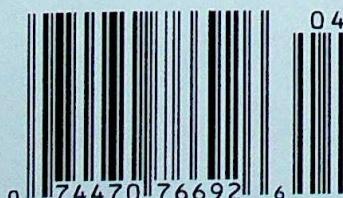
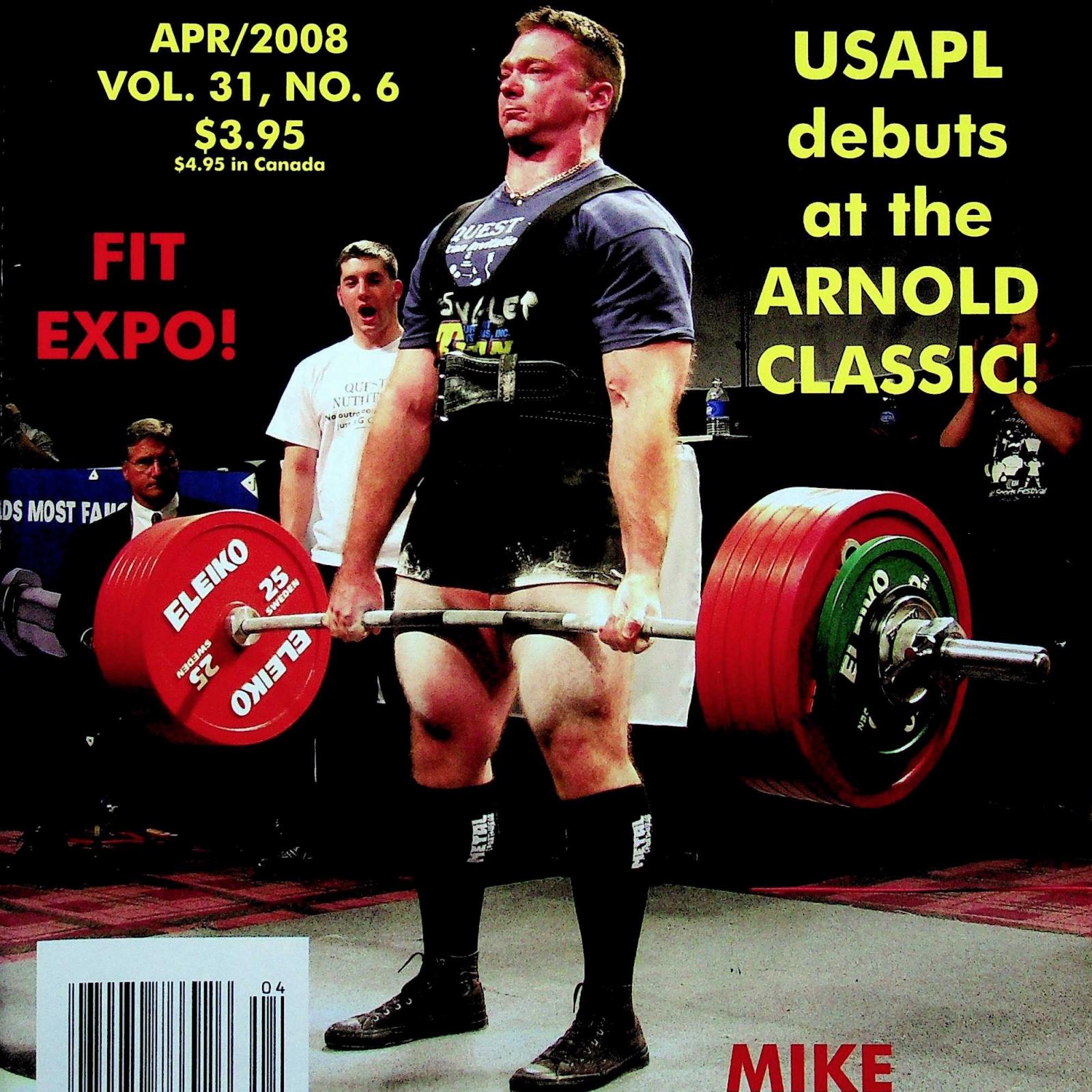


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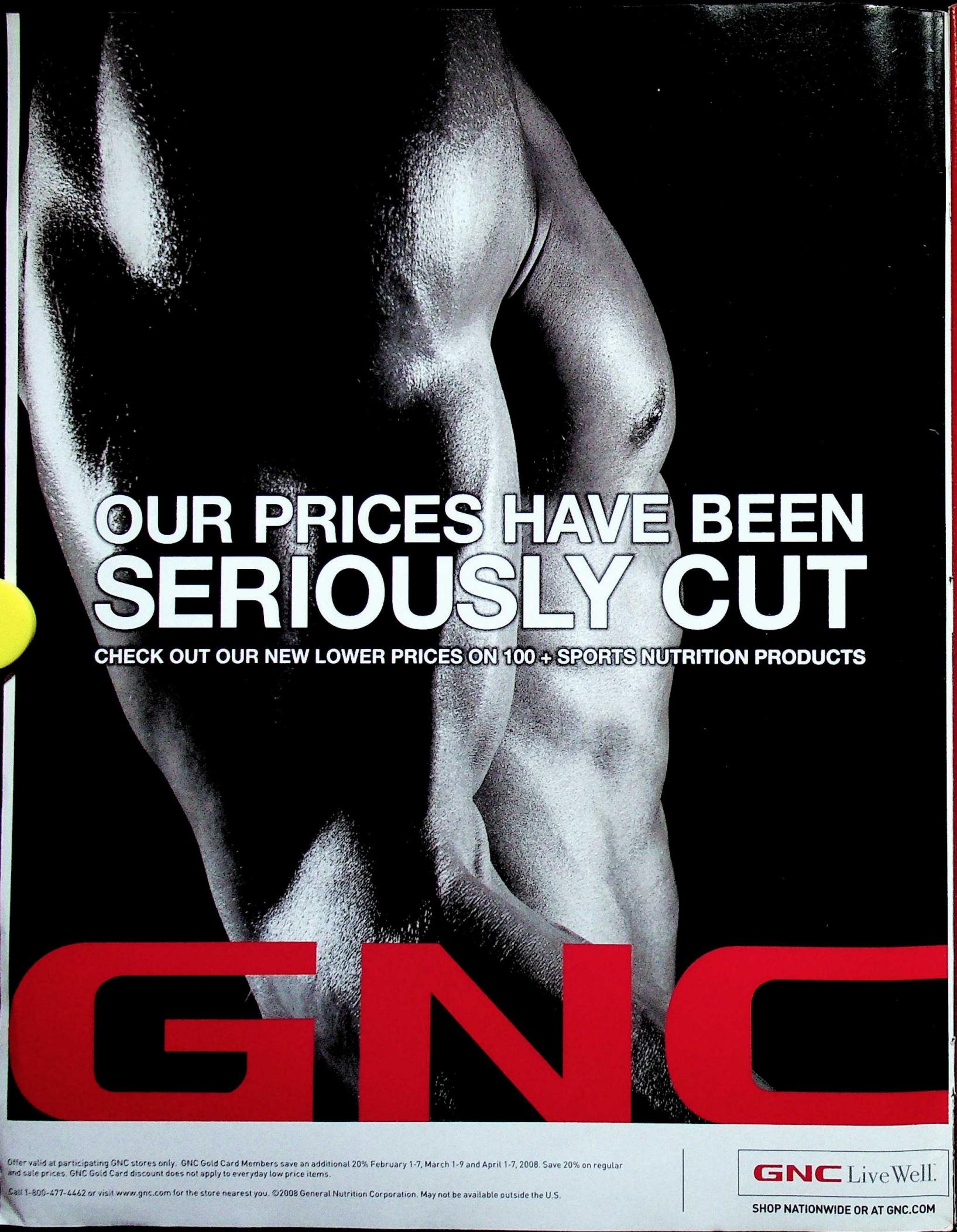
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ON THE COVER ... Mike Tuchscherer finishing off a huge total for the 275 lb. class victory at the inaugural presence of the USAPL at the Arnold Classic (photo courtesy Brady Stewart)

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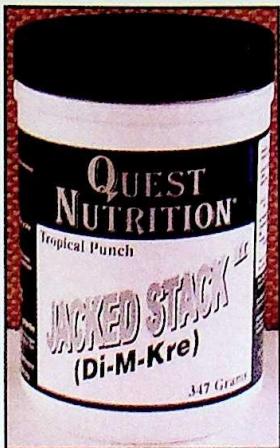
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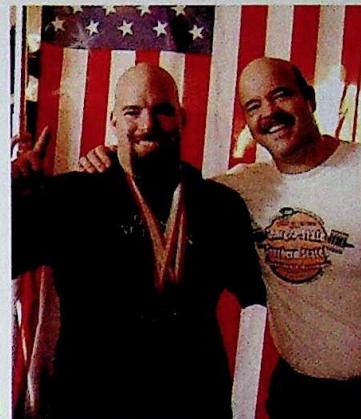
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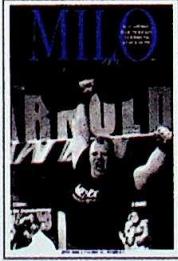


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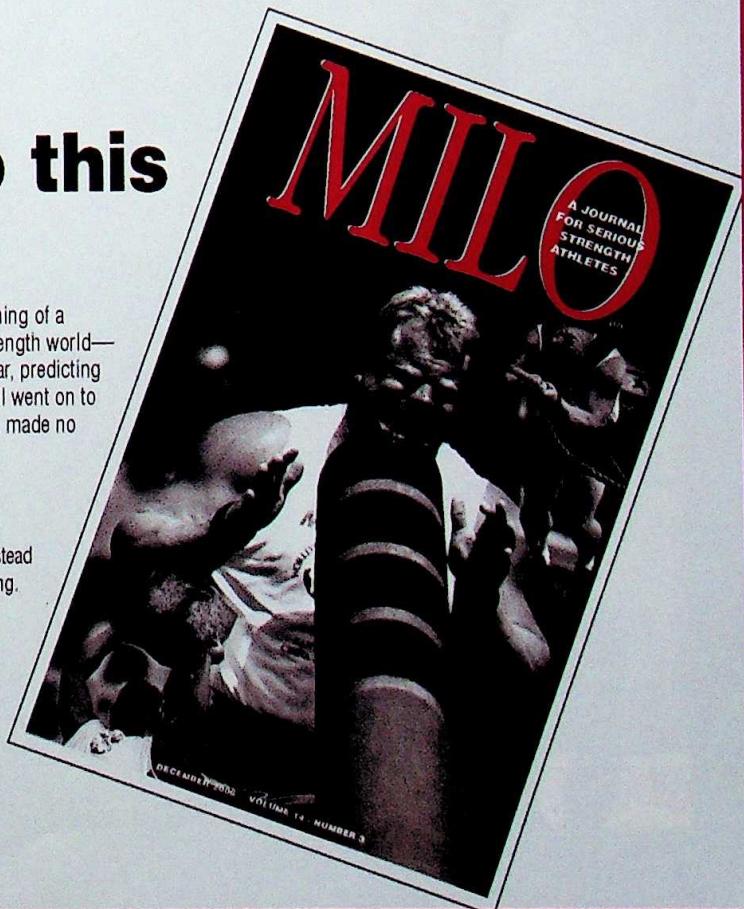
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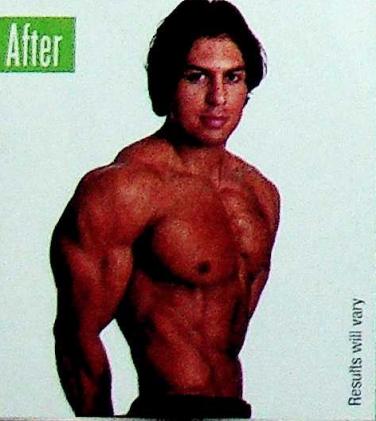
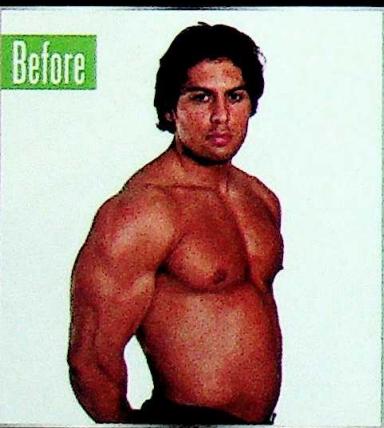
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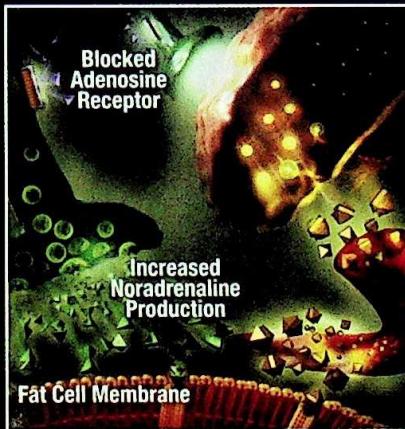
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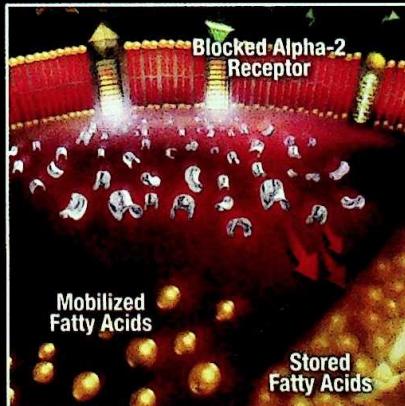
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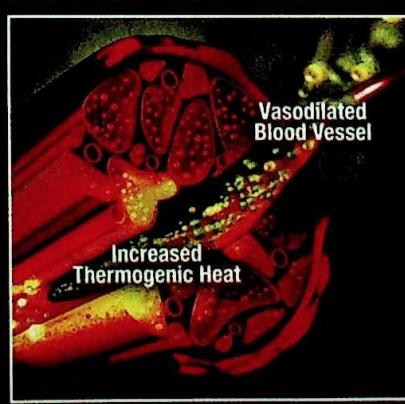
STAGE 2

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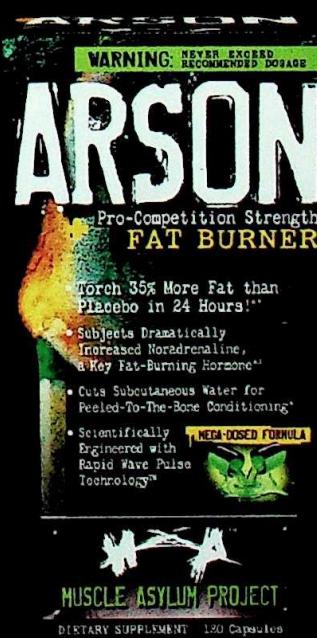
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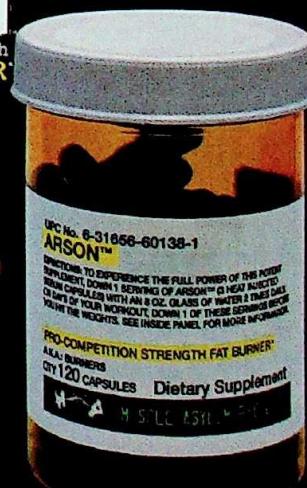


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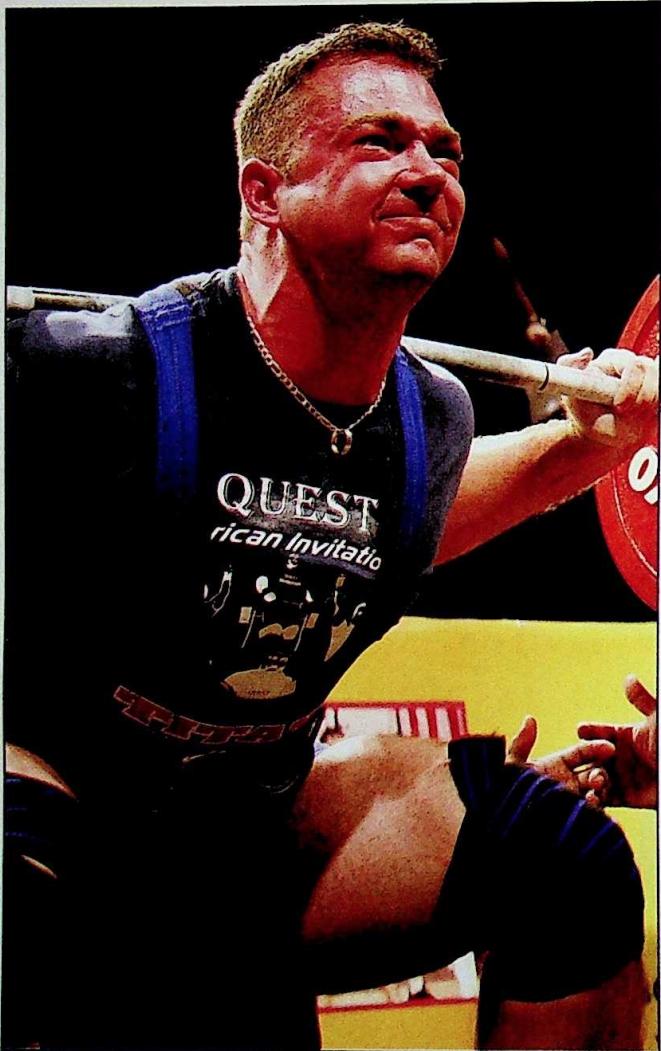
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INTERVIEW

MICHAEL TUCHSCHERER as interviewed by PAUL LEONARD



Michael Tuchscherer squatting at the Arnold Classic (Scot DePanfilis)

Michael Tuchscherer is a 22-year-old 2nd Lieutenant in the United States Air Force, stationed at Vandenberg Air Force Base, in California and will be transferring to Minot, ND in April 2008. Originally from Indiana, Michael has acclimated well to training alone at the Vandenberg gym, resulting in pre-Arnold training bests of a 905 squat, 680 bench, and 835 deadlift. The Internet video clips of Michael show him performing these awesome numbers in strict IPF style, with few if any spotters present, and looking like he is capable of much more. Let's learn more about this powerlifting phenom.

PL: Mike, how long have you been

competing in powerlifting?

MT: I've been competing in Powerlifting for 7 years.

PL: Please provide a brief competition history:

MT: My first competition was the South Spencer High School Bench and Squat Championship in early 2002. It was an unsanctioned Squat/Bench meet that they run every year for football players. I got much more serious about Powerlifting while at the Air Force Academy. There, I got to compete in Collegiate National four times, Junior Nationals once, and Junior Worlds twice (including a trip to Bulgaria!). We also did a handful of local meets every year. My highest total coming out of the

Academy was 2105 @ 275 from IPF Jr. Worlds in 2006 (I won my weight class and was 2nd place in "best lifter"). Since graduation in May of 07, I've only done one other meet — the USAPL Iron Eagle Desert Thunder meet in Hemet, CA where I posted a 2210 total @ 275. My upcoming schedule is the Quest Invitational at the Arnold and Men's Nationals.

PL: Describe where you presently train:

MT: I train at the Air Force Base gym at Vandenberg AFB. It is commercial-ish, but overall, it's not bad. They have a decent power rack, a couple good bars, and 100 lb. plates. On top of that, they let me keep my chains and my Safety Squat bar in there, which saves me the inconvenience of having to bring it in and out everyday. I'll only be at Vandenberg until April. I'll be moving to Minot, North Dakota then, so I'll be training at the YMCA. I've been told the YMCA in Minot is very Powerlifter friendly, so I look forward to that. Before Vandenberg, I lifted with the Air Force Academy team. We had our own little dungeon in a converted racquetball court in the bowels of the Cadet Gym. We called it "The Pit". It was great!

PL: How do you feel about not currently having any training partners?

MT: I know a lot of people can't imagine powerlifting at a high level without them, but where there's a will, there's a way. Don't get me wrong — I had great training partners on the Academy team and I wouldn't trade them. But I don't have training partners now and, although it took a little time to get used to, I'm making fantastic progress.

PL: Could you describe some challenges you face to being an elite powerlifter due to the fact you are currently on active duty with the Air Force?

MT: I do have to pass a PT test, which consists of a 1.5 mile run, pushups, sit-ups, and a waist measurement. You get points for each "event" which is added for a final score. As long as you're scoring satisfactory or better, you're okay. If you are marginal or failing, then ... I'm not totally sure what happens, but I can't imagine it would be good for a Powerlifter! I've never been close to failing an AF fitness test, but that's because I make sure to run once or twice per week. Honestly, it hasn't affected my lifting by any noticeable amount. I have to plan for it, but that's not too big of a deal. Another "challenge" of being a Powerlifter in the Air Force is Unit PT. We have Unit PT once or twice per week with

our Squadron or Flight. That usually consists of some pushups, sit-ups, and running. It doesn't bother me too much because I try to run a few times per week anyway. Other than that, the Air Force is pretty supportive. I don't get any flak for being too heavy or anything like that.

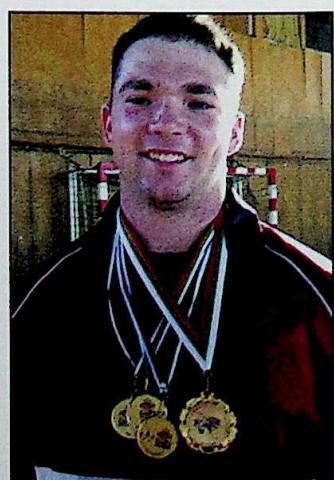
PL: How would you describe your current training philosophy?

MT: I train using my own progression and conglomeration of methods that a few teammates of mine have dubbed RTS (the Reactive Training System). It began as a way to help intermediate lifters customize their programs to fit their individual needs and it's taken on a life of its own. It has components of the Westside program, Sheiko programs, some Inno-Sport ideas, and some of my own thoughts and it's combined into a package that is sane and personalized. I'm working on writing it all down in a book/manual format that I'd like to make available to everyone at some point. I've worked with a small, but growing, number of powerlifters who have been having very good results from this style of training and I am very excited about it! I know that some will think it sounds gimmicky or something, but there's no gimmick to the results we've been seeing!

PL: Would you please describe your current training program Michael?

MT: My main lifting sessions are Sunday, Tuesday, Thursday, and Friday. Sundays I do raw squats, full range of motion benching with bands and/or chains, and either Good Mornings or Straight leg deadlifts. Tuesdays I do shirt bench, deadlifts (I train and compete raw in the DL), and incline or standing military. Thursdays I do suit squats, raw benching, and Safety Bar Squats with various depth/shoe/chain

(continued on page 90)



With his gold at the Jr. Worlds



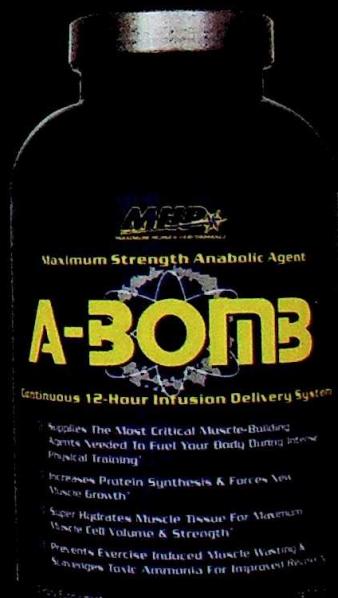
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The USAPL was invited to participate in the 2008 Arnold Sports Festival in Columbus, Ohio. The festival, centered around the Arnold Classic bodybuilding competition, has grown over the past 20 years into nearly 40 events with more than 150,000 spectators over the course of the three day event. The host is the former Mr. Olympia and current Governor of California Arnold Schwarzenegger along with his business partner Mr. Jim Lorimer. Sherman Ledford of Quest Nutrition was chosen by the USAPL to move his Quest Invitational competition up from Georgia to showcase the top USAPL lifters. Sherman asked me to announce the competition and here are my thoughts on the action.

