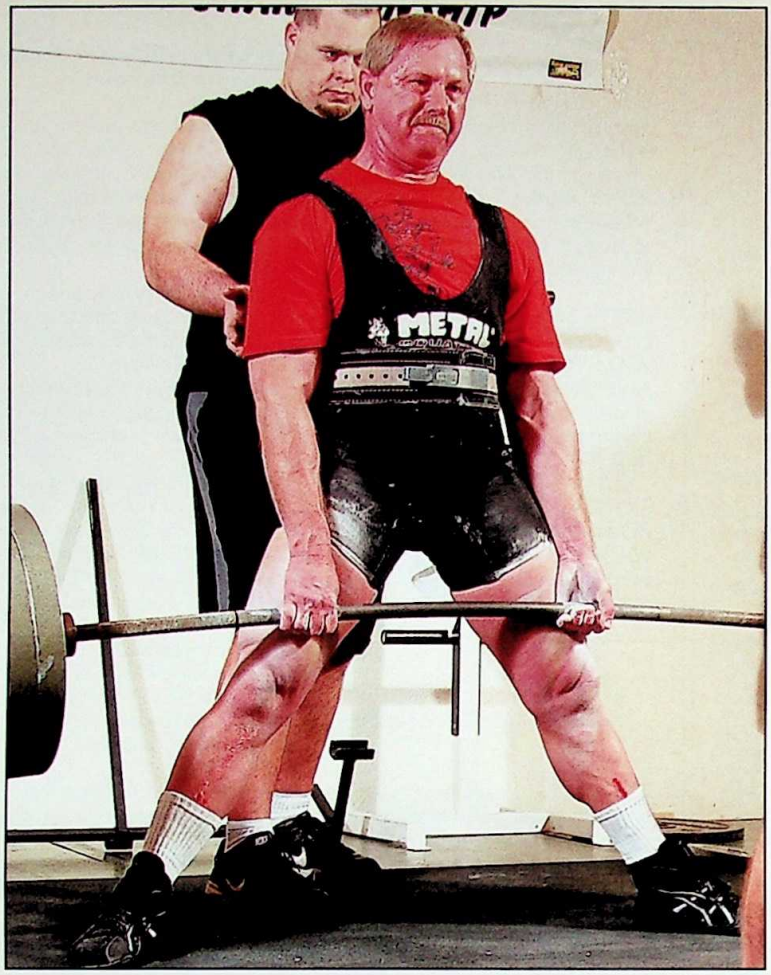
W.D.F.P.F. Weight Classes include the following:
MALES: 52 kgs.; 56 kgs.; 60 kgs.; 67.5 kgs.; 75 kgs.; 82.5 kgs.; 90 kgs.; 100 kgs.; 110 kgs.; 125 kgs.; 145 kgs.; and + 145 kgs.
FEMALES: 44 kgs. (97 lbs.); 47.5 kgs. (104.75 lbs.); 50.5 kgs. (111.25 lbs.); 53 kgs. (116.75 lbs.); 55.5 kgs. (122.25 lbs.); 58.5 kgs. (129.0 lbs.); 63 kgs. (139.0 lbs.); 70 kgs. (154.25 lbs.); 80 kgs. (176.25 lbs.); 90 kgs. (198.25 lbs.); +90 kgs. (+198.25 lbs.).

W.D.F.P.F. Team Rules:
Each team may have up to but not exceeding 3 lifters per weight class. A maximum of 12 males and 11 females will be listed on a roster for Team Points. All "Team" lifters reaching or surpassing the W.D.F.P.F. qualification totals will earn team points which are as follows: 1st pace = 12 points; 2nd = 9; 3rd = 8 points and so on to 10 places.