The format was a modified version of the first two North American championships in 2003 and '04. Due to time constraints, the limit was set at 40 lifters including a team of eight from Canada. The remaining 32 lifters were broken up into four regional teams. Each team would score its best six lifters by Wilkes formula and the average score would represent the final tally in the team competition. All five teams wore different color shirts and had groups of supporters representing each region. Rick Fowler and I were chosen to announce the competition with a back and forth that was designed to inform as well as entertain. Rick would patrol the venue from the warmup room to the crowd area and behind the platform to describe the action and get the crowd fired up. I was working the scoretable along with Joe and Cathy Marksteiner to keep the crowd informed and the competition moving.

The contest began the way every USAPL Seniors has for over a decade. Ervin Gainer, 1st place. Ervin lifted uncontested at 123 and was off his performance from the '07 Worlds but his consistency is nearly unmatched in the USAPL. His early win put the Central team in the lead in team scoring.

At 123, Mike Kuhns set a PA state squat record on his opener at 578. A jump to 606 for the American Record was too much, with one of the attempts sliding up

USAPL Quest Invitational

1 MAR 08 - Columbus, OH

Lifter	SQ	BP	DL	TOT
123 lbs.				
E. Gainer	451	292	446	1190
132 lbs.				
Kupperstein	512	281	523	1317
Haffenbrack	479	286	501	1267
M. Kuhns	578	418	—	997
148 lbs.				
V. Niedolikwa	578	380	584	1543
A. Chan	462	418	518	1399
165 lbs.				
W. Hooper	777	512	562	1851
E. Nickson	611	391	628	1631
181 lbs.				
D. Hammers	606	446	589	1642
N. Gutierrez	639	418	562	1620
T. Acosta	606	347	644	1598
T. Butler	672	—	529	1202
198 lbs.				
M. Bridges	716	462	617	1797
J. Pena	699	479	584	1763
J. Walker	661	407	655	1725
D. Williams	—	451	705	1157
220 lbs.				
H. Augilar	705	485	661	1851
S. Powell	633	451	661	1747
S. Dicataldo	639	435	617	1692
242 lbs.				
M. Mastrean	903	556	744	2204
J. Emberley	771	551	683	2006
J. Douglas	804	523	672	2000
S. Mann	788	534	644	1967
J. McDonald	727	485	639	1851
J. Betzinger	—	490	639	1130
275 lbs.				
T. Tuchscherer	882	639	821	2342
T. Cardella	860	562	827	2249
G. Wagner	788	595	661	2045
K. Stewart	777	551	650	1979
275+ lbs.				
J. Christus	837	633	733	2204
D. Gaudreau	755	650	677	2083
M. Court	804	606	606	2017
B. Sumner	755	556	633	1945
A. Mardell	—	—	—	—
L. Karabel	942	611	—	1554
J. Lewis	931	—	—	931

Quest Invitational by Dr. Patrick Anderson

his neck. Mike went on to bench a Junior American Record 418 for a commanding subtotal lead. Unfortunately, he opened with 60 lbs. more than needed for the win and was unable to complete a successful attempt. Mike's misses would have put him over 1400 and they were all within reach so he will be a contender on the Open National stage. In 2nd place was 2006 Junior World Champ Mike Haffenbrack. Mike needed every third attempt to go his way in order to win on bodyweight. The opposite happened and Mike finished with a 6/9 day. The champ at 132 was Eric Kupperstein, representing the Atlantic team. Eric holds the unique distinction of having both a Collegiate and Masters National title on his resume. Eric used his ultra-wide stance in the squat to put a Masters American Record 512 on the board. His typically strong deadlift was not there, but a 523 opener was enough to seal the win.

Canada's Art Chan hit a strong 418 bench to take 2nd at 148. Bringing home the 2nd win for the Central team was Vince Niedolikwa. Vince hit a nice 578 squat and attempted lifts that would have put him over 1600, and that kind of total would make a contender at the Seniors this summer in Killeen, Texas.

At 165, there were only two, but they are both World Class. The Central team continued its strong run with a 2nd place by Erick Nickson. Erick hit a big 611 squat on a comeback attempt and even gave a 650 deadlift a run to finish out the day at 1631. Earlier I referenced Ervin Gainer's consistency as being "nearly" unmatched and the reason for that phrase is because our champion at 165, Wade Hooper, will be looking for a 14th consecutive Senior National title in June, the longest string in powerlifting history. Wade recorded the 1st win for the Midwest team, courtesy of a WR 777 SQ, the judges not passing his 2nd attempt on depth. Wade is not far from the 800 barrier at 165 with a possible crack at arguably the greatest WR squat in powerlifting, Mike Bridges' 837 at 181. With one more bench and deadlift, Wade would have broken the WR total, currently at 1907 by Russia's Viktor Furashkin.

Army Captain Terry Butler took the early lead at 181 with a nice 672 SQ. Capt. Butler had the crowd support behind him all day but was unable to register a bench at 396. Terry Acosta had a class high 644 DL to finish in 2nd. Terry's try at 672 would

have moved him past Nick Gutierrez. Nick was in the lead at subtotal but was only able to score an opening pull of 562 and that cost him the victory. Making it back-to-back wins for Team Midwest was University of Texas Ph.D. candidate David Hammers. Hammers pitched a "perfect" game with excellent attempt selection coupled with technical precision for his 1st ever 9/9 day. Particularly explosive deadlifting brought David the title. Midwest Team Coach Matt Gary was very complimentary discussing David's "coachability".

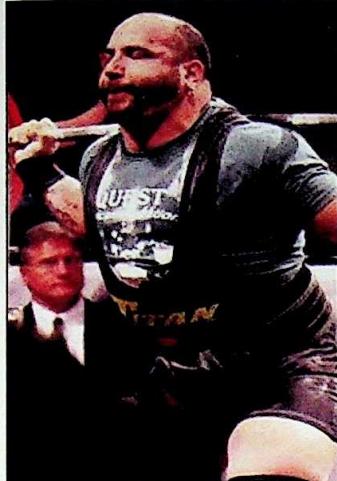
Junior phenom Dan Williams was unable to register a SQ at 198. He handled nearly 700 lbs. without a problem but was not able to achieve legal depth. Dan bounced back to pull a class high 705 DL. Dan will be looking towards 1900 at the USAPL Seniors. Mississippi's Justin Walker was taking the large step up to big time competition and it didn't seem to faze him. He was by far the most explosive lifter of the day and just destroyed his openers. Large 2nd attempt jumps were handled without a problem and he even went for the win with a 733 DL. John Pena, out of Arizona, was in a tie at subtotal but struggled to get his opening pull at 584 on the board. He was successful on his 3rd try, but the victory wasn't to be.

The 2008 198 lb. Quest Invitational Arnold Classic Champion is the ageless Mike Bridges. With a 3rd win for Team Central, Bridges was in top form in the squat. Watching Mike Bridges squat is like a Powerlifting textbook come to life. A 650 opener was dispatched with exquisite power and control that only Mike can achieve. Fred Hatfield has deservedly carried the moniker "Dr. Squat" for more than three decades. Maybe it's time to honor Mike with the label "Squat King" as his technique has a regalness that is unsurpassed. A large jump to a Masters American and IPF Masters World record 716 was equally strong and controlled to the delight of the large crowd that made the pilgrimage to Columbus to witness the likes of Babe Ruth hitting a home run, just one more time.

At 51, Mike wasn't finished dropping jaws. He called for a 3rd attempt Masters WR squat 755, five lbs. more than he squatted nearly 20 years ago in St. Louis during his mano a mano squatoff with Rob Wagner at the 1988 ADFPA Nationals. Up one weight class and now in the Masters II division, Bridges was about to lift more weight in competition than he had attempted since his historic USPF days in the early 80s. Everyone in the ballroom was standing and Mike looked as focused as ever with a surreal calmness that seemed to say "relax and enjoy, I know exactly what to do with 755 on my back". A strong setup was followed by a smooth descent and a steady ascent and an explosion in the crowd, only to be crushed as the lights came on 2/1 red, with the lift not achieving depth to the judges' satisfaction. The crowd rose again to acknowledge what we had witnessed, a man who belongs on Powerlifting's Mount Rushmore doing what he does better than anyone else who has ever stepped on a platform. Mike locked out an American and Masters World Record 518 BP that was turned down and made two easy pulls to seal the win. Let's hope he sticks around long enough to put all that he is capable of together on one special day.

Veteran Nationals lifter Sean Dicataldo finished in 3rd at 220 with a couple of misses at 661 in the pull. Sean barely weighed over 200, and that put him behind a couple of solid Canadians. Steve Powell needed three tries to get in the meet at 633, then made five straight attempts to finish in 2nd with 1852. Hector Augilar gave Canada its only victory of the competition with an 1852 total. He only made five lifts but showed great potential, as the 749 squat he attempted would have moved him close to 1900.

Former Junior World Champ Jesse Betzinger, suffered the same fate that his fellow Neenah, WI cohort Dan Williams had earlier in the day. Jesse showed great power on his 1st two attempts in the squat,



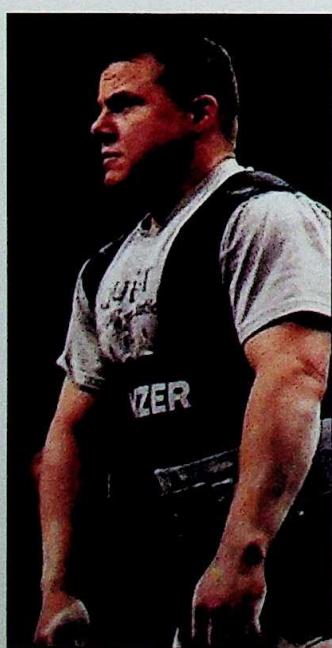
Mike Mastrean ... 1000 kg, total!

without reaching legal depth. His 3rd attempt at 738 appeared to be low enough but he was unable to complete it. He did stick around to go 3/3 in the bench and finish up close to 500. Canada's John McDonald made his 1st five attempts to finish in 5th place. Pennsylvania's Steve Mann gave two runs at an American Record BP of 578 but had to settle for 4th place in this deep class. Master lifter Jeff Douglas just seems to keep hitting big lifts year after year. Jeff was in 2nd with a nice 804 SQ and moved into a brief 2nd overall with three good pulls ending at 672. A 2000 total, at 242, as a Master, puts Jeff on very short list. He was bumped down to 3rd by Canada's Jaime Emberley. Jaime has been one of Canada's top lifters for several years and finished 7th at the IPF Worlds in Miami in 2005. Jamie came within one squat of our 2nd perfect day of the competition and pulled a solid 683 to break the 2000 barrier and move one spot ahead of Jeff.

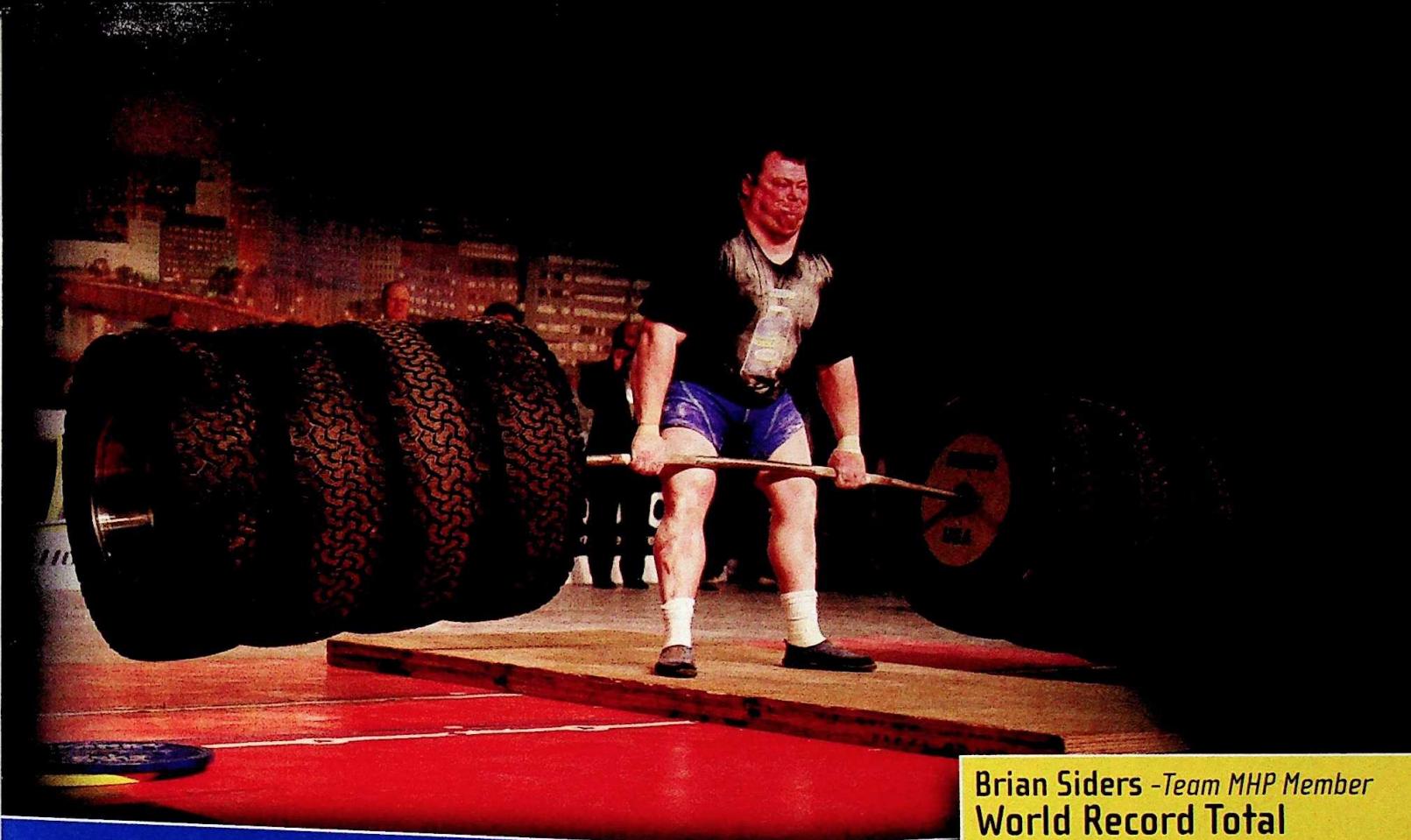
The champ at 242 won by nearly 200 lbs.. Squatter Extraordinaire Mike Mastrean put on a show the likes of which U.S. powerlifting hasn't seen since the days of Kirk Karwoski. It was nearly 14 years ago that Kirk set the IPF World Record with 914 at the USPF Seniors in Houston during a battle with Steve Goggins. It's time for Kirk to move over and welcome Mike to the 900 club at 242. With a short stroke, Mike explodes out of the hole to completion. The hardest part of his lift is the setup and once he is in position, it is GAME ON!!! Mike has made great strides in his other two lifts in recent years and he took two cracks at the same American Record BP Steve Mann was hoping to break. Mike finished with three strong pulls ending at 744 and a 2204 total that broke his record of 2176 at last year's Quest Invitational in Duluth, GA. Mike, who got the 2nd win for the Atlantic team, was unable to get a squat passed at the Worlds last year and would sorely like to rectify that this fall at the Worlds in Canada. First up is the Seniors in June.

At 275, Master lifter Kevin Stewart was born and raised in Columbus, Ohio and came back to put on a show. All his squats were explosive, including a nice 3rd at 777 that had room to spare. Kevin rounded out the day in 4th with a 1978 total. Greg Wagner had a rare off day in the squat and that set him back. He rebounded with a 595 BP and a 661 DL to finish 3rd. The battle for the top spot was one for the ages. In one corner we had the defending IPF World Champion Tony Cardella. Tony has dominated this class in the U.S. since first lifting at the Open Nationals and in November achieved the ultimate dream, 2007 Champion of the World at 275. In the other corner was fast rising 2006 Junior World Champ Mike Tuchscherer, fresh out of the Air Force Academy. Mike had been generating

(article continued on page 78)



Wade Hooper ... Mr. Consistency



Brian Siders -Team MHP Member
World Record Total
2,575 lbs.

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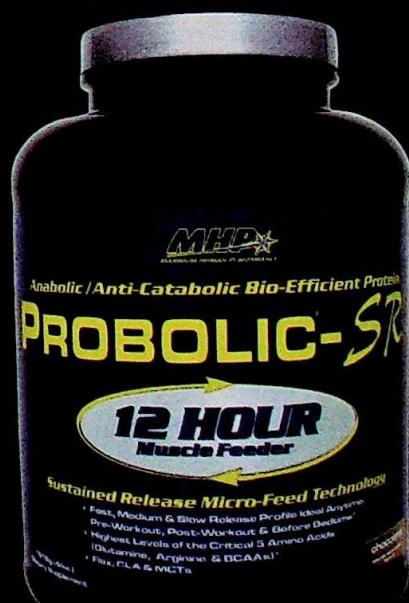
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Have you ever thought that ideas should be reversed? What if we were born with the wisdom and the reasoning of a 65-year-old. We would make more right decisions and possibly stay out of trouble and make the most of our time while we're young. Then as we get older, we could start thrill-chasing and taking chances that instinctively we would never consider. This, of course, would lead us to live by the code of the poet Dylan Thomas, "Do not go gentle into that good night, old age should burn and rage at close of day; rage, rage against the dying of the light" (1940). I try to live as Dylan Thomas put into words, and, yes, I have the scars to prove it. But, of course, we can never live our lives in reverse.

There are a few that have read the exploits of a person who has been said to have made great progress doing, let's say, eccentrics. But were there other factors involved in their training? I have read several articles by sports experts around the globe, yet none have conclusive evidence that eccentrics work. Mel Siff in *Supertraining* explains eccentrics as action in which the proximal and distal muscle attachments move away from one another. Eccentric work uses significantly less energy than concentric work. When doing slow eccentrics with large loads, there is no reason to associate these advantages with the possibility of developing the ability to move quickly and powerfully in concentric work. Lowering weights slowly builds larger muscles for body building but will not assist concentric actions.

Let's look at depth jumps. One is accelerating close to 9.8 meters/second/second when one lands on the floor. Everyone knows they work, so why would you lower a weight at 0.1 or 0.2 meters/second and destroy the stretch reflex? In the book *Science of Sports Training*, T. Kurz states that some athletes can

WESTSIDE TRAINING

ASSISTED ECCENTRICS as told to PL USA by Louie Simmons

lower 10% to 60% more than they can overcome concentrically.

All this said, slow eccentrics have no place

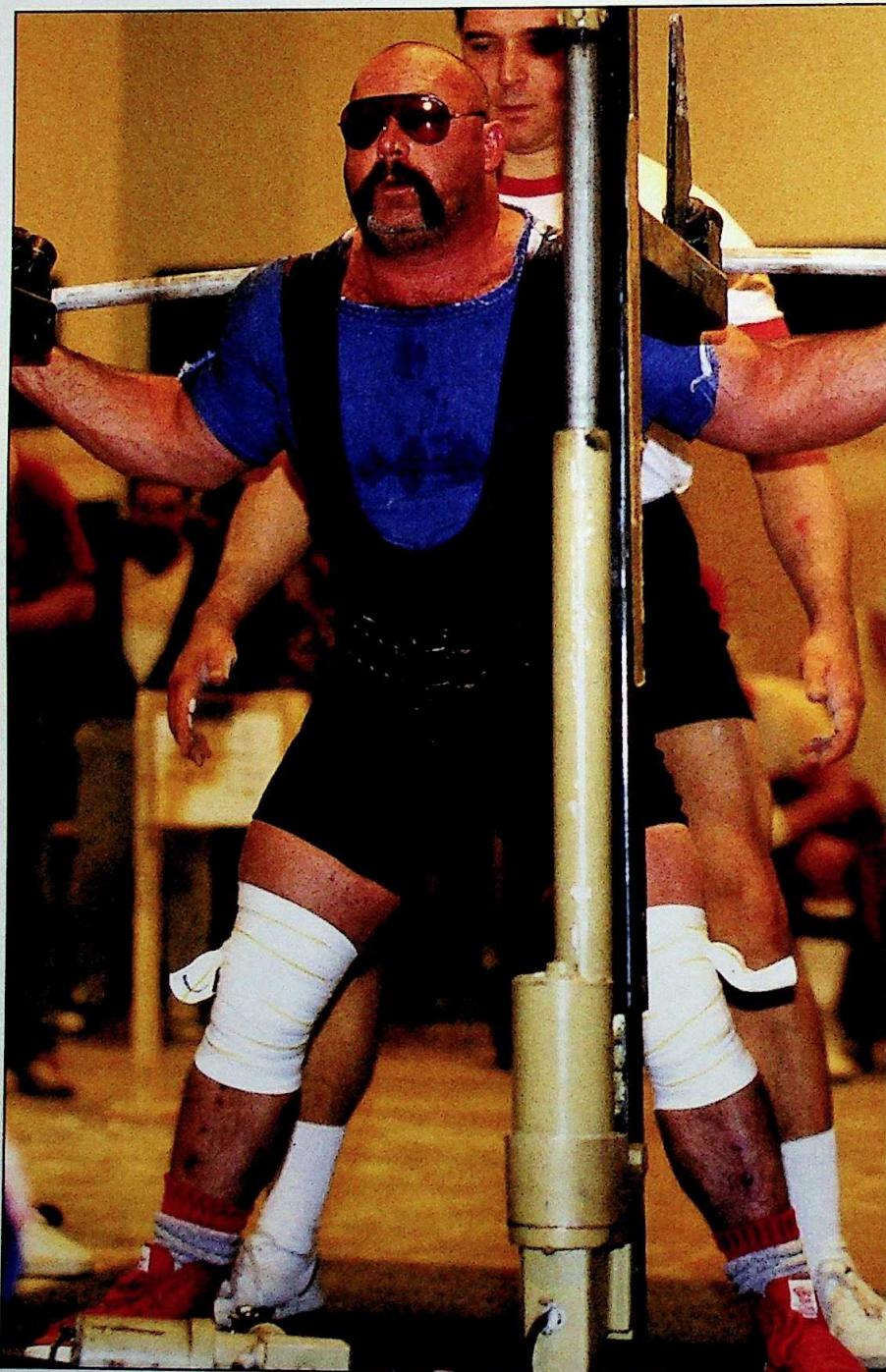
in powerlifting. To build larger muscles, yes. If you want to become very sore, yes. What does it matter if you can lower 60% more than you can raise? If I recall correctly, you must raise the bar from the floor in a clean, snatch, and deadlift. In the bench press after the bar is lowered to the chest, after the pause, you must raise the bar to completion. The squat is similar. After lowering to parallel, you must, for a fraction of a second, hold the weight statically and then raise to completion. If you load the bar with 60% more than your best squat of, say, 1000 pounds, the total bar weight would be 1600 pounds. Does this sound like a good idea to you?

A weight that feels fine at the top becomes much too heavy in the bottom. How can a bar weight be perfect at the top and also at the bottom? It can't. That's precisely why we use a combination of bar weight and bands or chains to accommodate resistance, causing a reactive method. But that's another story.

The key to eccentric success is overspeed eccentrics. Hopefully, you already know that force equals mass times acceleration. But the force is almost always connected to concentric movements. What about eccentric work? Lightweights can be lowered with greater acceleration than heavy weights, just as in concentric movements. You must understand that the largest force may not always be associated with the heaviest loads. Jump-Stretch bands can produce much greater acceleration properties by pulling the bar down by means of great tension. This causes overspeed eccentrics, adding to kinetic energy. If one could triple the bar speed on the eccentric phase, it would produce 9 times the kinetic energy. In a simple action, such as a depth jump, a 200-pound man jumping off a platform of 10 feet will produce many times his bodyweight.

Force will decrease on concentric movements due to deceleration, while force will increase on eccentric movements due to acceleration. This

(cont. on page 72)



Louie Simmons has been raging against the dying of the light for decades ... overcoming devastating physical setbacks over many years of competition to set impressive masters records on the platform, and he has continued, with more intense focus, his quest to probe the limits of science and its application to the sport of strength for many other athletes.