Contact the W.D.F.P.F. Secretary General with questions:
JM-Gedney@wiu.edu

WABDL Pepsi Northwest BP/DL
12 MAR 05 - Medford, OR

DEADLIFT
WOMEN
Master (40-46)
148 lbs.
H. Gantz 424!
K. Kennedy 314
185 lbs.
P. Swab 383
J. Rayburn 341
B. McGowan 303
S. Klocke 292
K. Sandoval 352
D. Ruff 325
4th-337
P. Pendergast 353
4th-383
Open
114 lbs.
T. McGonagle 303
Submaster
114 lbs.
T. McGonagle 303
181 lbs.
J. Taylor 385
Teen (13-15)
97 lbs.
A. Pecktol 159
123 lbs.
A. Wass 236
4th-253!
Teen (16-19)
132 lbs.
M. Rochat 352!
MEN
Class-1
148 lbs.
B. Kunkel 451
165 lbs.
E. Yagin 451
220 lbs.
J. Dassel 562
H. Ellor 551
259 lbs.
G. Ramsdell 462
SHW
E. Brooks 512
Junior (20-25)
181 lbs.
J. Scheld 485
220 lbs.
J. Ward 540
Law/Fire
Master (40-47)
D. Bodenstab 545
Law/Fire
Open
D. Bodenstab 545
Law/Fire
Submaster
308 lbs.
J. Taylor 562
Master (47-53)
198 lbs.
B. Collin. 545
242 lbs.
J. Capello 768
4th-771!
275 lbs.
J. Swab 518
Master (54-60)
220 lbs.
R. Wass 473
242 lbs.
B. Anderberg 545
C. Ferris 413
Master (68-74)
148 lbs.
L. Vincent 383
Open
165 lbs.
R. Godard 529
181 lbs.
D. Fisher 473
242 lbs.
J. Anthony 611
259 lbs.
T. Osborne 633
SHW
D. Munsey 681
Submaster (34-39)
165 lbs.
P. Lawyer 336
4th-363
242 lbs.
R. Fisher —
SHW
D. Munsey 881
Teen (13-15)
97 lbs.
J. Armidon 170
132 lbs.
N. Thornton 286
148 lbs.
M. Drew 314
165 lbs.
J. Weisz 391
220 lbs.
A. Rowley 352
Teen (16-19)
165 lbs.
J. Anderson —
181 lbs.
B. Burgess 473
J. Scheid 488
N. Edinger 451
220 lbs.
A. Munuy 501
M. Heppner 585
4th-600!
BENCH
WOMEN
Master (40-48)
148 lbs.
R. Dunn 211
165 lbs.
P. Swab 242
S. Klocke 203
B. McGowan 176
UL
K. Ssndoval 203
Master (47-53)
123 lbs.
D. Ruff 169
4th-188
148 lbs.
B. Heriford 170
Open
148 lbs.
R. Dunn 211
S. Heriford 170
Teen (16-19)
132 lbs.
M. Rochal 148
MEN
Class-1
148 lbs.
B. Kunkel 319
T. Deitrick 319
165 lbs.
E. Yagin 330
R. Godard 352
4th-359
220 lbs.
T. Charley 474
4th-496
N. Eller 407
J. Dassel 391
259 lbs.
T. Chun 488
4th-501
G. Ramsdell 402
SHW
E. Brooks 374
Junior (20-25)
259 lbs.
R. McKeefer —
Law/Fire
Master (40-47)
259 lbs.
D. Bodenstab —
Law/Fire
Open
259 lbs.
D. Bodenstab —
Law/Fire
Submaster
308 lbs.
J. Taylor 534!
Master (40-46)
198 lbs.
E. Georgson 314
Master (47-53)
181 lbs.
B. Beebe 413
220 lbs.
D. Wilson 380
275 lbs.
J. Swab 341
Master (54-60)
198 lbs.
J. Beteta 297
Master (61-67)
181 lbs.
D. Hawkins 314
Master (68-74)
148 lbs.
L. Vincent 231
Open
148 lbs.
T. Deitrick 319
181 lbs.
B. Beebe 413
D. Fisher 358
242 lbs.
J. Anthony 424
259 lbs.
R. McKeefer —
T. Osborne 623
Submaster (34-39)
198 lbs.
B. Love 402
242 lbs.
R. Fisher —
258 lbs.
T. Chun 468
4th-501
Hostkoetter 429
SHW
D. Munley 402
Teen (13-15)
97 lbs.
J. Amidon 71
114 lbs.
A. Beebe 71
132 lbs.
N. Thornton 99
165 lbs.
J. Weisz 203
198 lbs.
J. Floyd 225
Teen (16-19)
165 lbs.
M. Enloe 281
S. Enloe 231
198 lbs.
N. Edinger 308
220 lbs.
A. Munsey 341



***Jerry Capello** with a WABDL WR 771 DL at 230. (Phil Porter, S. OR Sports)*

!=World Records. Sam Pecktol and Dan Guches were the meet directors, and they provided a great setting at the Ruston Inn Hotel. The meet was held in a big spacious ballroom, and there were 75 lifters. In the deadlift class-1, Barry Kunkel pulled 451.7 at 148 to take best lifter in this category. Don Bodenstab pulled an Oregon state record in law/fire/maser 40-47 and law/fire open 259# with 545.5. In master men 47-53, Jerry Capello pulled two world records, weighing 230, with 758 and a fairly easy 771.5 to reinforce his claim as one of three best master deadlifters in the world, along with Tom Eiseman and George Harring. One of Jerry's training partners, Bill Anderbery, hauled in an Oregon state record 545.5 in master 54-60 242# class. Larry Vincent gave his all with an Oregon state record 363.7 in master 68-74 148#. Larry is the current world record holder in the bench with 288. He has had to train with injuries and deal with his wife's cancer, but both he and his wife always come to the meets with a smile and a positive attitude. They both have that Oregon trail blazer sense of adventure. Whatever happens on the trail will be both exciting, dangerous and sorrowful. in master women 40-46, 148#, Heidi Gantz, weighing 144, pulled a fire breathing 424 world record deadlift to cement her claim as one of the world's greatest female deadlifters. The ballroom was rather quiet and not more than half filled for the bench, but when the deadlifts came, the place was packed and rocking with over 400 people. If you're a deadlifter, this is a great atmosphere to elevate your game and squeeze out an extra 20 pounds on your PR. This town is filled with loggers, hunter and famous people. Ernest Hemingway has written about this area, and