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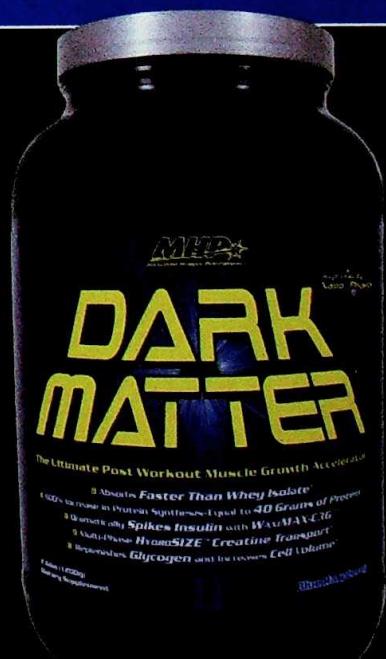
Rob Luyando
World Record Bench Press
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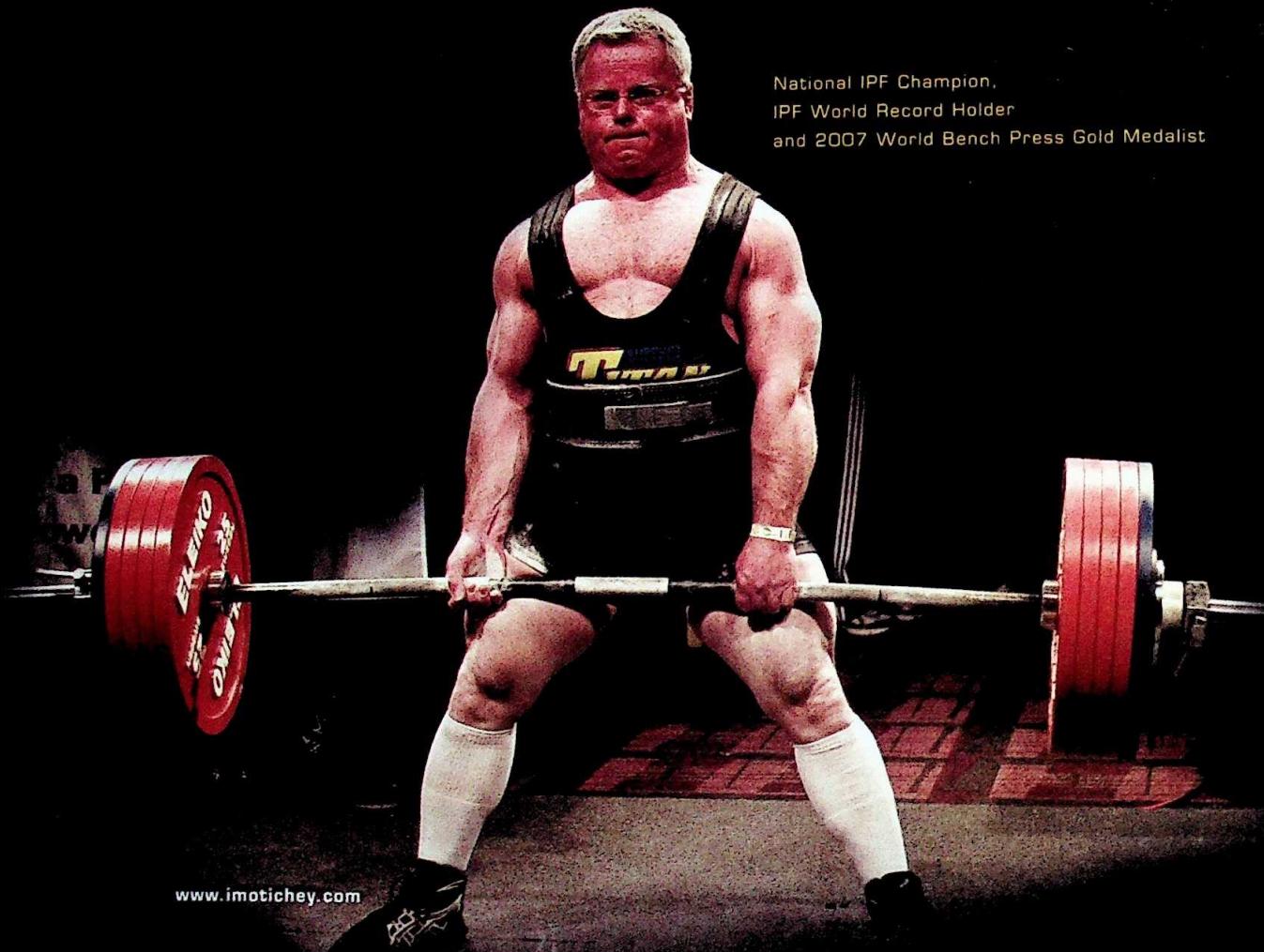
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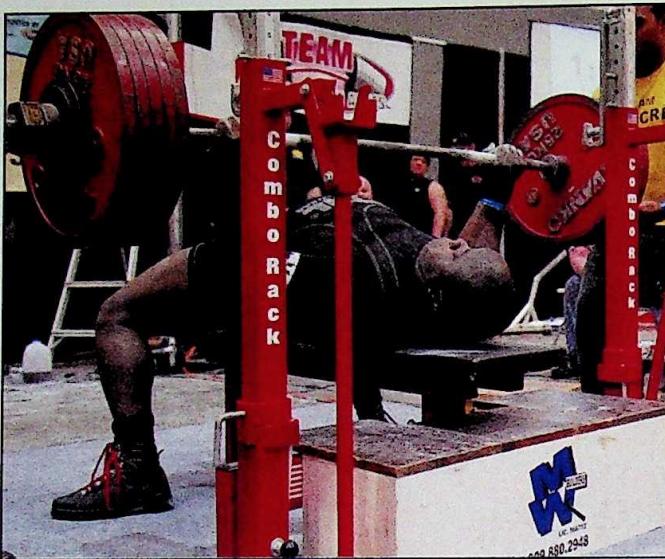
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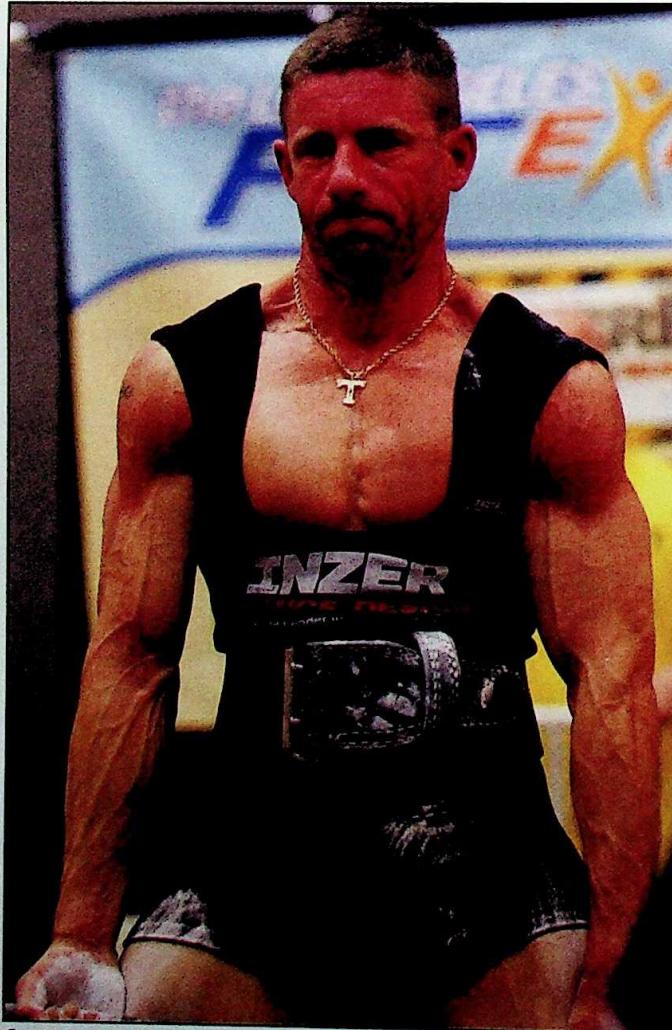
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17 FEB 08 - Los Angeles, CA

BENCH	114 lbs.
Fit Expo	Master (40-49)
FEMALE	B. Aerts 217
114 lbs.	132 lbs.
Open	Junior (19-23)
B. Aerts 106	M. Hefley 314
Master (40-49)	148 lbs.
B. Aerts 106	Junior (16-18)
148 lbs.	C. LaMantia 220
Junior (16-18)	Open
C. LaMantia 88	B. Aerts 217
MALE	198+ lbs.
132 lbs.	Open
Junior (13-15)	L. Lopez 264
B. Evans 132	MALE
Master (40-49)	123 lbs.
M. Wong 220	Junior (13-15)
148 lbs.	J. Smullen 226
Junior (13-15)	132 lbs.
A. Evans 192	Junior (13-15)
165 lbs.	R. Golgosky 231
Open	R. Garcia 259
R. Garcia 341	148 lbs.
MRisenhoover 264	Junior (13-15)
BRisenhoover 259	M. Ferrell 270
181 lbs.	165 lbs.
Junior (19-23)	BRisenhoover 308
F. Sanchez Jr. 303	Master (60+)
Open	R. Hill 418
I. Smalley 451	181 lbs.
A. Fregoso 248	Junior (16-18)
Master (50-59)	B. Whiston 424
A. Duke 253	Open
Master (60+)	A. Fregoso 424
R. Lozano 369	Master (50-59)
R. Simon —	A. Duke 402
198 lbs.	Master (60+)
Junior (19-23)	R. Lozano 396
N. Beckmann 270	198 lbs.
Open	Junior (16-18)
S. Yargus 308	C. Andreoff 385
220 lbs.	Junior (19-23)
Junior (13-15)	N. Beckmann 540
Y. Paray —	Open
Junior (19-23)	S. Yargus 451
L. Andrews 330	220 lbs.
A. Rose —	Junior (19-23)
Open	L. Andrews 523
J. Fischbach 325	J. Seidman 501
D. Simpson 226	Open
242 lbs.	J. Grau 666
Open	E. Koo 600
R. Girard —	J. Fischbach 518
J. Hoffmann —	D. Simpson 451
J. Johnson —	Submaster
Master (40-49)	J. Bostick 589
J. Johnson —	Master (60+)
Master (60+)	H. Myers 523
L. Negriff 402	242 lbs.
275 lbs.	Junior (13-15)
Open	R. Reed 358
S. Hoekstra 606	Open
Master (40-49)	B. Howard 728
S. Hoekstra 606	J. Johnson 407
308 lbs.	Master (40-49)
Open	J. Johnson 407
A. Aerts 451	275 lbs.
Master (40-49)	Junior (13-15)
F. Sheffield 358	J. Rendeiro 402
Master (50-59)	T. Dowell 275
A. Aerts 451	Junior (19-23)
Master (60+)	J. Paredes 600
D. Knapp —	308 lbs.
DEADLIFT	Open
Fit Expo	A. Aerts 529
FEMALE	Master (50-59)
American CupSQ	A. Aerts 529
FEMALE	BP DL TOT
123 lbs.	
Open	
S. Callahan 253	214 275 744
132 lbs.	
Open	
A. Barnhill 226	143 297 666
148 lbs.	
Open	
K. Walford 369	242 501 1113
M. Sparango 303	259 363 925
165 lbs.	
Open	
H. Harper —	336 446 —
181 lbs.	
Open	
T. Reed 374	292 402 1069
198 lbs.	
Open	
J. Loveall 385	292 396 1074
D. Bergfield 330	209 325 865



Charles Bailey had the highest total of the competition - 2210 lbs.

198+ lbs.						
Open						
N. L'Anson 325	209	330	865	F. White 474	308	545
MALE				L. Sparango 440	—	—
148 lbs.				181 lbs.		
Open				Open		
S. Layman 600	380	501	1482	M. Caplan 650	474	578
D. Sorenson 512	242	523	1278	E. Kinsey 606	418	534
V. Tanabe 440	270	457	1168	B. Benedix 622	363	573
165 lbs.				198 lbs.		
Open				Open		
R. Celli 705				R. Celli 705	584	672
V. Calia 573				V. Calia 573	418	606
						1962



Scott Layman went over ten times bodyweight in the lightweights.

G. Buffington 600	—	—	—
220 lbs.			
Open			
M. Laney 705	474	705	1884
M. Tronske 606	474	633	1714
J. Kelske 512	—	—	—
242 lbs.			
Open			
Didomenica 666	474	661	1802
B. Marum 617	479	556	1653
275 lbs.			
Open			
C. Bailey 903	622	683	2210
A. Best 865	600	733	2199
308 lbs.			
Open			
B. Mikesell 804	523	749	2077
D. Flonta 705	562	644	1912
W. Lee 661	529	617	1807
S. Cartwright —	—	—	—
308+ lbs.			
Open			
O. Roussell 644	490	512	1647
A. Patalano 606	440	584	1631
T. Coleman 865	622	—	—

Powerlifting Best Lifters: Women-Kimberly Walford, Open Men Light (114-198)-Ryan Celli, Open Men Heavy (220-SHW)-Charles Bailey, Bench Best Lifters: Women-Bonnie Aerts, Junior Men-Fred Sanchez Jr, Open Men-Scott Hoekstra, Master Men-Rudy Lozano, Deadlift Best Lifters: Women-Morgan Hefley, Junior Men-Joel Paredes, Open Men-Brent Howard, Master Men-Roger Hill, Meet Director: Steve Denison, Referees: Jim Merlino-Natl, Gordon Santee-Internal, Pete Wilson-Natl, Kevin Meskew-Natl, Scott Layman-Natl, Steve Matthews-State, Karen Matthews-State, Alan Aerts-State, Spotter/loaders: Don Hodges, Eddie Laporte, Brad Iannucci, Rob Duran, & Troy Harris, Sponsors: Con-Cret, www.concret.com, Team Alan & Bonnie Aerts, Inzer Advance Designs, At Large Nutrition, Los Angeles Fit Expo & Creation Entertainment, (Steve Denison St. Chair) "The LA Fit Expo venue was very nice. The main platform was right out in the crowd at the end of the LA Fit Expo displays. Great sound system, great judges, great crowd. We had some no shows with Scott Smith getting hurt and pulling out at 275 and the 165 Russian, Victor Furazhkin, no-showed because of a shoulder problem. Brandon Cass was also scheduled to lift at 242 but hurt his shoulder too. Gene Bell at 198 had timing issues and couldn't make it and a few others fell off the invite list since I published it on Dec 15. But I expected that and I had a lot of alternates lined up and several of them stepped up. We had terrific lifting by many of the guys. Everyone was solid! Scott Layman at 148, did over 10X bodyweight and was absolutely ripped with no bodyfat. Phenomenal that a guy with as small calves as he has, can squat 600 and 4X bodyweight. Scott had another great day on the platform. Scott works for UPS in Bakersfield, CA and never has a problem making weight. He also has the luxury of using one of my Combo/ER type racks, www.comborack.com By far one of the best racks on the market. At 181 we had Marc Caplan who owns his own training facility, The Dogg LB. Gym in the Portland, OR area. At age 49 Marc is still putting up great numbers with his 650 squat, 473 bench, and 578 deadlift. Marc told me he had actually lifted in this same meet over 25 years ago in Los Angeles with the same name, American PL Cup. At 198, we had Ryan Celli from Pittsburgh, PA, a phenomenal lifter. He broke Mike MacDonald's full meet American bench record that has stood since Oct 4, 1988. Ryan put up some great numbers and had the best Wilks score to come away with the best lifter for the lightweight men 148-198 and \$1000. Ryan squatted 705, benched an American Record of 584 and pulled 672 for a 1962 total. Incredible strength in this guy. This guy bounces 525 raw and he's only at 193 bodyweight! My old training partner from the late 90's, Mike Laney, took the 220 class with his 705 squat, 473 bench, and 705 deadlift. Mike was using an old Inzer EPHD.

(article continued on page 79)

SCIENTIFIC BREAKTHROUGH

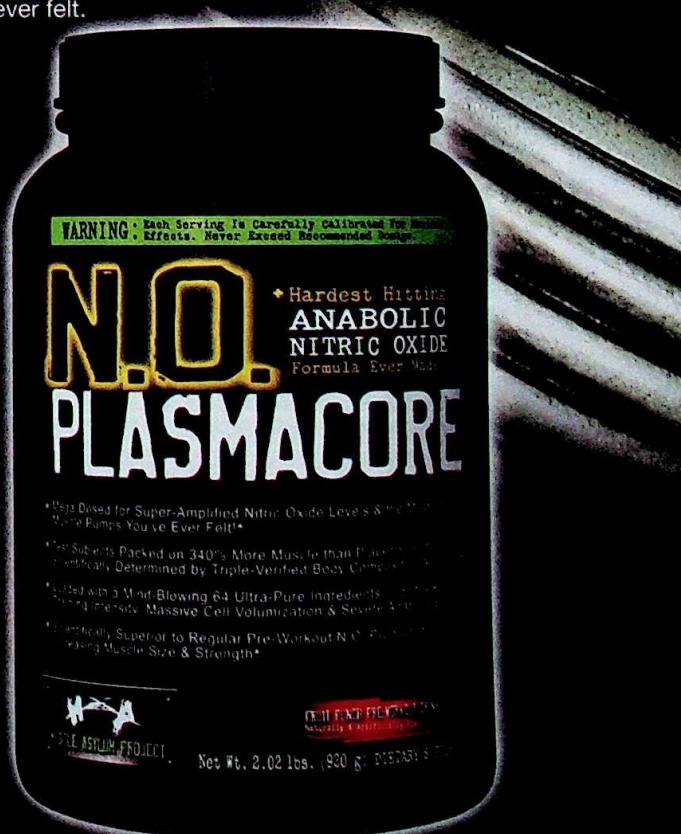
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Applying over three years of state-of-the-art physiology research and dedicating countless hours to analyzing the effects of critical anabolic agents on muscle performance, MAP™ scientists have made a breakthrough like no other. This breakthrough will forever change the way you train, recover, and build muscle. Introducing Altered State™, solely engineered for serious trainers who want a scientifically superior nitric oxide pill that will absolutely shock their body into a higher state of muscle growth. Utilizing a patent-pending scientific technology, the Altered State formula forces maximum vasodilation, rapidly delivering key anabolic growth factors directly to the muscles for insanely fast recovery. MAP scientists didn't stop there.

EXPLOSIVE POWER OF ALTERED STATE

PHASE 1



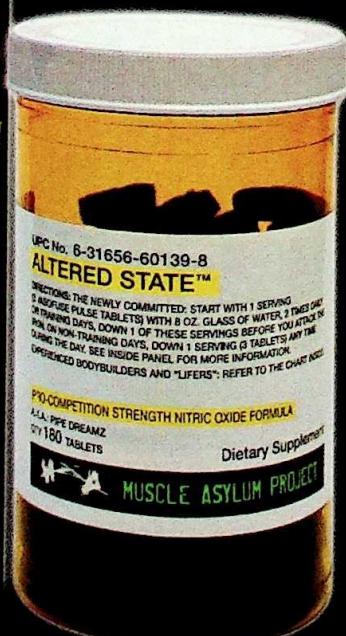
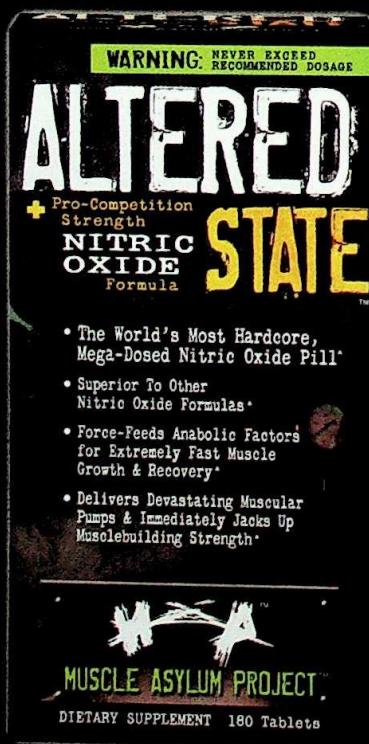
Altered State delivers a critical anabolic agent that permeates the endothelial cells, while a cellular signal initiates nitric oxide production. Newly generated nitric oxide molecules are then driven from the endothelium into smooth muscle cells, starting the vasodilation process.

PHASE 2



As you can see, with blood vessels dilated to the max, it's physiologically impossible not to feel an extreme rush while growth-activating compounds are being pounded through your bloodstream. Altered State's scientifically advanced formula triggers maximum pumps and rapid gains in muscle size.

In order to guarantee your workouts are pushed to the max, Altered State is optimally-dosed with a key ingredient that ignites extreme thermogenesis, relentless training intensity and explosive strength, as you train to torch fat. Unlike regular time-released N.O. products that don't deliver the results you need, Altered State is scientifically engineered with Rapid Wave Pulse Technology™, built to leverage and improve upon dynamic nutrient transport. With Altered State's overwhelming combination of hardcore ingredients, MAP scientists have created a scientifically superior, mega-dosed formula that will hit you like no other nitric oxide product in existence.



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

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



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

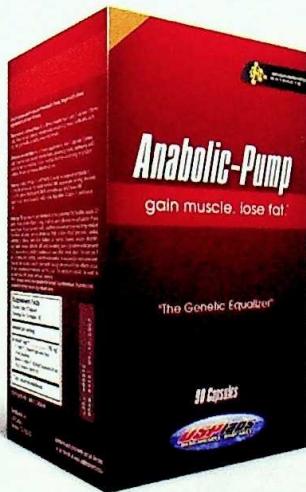
"I went from having trouble deadlifting 675 to getting a solid 730 on deadlifts and I got a 750 but I took a step with it. My hack squat went from 785x10 to 965x5. Shoulder press went from 405x5 to 455x3. Bench is hard to tell due to the bicep tendonitis hampering my lifting so much, but when the tendonitis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

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

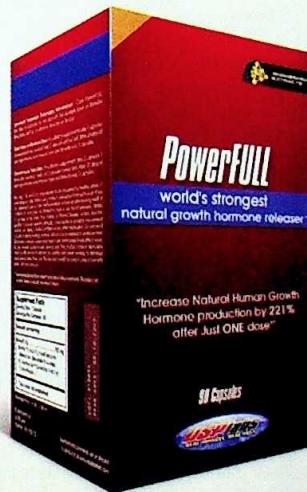
- Nick Winters

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

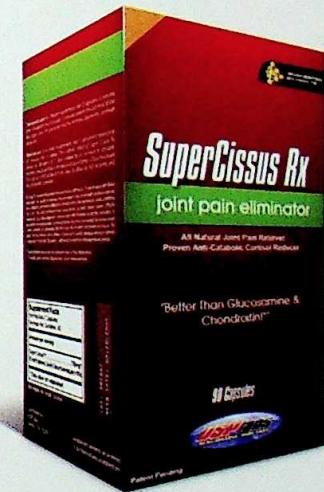
Anabolic-Pump™



PowerFULL™



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

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

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



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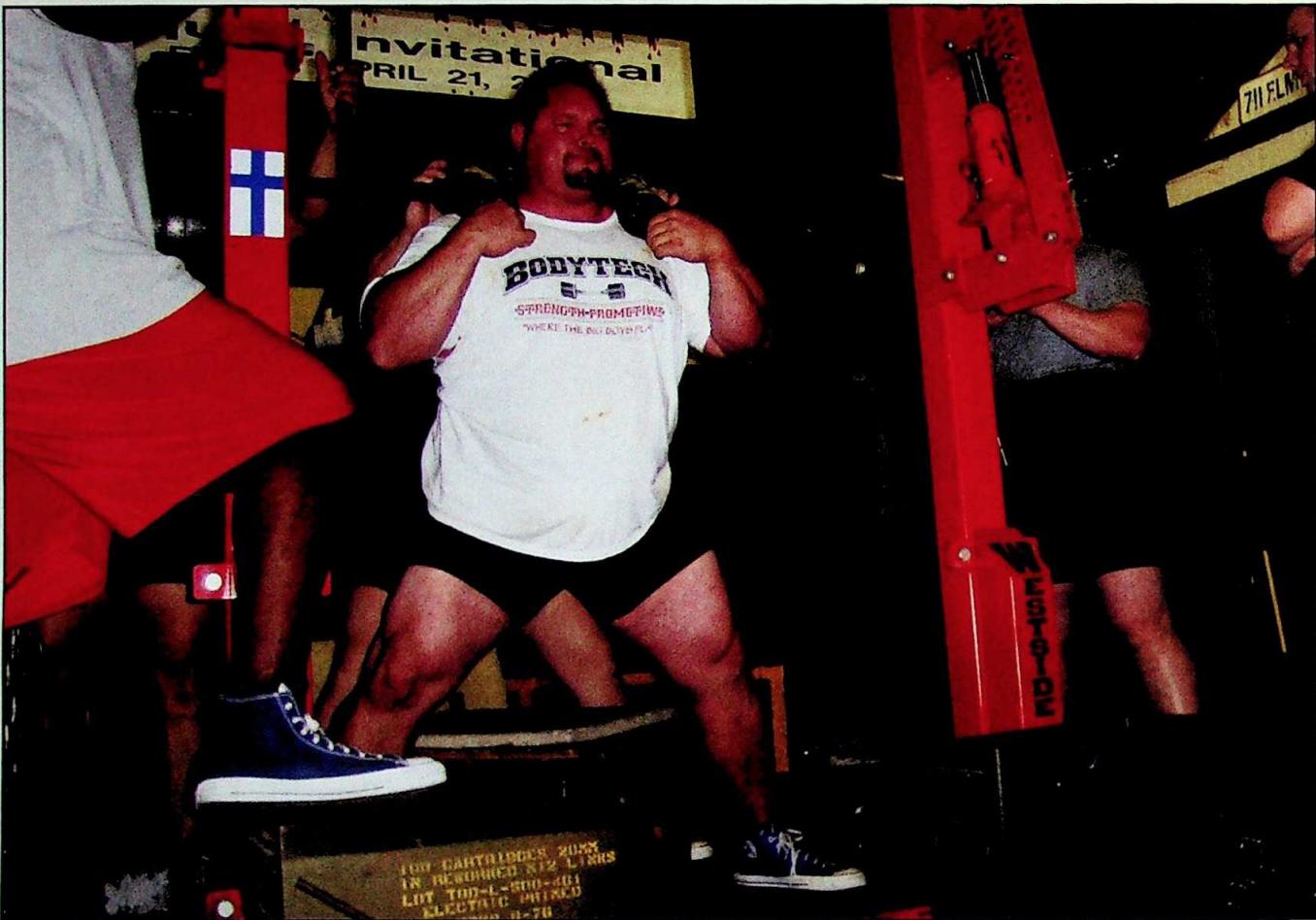


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Strength-Size-Power — OPTIMIZE Your Post-Workout Nutrition!!!



Donnie Thompson — is certainly one of the world's strongest human beings, with the highest powerlifting total posted in the sport's history!

Post-workout (PWO) nutrition has been shrouded in half-truths and lies for too long. It is time to set the record straight.

The current accepted norm for PWO nutrition is that one should consume a whey-only protein shake as soon as possible after training. The

reasoning provided is that the quick absorption rate of whey stimulates protein synthesis at a time when the body is most receptive to said stimulation.

This concept is valid, but neglects the "rest of the story" as Paul Harvey used to say.

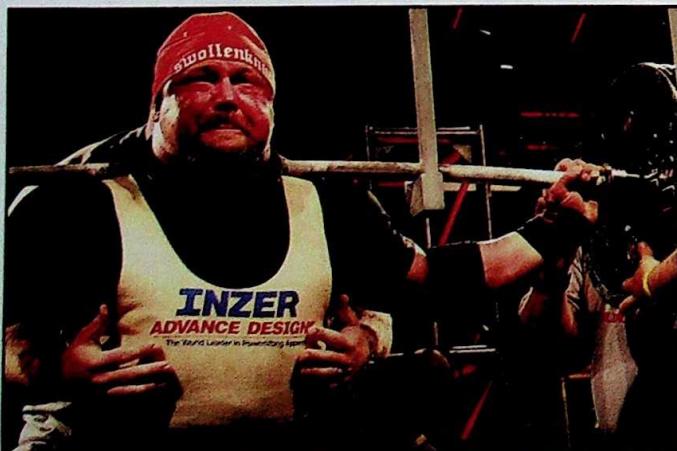
Immediately after an intense

session in the gym our body is in a net negative state relative to skeletal muscle protein. Intense training accelerates the catabolism of muscular protein and blunts its synthesis with this double whammy resulting in a net **catabolic** state.

The consumption of whey

protein by itself PWO is really quite ineffective. Whey protein **is** quickly absorbed and **does** promote a spike in protein synthesis. However, whey **does very little** to attenuate protein catabolism, thus it only affects one

(continued on next page)



Chuck Vogelpohl — raw power incarnate, a ferocious competitor!

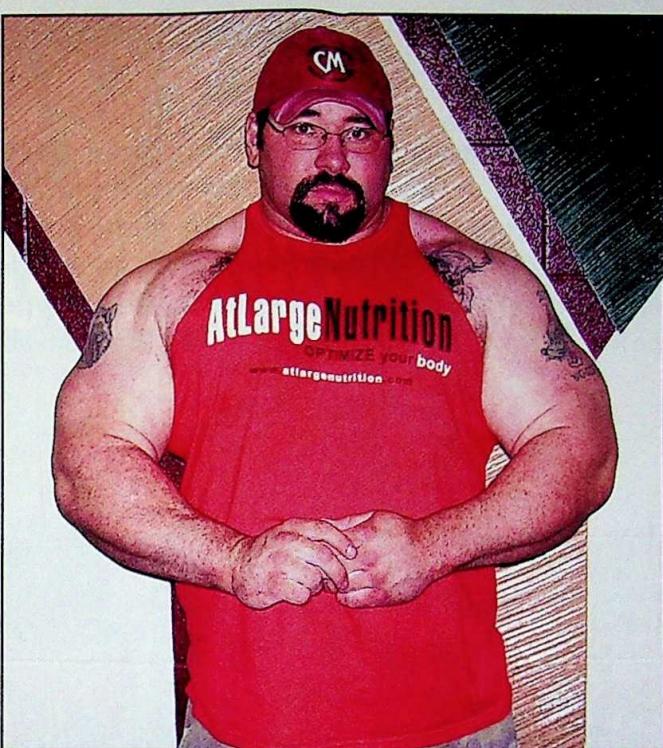


Phil Harrington — squats over 900 lbs at 181 lbs of body weight!

portion of the net protein equation and does a poor job of reversing the net catabolic state. In addition, whey's fast absorption rate is a limiting factor in that it results in a lower net retention (less amino acids are available to fuel recovery) when compared to other high quality proteins such as casein and egg.

The real key to the PWO puzzle lies in empirical evidence (what the biggest and strongest have known for years) and in the research if one is unbiased and willing to delve into the world of scientific mumbo-jumbo (I know, there are a few of those terms used here). Men like Louis Cyr, Paul Anderson, Doug Hepburn, and now Chuck Vogelpohl, Phil Harrington, and Donnie Thompson, the **strongest** men to have ever walked the planet, have always known the one must eat after training. From milk to steaks, calorie dense, protein packed foods have always been the PWO foods of choice for the mass monsters. Research proves-out this iron wisdom. A complete "meal" PWO is the most efficient means of getting the skeletal muscles into a net positive protein state. This is due to a myriad of factors of which the three most important are briefly outlined below:

1) Insulin, a very important anabolic hormone, is released primarily in response to the ingestion of carbohydrates. Insulin provides for a "permissive" effect relative to the stimulation of protein synthesis. Its



Mike Wolfe – bench presser extraordinaire, with a ripped physique!

presence in and of itself does not both suppresses protein synthesis and directly enhance protein synthesis, but enhances protein catabolism. The its absence results in dramatically reduced protein synthesis.

2) Cortisol is a catabolic hormone released during and after training which

ingestion of a meal PWO quickly reduces its blood levels thus permitting an anabolic environment.

3) Amino acids from ingested

protein work in concert with insulin to synergistically enhance protein synthesis.

Now, for an additional fact that you may never have heard before (especially in an article like this): protein synthesis, assuming a normal level of nutrition, will be spiked within a few hours of training and a net positive protein state will be realized nearly irrespective of what is done nutritionally. That said, **a net positive state will be more quickly realized and said state will be more anabolic if one consumes a complete meal as soon as possible after training.** If said meal is in a liquid state the results will be even better. Thus, the ideal PWO meal is a liquid shake which provides all of the macronutrients to include a high quality protein blend, a relatively high-GI rating form of carbohydrate, and a small amount of fat (so as to not delay absorption). **Opticen** by AtLarge Nutrition, LLC (www.atlargenutrition.com) is a product which does exactly that.

For best results, one 2/3 serving size Opticen shake should be consumed immediately PWO. At the 1-hour PWO mark, another shake, or a solid food meal should be consumed. Follow these instructions and you will be able to train harder, more often, and reap increased benefits from each and every training session. Heck, you may even become one of the strongest men on the planet like the AtLarge Nutrition athletes pictured above!

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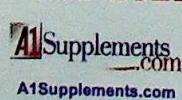
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PROVEN MUSCLEBUILDING!

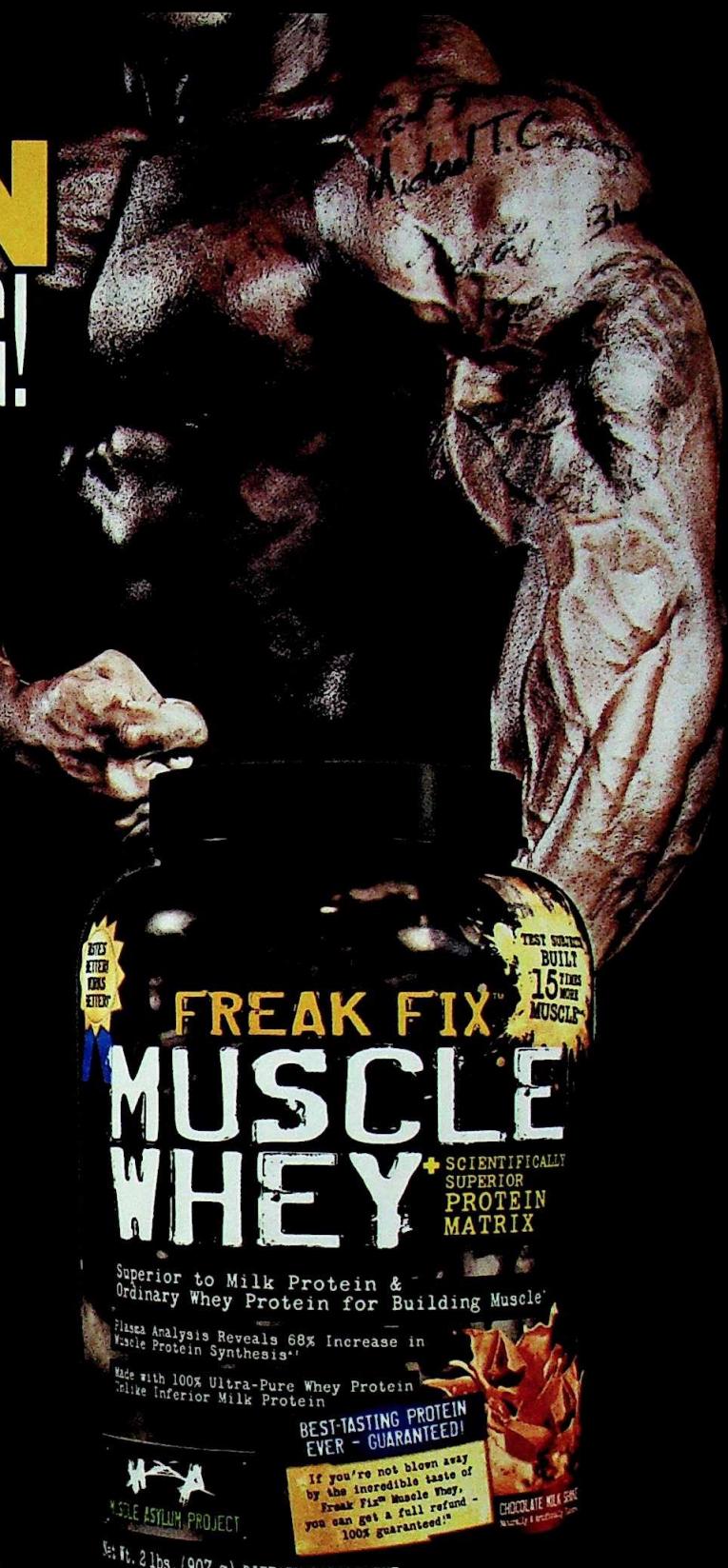
When it comes to jacking up your muscle mass and strength, whey protein is superior to milk protein. But, not any regular whey protein can ignite the type of musclebuilding gains you're looking for and that's exactly why Freak Fix™ Muscle Whey contains over 30 grams of 100% ultra-pure and highly-potent whey protein. In fact, Freak Fix Muscle Whey is so effective at building muscle, a clinical study demonstrated that subjects ingesting a key ingredient contained in the formula gained a shocking 15 times more muscle than the placebo group in only six weeks (5.88 lbs. vs. 0.37 lbs.)! It's time for you to get on Freak Fix Muscle Whey and get absolutely jacked – FAST!

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In order to develop an incomparably superior tasting formula to milk-based and ordinary whey protein, the Muscle Asylum Project™ dedicated countless hours collaborating with flavoring experts to ensure it was the best tasting protein formula in existence. MAP™ researchers even went to the extreme lengths of conducting multiple color-controlled, blind comparison laboratory taste tests, where Freak Fix Muscle Whey was chosen significantly more than the competition. No other inferior milk-protein based formula can rival the delicious taste of Freak Fix Muscle Whey. In fact, MAP flavoring experts are so confident, there is a 100% money-back guarantee!

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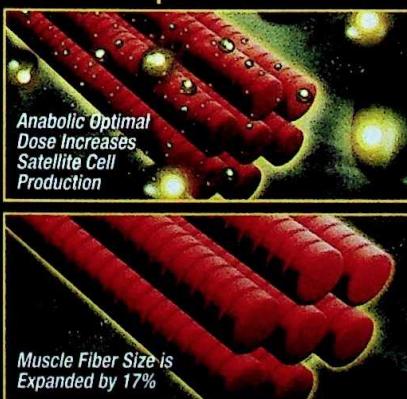


MUSCLE BIOPSIES SHOW A 17% EXPANSION IN MUSCLE FIBER SIZE

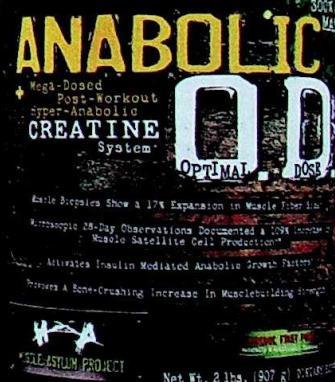
"My muscles are **freakier** and more **dense** than ever before since taking Anabolic Optimal Dose."
— Joel Stubbs

Envision yourself with 17% more muscle fiber size. Under normal conditions, this level of dramatic physique reconstruction seems impossible to the average bodybuilder. So when Muscle Asylum Project™ scientists reviewed the results of a 16-week study in which test subjects using a key ingredient in Anabolic Optimal Dose™ experienced an average of 17% increased muscle fiber size, they were amazed. Scientifically engineered with over 40 ultra-pure ingredients, Anabolic Optimal Dose is a powerful mega-dosed post-workout hyper-anabolic creatine system. Once consumed, the cutting-edge formula goes to work stimulating muscle satellite cells. When activated, these satellite cells fuse with existing muscle fibers, forcing rapid muscle thickening. The aftermath of this growth signaling is an unparalleled muscle fiber expansion that stretches the skin with new size. Get on Anabolic Optimal Dose today and morph your muscle fibers with more size and strength than ever before.

How Anabolic Optimal Dose Builds Muscle



With continuous post-workout ingestion of Anabolic Optimal Dose, a key ingredient activates satellite cells to fuse with muscle fibers, which expands muscle fiber size by an unbelievable 17% in only 16 weeks.



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I want to talk to you about something that really disturbs me. I am sure most of you are familiar with honor codes such as the "The Blue Wall of Silence" (ironclad police rule) and the unspoken code of silence in journalism and sports. These are codes of ideology in which people do not snitch on other people committing crimes, breaking rules, or engaging in unethical practices. Those who live by such a code are seen to be honorable people who can be trusted to stand steadfast by their commitments even though their behavior supersedes doing what is right and, often, moral. Conversely, people who tell the truth and take responsibility for their actions are considered reprehensible snitches and rats. For example, when Andy Pettitte testified to the congressional committee on drug use in baseball that Roger Clemens told him that he had used performance-enhancing substances, there was an immediate backlash of criticism and condemnation of Pettitte. He was called a snitch, a rat, and a dirty gutless bum by literally thousands of bloggers. Perhaps one blogger summed up the sentiments of most bloggers when he wrote, "Andy is a coward, a snitch and a rat. For God's sake, he rolled over on his own father. No one likes a rat; how can anyone have respect for this guy? All he had to tell investigators is that he did not know and that he couldn't remember Roger telling him anything. Instead, since he got caught using HGH, he felt that someone had to go down with him and that was Roger Clemens. Instead of manning up to it and taking the fall, he dragged his so called "best friend" down with him. What a friend. Andy Pettitte = snake." Yes! That sums it up nicely.

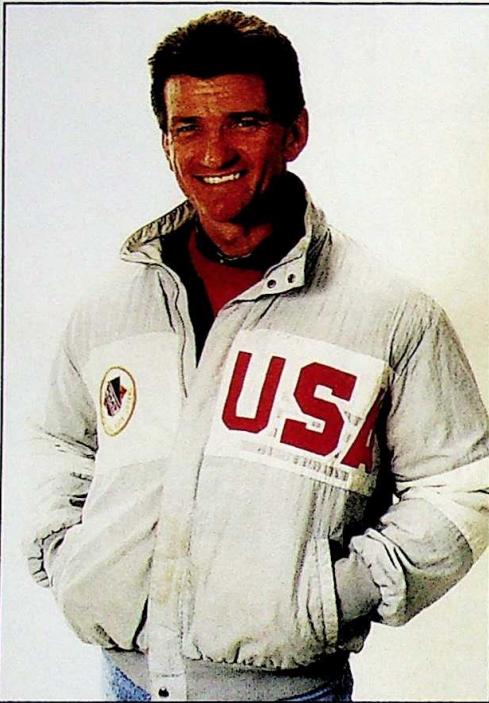
Now, from reading a prolific number of articles and blogs, I will admit that the way it looks now I am in the minority on this issue. I accept that distinction wholeheartedly. I will also admit that the origin of "stop snitching" in the late sixties was essential and beneficial for the survival of oppressed black people who were being harassed by the United States law enforcement authorities. However, in my opinion, what started out as something necessary and positive has evolved into something that is insidious and destructive. What is the honor in doing something that is dishonorable? Calling such behavior a code of honor is an oxymoron. At best, it's a code of disgrace.

Personally, what Pettitte did was the right thing to do. In the midst of all the baloney and hot air, Pettitte refused to pay tribute to a ridiculous tradition of concealing facts for the sake of protecting a teammate. Instead, he stood up and told the truth. "I have to live with myself," Pettitte said in his deposition. "And one day, I have to give an account to God—and not to nobody else—of what I've done in my life. And that's why I've said and shared the stuff with y'all that I've shared with y'all today—that I wouldn't like to share with y'all." That's courage!

The idea that people who tell the truth are rats perpetuates immoral and corrupt behavior. To paraphrase Earl Ofari Hutchinson, all of you are doing by voicing this no snitching nonsense is saying: PLEASE KEEP OUR NEIGHBORHOODS, SCHOOLS, AND SPORTS TEAMS SAFE FOR MURDERERS, THIEVES, CHEATERS,

DR. JUDD

A CODE OF HONOR as told by Judson Biasiotto Ph.D.



Dr. Judd Biasiotto is upset over some recent developments within Major League Baseball.

AND LIARS, because that is exactly what you are doing ... creating a safe haven for thugs and cheaters. It seems to me that is the worst kind of self-destruction imaginable, and your self-destruction isn't just killing you; it's killing all of us.

Let's say, for the sake of argument that Clemens is guilty, which isn't a real stretch of the imagination, considering that just about every

Nobody can acquire honor by doing what is wrong.

- THOMAS JEFFERSON

Rather fail with honor than succeed by fraud.

- SOPHOCLES

He has honor if he holds himself to an ideal of conduct though it is inconvenient, unprofitable, or dangerous to do so.

- WALTER LIPPmann

one in America thinks he is culpable. What honor is there in cheating, then lying about it, and worse yet, trying to ruin another man's character to save your own ass? That is cowardly ... you do the crime, you do the time.

Let me ask you this too: if a person sees a rape or a crime being committed, should he just walk on by as if nothing is happening? I don't know about anyone else, but I'd rather take my chances standing up for what is right, instead of having to live with the guilt of knowing I could have done something to help someone. If it means getting hurt to help another ... well, so be it. I would rather be a rat, even a dead rat, than an accessory to a crime. I am also willing to chance speaking out about what is wrong in sports, academia and any other institution or individual who is debasing our way of life. Call me a snitch, a rat, a stool pigeon, an informant ... call me what you will. I am willing to do all of that for only one reason - IT IS THE RIGHT THING TO DO!

When I was in college we had an honor code, a real honor code, which stated that a person should not at any time, any place, or for any reason lie, cheat, or steal, nor tolerate those who do. In fact, we were obliged to turn in anyone who did not abide by the honor code. Everyone who agreed to the university's code of honor, which was everyone at the school, took that pledge very seriously. How serious? I will give you an example. One of my friends saw his roommate cheat on a test. In stead of reporting him to the instructor, he went to his roommate and told him to turn himself in. His roommate informed him that he had already turned himself in. This presented a problem for my friend because he had breached the honor code. He should have immediately reported the incident to the instructor. Consequently, he had to go to the instructor and acknowledge that he had also breached the honor code. As a result, they were both suspended from school. Neither my friend nor his roommate expressed any ill will towards the professor or each other because they both knew they had broken their code of honor, and they took full responsibility for their own behavior. That, too, is courage!

I'm repulsed by pathetic individuals looking the other way at wrong doing, teaching others to do the same, and categorizing those who have a sense of fairness and justice as rats and snitches. It is rather astonishing to me that children are being educated from a young age to honor these rather bizarre codes which, in truth, advocate dishonesty and corruption. Even more amazing is that the guiding principles of these codes have been embraced not only by young children, but also by adults who you would think would have enough common sense to see the absolute duplicity and hypocrisy of such a system. What you are doing is buying into this lie that you are better off letting thugs and liars go free because in some perverse distorted way you want to honor a code that supports deceit and dishonesty rather than integrity.

I will say it again, these bizarre and absurd codes are simply tactics that permit criminal and immoral behavior to proliferate, and I'm not buying into it ... not for a second.