the Rogue river. Movie stars like Kim Novak and Ginger Rogers have had ranches in the area, as well. In 40-46 165#, Patricia Swab, formerly of Hawaii and who has been competing for 20 years, set an Oregon record with 363.7. She is a great judge and helped in every way possible at the world championships. In master women 47-53 123#, Denise Ruff, who is 120# soaking wet, has a damsel in distress demeanor until she steps on the platform, transforms into a bear on the prowl who hasn't had a meal in a week. She pulled an Oregon record 337.1 at age 48. Patty Pendergast, who is a school teacher and has the appearance of a very soft spoken non-aggressive, not even a hint, goes to her local phone booth and becomes super woman and out deadlifts every male high school student, with a few exceptions, and set an Oregon state record 363.7, weighing 138 at age 49. Kelli Sandoval pulled 352 on an opener, in master 40-46 198+, but wasn't quite on her a game with heavier attempts. In open men, John Anthony, who is trained by Terry Luehrs, pulled a big PR 611.7. A year ago he was at 500. Travis Osborne and Dean Munsey pulled 633.7 and 661 respectively, at 259# and super. Robert Godard was above average at 165 with 529. In submaster, Philip Lawyer set an Oregon record 363.7 at 165. In submaster women, Tami McGonagle pulled 303, weighing 109. Jennifer Taylor, who is a pulling machine, pulled 385.7 at 181 and just missed 418. In teen men 16-19 259#, Mike Heppner set a world record 600.7 in his first meet. His brother Nick deadlifted 700 at the world's at age 18. Sam Pecktols daughter, Alex Pecktol who is 9, had perfect form on a Oregon state record 159.7, weighing 68#! She was the highlight of the meet in many ways, and she was a fireball on state. A natural performer, whether it be acting, lifting, or athletic in general. Sam and her have a very close bond, which is unusual since Sam is divorced and ex-wives seems to portray ex-husbands as a cross between an axe murderer and godzilla. In 13-15 123#, Amanda Wass pulled a world record 253.5, weighing 120#. A sack of cement weighs 94# and that's almost 3 of them. My dad had a lumber yard and I started unloading sacks of cement out of box cars at age 12. At age 15, I bet my dad $50 that I could unload the whole box car 880 sacks in one day. Normally dad paid two guys $50 each for two days. I started at 6:00 am and finished at 7:00 pm, and then laid down for a breather. I skipped lunch and I was dehydrated. After a half hour I tried to get up, but I was suffering a serious case of paralysis, which caused my mother to over react and threaten to divorce my dad, reason being crippling her son. All my dad could say was "he had to learn his lesson". Yea dad, the lesson I learned is the smell of cement on a hot day, 100% and 90% humidity, and driving your body to its limits and then losing feeling in 80% of your body was one of the greatest experiences I ever had. And then of course when the feeling comes back the body feels better than ever and then I proceeded to repeat the 880 sacks of cement in one day 5 more times that summer. However my bones weren't fully developed and I grew about 7 more inches that summer. My legs became bowed because of the fast growth and the stress on the knee joints. If any of you ever have picked up a sack of cement, especially the last two of a sack closest to the floor, you will know what I'm talking about. Back to the great female deadlifting in Medford. Marie Rochat, who has perfect deadlift form, pulled a world record 369, weighing 127 in teen 16-19 - that's huge. Moving onto the bench. In class-1, Robert Godard set an Oregon record 359.1 at 165# and Trey charley pulled 496 at 220# for an Oregon record. At 259, Troy Chun pushed 501.5 for an Oregon record with no room to spare. In law/fire submaster, James Taylor pushed a world record 534.5, weighing 281. In master men 61-67, Daryle Hawkins set an Oregon record 211.4 and has pushed as much as 228 in the past. Rhonda Guches did an excellent job as scorekeeper, as did Toni Kribs. The judges were: Terry Luehrs, Donna Delleree, Christy Hansen, Gus Warrington, Sam Pecktol, and Patricia Swab. Gus Rethwisch was the MC. The spotters/loaders were: Chris Kribs, Gary Moralle and Jason Garcia. The sponsors were: Powerlifting Superstore, House of Pain, and Pepsi Cola. Gary Thomas was the weight-in room supervisor, and his wife Elma did the computer work. Jody Woods, who runs the Sacramento meets, Matt LaMarque and Don Bell all know how important Gary & Elma are for running a meet. All of the pressure is off when they are present. (Thanks to Gus Rethwisch for providing these meet results to Powerlifting USA)