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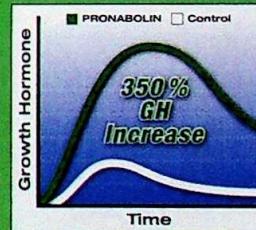
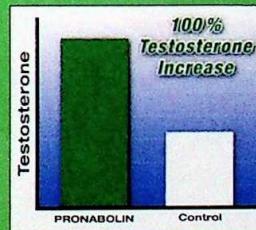
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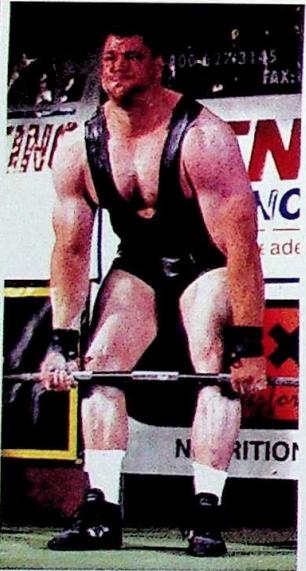
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IPF GNC Pro Performance DL		
1 MAR 08 - Columbus, OH		
FEMALE	Dave Ricks	710
132 lbs.	220 lbs.	
Jen Perry	391	J. Hartman 766
148 lbs.	242 lbs.	
P. Ribic	523	N. Tylutki 782
A. Hitchcock	457	S. Ceglarek 694
F. Bachhaus	418	275 lbs.
165 lbs.	McGettigan 760	
Dalian James	523	S. Culnan 760
198+ lbs.	198+ lbs.	D. Rogers 716
J. O'Donnell	523	275+ lbs.
MALE	B. Gillingham 865	
198 lbs.	R. Harris 804	
Craig Terry	749	N. Huslander ---

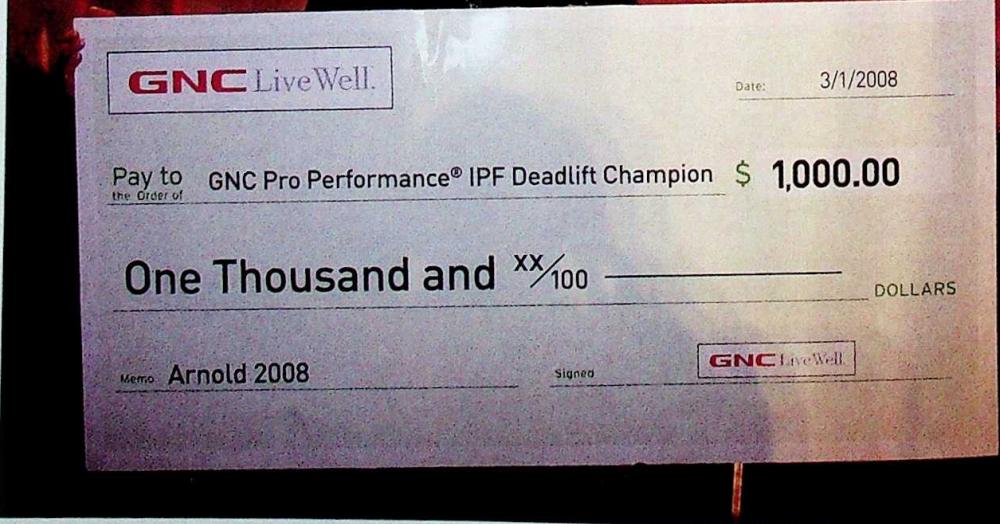
Held on the main stage at the Arnold Classic in front of a standing room audience, prizes were awarded for the biggest deadlift (\$1000 each for men and for women, won by Brad Gillingham and Priscilla Ribic) and by Wilkes Formula, with Brad winning another \$1000 for first in that category, followed by Craig Terry (\$750), Dave Ricks (\$500), Jeremy Hartman (\$500), and Nick Tylutki (\$500), and in the women's Wilkes Point category, Priscilla won \$1000, followed by Daliann James (\$750), and Alyssa Hitchcock (\$500). Three women deadlifted 523, and Brad felt like he had more in him, so he is optimistic about reaching 400 kilos (881 lbs.) in the future. (photographs provided courtesy of Brad Gillingham)

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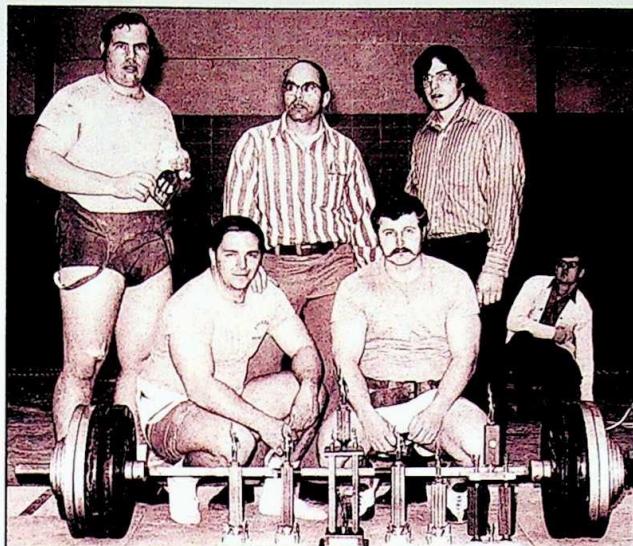


2 time IPF World Champ Brad Gillingham's Deadlift DVD shows you the training program that produced 40 plus contest deadlifts over 800 lbs., plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

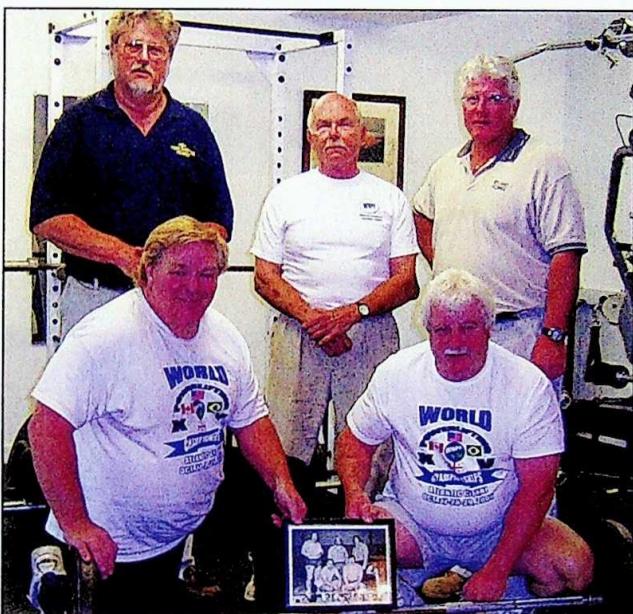
IPF GNC Pro Performance DL



STILL CRAZY AFTER ALL THESE YEARS



THEN ... standing, left to right, Henry (Hank) McRobie, Dick Jenkins, Brian Blough; kneeling, Rick Plummer, Brooke Blough; missing - John Lockwood. **NOW ...** standing, l-r, John Lockwood, Dick Jenkins, Brian Blough; kneeling - Rich Plummer, Brooke Blough, missing - Henry (Hank) McRobie (deceased).



It takes being a little crazy to be a powerlifter. No sane person would dedicate the amount of time, effort, expense, inconvenience, and pain to a sport that has as its only remuneration the satisfaction of winning a plaque or trophy. (What other sport has training facilities that have names like "House of Pain"?)

It takes being a lot crazier to be a powerlifter for forty plus years like the five powerlifters in the photos. The one photo (where we had more dark hair and less pot belly) was taken at a meet in Baltimore, Maryland in the fall of 1967. We were the Columbia (Maryland) Barbell Club and we traveled to meets primarily on the east coast to compete. We were pretty successful locally, regionally, and nationally. We often competed against some of the big names of the 60's and 70's - John Kuc, Big Jim Williams, Hugh Cassidy, Allen Lord, Larry Pacifico, Joe Weinstein, Vince Anello, etc. It was therefore interesting to reminisce about the old days while reading Bob

Gaynor's article "The History of Powerlifting" in the July, 2007 issue of Powerlifting USA. (Incidentally, Bob and I lifted in the 198 lb class at the 1/71 Junior National in West Patterson, NJ.)

As mentioned previously, we all did some pretty competitive powerlifting. Our 181 pounder, Dick Jenkins, held many records. His deadlifts in the 198 lb. class were always near the 700 lb. mark. I personally had my best lift in the 198 lb. class with a bench press of 450 lbs. In the 220 lb. class was Brian Blough. In the 242 lb. class we had two lifters, Rich Plummer and John Lockwood. Our super heavyweight, Henry McRobie, and I lifted in the Junior Nationals in West Patterson, NJ in August of 1971. I ended up placing in the middle of the pack. Henry, however, placed second. In 1973 Henry ended up in the "Top Ten" lifters nationally with a 710 lb. squat, 725 lb. deadlift, and an 1820 lb. total. Remember, all of our lifts back then were raw and unassisted. Henry "Hank", our friend, was lost in an auto accident in 2005.

Families and careers caused us to drift apart for awhile but we all continued lifting. Five years ago, one of our team members built a new house and put in a nicely equipped powerlifting gym. Gradually we began to drift back together and powerlifting together again. Because powerlifting had established age classifications that allowed older lifters to compete (in our case ages 59 to 70) we soon began looking at meet results and records and decided why not do it all over again?

So far we have seen some success. Dick Jenkins' our 181 pounder deadlifted a WNPF World Record 500 lbs. in the 65-69 age group. Later he set another deadlift record in the 70-74 age group with a lift of 441 lbs. Rich Plummer, in the 300 lb. class, set a WNPF bench press world record at 303 lbs. in the 65-69 age bracket. He also holds 60-64 age group bench press record at 290 lbs. Some of us plan to lift at the WNPF World Championships in Atlanta this November and hopefully set some additional records in our age and

We all lift heavily and regularly and we all live with the craziness of being powerlifters, then and now. Now there is more time, effort, expense, inconvenience and pain (especially pain) involved. But you know what, we do it simply because we love the sport.



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ASK THE DOCTOR

This column will feature questions on nutritional, performance and medical issues. Send your questions to Mauro Di Pasquale M.D. at Mauro@MetabolicDiet.com. I'll try my best to personally answer all questions sent to me within a few days.

Dear Dr. Di Pasquale: I have periodically read your articles in Powerlifting USA for many years as I have been a competitive powerlifter in the USA for over 20 years. Thanks for contributing your medical expertise to the powerlifting community. Presently, there is conflicting advice regarding appropriate protein intake for strength athletes, endurance athletes and non-athletes. Supplement companies will typically advise that 1 to 1.5 grams of protein per pound of bodyweight is necessary for muscular repair & growth. I also understand these companies want to sell protein products and this could greatly influence their advice to consumers. On the flip side, I recently read an article by a "sports nutritionist" with a masters degree in exercise science that claimed there is no value in consuming extra protein since the body cannot store extra protein and that the USRDA for protein is around .36 gram of protein per pound of bodyweight. This "sports nutritionist" was NOT a strength athlete, but an endurance athlete having participated in track & cycling events. She also said excessive protein intake places extra burdens on the kidneys. I am not a nutritionist or a doctor, but whenever I watch the reality TV show, "Survivor", I notice the muscle mass of the losing contestants shrink dramatically in a matter of a few weeks. Seems to me, this occurs because the only protein they get is the occasional fish they catch & eat. So....how much protein do you recommend for the competitive powerlifter/strength athlete, endurance athlete and non-athlete? Which form of protein supplementation is best and easily digested? Egg or whey? Is glutamine supplementation beneficial? Thanks for taking the time to respond and have a great day. Jim

Hi Jim: One of the books was the new edition of my Amino Acids and Proteins for the Athlete, a book that would answer your questions in detail. Unfortunately that book won't be released by Francis and Taylor

(who now own CRC Press, the publisher of my first edition). On the positive side I'm doing a series of articles, that well may be an ebook by late summer, that will answer some if not all of your questions. I'll have two or three of these articles done by the end of this week and will send them to you. The short answer to your questions are that yes power athletes need more protein than the average couch potato, about twice as much is a good guide. One of the articles I will send you will have substantiation for this statement. The best protein is a mix of proteins, again the article I send will explain this in detail. And glutamine definitely has its place but should be in a formulation that contains various other amino acids in specific proportions. Again.... Best regards, Mauro

Dear Mauro: First of all I want to thank you for all the advice and help you've given me over the

years. I'm writing again to ask you advice about something that has recently turned my world around. I used an over the counter aromatase inhibitor in order to raise testosterone levels in my body. First of all I experimented with some short cycles, 2 and 4 weeks of administration initially. I then experimented with an aggressive and longer term administration period -13 weeks. Over the course of this time I performed periodic saliva tests of free testosterone and E2. I would always take my dose in the evening prior to bedtime. Around the 12th week I began to notice I was getting overstimulated both mentally and physically, feeling tense, anxious, difficulty sleeping and experiencing tremors. These symptoms began to become more evident so I tried administration at an earlier time of day to see if it had anything to do with the AI and it did. I applied a dose around 3:00 PM one day and within 30 minutes I became very aware of an anxious feeling and tremors, like my whole body was vibrating. Upon stopping usage I developed difficulty maintaining body temperature, severe anxiety, fatigue, lethargy, depression and the tremors that I experienced while on AI actually got worse. I am still recovering and each day I do feel a bit better - but progress is slow. I am beginning to take

some supplements again to help nudge my endocrine system 'd appreciate any feedback you can give me. Jerry

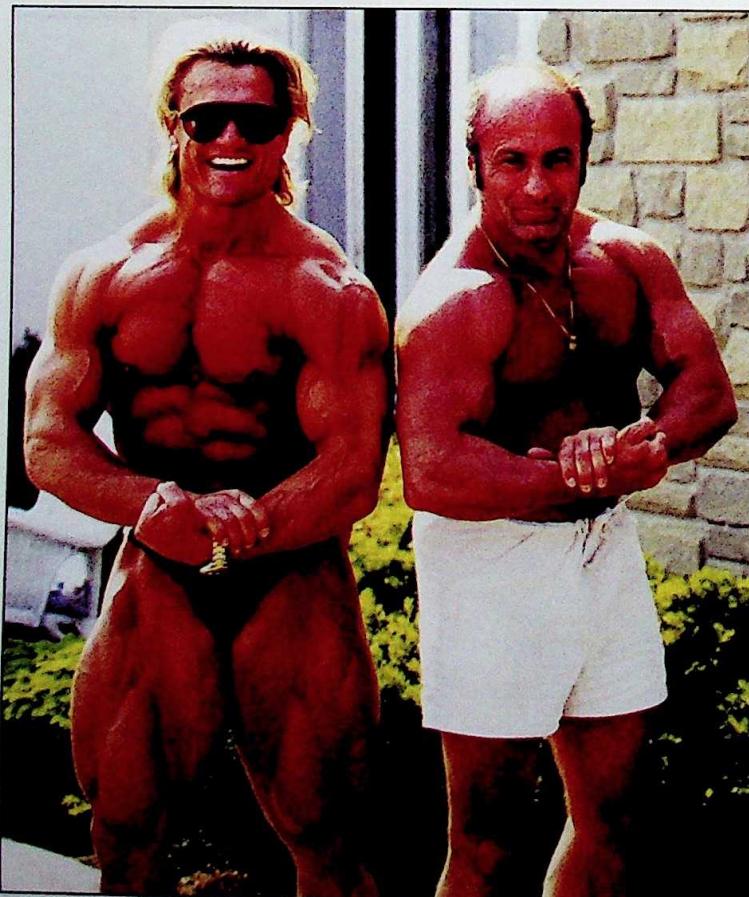
Hi Jerry: With the demise of pro-hormones, many are turning to aromatase inhibitors in their quest for higher degrees of the anabolic hormone testosterone. But like the prohormones, there are potentially serious adverse effects with the aromatase inhibitors (AI). While they may well be effective in increasing testosterone levels they are also associated with significant adverse effects. As you noticed extended use of the AI can overwork the hypothalamic-pituitary axis and basically stress it to the point that it functions abnormally as the AI are continued and after coming off them. As a result there can be a dysfunction in the production of various hormones, including growth hormone, testosterone, estrogen, and thyroid. Reducing estradiol levels in relation to testosterone levels can also have severe consequences, including disrupting neurotransmitter function in the brain (which can produce tremors), with resulting changes in energy, metabolism, anxiety levels, and many other harmful effects. There's much more to this story and I'm working on an article right now that will explain the effects and adverse effects of AI. I'll send it to you as soon as it's ready for publication. At this point your best bet is to see an endocrinologist who is knowledgeable in this area and to try and get your system back to normal. And obviously to stay off all of the AI now available over the counter. Keep me in the loop and I'll help where I can. Best regards, Mauro

Dear Mauro: I see a lot of amino acid products out there these days. Some are just the BCAA kind and others have all of the essential and non-essential amino acids. I've noticed that the

BCAA cost more than the products that have all of the aminos acids. Why is the cost different and which one is more beneficial for bodybuilding?

Thank You, Kevin Woods

Hi Kevin: Sorry for the late response but I'm way behind in my email. Proteins and amino acids are complex and it would be difficult to answer your question without going into a lot of detail. Your best bet if you're really into finding out all the details as we know them is to get a copy of my new book at http://www.crcpress.com/shopping_cart/products/product_detail.asp?sku=43803&isbn=9781420043808&parent_id=&pc=1. Best, Mauro



Dr. Mauro DiPasquale at his home with bodybuilding legend Tom Platz.

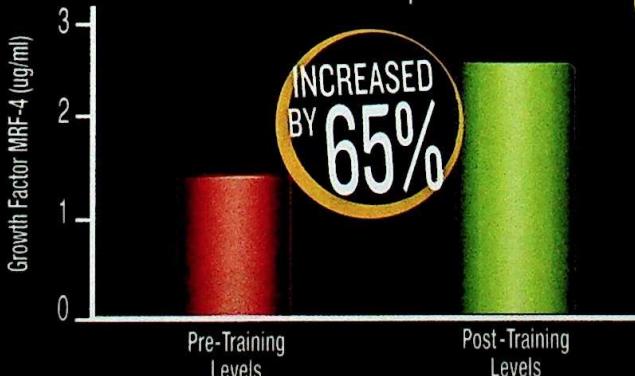
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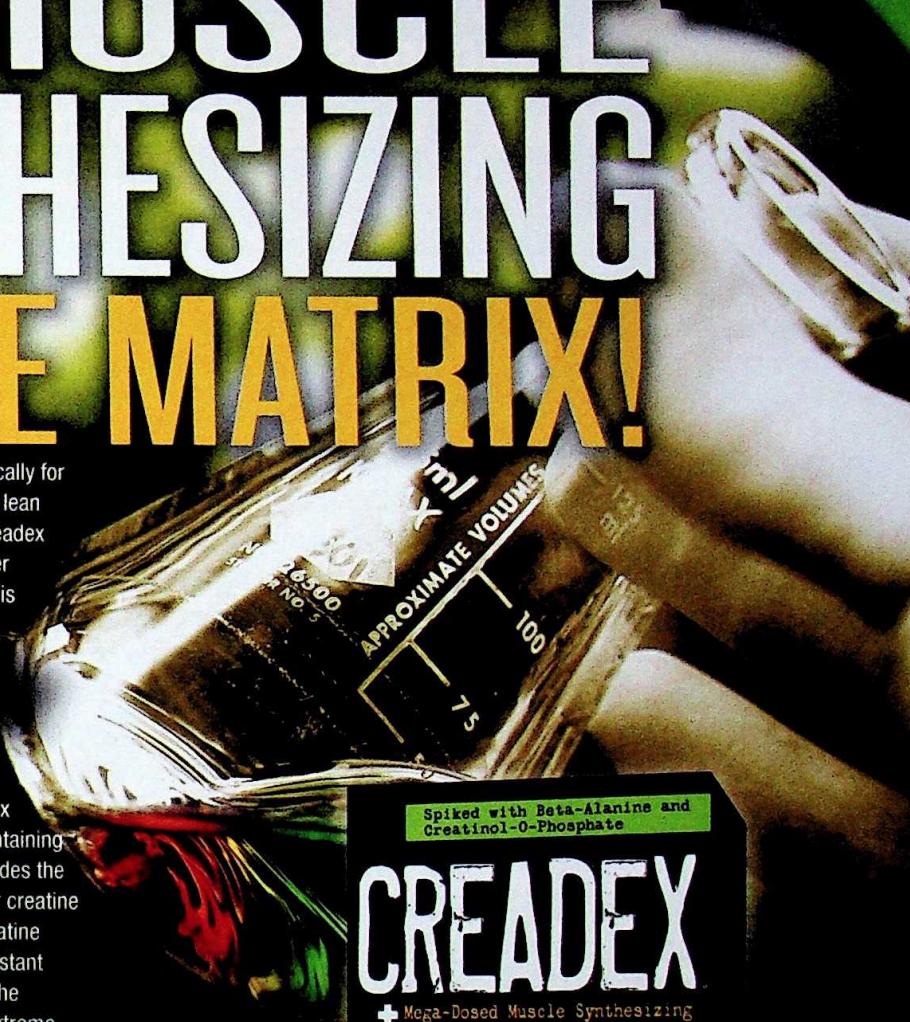
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• Test Subjects Increased Strength Capacity Over 18% in Just 10 Days!^{**}