APA WEST COAST OPEN
PASCO, WASHINGTON
MAY 14TH, 2005

POWERLIFTING

WOMEN'S DIVISION

123 CLASS

DAWN HELMUTH OPEN/M-1 225 SQUAT 125 BENCH 250 DEADLIFT 600 TOTAL

MEN'S DIVISION

198 CLASS

VE JOHN HEINEMAN JUNIOR 500/540 SQUAT 415/435 BENCH 525/550 DEADLIFT 1485/1525 TOTAL

RUSSEL PETTY OPEN(T) 520 SQUAT 280 BENCH 555/565 DEADLIFT 1365/1375 TOTAL

242 CLASS

LARRY BUSH SUBMASTER 375 SQUAT 275 BENCH 425 DEADLIFT 1075 TOTAL

SHW CLASS

PAUL "RATSCHWEILER" RATSCH M-1 650 SQUAT 580/630 BENCH 620 DEADLIFT 1850/1900 TOTAL

PUSH/PULL

MEN'S DIVISION

198 CLASS

JON WOLBERS M-2 375 BENCH 570 DEADLIFT 945 TOTAL

DAVE HOLMES M-3 360 BENCH 480 DEADLIFT 840 TOTAL

AARON CLOUSKSY TEEN 16-17 330 BENCH 440 DEADLIFT 770 TOTAL

220 CLASS

AARON BESS OPEN(T) 330 BENCH 430 DEADLIFT 760 TOTAL

242 CLASS

BJ DIRK OPEN(T) 500 BENCH 500 DEADLIFT 1000 TOTAL

308 CLASS

RYAN "BENCHMONSTER" KENNELLY OPEN 840 BENCH 660 DEADLIFT 1500 TOTAL

SHW CLASS

JOSH PATTERSON OPEN 450 BENCH 680 DEADLIFT 1130 TOTAL

BENCHPRESS

WOMEN'S DIVISION

148 CLASS

LANI POWELL OPEN(T)/M-1 175 BENCH

MEN'S DIVISION

165 CLASS

CODY BONNINGTON TEEN 16-17 290 BENCH

198 CLASS

DARRIS PIGGEE M-1 575 BENCH

KENNY "86'D" DINOLFO OPEN(T) 430/450 BENCH

MICHAEL MINER SUBMASTER 350 BENCH

220 CLASS

JOE GAST OPEN(T) 500 BENCH

DAVID VERRALL SUBMASTER 385 BENCH

242 CLASS

"DIRTY" DON GOLDSWORTHY OPEN(T) 585 BENCH

JACK SANDBERG OPEN 450 BENCH

TIMOTHY PYLE M-1 405/415 BENCH

RICK SOLAND OPEN(T)/M-1 385 BENCH

STEVE MANSFIELD M-2 340 BENCH

275 CLASS

PHIL MORRISON M-1 450 BENCH

308 CLASS

MATTHEW DAVIS OPEN(T) 575 BENCH

CHRIS MASENTEN SUBMASTER 525 BENCH

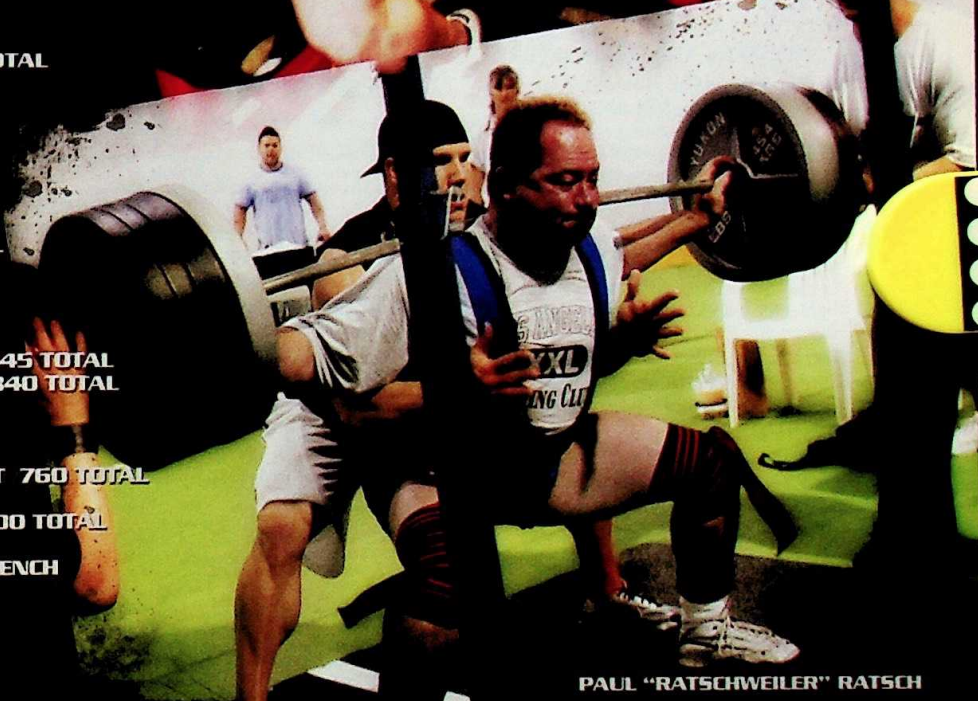
DEADLIFT

WOMEN'S DIVISION

148 CLASS

MANDI GAST OPEN(T) 205 DEADLIFT

KENNY "86'D" DINOLFO KILLS THE STATE RECORD WITH A 450 BENCH!



PAUL "RATSCHWEILER" RATSCH

THE 2005 APA WEST COAST OPEN WAS HELD AT LIFEQUEST FITNESS CENTER IN PASCO, WASHINGTON. THIS COMPETITION WAS PUT ON BY KELLEY MAHONEY, THE OPERATIONS MANAGER FOR THE LIFEQUEST IN KENNEWICK, WASHINGTON (LIFEQUEST, 540 NORTH COLORADO, KENNEWICK, WA 99336, PHONE 1.509.735.2500)

THANKS TO ADAM SOMMER, STEVE RICKEL AND ARCHIE BRUCE WHO WORKED THEIR BUTTS OFF SPOTTER/LOADING AND SETTING UP AND BREAKING DOWN FOR THE ENTIRE MEET! THANKS ALSO TO JUDY TAYLOR FOR SCORE KEEPING AND FOR MCING THE EVENT. ALSO, A BIG THANKS TO ROGER BAKER, PAUL RATSCH, BRIAN REHBERG, DAVE HOLMES, TIM PYLEE AND MIKE MINER FOR HELPING TO TRANSPORT THE EQUIPMENT, SET UP AND BREAK DOWN AND FOR ASSISTING HOWEVER NEEDED. ALSO, KARA "BENCHPRESS BARBIE" BOHIGIAN WAS IN TOWN VISITING WITH "BENCHMONSTER" KENNELLY AND SHE VOLUNTEERED TO JUDGE THE WHOLE DAY, WHICH WAS VERY COOL OF HER TO DO.

THIS POWERLIFTING COMPETITION WAS SPONSORED BY LIFEQUEST FITNESS CENTERS, A HIGHLY ACTIVE SPONSOR AND SUPPORTER OF BOTH POWERLIFTING AND STRONGMAN.

CONTEST PROMOTER, KELLEY MAHONEY ALSO ADDS THAT "A THANK YOU GOES OUT TO THE COUNTLESS OTHERS WHO JUST JUMPED IN TO HELP WHENEVER AND WHEREVER NEEDED. ALL OF YOU ARE WITHOUT A DOUBT THE BACKBONE OF THESE EVENTS AND THEY COULD NOT TAKE PLACE WITHOUT ALL OF YOUR HARD WORK. I TRULY APPRECIATE YOUR COMMITMENT TO MAKING THESE EVENTS SUCCESSFUL. THANK YOU WILL NEVER BE ENOUGH. I WOULD ALSO LIKE TO THANK SCOTT TAYLOR AND THE SUPPORT OF THE APA."

TO LEARN MORE ABOUT UPCOMING APA POWERLIFTING CONTESTS (AND STRONGMAN COMPETITIONS) IN THE NW, PLEASE CALL KELLEY MAHONEY AT 1. 509.735.2500 OR LOG ON TO WWW.APA-WPA.COM

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Street Address	Club Name

City	State	Zip	Area Code/Telephone

Current WABDL Classification	Referee Status	U.S. Citizen?	Date of Birth	Sex	Today's Date	Card Issued By
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- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

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

Member's Signature _____

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TOP 100

For standard 242 lb./110 kg. USA lifters in results received from January/04 thru March/05

	SQUAT	BENCH	DEADLIFT	TOTAL
1	1044 Goggins, S..3/5/05	772 Kelley, Brad..3/5/05	871 Goggins, S..3/5/04	2481 Goggins, S..3/5/04
2	1003 Patrick, J..6/26/04	771 Jackson, J..11/14/04	804 Coan, E..8/14/04	2352 Garcia, J..8/7/04
3	1000 Weston, B..5/30/04	766 Halbert, G..9/25/04	799 Garcia, J..8/7/04	2347 Patrick, J..8/7/04
4	986 Garcia, J..8/7/04	744 Carpenter, B..3/6/04	777 Dungan, P..8/28/04	2325 Bayles, J..11/21/04
5	920 Mason, C..10/10/04	733 Ladnier, J..3/5/05	775 Bayles, J..11/21/04	2243 Coan, E..8/14/04
6	909 Johnston, M..7/10/04	730 Fields, B..4/17/04	771 Capello, J..3/12/05	2204 Mason, C..6/6/04
7	905 Urchick, P..4/4/04	716 Simmons, C..3/12/05	766 Harris, T..11/14/04	2200 Deweese, K..4/4/04
8	903 Castile, C..3/5/04	711 Hein, B..10/2/04	760 Glover, N..12/4/04	2195 Weston, B..5/30/04
9	903 Solomine, J..3/28/04	705 Buechlein, G..9/04	755 Patrick, J..8/22/04	2160 Castile, C..3/5/04
10	900 Deweese, K..4/4/04	700 Bayles, J..11/21/04	750 Goodman, B..1/24/04	2154 Stussy, B..6/26/04
11	900 Bayles, J..4/4/04	688 Luyando, R..1/8/05	750 Cass, B..1/22/05	2137 Cass, B..1/22/05
12	881 Graalfs, J..10/16/04	665 Wardell, J..2/21/04	749 Brown, J..2/19/05	2116 Johnston, M..7/10/04
13	876 Coan, E..8/14/04	660 Conner, S..3/27/04	744 Mueller, B..5/22/04	2099 Graalfs, J..10/16/04
14	857 Cass, B..1/22/04	650 Putnam, R..3/28/04	740 Mash, T..1/22/05	2083 Harris, T..11/14/04
15	854 Pierce, R..6/6/04	650 Shovar, C..4/3/04	733 Davi, P..3/6/04	2060 Laird, J..11/21/04
16	840 Laird, J..11/21/04	650 Siegler, M..12/11/04]	733 Howard, B..11/14/04	2055 Pierce, R..6/6/04
17	832 Werner, T..12/4/04	650 Walker, D..3/13/05	725 Deweese, K..4/4/04	2033 Werner, T..12/4/04
18	826 Stussy, B..6/26/04	644 Stussy, B..6/26/04	725 Young, N..6/27/04	2022 Goldin, R..3/6/04
19	825 Angle, L..11/21/04	650 Parrish, K..9/18/04	725 Cooper..3/26/05	2020 Smith, M..11/21/04
20	825 Warren, B..12/11/04	640 Dowd, K..1/22/05	722 Davidson, D..6/12/04	2011 Douglas, J..7/11/04
21	810 Halliwell, P..12/18/04	640 Furman, M..3/13/05	710 Holmes, C..2/28/04	1973 Thomas, K..8/7/04
22	805 Avigliano, J..11/21/04	639 Patrick, J..8/7/04	710 Johnston, M..3/20/04	1962 Waits, S..11/13/04
23	804 Douglas, J..7/11/04	639 Mayer, K..9/12/04	710 Dahlen, C..8/28/04	1951 Mann, S..7/11/04
24	804 Waits, S..11/13/04	633 Doan, D..5/2/04	710 Graalfs, J..10/16/04	1950 Clark, E..9/25/04
25	804 Harris, T..11/14/04	633 Biewer, J..9/25/04	705 Lorentz, P..2/21/04	1950 Fausey, M..11/21/04
26	800 Plescia, M..4/17/04	633 Wakakuwa..11/14/04	705 Matheson, B..3/14/04	1950 Angle, L..11/21/04
27	800 Smith, M..11/21/04	630 Lewis, S..3/28/04	705 Thomas, K..8/7/04	1945 Ferris, R..3/19/05
28	785 Fausey, M..11/21/04	630 Clark, E..9/25/04	705 Fellure, T..8/7/04	1940 Hester, B..8/14/04
29	782 Mann, S..7/11/04	630 Tallman, C..3/19/05	705 Wylie, P..11/6/04	1935 Dick, P..7/11/04
30	777 Goldin, R..3/6/04	628 Mason, C..6/6/04	705 Tylutki, N..2/12/05	1935 Smith, B..9/11/04
31	777 DePalma, L..10/2/04	628 Hunter, J..3/5/04	700 Sorenson, M..3/6/04	1925 Warren, B..12/11/04
32	775 Hesse, C..3/14/04	625 Knight, M..8/7/04	700 Baker, C..3/27/04	1923 Lawrence, R..6/6/04
33	775 Smith, S..12/18/04	624 Burns, D..7/24/04	700 Soekardi, I..6/5/04	1920 Smith, S..12/18/04
34	771 Powers, D..8/7/04	620 Wilson, A..1/24/04	700 Grant..10/30/04	1918 Halliwell, P..3/28/04
35	765 Smith, B..9/11/04	620 Lawrence, R..12/11/04	700 Bagnell, B..3/13/05	1918 Tylutki, N..2/12/05
36	760 Swanson, B..3/5/04	611 Young, R..9/12/04	699 Klein, R..7/17/04	1915 Brock, T..4/4/04
37	760 Mistric, L..4/3/04	610 Grosso, P..4/17/04	699 Hester, B..8/14/04	1912 Swanson, B..3/5/04
38	760 Cole, Z..4/4/04	610 Dick, P..8/7/04	694 Field-Eaton..3/21/04	1907 Stills, R..7/11/04
39	760 Ladewski, M..12/18/04	610 Burke, J..3/20/05	694 Mason, C..6/6/04	1905 Grosso, P..8/21/04
40	755 Burgess, S..4/24/04	607 Kitani, R..11/14/04	688 Castile, C..3/5/04	1901 Field-Eaton, C..3/21/04
41	755 Kowal, T..5/9/04	606 Robertson, K..4/3/04	685 Bess, G..3/13/04	1901 Burgess, S..4/24/04
42	755 Gibson, J..8/22/04	606 Wilkinson, E..11/14/04	685 Smith, B..9/11/04	1901 Wylie, P..11/6/04
43	755 Montembault..10/14/04	605 Gibson, T..9/11/04	683 Williams, N..3/7/04	1901 Brown, J..2/19/05
44	750 Adams, J..4/4/04	605 Kelley, Bart..12/4/04	683 Jackson, P..4/10/04	1900 Plescia, M..4/17/04
45	750 Rundle, B..4/17/04	605 Ball, T.J...3/26/05	683 Stussy, B..6/26/04	1900 Crigger, C..10/23/04
46	750 Wylie, P..5/30/04	600 Anderson, D..4/17/04	683 Stills, R..7/11/04	1899 DePalma, L..10/2/04
47	750 Dick, P..7/11/04	600 Saviano, L..7/10/04	675 Young, C..3/28/04	1896 Austin, G..4/3/04
48	750 Grosso, P..8/21/04	600 Davi, P..8/22/04	675 Susco, P..11/6/04	1896 Powers, D..8/7/04
49	750 Reynolds, M..9/18/04	600 Knobler, J..9/26/04	675 Czerwiec, J..3/19/05	1896 Taylor, M..10/2/04
50	750 Clark, E..9/25/04	600 Jenkins, C..10/23/04	672 Goldin, R..3/6/04	1895 Ladewski, M..12/18/04