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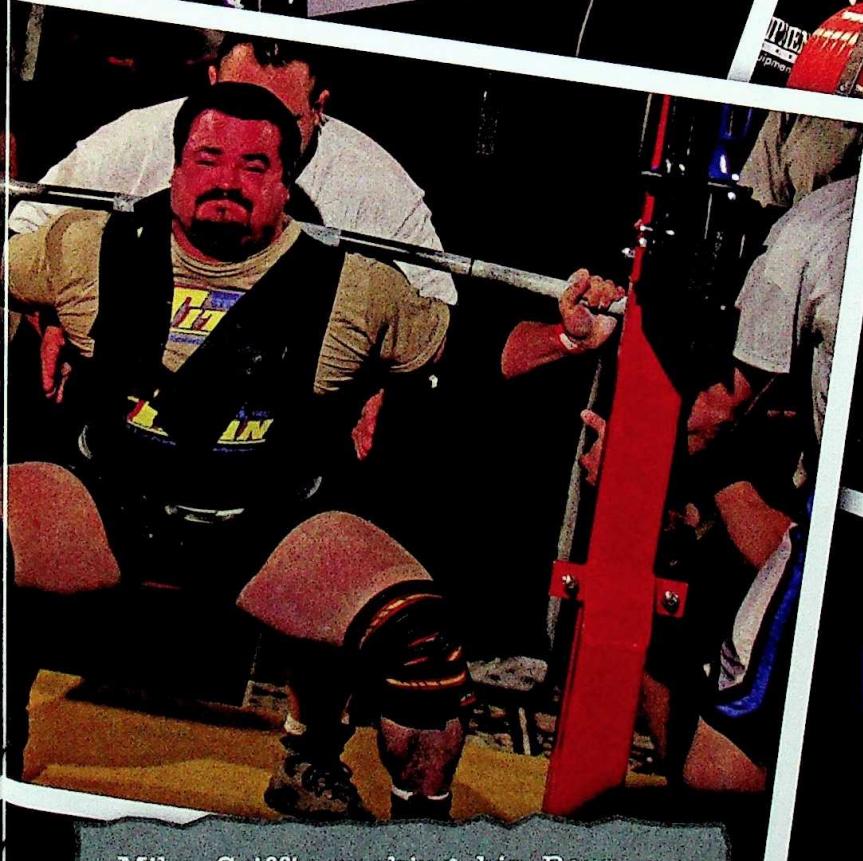
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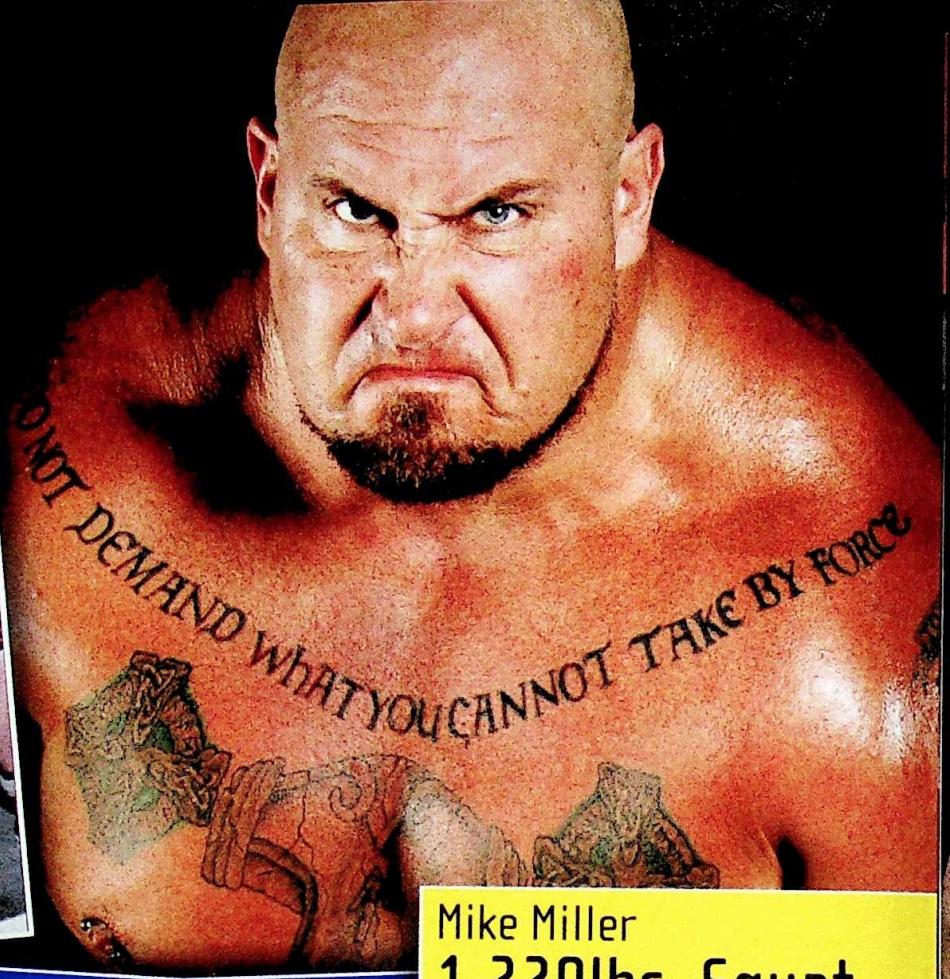
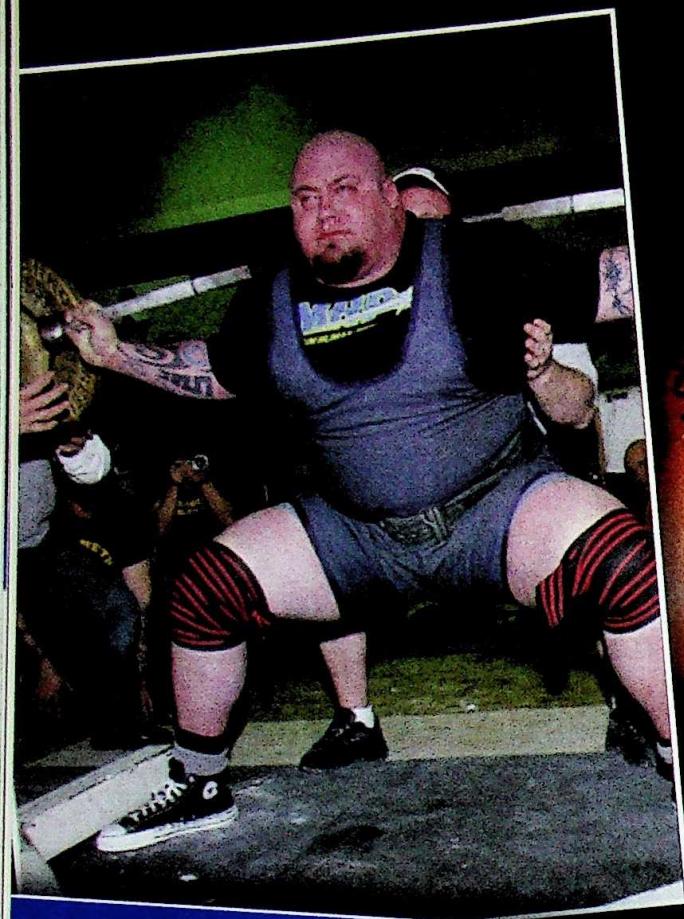
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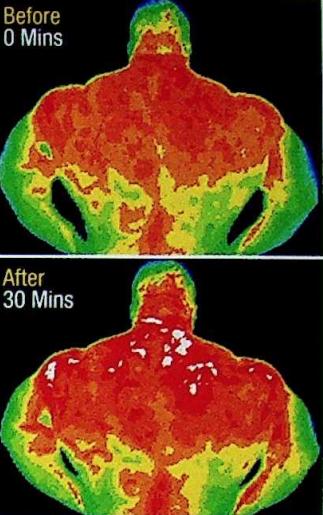
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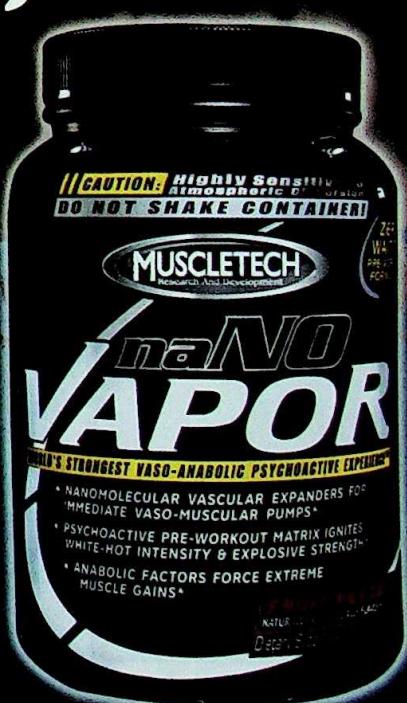
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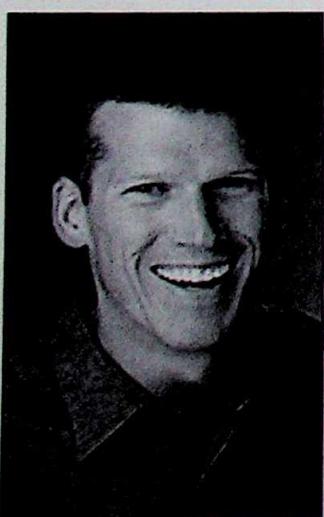
In Part 1 of this interview, Mike touched on some of the dangers drinking soda offers your health. He also informed us on the relation between soda and some of the injuries we see in the sport. In this second installment, Mike is going to shed light on the different diseases that drinking soda can lead to, like Type II Diabetes and how it affects brain function. Since Diabetes, especially Type II, is prevalent in lifters; this will be an eye opener. Since many of you reading this article have children, I asked Mike questions on how drinking soda in the younger years affects growth, on a skeletal and neurological level.

AR: Can you explain how soda destroys teeth? Is it a synergistic combination between the sugar and Phosphoric Acid?

MA: The blame lies with the sugar and the Phosphoric Acid as you mentioned. The sugar damages your teeth at the surface. This allows bacteria to grow and also wears away at enamel. That alone will cause cavities. The phosphoric acid lowers bone density in your jaw and the roots of your teeth. The Phosphoric Acid is what weakens your teeth and causes them to fall out. If you combine the two then you get cavities and weak roots. This is how a lot of people lose their teeth at a young age.

AR: In Powerlifting, Diabetes is a problem, especially for those in heavier classes. Many of the Powerlifters I have done nutritional analysis with are Diabetic, and many more are very Insulin resistant. They are on their way to welcoming Diabetes into their life if they don't clean up their eating. I would like you to elaborate on high fructose corn syrup and how it contributes to Type II Diabetes?

MA: High fructose corn syrup directly contributes to Type II Diabetes. This works in two ways. The first is that it spikes your blood sugar. This leads to Insulin resistance, i.e., the hormone



Mike Adams holistic nutritionist

NUTRITION

An in Depth Interview with Holistic Nutritionist Mike Adams on THE DANGERS OF SODA CONSUMPTION AMONG POWERLIFTERS ... PART II

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

that is supposed to clear sugar from your bloodstream and carry it into the cells is no longer being listened to by your cells. Basically when you have Insulin resistance you have pre-Diabetes. Athletes can get away with this for a while, compared to sedentary individuals, but once they stop exercising it can blow up into full scale Type II Diabetes quickly. Along with this you get an increased rate of heart disease, obesity and moodiness. Moodiness is something you find often and is no doubt caused by the blood sugar swings that soda contributes to. With Powerlifters, many people think that this moodiness is associated with illegal steroid use. Often it's not, it's actually the soda pop that is causing these mood swings. You have to get off the sodas to stabilize your mental function.

AR: I have told readers that soda contributes to obesity. Can you explain in detail how this works?

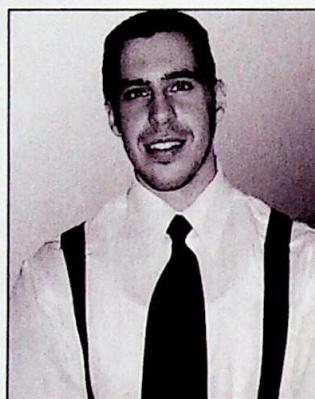
MA: Your body is made to process complex carbohydrates that are slow burners.

AR: Exactly, this is why I am such a proponent of Low Glycemic Index carbohydrates when trying to optimize my lifters performance and allow them to burn fat as well. **MA:** Yes, they are burned slowly and absorbed slowly, providing stable blood glucose over a sustained period. Soda, on the other hand, is like rocket fuel. It burns much too hot and fast. Soda jacks up your blood sugar rapidly and your body was not designed to handle this very efficiently. If your pancreas is working properly it will produce Insulin that will cause all the extra sugar to be converted to body fat and stored. Getting rid of that body fat is difficult.

AR: Oh yeah, trying to get some lifters to eat clean so that they can get into a lower weight class is like pulling teeth, believe me!

MA: It is hard to find a sugar anywhere that has a higher Glycemic Index than high fructose corn syrup. Now let me make a metaphor. If you take your car, a diesel pickup, and you fill it with diesel fuel, then it runs correctly. If you took your pickup over to your local airport and filled it up with jet fuel what do you think would happen to the engine?

AR: I guess it would destroy the



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

engine.

MA: Exactly! That is the same thing that is happening to the human body because it is not made to handle that form of carbohydrate.

AR: I have pushed my readers to understand that one calorie is not necessarily equal to another calorie. How is a calorie from soda not going to benefit your performance like a calorie from a yam. Can you explain how soda's empty calories will decrease their performance?

MA: The processed food industry wants the general public to think that a calorie is a calorie. Now where you get calories from directly affects your body. The calories from a yam are probably one of the best sources of complex carbohydrates that a powerlifter could consume.

AR: I include plenty of yams and sweet potatoes in the plans of my athletes because of all the numerous benefits they offer their performance and health.

MA: There is a product by Jay Robb called Yam It. This provides slow released sustained energy for any athlete. Your readers need to know that calories from yams are loaded with trace minerals which you are not getting from sodas or processed foods. This is one of the best sources of natural calories. You need to understand the difference between consuming calories from processed foods and sodas and consuming calories from nutrient dense healthy whole foods. One comparison would be drinking coca leaf tea versus

smoking crack cocaine. Coca leaf tea in its natural form is completely safe. I personally drank this tea while I was hiking in the Andes Mountains in Peru. Even though I drank this tea, I would not smoke crack cocaine even though it's from the same plant. You see, crack cocaine is dangerous while drinking the coca leaf tea is safe!

AR: You couldn't have better described the difference between processed, low quality foods and natural, healthy, clean foods.

MA: It's the same story with sugars. If you take it in its natural form, it's fine. For example corn is healthy. If you take corn and extract the high fructose syrup, this is like crack and you don't want to be consuming it. The source of a calorie matters as well as the processing. Natural whole foods are the only way to go.

AR: It seems that kids are one of the largest consumers of soda. How damaging is this for a child in their growing years?

MA: I think a study done on this would show that soft drink consumption stunts growth in children, in terms of their skeletal system and also their neurological system. Since soda consumption in children causes chronic dehydration and nutrient depletion, I am of the belief that we should ban the marketing of junk foods and soda to children. With soft drink companies this is their primary market because they are easy to manipulate through advertising. Typically, children don't think much about their health and only chose what tastes good right now. This makes them prime targets for soda companies. Soda consumption will no doubt affect their health in their growing years and their entire life time. I think we should ban advertising to children because of the detrimental effects it has on their health.

AR: Is there a link between the increased rate of ADHD and increased soda consumption?

MA: There is no doubt in my mind that there is a link. ADHD is a disease we know can be reversed in about two weeks by simply changing the child's diet. If you remove the soft drinks as well as the refined sugars and artificial food coloring, then children become symptom free of ADHD. ADHD is diagnosed as a disease based on certain behaviours that are caused by poor nutrition, which can be reversed. In reality you don't need to give your kids drugs to enhance their health. What you need to do is feed them real foods.

AR: How about the business of soda in America? Can you explain more about what is going on behind the scenes?

MA: The soft drink industry is a multibillion dollar business. When you pay a dollar for a soda there is only about three cents worth of ingredients in there. In fact, the can is more expensive than the ingredients in it. It is a hugely profitable business

and these companies can afford to spend hundreds of millions of dollars on their advertising. This creates a very strong relationship between the soda companies and the mainstream media. The media begins to depend on the big dollars from soda companies spent on advertising. This causes the media to stay away from the truth on the dangers of soda because they don't want to annoy their advertisers. In my opinion, soda companies are one of the primary contributors to an epidemic of disease. Just like tobacco companies, soda manufacturers refuse to admit their products harm anyone.

AR: I guess the bottom line with many companies is the dollar.

MA: I remember reading a quote from a Vice President of one of the major soft drink companies which stated that their drink was a wholesome beverage and provided an excellent source of hydration. That makes about as much sense as tobacco companies saying "smoke cigarettes, they help you lose weight".

AR: Do these corporations understand how harmful their products are, especially with the presence of soda machines in schools?

MA: I don't think the people that work in those companies understand the dark reality. They are not evil people, but they have blinders on. They hate to look at evidence that relates their products to Diabetes, obesity, and Osteoporosis. They don't want to hear about evidence that their products should be categorized as harmful. I think they are in a state of denial much like the tobacco industry has been for decades. The people that work there don't want to believe that they are doing harm, but as long as they are making money they selectively ignore the fact that their products are harmful.

AR: Can you explain the link between soda and mental illness?

MA: In my opinion there is a direct relation between soda consumption and mental illness. The brain is a physical organ that requires nutrients from the blood in order to function correctly. Many of the ingredients in

soda are assimilated and then brought to the brain. Everything that you drink in soda is impacting your brain health. When you have too much sugar in your blood it impairs brain function. When your blood sugar drops and leaves you in a state of Hypoglycaemia then your brain function really suffers. I am not joking here, but this is where we get a lot of criminal and aggressive behaviour in young males. It also leads to poor cognitive function and memory. If we look at one study it showed that 25% of prisoners in U.S. jails suffer from Hypoglycaemia, a blood sugar disorder. It is my opinion that soda consumption helps create Hypoglycaemia and other blood sugar problems that directly lead to criminal behaviour in young males. What if it's actually our diets that are creating criminals? If so, we could prevent crime by choosing what foods that we promote. I think we could dramatically curb criminal behaviour by looking at nutrition.

AR: I have had one of my athletes, who is a student, tell me that since he stopped drinking 4-5 cans of soda per day, he noticed a big improvement in his concentration skills. Can you explain this?

MA: It's not surprising to hear this result when soft drinks were discontinued from his diet. Soda can affect your concentration and ability to focus. The blood sugar swings that are caused by drinking soda dramatically affect not only concentration, but also mood. This is not the best thing for you when you are in a relationship. You can dramatically improve your relationship with your girlfriend or wife when you are not suffering from mood swings. Blood sugar drops will make you irritable and you just pass this on to those around you. Improving your mood with your loved ones is just another of the many benefits that stopping soda consumption and poisoning your body with these chemicals can offer you.

AR: A lot of guys get mood swings. One minute they are happy, the next they are fighting over something petty. The reaction to

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blood sugar drops can affect some more than others. It can change the personality of someone if they are spiking your blood sugar and insulin through the roof 5-8 times per day. But, having such spikes and then the blood sugar lows that follow is exactly what is happening to many people. Once they change their diet, they find themselves a different person altogether.

PART II OVERVIEW

In this part Mike covered a lot of controversial topics that are not readily discussed in mainstream media. The reality of "Big Business" behind soda with their marketing and audiences is something that many will find disturbing. This is the reality of soda companies and many others. In the end they don't care what happens to you down the road. So the reason why I chose many of the questions I did for this interview is to help educate you not only of the dangers soda poses to your body, but also the dirty reality of what goes on behind the scenes. Many who are younger are not familiar with this reality. Mike's comparisons of processed foods and soda versus whole natural foods can be quite humorous. In all honesty, he couldn't be closer to the truth. These foods and drinks

will destroy your health and performance if you consume them as a regular part of your diet. In the end big companies don't care about the consumer and the bottom line is net profit at the end of the day. It is a sad reality, but this is how many businesses operate. It's your responsibility as an adult to help make the right choices for yourself and also your children. The health situation in America is one of the worst in the world and this is directly related to nutritional and lifestyle choices. You can either clean up your diet or feed your body healthy foods that nourish it and keep you in a healthy state, or you can pollute your body with processed foods and harmful drinks only to live a life full of disease. What you can look forward to is a quality of life that is very poor and dependent on pharmaceuticals just to keep you alive. If that is what you want for yourself and your family, then ignore the warnings I put forth because when you do too little, too late, you are the one who is going to have to live with your choices!

If you have any questions or comments you can contact me at:

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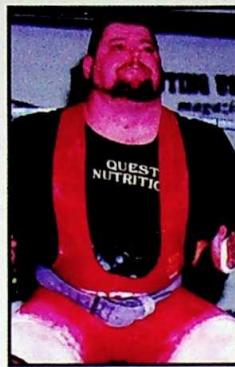


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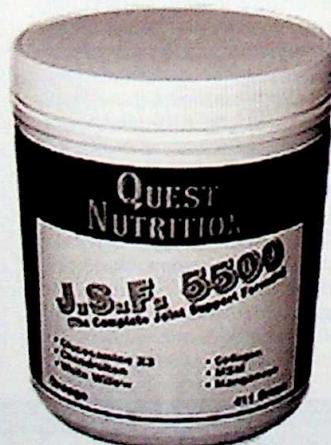
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STARTIN' OUT

MEET ASSISTANT CHECKLIST as told to by Doug Daniels

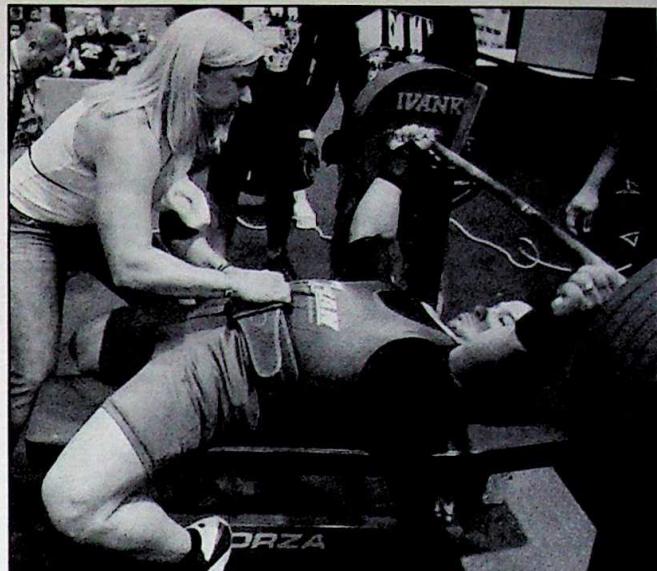
Rappers have entourages, golfers have caddies, Brad has Angelina, but when it comes down to the task at hand, the rapper, golfer and the movie star have to come through on their own. However, their assistants do play a key role in their success. The powerlifter is alone on the platform versus the weight and gravity. For best results at a meet, however, each lifter needs dedicated support and that comes from his meet assistant. This support does not stop with yelling encouragement to the lifter on the platform. This is where an individual sport gains team characteristics.

In the past, I presented a checklist for lifters to review before a meet. A pre-meet checklist can help ensure a lifter is prepared for all items and situations leading up to a meet. This checklist will describe the job description of the

meet assistant. To do this, I have broken out the checklist by categories: pre-meet, each lift, and miscellaneous.

Pre-Meet: 1. Help at weigh-in; 2. Turn in opening attempts; 3. Understand meet rules; 4. Check that all lifting gear, etc., is ready to go.

Squat: 1. Verify bar height and rack in/out setting for each attempt; 2. Help put on squat suit for each attempt; 3. Belt tightening; 4. Knee wrapping; 5. Knee wrap re-rolling after attempts; 6. Assist in loosening equipment after attempts; 7. Chalk and powder



Frank Caminita gets some assistance setting up for a big bench press attempt at this year's Scot Mendelson Bench Press meet.

application on lifter.

Bench press: 1. Assist putting on and removing bench shirt; 2. Adjust bench shirt between attempts; 3. Chalk application on lifter; 4. Belt tightening; 5. Provide hand off, if allowed.

Deadlift: 1. Assist in putting on and removing lifting gear; 2. Belt tightening; 3. Powder application to lifter's legs.

Miscellaneous: 1. Warm-up room help; 2. Monitoring lifting order; 3. Location of lifting gear; 4. Assist in determining next attempts; 5. Giving next attempts to scorer's table; 6. Quick check if bar is at least symmetrically loaded for attempt; 7. Ask for spotters to clean excess chalk, etc., from platform and bar; 8. Check lifter's standing during meet; 9. Food and beverages; 10. Take photos or videos; 11. Objective critique of lifting technique.

As you can see, the assistant's job description is substantial. I'm sure I've missed some tasks, so your own list could grow easily. When I was an assistant, after the meet I was more exhausted than the lifter I was helping. The value of a competent aide at a meet can't be understated. I've seen lifters not show on the platform for an attempt because they didn't know it was their turn to lift. That's a costly and unnecessary mistake. This should never happen with competent meet support.

Having an assistant help you deal with the items on this checklist can mean the difference between a successful meet and a disaster. Without good meet assistance, all your hard work can quickly go right down the drain. Of course, yelling encouragement to your lifter is just as critical as any item on the list above. An effective meet assistant can make an individual sport a successful team event.

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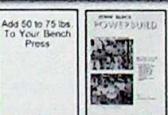
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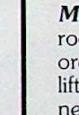
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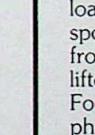
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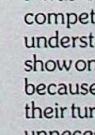
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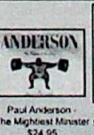
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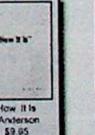
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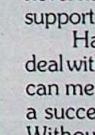
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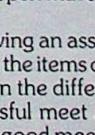
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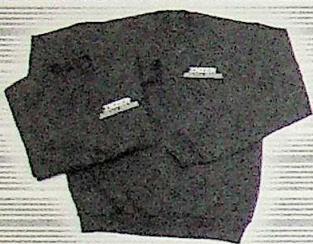
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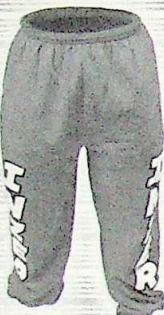
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Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



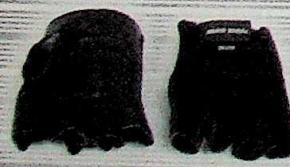
Elbow Sleeves XT
The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



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

\$55.00



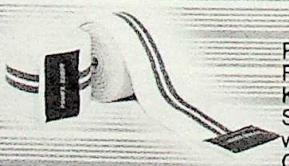
Meshback Lifting Gloves
Quality, standard leather workout gloves. Power-Surge.