51	749 Tylutki, N..2/12/05	600 Hoornstra, J..12/4/04	672 Fryar, T..5/2/04	1890 Reynolds, M..9/18/04
52	744 Acome, T..3/27/04	600 Rogers, T..12/4/04	672 Douglas, J..7/11/04	1884 Parkhurst, S..11/7/04
53	740 Brock, T..4/4/04	600 Perkins, C..12/18/04	672 Parkhurst, S..11/7/04	1879 Silver, S..4/17/04
54	740 Donegan, S..5/30/04	600 Hummel, M..3/5/05	670 Adams, C..4/20/04	1868 Kowal, T..5/9/04
55	740 Chellino, M..9/25/04	600 Goggins, S..3/5/05	670 Skelley, W..3/12/05	1862 Gibson, J..8/22/04
56	740 Crigger, C..10/23/04	600 Stephens, G..3/5/05	666 Silver, S..4/17/04	1860 Cole, Z..4/4/04
57	738 Ward, R..5/9/04	590 Barrett, P..3/28/04	666 Burgess, S..4/24/04	1857 Mistric, L..10/14/04
58	738 Steiner, E..7/11/04	585 Larson, G..8/7/04	666 Krych, E..5/29/04	1857 Donegan, S..11/6/04
59	735 Ferris, R..3/19/05	580 Laird, J..4/4/04	666 Mitchell, K..7/17/04	1855 Miller, S..11/7/04
60	733 Lawrence, R..6/6/04	580 Schwab, B..4/4/04	666 Waits, S..8/14/04	1855 Hairston, M..3/19/05
61	733 Thomas, K..8/7/04	580 Smith, M..11/21/04	666 Gnerre, J..10/2/04	1851 Steiner, E..7/11/04
62	730 Herrera, J..7/11/04	580 Caporosso, J..3/19/05	661 McKay, I..6/26/04	1850 Eriksen, R..3/19/05
63	727 Holmes, C..2/28/04	578 Edwards, B..4/3/04	661 Steiner, E..7/11/04	1846 Williams, N..3/7/04
64	727 Zenzen, D..10/14/04	578 McKeefer, R..11/14/04	661 Capps, J..10/10/04	1840 Holmes, C..2/28/04
65	725 Martinez, M..3/27/04	575 Peterson, J..1/17/04	661 Riedy, M..2/12/05	1835 Fritz, A..5/22/04
66	725 Coppola, S..4/4/04	575 Deweese, K..4/4/04	660 Smith, T..3/28/04	1835 Gnerre, J..10/2/04
67	725 Mayes, J..11/21/04	575 Thomas, S..10/2/04	660 Davis, R..11/21/04	1830 Hesse, C..3/14/04
68	725 Hairston, M..3/19/05	575 Hawkins, S..12/18/04	660 Bullock, B..12/4/04	1830 Adams, J..4/4/04
69	722 Anderson, J..5/9/04	575 Robinson, R..1/15/05	660 Casemier, J..12/4/04	1830 Chellino, M..9/25/04
70	722 Stills, R..7/11/04	575 Becker, S..2/5/05	660 Ladewski, M..12/18/04	1829 Lorentz, P..2/21/04
71	722 Wheeler, K..10/14/04	573 Goldin, R..3/6/04	660 Mann, S..2/5/05	1829 Newark, S..7/11/04
72	722 Jordan, J..3/19/05	573 Clugston, R..8/22/04	660 Cancelino, R..3/12/05	1825 Coppola, S..12/18/04
73	716 Taylor, M..10/2/04	573 Ota, M..3/5/05	660 Ferris, R..3/19/05	1813 Acome, T..3/27/04
74	716 Brown, J..2/19/05	570 McIntire, B..12/18/04	660 Eriksen, R..3/19/05	1810 Hoornstra, J..12/4/04
75	715 McFerren..3/12/05	570 Mann, S..2/5/05	660 Furlow, T..3/19/05	1802 Reape, J..7/11/04
76	710 Austin, G..4/3/04	567 Castile, C..3/5/04	655 Fenti, L..2/15/04	1820 Bowman, T..10/14/04
77	710 Roberts, R..8/22/04	567 McConaughey..6/26/04	655 Cedeno..2/21/04	1800 McIntire, B..5/30/04
78	710 Zemken, J..11/21/04	567 Finegan, S..7/24/04	655 Coffey, S..3/6/04	1800 Covey, E..6/12/04
79	710 Hardridge, T..2/19/05	567 Garcia, J..8/7/04	655 Kahanek, C..7/11/04	1800 Avigliano, J..11/21/04
80	705 Field-Eaton, C..3/21/04	567 Briggs, R..10/2/04	655 Callahan, B..8/7/04	1800 Mayes, J..11/21/04
81	705 Dunn, J..4/3/04	567 Werner, T..12/4/04	655 Miller, S..11/7/04	1796 Ward, R..5/9/04
82	705 Hypes, T..4/4/04	565 Donati, R..2/1/04	650 Cox, B..1/17/04	1790 Schneider, J..9/18/04
83	705 Silver, S..4/17/04	565 Levers, B..11/21/04	650 Higgins, T..1/17/04	1790 Seabrook, J..12/18/04
84	705 Adams, C..4/20/04	565 Hairston, M..3/19/05	650 Padgett..2/7/04	1790 Czerwiec, J..3/19/05
85	705 Schar, D..6/26/04	562 Coan, E..8/14/04	650 Porter, R..2/29/04	1785 Tillinghast, G..11/6/04
86	705 Hester, B..8/14/04	562 Haycraft, D..11/14/04	650 Swanson, B..3/5/04	1785 Havrilesko, D..11/21/04
87	705 Younger, D..8/22/04	560 Baldwin, T..3/27/04	650 Shirey, M..3/7/04	1780 Bowlby, P..9/11/04
88	705 May..10/30/04	560 DeFalco, R..4/17/04	650 Sandberg, C..3/13/04	1779 Boell, D..6/16/04
89	705 Chavez, R..10/31/04	560 Weston, B..5/30/04	650 Hesse, C..3/14/04	1775 Adams, C..4/20/04
90	705 Parkhurst, S..11/7/04	560 Paskell, E..9/26/04	650 Author, G..3/21/04	1775 Skelley, W..3/12/05
91	701 DeWalt, B..12/4/04	560 DePalma, L..11/6/04	650 Nault, J..4/17/04	1774 Solomine, J..3/28/04
92	700 Henson, T..3/27/04	560 Barley, R..12/11/04	650 Crigger, C..4/24/04	1770 Perrotta..5/18/04
93	700 Perrotta..5/18/04	560 Price, C..12/18/04	650 Rasmussen..4/24/04	1765 Cooper..3/21/04
94	700 Parks, D..12/11/04	560 Famiano..12/18/04	650 Hopkins, G..5/15/04	1765 Baker, C..3/27/04
95	700 Heisinger, J..3/19/05	556 Gunn, B..4/3/04	650 Fritz, A..5/22/04	1765 Furlow, T..3/19/05
96	699 Garcia, C..4/3/04	556 Stiverson, J..2/26/05	650 Pierce, R..6/6/04	1757 Mangum, M..8/14/04
97	699 Reape, J..7/11/04	555 Fleisner, B..4/3/04	650 Wasniewski, C..6/9/04	1757 Ebner, R..12/11/04
98	699 Tillinghast, G..11/6/04	555 Malmgren, P..12/4/04	650 Clark, J.D..6/17/04	1752 Callahan, B..5/2/04
99	694 Shirey, M..3/7/04	551 Austin, G..4/3/04	650 Dawson, A..8/22/04	1752 Connor, M..6/26/04
100	690 Ebner, R..11/28/04	551 Pierce, R..6/6/04	650 Mistric, L..10/14/04	1752 Kahanek, C..7/11/04

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NEXT MONTH... TOP 275s

CORRECTIONS ... Jules Pellegrino did not receive credit for his 319 BP on the TOP 20 Masters 148 list. Mike Van Cleave's 661 squat should have been reflected on the TOP 20 Masters 198s. Elaine Grimwood did not receive credit for her 355 squat on the Women's 105 lb. class TOP 20 rankings. Brandon Cass should not have been credited with an 805 deadlift on the recent TOP 100 220 lb. listing. The results of the West Virginia High School Championships in the May '05 PL USA were under USPF sanction. Glenn Buechlein's 705 BP @ 242 was not recognized on the all time bench press listing (DEC/04 PL USA). The 675 lb. deadlift by Mr. Draper was not included on the TOP 100 220 lb. list. Alfredo Evangelista's 435 BP on the Masters TOP 20 list was actually done in the 165 lb. class. Jeff McVicar should have been credited with a 635 BP @ 198 on the TOP 100 list. Cory Dexter did not miss his 523 BP attempt at the Mendelson Classic on February 20th.

At the Strength Spectacular... *(left - right) MHP's Shawn Lattimer, Mike Miller, Gerard Dente, Gene Rychlal Jr., Joe Mazza, and Pat Susco, with Pat's son (in front) and Four Seasons Fitness owner Joe Carini (back)*

IPA Strength Spectacular
21,22 MAY 05 - W. Paterson, NJ

165 lbs. BP		Nilsen		410
B. Graube	345	242 lbs.		
K. Fleske	305	Haley		440
181 lbs.		275 lbs.		
K. Golizek	305	Kalfrin		550
198 lbs.		308 lbs.		
T. Kuntos	435	Graube		610
Hartlaub	400	O'Brien		460
220 lbs.		SHW		
Kozak	430	Montano		585
AM	SQ	BP	DL	TOT
Teen & WOMEN				
114 lbs.				
Andiorio	225	130	300	655
Arnagno	245	215	275	735
181 lbs.				
Wong	530	265	525	1320
Mauncele	420	315	450	1185
Wilson	435	315	390	1140
275 lbs.				
Andrews	605	430	600	1635
MEN				
Pro/Am				
148 lbs.				
Gengo	420	270	450	1140
181 lbs.				
Sacco	500	315	500	1315
Vargasen	780	580	670	2030
198 lbs.				
Greene	530	350	520	1400
Kane	550	375	500	1425
220 lbs.				
DelPreore	535	430	560	1525
Rowe	835	630	608	2070
242 lbs.				
Byrd	620	350	585	1555
275 lbs.				
Mazan	700	505	645	1850
Skiba	730	450	500	1680
Susco	805	400	635	1840
308 lbs.				
Luciano	700	590	600	1890
SHW				
Barbaccio	555	630	600	1785