\$4.95



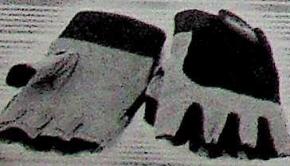
Power-Surge Red Line Wrist Wraps
Power-Surge Double Red Line Competition Wrist Wraps. Convenient wrist cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



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

\$16.50



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

\$12.95



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

\$17.00



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

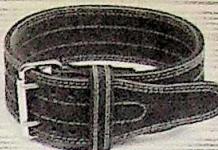
\$22.00



Forever Lever Belt 13MM

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

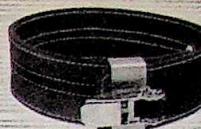
\$70.00



Forever Buckle Belt 13MM

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

\$70.00



PR Belt

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

\$140.00

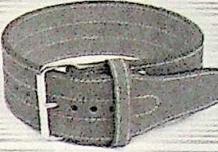


Forever Belts™
are guaranteed
forever!

Forever Lever Belt 10MM

All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.

\$60.00



Forever Buckle Belt 10MM

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

\$60.00



Power Belt Quality Economy

Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.

\$39.95



Max DL

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

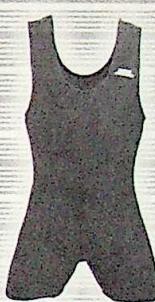
\$145.00



Lifting Singlet

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

\$33.00



Z-Suit

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

\$42.00



Champion Suit

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

\$42.00



The Pillar

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

\$115.00



Standard Blast Shirt

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

\$38.00



High Performance HD Blast

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

\$77.00



Heavy Duty Erector Shirt

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

\$55.00



Heavy Duty Groove Briefs

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

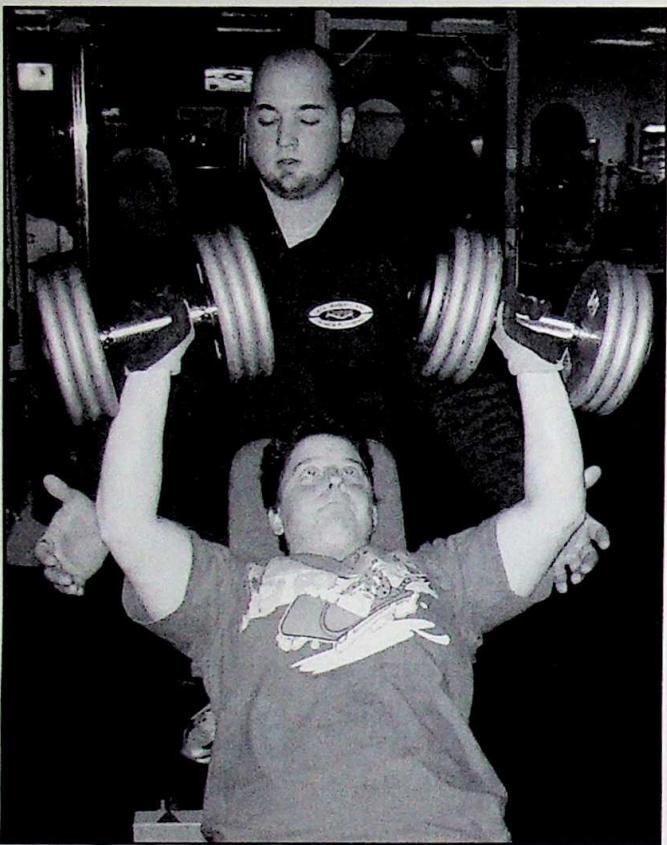
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HARD CORE GYM #73

RETRO GYM ... "Training In The Midst Of Desparate Soccer Moms" by Rick Brewer



Maura handing 65 pound dumbbells at Retro Gym. (courtesy Rick)

Last month we went to the Press Gym, and not only was it cold - we got cold ice cream protein shakes. That was colder than a well-digger's shovel. This month, we'll take a break from tradition and shock you with chrome. This month's gym follows no Hard-Core Gym rules; it's clean, it has very little powerlifting equipment, and (gasp) no 100# plates.

We can make a strong argument that this gym is the most extreme training environment we've ever seen - since it has very little to offer the powerlifter. But we've already learned that hard core lifters can survive and thrive anywhere: from training in a freezing cold shack - to training right beside wet swimmers - to training in the deserts of Afghanistan. The next time you wanna complain about your gym 'cause it doesn't have a water fountain - I want you to think of Retro Gym.

Maybe it would interest you to see the raw e-mail exchange; as Dave Petro tells me about training at the Retro Gym. The truth is that Dave is so well-spoken, we could print any one of his emails exactly as it arrived. But I will condense them

and insert unnecessary comments as we go through his e-mails, in an effort to give myself apparent value as a 'writer':

*Dear Rick, I always look forward to your articles in PLUSA, and over the years I've become a fan. I particularly enjoyed the article in which you described how young women are very attracted to us older guys, and yet they're so good at hiding it. I used to think that this was a situation unique to me. It was enlightening to learn that young women exhibit this trait universally (genetic, perhaps?). Now I walk around the gym with renewed confidence, comfortable in the knowledge that all the women there desperately want me based on how completely they ignore me. That being said, I'm writing with the hope that you might include this in your "Hardcore Gym" series. (Good intro by Dave; combining flattery with a true-life story of how he applied a tip that he learned from one of my previous PLUSA articles. Sort of a mini-success story. Oprah won't give you this sort of truth - remember where you saw it first. RB)

I must begin by stating that the actual physical structure and accommodations of our "gym" are far from what one would describe as hardcore. Actually, we train in a (dare I say it?) fitness center - Retro Fitness in Waterbury, Connecticut, to be exact. It's big and well maintained, with lots of shiny new fitness equipment, but no powerlifting equipment, save for a single power rack and lifting platform tucked away in a remote corner. We don't have a single power bar or any 100 lb. plates. However, we make do and succeed with what we have. That brings me to my point: It is my contention that it is the members' attitudes and not the venue that determines whether a gym is hardcore or not. (True dat. RB)

While most of the membership trains primarily for general fitness or bodybuilding, there is a small, but growing contingency of powerlifters and strength athletes who train here on a regular basis. Some of us have actually achieved world class status. Most of us just do it for the sheer enjoyment. All of us, however, share the same mentality, dedication, and determination. (Can PLUSA readers define 'contingency'? RB)

We've taken to calling ourselves the Waterbury Barbell Club. It's a loosely run organization and anyone is welcome to join and train with us - even the curious who simply want to experience what powerlifting is all about. The nucleus of the club is comprised of some of the most hardcore or bizarre personalities you'll find anywhere. Except for two isolated incidents, the "cardio crowd" has been very supportive and tolerant. (So it's called Retro Gym, aka Retro Fitness, aka Waterbury Barbell Club? Umm, OK... RB)

We include: **Brian "No Neck" Ubben**. He's the only guy I know who ever won a bar brawl without ever getting off the bar stool (but that's another story). Brian pulls in the high 500s at a body weight of around 220. He is a lifer in the Air Force Reserve and has served tours of duty in both Gulf Wars. Because of his military commitment, he must often miss training for extended periods of time. Regardless, he always manages to come back without any discernable loss of power or technique (and we hate him for this). Lately, he has become our wandering ambassador at large. Then there's **Jay "The Monster" Cochiolla**. At 220#s he took 2nd place in his very first contest after only 6 months of power training. He is currently the ADAU (Anti Drug Athletes United) Connecticut State Champ in the 242# class. The ADAU is a raw

federation. Jay lifts big, but we call him "Monster" mostly because he's just plain scary.

Derek "Viper" Poundstone (yes, Poundstone is his real name) weighed a ripped 310#s at last weigh in and stands 6'2". Many readers will recognize him. At 26 years old he has already won many amateur and professional strongman contests and is currently America's Strongest Man. In the recent World's Strongest Man contest held in Korea he placed 4th overall. He also holds ADAU American records in his class for the bench press and deadlift. Check him out on YouTube where you'll see him deadlift 815#s raw! He may also be on network TV soon. NBC has approached him to be part of a new reality show that's in the works. Inzer already sponsors him. Since his main focus is strongman events, we haven't really tested his max bench.

However, I personally spotted him when he did an easy, raw 520#s after he had reped 425 for ten! Derek is a police officer and is unofficially the world's strongest cop. There aren't many disturbances in town when he's on duty. (I'm sure that Dave's right, but readers should recall that there are a lot of strong cops; including Ronnie Coleman. This is not an easy claim. RB) Then **Big Tom "The Mastodon" McClure** lumbers in from time to time to train with us. Tom is 350#s and competes in strongman contests with Derek. He took 10th at the World's Strongest Man contest in Korea where the locals referred to him as "Godzilla".

Mike "Mikecules" Amici, aka "Iron Mike", is not a powerlifter per se. However, his feats of strength at a body weight of 200#s are legendary here. I've seen him pull 500#s raw for a double with no warm up! He's earned the additional nick name "Bumble Bee". You see, the laws of physics have shown that the bumble bee's wings, compared to its bodyweight, are too small to permit flight. Of course, the bee doesn't know this so it flies anyway. Like wise, Mike shouldn't be able to do some of the things he does, but Mike never studied physics, and none of us has the courage to tell him. Mike is also into strongman training and placed third in his very first strongman contest. Then there's

"Little John" D'Aniello. We call him that because when he first joined us he was...well...little. He is tenacious, though, and at just over 150#s he recently pulled 455#s raw. John's training partner, **Mark Neri**, will soon become a US Marshal. Meanwhile, **Rob Maurice** is fresh out of the Connecticut State Police

Academy and after training with us for only a short while had to buy a bigger shirt for his uniform. Rob is really into muscle cars and fast women (or is it fast cars and muscular women? I forget). **Bono** - he's one of those guys with just a first name - is a DI in the army reserve. That pretty much tells you what his attitude is like. After just 5 months of power training and weighing 210#, **Tony "Super T" Bell** pulls 600#s and can do a touch and go bench with 425#. He's gentle as a lamb, but one night at a party, three guys gave his sister a hard time. Now they all qualify for handicapped parking. **Vinny "Syndrome" Paladino** is the most recent addition to our group. He's training for his first contest and just pulled 225#. Oh, by the way, Vin is 79 (that's hardcore determination)! **Valerie "Valley Girl" Sheldon** lifts as a light weight and already deadlifts 225#. Her squat and bench press are also coming along nicely. She plans to compete in her 1st contest soon. **"Mad" Max Dobrushkin, Sean "Hollywood" Pennington and Maura Gaudiosi** train with us when they can. Although they have no stories to tell yet, they are dedicated and have great potential. I'm **Dave Petro** and I started all this back in 2000. Valerie started calling me "Boss" Petro after watching the movie Pretty Baby (she has far too much time on her hands). I'm 58 and compete in the 165# class. I entered my 1st competition at age 50 and currently hold records in both the ADAU and 100% Raw Federations. My contest lifts are 425# squat, 240# bench and 485# deadlift. As a high school math teacher, I now insist that when my students call me a jerk, they must refer to me as "Mr. Jerk"! **Frank Bianchini** is the owner of the gym and has played professional football with the New England Patriots (can ya get anymore hardcore?). Frank understands strength training and has been kind enough to turn a blind eye to our escapades (insanity?). Thanks, Frank!

We do our best not to deadlift as a group on the same day. Trust me; I don't care what you lift; you don't want to piss off the soccer moms during their "me" time. You'll get a lesson in attitude real fast. Occasionally, though, when four or five of us (including the big guys) are deadlifting, the building reverberates to its foundation and the

place sounds like a foundry. Still, I know that there are those who will not be impressed by some of our lifts, but I must point out that we all lift 100% steroid free.

In conclusion, I'll admit that atmosphere certainly can contribute to (a HardCore Gym), but as you can see, it's not the only aspect. Hardcore mentality is largely responsible for our success and that's why I say our "gym" and The Waterbury Barbell Club is hardcore.

Well, Rick, that pretty much sums up what the power crew at Retro Fitness in Waterbury, Connecticut, is all about. I hope you will feel that we are worthy of mention in one of your articles. (Very much so!) Congrats on overcoming the shiny chrome aspect to train like real Hard-Core strength athletes! RB) Sincerely, Dave Petro

*Dear Rick, Thanks for your reply! I can't tell you how thrilled my friends and I are that you are going to run our story (everyone except the pissy soccer moms, that is). Anyway, you asked if there were any other strange/oddball things worth mentioning so here goes.

I can't be 100% sure of this, but I bet we're the only "fitness club" in the country with our own sports bar and grill housed in the gym (a partition wall was recently added as per local codes but an easy access door is located right next to the reception/supplement desk). It's called the Ultimate Cafe.

I know this seems incongruous and, to be honest, at first it had us scratching our heads. We thought Frank had lost his mind. None-the-less, it's turned out to be a great concept. The food is terrific and there's nothing better than discussing our lifts over a thick, juicy, well cooked steak after a hard training session. After hours it's a great place to gather and share our "other" lives

together.

Hey, maybe we should call ourselves "The Waterbury Barbell Ultimate Cafe Retro Sports Bar and Grill Fitness Club". Nah, the only T-shirts on which that would fit are Derek's and Tom's. (Add this gym name to the alaist of extra aliases noted previously. RB)

Sincerely, Dave Petro

PS: I've included some pictures of women who agreed to be photographed. I hope you can use them as well as the new info. Let me know if there is anything else I can provide. Thanks. (Dave, my request for photos of sweaty women was personal in nature. Why are you telling other people about my fetish; it had nothing to do with the article. RB)

*Hello again, Rick, can I add a few thank you's? I'd like to thank **Frank Bianchini** the owner of Retro Fitness; **Tom McRae**, the gym manager; **Aaron Paris**, a personal trainer at Retro; and **Rob Delavega** at Powerhouse Gym in Brookfield, Connecticut, for hosting the best powerlifting meets in the area! Sincerely, Dave Petro

*Hey Rick, I just want to update you on recent events of which you may already be aware. On January 19, 2008, **Derek Poundstone** competed in the World's Strongest Man Super Series which was held at the Mohegan Sun Casino Arena in Connecticut. It was an exciting event and a real nail biter right to the very end. Many of us from the club went to enthusiastically support Derek - perhaps too enthusiastically (I've been asked never to return). Hey, how was I to know that they frown on spectators charging the arena floor and slapping the athletes to motivate them.

Derek won the Series, beating **Mariusz Pudzianowski**, **Karl**

Gillingham, **Mark Felix** and a host of other world class athletes. It is scheduled to be broadcast on ESPN in the near future and is already on UTube. Now it's off to the World's for him where we are confident he will claim the title. We are all very proud of Derek.

Needless to say this is attracting many powerlifting and strongman athletes to our facility. Frank and Tom are planning an addition to our building to house an extensive array of strongman and powerlifting training apparatuses. We expect more exciting things to happen as a result. Not bad for a "fitness" club, eh? Sincerely, Dave Petro

"Rick, a further update on Derek's lifting success is that he was invited to the Strongest Man Contest at this year's Arnold Classic only 2 weeks before the Columbus event - and took 2nd place behind Zadrunis Savickus! Derek said that Zadrunis was awesome and absolutely unbeatable that day. (I love to hear well-deserved props like this. RB) Everyone will be thrilled to know that the article is going to run next month. Please let me know if there is anything else I may provide. Best Always, Dave Petro/Retro-Roy

P.S. By the way, we are all House of Pain fans. My all time favorite is still the chalk outline T-Shirt - "Powerlifting is not for everyone".

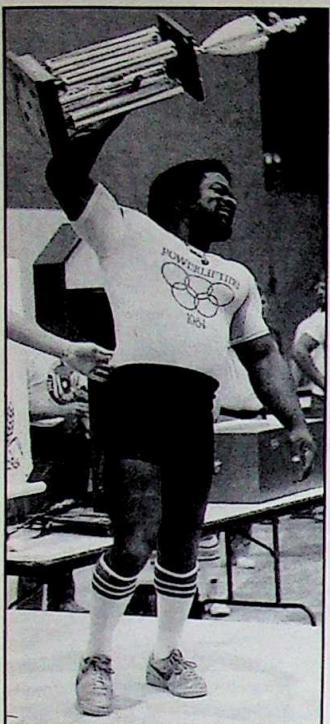
WOW, it's usually tough to get 2 or 3 complete sentences about a gym! Thanks to Dave for all of this well-written info. I don't know how to properly thank Dave; our usual entry (via mail or e-mail) reads more like this: "Dude we rally strawng over her at hanks barbell we never stop lifting even when the mine caved in and joe wenbt to jail for that b*7\$!# he kept in trailer all them years and soon well be power lifting like in mags and kickin fire outta all, them fancy city boys Rite abot us or well get u good. Sammy Joe Straiter (DOC #317865)"

After reading dozens of these notes; it's always great to get the good e-mails - like Dave's. It never ceases to amaze me that some of you can actually read the articles!! Next month, we'll look at a gym with only one name. (Keepin' it simple for Sammy Joe Straiter.) Until then, keep training - keep reading - and keep trying to add punctuation to your e-mails.

Comments and complaints:
rick@houseofpain.com



Sue, Nancy, DeeDee, Pam, and Maura bringing hard core PL spirit to Retro Fitness



Joe Bradley was the first human to bench press triple bodyweight

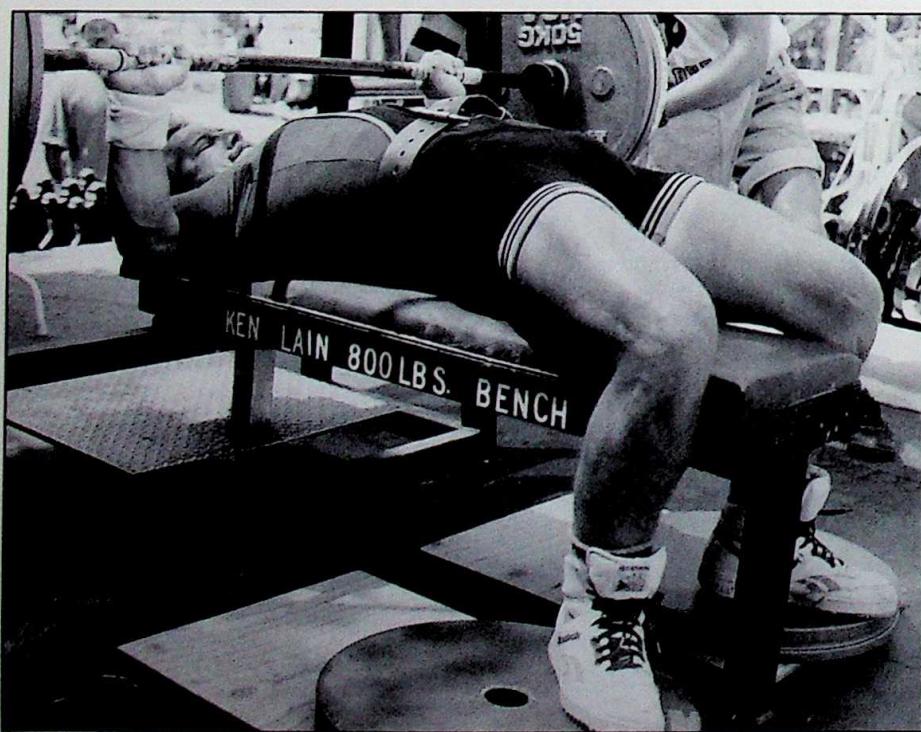


George Hummell .. a great bencher and an ADFPA pioneer

ALL TIME HISTORICAL TOP 50 AMERICAN MEN'S 132 Pound (60 Kilogram) Weight Division -- BENCH

BP	X-Bwt	American Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/Location/Federation
1.	463.0	(210.0) 3.50X Kerwin Unten/68 6/17/06 (210.0 kg.) (Honolulu, Hawaii) (WABDL)
2.	451.9	(205.0) *3.42X August Clark/62 11/8/02 (205.0 kg. @ 60.0 kg.) (New Orleans, Louisiana) (WPO)
3.	429.9	(195.0) *3.27X Roy Fokken/70 9/16/00 (205.0 kg. @ 131.5 lb.) (Ocean City, Maryland) (NSM)
4.	424.4	(192.5) 3.21X Greg Warr/69 5/9/98 (192.5 kg.) (Dallas-Irving, Texas) (WABDL)
5.	415.0	(188.2) 3.14X Derek Ito 7/23/94 (415.0 lb.) (Wahiawa, Hawaii) (NSM)
6.	410.0	(186.0) *3.13X Rick "Taz" Couch 11/20/93 (410.0 lb. @ 131.0 lb., w/o BP shirt) (CA) (APA/WPA/UBPF)
7.	410.0	(186.0) *3.11X Doug Heath/55 3/7/98 (410.0 lb. @ 132.0 lb.) (Avon Lake, Ohio) (IPA)
8.	402.3	(182.5) *3.08X Mike Kuhns/86 3/24/07 (182.5 kg. @ 59.2 kg.) (King of Prussia, Pennsylvania) (USAPL)
9.	397.0	(180.1) 3.00X Joe Bradley/56 12/6/80 (180.0 kg., w/o BP shirt) (Phoenix, Arizona) (USPF/IPF)
10.	390.0	(176.9) 2.95X Phil Defore/48 1/11/92 (390.0 lb.) (Greensburg, Pennsylvania) (NSM)
11.	385.0	(174.6) 2.91X Doug Ortiz/62 7/23/94 (385.0 lb.) (Wahiawa, Hawaii) (NSM)
12.	385.0	(174.6) *2.95X Brian Goelz/77 4/17/04 (385.0 lb. @ 130.5 lb.) (Bradenton, Florida) (APA)
13.	385.0	(174.6) 2.91X Adam Zehr/80 5/13/06 (385.0 lb.) (Albany, New York) (USAPL)
14.	382.5	(173.5) 2.89X Chris Byrnes/69 10/22/00 (382.5 lb.) (Sidney, New York) (NSM)
15.	380.3	(172.5) *2.88X Joe Smith/76 8/23/03 (172.5 kg. @ 59.9 kg.) (Rockaway, New Jersey) (USAPL)
16.	380.3	(172.5) 2.88X Jonathon "Joey" Bareng 7/14/07 (172.5 kg.) (Honolulu, Hawaii) (WABDL)
17.	380.0	(172.4) *2.90X Matt Currin 5/27/89 (380.0 lb. @ 131.0 lb.) (Pensacola Beach, Florida) (NSM)
18.	380.0	(172.4) *2.90X Jeff Grabowski 8/28/93 (380.0 lb. @ 131.0 lb.) (Brown Deer, Wisconsin) (NSM)
19.	375.9	(170.5) 2.84X Ata Edralin 9/8/07 (170.5 kg.) (Waimanalo, Hawaii) (WABDL)
20.	375.0	(170.1) *2.88X D. Johnston 9/12/90 (375.0 lb. @ 130.0 lb.) (London, Ohio) (NSM)
21.	370.0	(167.8) 2.80X R. Barton 6/91 (360.0 lb.) (Dexon, Illinois) (FCI)
22.	370.0	(167.8) 2.80X Darryl Cavin 6/26/93 (370.0 lb.) (Columbus, Ohio) (APF/WPC)
23.	370.0	(167.8) *2.80X Eric Knight/75 4/15/06 (370.0 lb. @ 132.0 lb.) (Charleston, South Carolina) (APF)
24.	365.0	(165.6) 2.76X Andre Jackson 3/19/94 (365.0 lb.) (Walled Lake, Michigan) (WNPF)
25.	363.8	(165.0) 2.75X Al Andrade 12/8/79 (165.0 kg., without a bench press shirt) (Honolulu, Hawaii) (USPF)
26.	363.8	(165.0) 2.75X Randall Kea/62 3/30/85 (165.0 kg.) (Enterprise, Alabama) (ADFPFA)
27.	362.5	(164.4) *2.77X Jim Lawrence 11/17/90 (362.5 lb. @ 131.0 lb.) (Phoenix, Arizona) (ADFPFA)
28.	360.0	(163.3) 2.72X Watkins 6/91 (360.0 lb.) (Dexon, Illinois) (FCI)
29.	359.8	(163.2) 2.71X Al Hart/39 7/8/78 (355.0 lb., w/o BP shirt) (Los Angeles, California) (USPF)
30.	358.3	(162.5) *2.72X Annais Covington 6/1/85 (162.5 kg. @ 59.7 kg.) (Arlington, Virginia) (USPF)
31.	357.5	(162.2) 2.70X Jim Caraway 11/28/87 (357.5 lb.) (Denton, Texas) (APF/WPC/WBC)
32.	355.0	(161.0) 2.68X P. Lorenzetti 9/14/91 (355.0 lb.) (Womelsdorf, Pennsylvania) (APA)
33.	352.7	(160.0) *2.67X Lamar Gant/57 11/7/80 (160.0 kg. @ 60.0 kg., w/o BP shirt) (Arlington, Texas) (USPF/IPF)
34.	352.7	(160.0) 2.67X Marc Morishige 9/14/96 (160.0 kg.) (Portland, Oregon) (USPF)
35.	352.7	(160.0) *2.67X Steve Petrencek/68 9/17/05 (160.0 kg. @ 59.98 kg.) (Maryland Heights, Missouri) (USAPL/IPF)
36.	350.0	(158.8) *2.80X Mark Ferrera 4/26/86 (350.0 lb. @ 125.0 lb.) (Lakeland, Florida) (NSM)
37.	350.0	(158.8) 2.65X Jose Perez/60 11/28/87 (350.0 lb.) (Denton, Texas) (APF/WPC/WBC)
38.	350.0	(158.8) 2.65X Joe Scalzo 7/14/91 (350.0 lb.) (Lockport, New York) (USPF)
39.	350.0	(158.8) 2.65X Roger "Red" Sandoval/71 8/1/92 (350.0 lb.) (Brownsville, Texas) (NSM)
40.	350.0	(158.8) 2.65X Glen McGowan 4/23/94 (350.0 lb.) (Des Moines, Iowa) (ADFPFA)
41.	347.2	(157.5) 2.63X Phil Trujillo 11/3/77 (157.5 kg., without a bench press shirt) (Perth, Australia) (AAU/IPF)
42.	347.2	(157.5) 2.63X Claude Handso 6/27/82 (157.5 kg., without a bench press shirt) (London, Ontario) (NSM)
43.	347.2	(157.5) 2.63X Annais Covington 12/17/83 (157.5 kg., w/o BP shirt) (North Miami Beach, Florida) (USPF/IPF)
44.	347.2	(157.5) *2.65X Dale Yoshizu 3/3/85 (157.5 kg. @ 59.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
45.	347.2	(157.5) 2.63X Mike Kimura 3/23/87 (157.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
46.	347.2	(157.5) 2.63X Glen McGowan 12/7/96 (157.5 kg.) (Chicago, Illinois) (ADFPFA)
47.	345.0	(156.5) *2.65X Lee Benson/66 11/23/85 (345.0 lb. @ 130.0 lb.) (San Diego, California) (NSM)
48.	345.0	(156.5) 2.61X Joe Mukite/66 8/16/87 (345.0 lb.) (Machesney Park, Illinois) (APF/WPC)
49.	345.0	(156.5) 2.61X U. Beastey 12/15/90 (345.0 lb.) (Brownsville, Texas) (NSM)
50.	341.7	(155.0) 2.58X George Hummell/54 8/26/78 (155.0 kg., without a bench press shirt) (Los Angeles, CA) (AAU)