The day began in turmoil, but with the help of the usual Nazbar suspects, we pulled it off again. Thanks BBS and Vera for showing up for weigh-ins on Friday! Thanks to Kris Hicks for hauling stuff down to the meet. Kris was supposed to lift, but ended up being more valuable off the platform. Thanks to Nica and Catherine for running the door like a pro. Big Fat Thanks to Chris "Bull" Reidy, or should I say "No Bull", for facilitating the platform. It was nice to sit my pregnant self down at the scoretable with no worries! Carl Seeker nailed the color commentary, working in the tunes and providing awesome Gargoyles and implements of battle for the lifters! Thanks also to the Incredible Shrinking Behinds, Candy, Zane, Sara and Keri, for their help. Thanks to Gene Rychlak for bringing the IPA Monolift, and to Henri Skiba for loaning us his Monolift. Mike, honey thanks for your patience. It was aggravating, but we rolled and it all came out OK! Thanks to MHP, Monster Muscle, Inzer, House of Pain, Jack Nicholais, SportsHypnotist.com for prizes, trophies and t-shirts! Next year - we'll be back! There were some powerfully intense displays of determination from the teens through to the SHWs. The Seniors from Msgr. Donovan came to compete in the last team meet of their high school career. To have that level of determination and clarity of mind at 18 is a huge gift. Coach Mark Deppen, job well done. Nazbar's Brandy Wilson, a 24 year old single mom, coached by big daddy (old school usapl lifter) Hal Wilson laid it all on the line. Brandy has come a long way in a short time and has only good things to come. With an impressive 1140 total at 181, she took Best lifter and got a sword to prove it. Nazbar lifters Brad Vargasan and Scott Rowe laid it all out! They have been hard at work, literally. Brad recently opened his own gym in Oxford, PA and Scott had been working 12 hour days. Brad totalled 2030 at 181 taking Best Full Lifter and Scott laid out a 2070 total at 220! Pat Susco came back, after 12 years off, at a bodyweight of 243, and entered the Men's 275 50-54s. We looked on in amazement as he squatted 805 barefoot in a poly suit, then went on to bench 400 with both bursa sax in his elbows removed and finally with his 7 year old clone (son) looking on the explosive fireplug pulled 635 to come up with an 1840 total! Not bad. Now maybe Randy Colon will take the platform again! Shawn Lattimer was on hand to coach 3 South Jersey boys through the meet. SHW Tonay Barbaccio got through his first meet with a 1785 total. This was an accomplishment, considering his size, about 6'7" 310 pounds. I was happy that he fit under the monolift and on the bench! We then moved on to the Bench only. The Women's Pro Masters 50-54 were impressive. I remember when Bonnie Graube was chasing 300 a few training cycles ago. She hit a slow, grinding 345 this time at 165! She is an incredibly tenacious lifter and it paid off. Kelly Felske, also trained by John Graube, came in with 305 in the same division. Kathy Goliszek, new to the Nazbar family, hit a big 305 at 181! She has been after this bench for the past 4 meets and finally got! She is the first woman at Nazbar to break 300 in a meet! More than half of the bench ers were Masters! It was a day for comebacks from injuries and lapses in training. It's good to see that in our corner of the world men are still men; strong, dedicated and with shoulders and chests! John Graube ended up with the biggest BP - 610. John competed in the 308 50-54 division, after two shoulder operations. Bob O'Brien hit a 460, not his usual self, but he'll be back. All in all things ran smoothly and everyone seemed to enjoy themselves. Thanks to everyone for coming out to the meet! It's really the best part of the sport! Stay strong, lift long! (results from Deb Ames)

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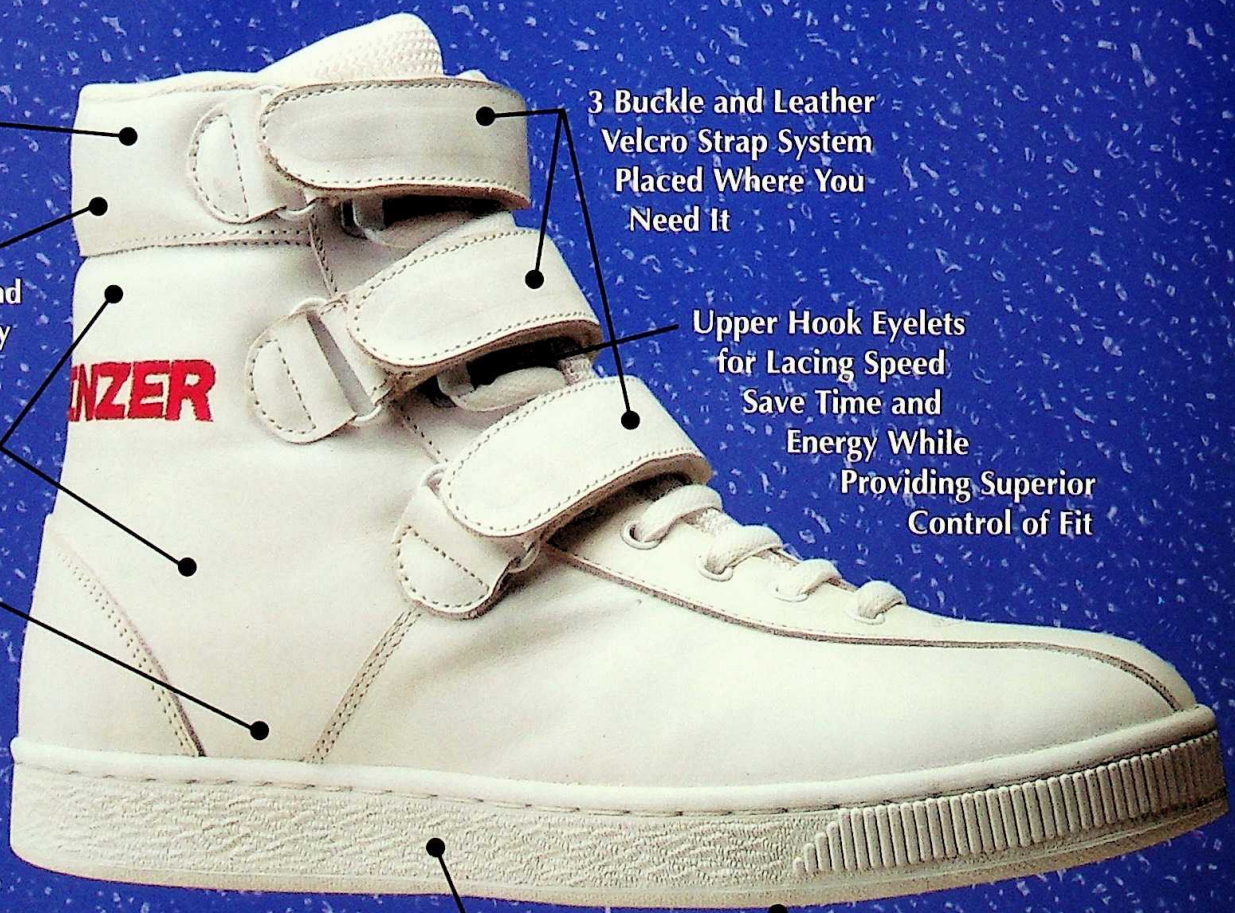

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