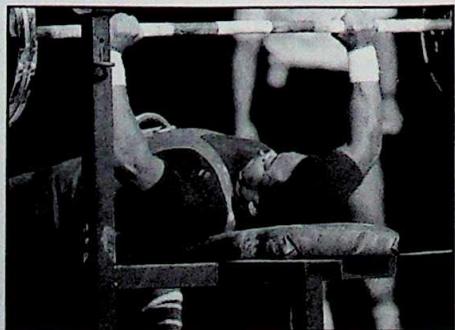
(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient. Listing compiled by Michael Soong (1223 King George Boulevard #70; Savannah, Georgia 31419; PH 912-920-2051; EMail Address soongm@comcast.net). Records accurate (as to my knowledge) as of 7/4/07.



Jim Lawrence (above left) traveled extensively to pursue his benching goals, and **Randall Kea** (below at right) once defeated Lamar Gant.



Kerwin Unten - Hawaii's classic bench stylist



ALL TIME HISTORICAL TOP 50 AMERICAN WOMEN'S 114 Pound (52 Kilogram) Weight Division -- BENCH

BP	X-Bwt	Female Athlete/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	319.7	(145.0) *2.82X Janet Faraone/67 12/1/07 (145.0 kg. @ 51.5 kg.) (Montreal, Quebec, Canada) (APF/WPC)
2.	259.0	(117.5) *2.27X Ashley Awalt/83 10/1/05 (117.5 kg. @ 114.0 lb.) (Elgin, Illinois) (Bench America3)
3.	259.0	(117.5) *2.29X Jill Darling/78 5/31/07 (117.5 kg. @ 51.38 kg.) (Hilsted, Denmark) (USAFL/IFP)
4.	248.0	(112.5) 2.16X Mary Ryan-Jeffrey/60 4/2/89 (112.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
5.	248.0	(112.5) *2.17X Jennie Hollier/80 9/17/05 (112.5 kg. @ 51.96 kg.) (Maryland Heights, Missouri) (USAFL/IFP)
6.	240.0	(108.9) *2.11X Margaret Kirkland/63 10/13/07 (240.0 lb. @ 114.0 lb.) (Tampa, Florida) (APF)
7.	237.0	(107.5) 2.07X Dawn Baker/51 11/5/00 (107.5 kg.) (Canterbury, Connecticut) (APA/WPA)
8.	235.0	(106.6) 2.05X Tracy Jo Beard 5/9/87 (235.0 lb.) (Saint Petersburg, Florida) (APF/WPC)
9.	231.5	(105.0) 2.02X Mary Ryan-Jeffrey/60 7/26/91 (105.0 kg., without a bench press shirt) (Dallas, Texas) (USPF)
10.	231.5	(105.0) *2.03X Jennifer Maike/84 7/16/05 (105.0 kg. @ 51.7 kg.) (Duisburg, Germany) (USAFL/IFP)
11.	230.0	(104.3) 2.01X Lisa James 8/29/99 (230.0 lb.) (Charleston, West Virginia) (APF)
12.	226.0	(102.5) 1.97X Susan Rinn/63 3/11/00 (102.5 kg.) (Dallas, Texas) (USPF)
13.	226.0	(102.5) *2.00X Suzanne "Sioux-Z" Hartwig-Gary/68 11/7/06 (102.5 kg. @ 51.3 kg.) (Norway) (USAFL/IFP)
14.	226.0	(102.5) *2.09X Teresa Putchio/73 6/30/07 (102.5 kg. @ 49.1 kg.) (Willowbrook, Illinois) (AAPF)
15.	226.0	(102.5) 1.97X Ita Pantilat/51 11/15/07 (102.5 kg.) (Anaheim, California) (WABDL)
16.	225.0	(102.1) *1.99X Lynn Pitts/61 5/16/99 (225.0 lb. @ 113.0 lb.) (Northampton, Massachusetts) (APA)
17.	220.5	(100.0) 1.92X Kim Aanenson/70 6/11/05 (100.0 kg.) (Rancho Cordova, California) (WABDL)
18.	215.0	(97.5) 1.88X Heena Patel/72 8/12/06 (97.5 kg.) (Denver, Colorado) (NASA)
19.	209.4	(95.0) 1.83X Cheryl Finley 11/4/90 (95.0 kg.) (San Francisco, California) (USPF)
20.	209.4	(95.0) 1.83X Caroline Garcia 12/11/94 (95.0 kg.) (Oceanside, New York) (NSM)
21.	209.4	(95.0) *1.83X Kim Sommers/65 7/4/98 (95.0 kg. @ 52.0 kg.) (Northbrook, Illinois) (APF/WPC)
22.	205.0	(93.0) *1.83X Shannon Parrish/62 4/12/03 (205.0 lb. @ 112.0 lb.) (Bangor, Pennsylvania) (IPA)
23.	203.9	(92.5) 1.78X Michelle Evis 11/10/84 (92.5 kg.) (Huntington, West Virginia) (USPF)
24.	203.9	(92.5) 1.78X Le N. Le 8/10/96 (92.5 kg.) (Venice, California) (USPF)
25.	203.9	(92.5) *1.80X Yueh-Chun Chang/70 4/26/97 (92.5 kg. @ 112.98 lb.) (Lincoln, Nebraska) (USAFL)
26.	203.9	(92.5) 1.78X Valeri Tyree/73 11/16/00 (92.5 kg.) (Reno, Nevada) (WABDL)
27.	203.9	(92.5) *1.85X Ashley Matherne/83 4/23/04 (92.5 kg. @ 50.1 kg.) (Omaha, Nebraska) (USAFL)
28.	200.0	(90.7) *1.80X Donna McKinney/56 2/17/96 (200.0 lb. @ -50.5 kg.) (Cleveland, Ohio) (ADFPA)
29.	200.0	(90.7) 1.74X Jacqueline Davis-Manzo/61 11/19/99 (200.0 lb.) (York, Pennsylvania) (IPA)
30.	200.0	(90.7) *1.83X Barbara Goodman/60 8/18/01 (200.0 lb. @ 109.0 lb.) (Saint Petersburg, Florida) (APA)
31.	199.5	(90.5) 1.74X Suzanne Hedman/60 11/16/07 (90.5 kg.) (Anaheim, California) (WABDL)
32.	198.4	(90.0) 1.73X Kelly 11/19/94 (90.0 kg.) (Des Moines, Iowa) (NASA)
33.	198.4	(90.0) 1.73X Jenny Macy 11/15/02 (90.0 kg.) (Reno, Nevada) (WABDL)
34.	198.4	(90.0) *1.75X Maura Shuttleworth/76 9/23/06 (90.0 kg. @ 51.4 kg.) (Apple Valley, Minnesota) (USAFL)
35.	192.9	(87.5) 1.68X Linda Chicado-Shendow 10/2/82 (87.5 kg., without a bench press shirt) (Roy, Utah) (USPF)
36.	192.9	(87.5) 1.68X Mary Ann Price/51-05 4/9/88 (87.5 kg.) (Newport News, Virginia) (USPF)
37.	192.9	(87.5) 1.68X Lori Shope-Fisher 7/23/89 (87.5 kg.) (Columbus, Ohio) (APF/WPC)
38.	192.9	(87.5) 1.68X Jo Ann Kelly 1/7/95 (87.5 kg., without a bench press shirt) (Oklahoma City, Oklahoma) (NASA)
39.	192.9	(87.5) *1.72X Heidi Carpenter 8/5/95 (87.5 kg. @ 112.0 lb.) (Galt, California) (AAU)
40.	192.9	(87.5) 1.68X Doris Simmons/52 10/27/95 (87.5 kg.) (Columbus, Ohio) (APF/WPC)
41.	192.9	(87.5) 1.68X Paula Kovalchik/53 4/29/01 (87.5 kg.) (Taylor, Pennsylvania) (USAFL)
42.	192.9	(87.5) 1.68X Donna Arndt 11/15/02 (87.5 kg.) (Reno, Nevada) (WABDL)
43.	192.9	(87.5) *1.70X Hedy Miller/52 11/15/06 (87.5 kg. @ 113.8 lb.) (Las Vegas, Nevada) (WABDL)
44.	192.9	(87.5) 1.68X Amber Denmon/86 12/9/06 (87.5 kg.) (Beaumont, Texas) (APF)
45.	190.0	(86.2) 1.66X L. Reina 11/22/86 (190.0 lb.) (Tampa, Florida) (NSM)
46.	190.0	(86.2) 1.66X Beth Fisher-Street/65 3/8/87 (190.0 lb.) (Danvers, Massachusetts) (NSM)
47.	190.0	(86.2) *1.71X Gay Davis 5/19/90 (190.0 lb. @ 111.0 lb.) (Grand Rapids, Michigan) (ADFPA)
48.	187.4	(85.0) 1.63X Vicki Steenrod/49 12/11/82 (85.0., without a bench press shirt) (Grand Prairie, Texas) (USPF)
49.	187.4	(85.0) 1.63X Lesa Lemaster 4/7/84 (85.0 kg.) (Lake Saint Louis, Missouri) (USPF)
50.	187.4	(85.0) 1.63X B. Humphrey 11/19/88 (85.0 kg.) (San Jose, California) (USPF)

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



Janet Faraone is the leader of the pack on this ranking by a wide margin. (photographs by M. Lambert)



Susan Hedman at the 2007 WABDL Worlds in Anaheim, CA



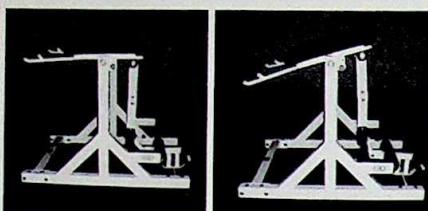
Linda Chicado-Shendow, with multi-color ribbons hanging from her pigtails at the 1982 Women's Nationals, is the wife of long time USPF Officer/referee Jan Shendow



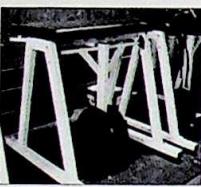
Mary Jeffrey with one of her innumerable Best Lifter awards

USAPL Colorado State 8-9 DEC 07 - Denver, CO				
FEMALE	SQ	BP	DL	TOT
98 lbs.				
Junior				
A. Perez	127	88	193	408
105 lbs.				
Junior				
C. Steiner	138	116	204	457
Master II				
K. Awada	77	88	226	391
114 lbs.				
Teen III				
D. Wong	209	—	237	446
123 lbs.				
Master I				
T. Kepner	276	165	342	783
Master II				
O. Sage	154	149	226	529
Master III				
J. Harms	—	160	—	160
132 lbs.				
Open				
J. Gaudreau	254	204	254	711
Master IV				
M. Brigham	259	110	314	683
Junior				
E. Kreiner	176	99	198	474
H. Levy	—	—	237	237
148 lbs.				
Master II				
B. Walzel	171	132	276	579
D. Jeffrey	165	138	226	529
Open				
P. Winter	171	99	209	480
Guest				
U. Pikhuny	—	243	—	243
165 lbs.				
Open				
A. Miller	265	132	331	728
L. Smith	209	143	254	606
A. Miller	—	220	—	220
Junior				
B. Song	276	127	309	711
181 lbs.				
Master I				
J. Lerew	309	143	226	678
Open				
R. Bresky	182	99	198	480
UNL				
Master I				
J. Harvey	182	110	266	558
MALE				
123 lbs.				
Junior				
Dararulana	226	132	303	661
Open				
K. Scheppe	215	143	303	661
132 lbs.				
T. Chuan	298	154	397	849
148 lbs.				
Teen III				

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V. Scavuzzo	364	248	452	1064	D. Weisiger	292	165	320	777
Teen I					Teen III				
A. Bell	254	138	259	650	D. Schleiden	254	237	331	821
Master II					Junior				
B. Salo	463	303	491	1257	M. Lee	364	209	408	981
165 lbs.					Master II				
Teen I					M. Sigala	507	342	601	1450
A. Weisiger	292	143	353	788	Master V				
Teen II					D. Bultman	—	303	—	303
J. Post	408	265	485	1157	181 lbs.				
A. Wax	353	220	397	970	Junior				

R. Schleiden	419	314	468	1202
Master II				
T. Cencich	—	375	430	805
Master IV				
N. Sinardi	276	105	342	722
Open				
V. Narolskyy	—	502	—	502
M. Olynyk	—	375	—	375
198 lbs.				
Junior				
C. Glover	573	309	518	1400
R. Michael	254	193	375	821
Military				
Underwood	419	325	441	1185
Teen III				
S. Devlyn	364	281	364	1009
J. Posey	402	204	397	1003
Open				
J. Frank	551	437	518	1506
Master II				
R. Martinez	—	347	—	347
LeBeaumont	—	303	—	303
Master II/Open				
R. Clark	579	—	—	579
Master IV RW				
S. Harms	419	369	391	1179
220 lbs.				
Junior				
T. Henderson	463	320	513	1295
Teen I				
J. Heule	408	259	353	1020
Teen II				
K. Brouard	320	243	303	865
Teen III				
O. Lizama	408	314	502	1224
Junior				
M. Schiechl	—	342	—	342
M. Vassilev	463	—	457	920
Open				
V. Gushterov	540	413	601	1554
S. Pena	513	463	485	1461
C. Rainbolt	513	342	—	854
Master II				
B. Steinbach	540	408	502	1450
T. Ruppert	369	265	441	1075
Master IV				
D. Worley	419	198	485	1102
242 lbs.				
Junior				
P. Donehan	441	237	441	1119
Open				
J. Anderson	634	408	623	1664
B. Briot	496	325	529	1350
D. Cassara	187	220	204	612
Open RW				
M. Skelton	—	408	—	408
Master IV				
P. Sumner	430	336	419	1185
Master VI				
Van Buckley	—	243	—	243
275 lbs.				
Junior				

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Conditions Of Membership: As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test regarding my membership.

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

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

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• White Referee Designation Polo - \$30.00 (size ____ qtly ____)
• Lifter Classification Patch - \$5.00 (qtly ____)(must provide meet results)
• Kids T-Shirts and hooded sweatshirts - see e.store on website
• Logo Patch - \$5.00 (qtly ____)(Shpg for patch: .50)
• Singlets - see e.store
• Caps and Beanies - \$15.00 (qtly ____)(colors: Navy)

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Credit Card: Visa-Mastercard-Discover **Exp. Date:** _____ **Merchandise Total:** \$ _____

Card # _____ **Merchandise Shipping:** \$5.85
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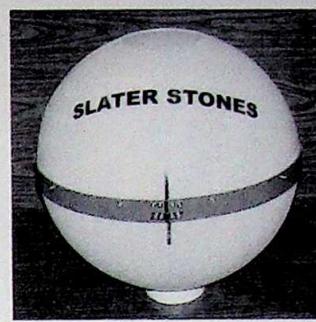
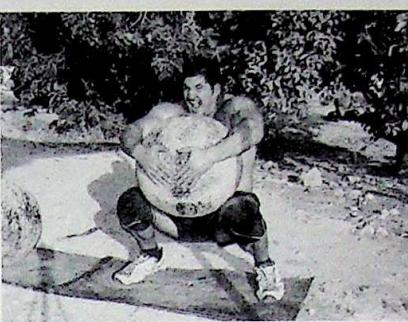
(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

J. Briggs	529	303	502	1334
Master I				
C. Colchado	402	419	502	1323
Master II				
R. Geller	584	485	474	1543
Master II/Open				
J. Briggs	584	364	573	1521
Master III				
F. Baja	—	303	—	303
Open				
S. Wojahn	551	320	650	1521
UNL				
Junior				
B. Sumner	—	529	650	1179
Master II				
C. Sanchez	518	430	568	1516
Master VII				
J. Telljohn	—	342	—	342
Open				
M. Windom	—	480	—	480

(Thank you to USAPL for providing results)

WNPF Delaware Championships 9 DEC 07 - Seaford, DE

BENCH	Lifetime	
WOMEN	Sam!	32
148 lbs.	148 lbs.	
Feeney	155	(20-23)
MEN	Wencius	28
148 lbs.	165 lbs.	
(20-23) Raw	(50-59)	
Wencius	275	Edwards
198 lbs.	220 lbs.	25
(20-23) Raw	(40-49)	
Townsend	350	Daisey
242 lbs.	242 lbs.	8
(40-49) Raw	(40-49)	
Smith	315	Overbeck
275 lbs.	DEADLIFT	14
Subs	148 lbs.	315
Orr	470	Subs Raw
300 lbs.	Subs Raw	625
Subs	165 lbs.	POWER CURL
Lewis!	550	Edgerton
BENCH for Reps	Lifetime Raw	410
132 lbs.	Timmons	455
	198 lbs.	135



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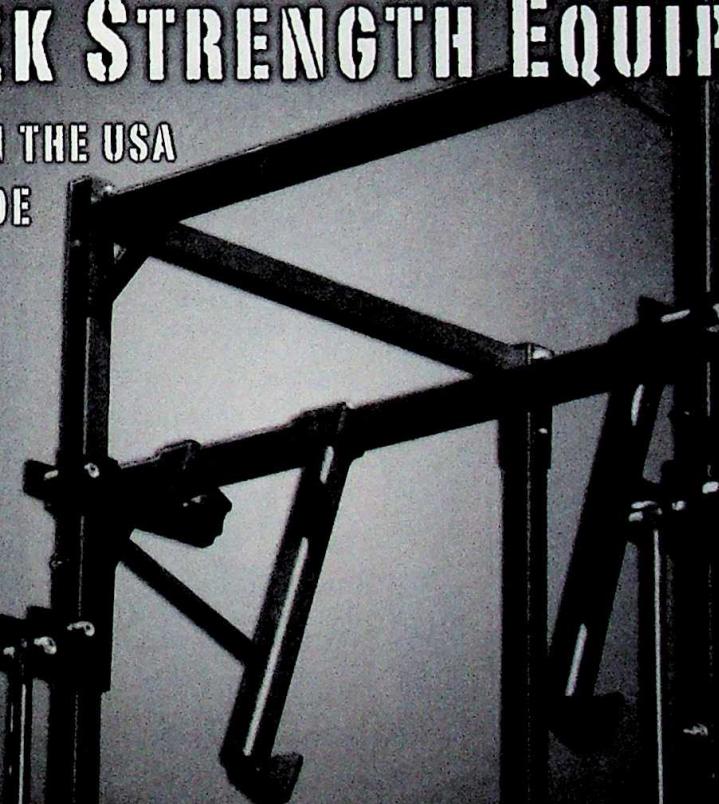
!Best Lifters. Many state records were set. Venue: The Seaford Health and Raquetball Club, home of Perry Thomas. Although the area was small it was just the right size for the 20 lifters that we had. There were over 50 spectators who came to cheer on the lifters and everyone had a good time. Thanks to the lifters, spectators, WNPF staff and the Seaford Health & Raquetball club for their support. (WNPF)

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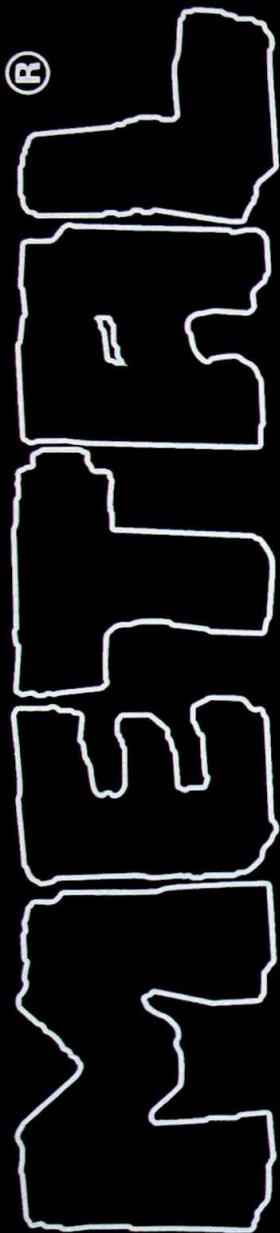


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6" - \$64.95



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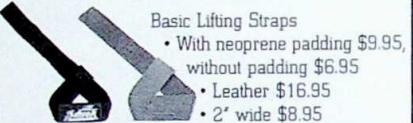


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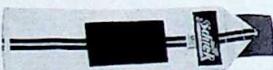
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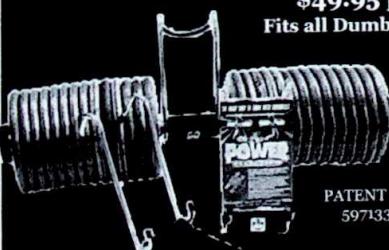
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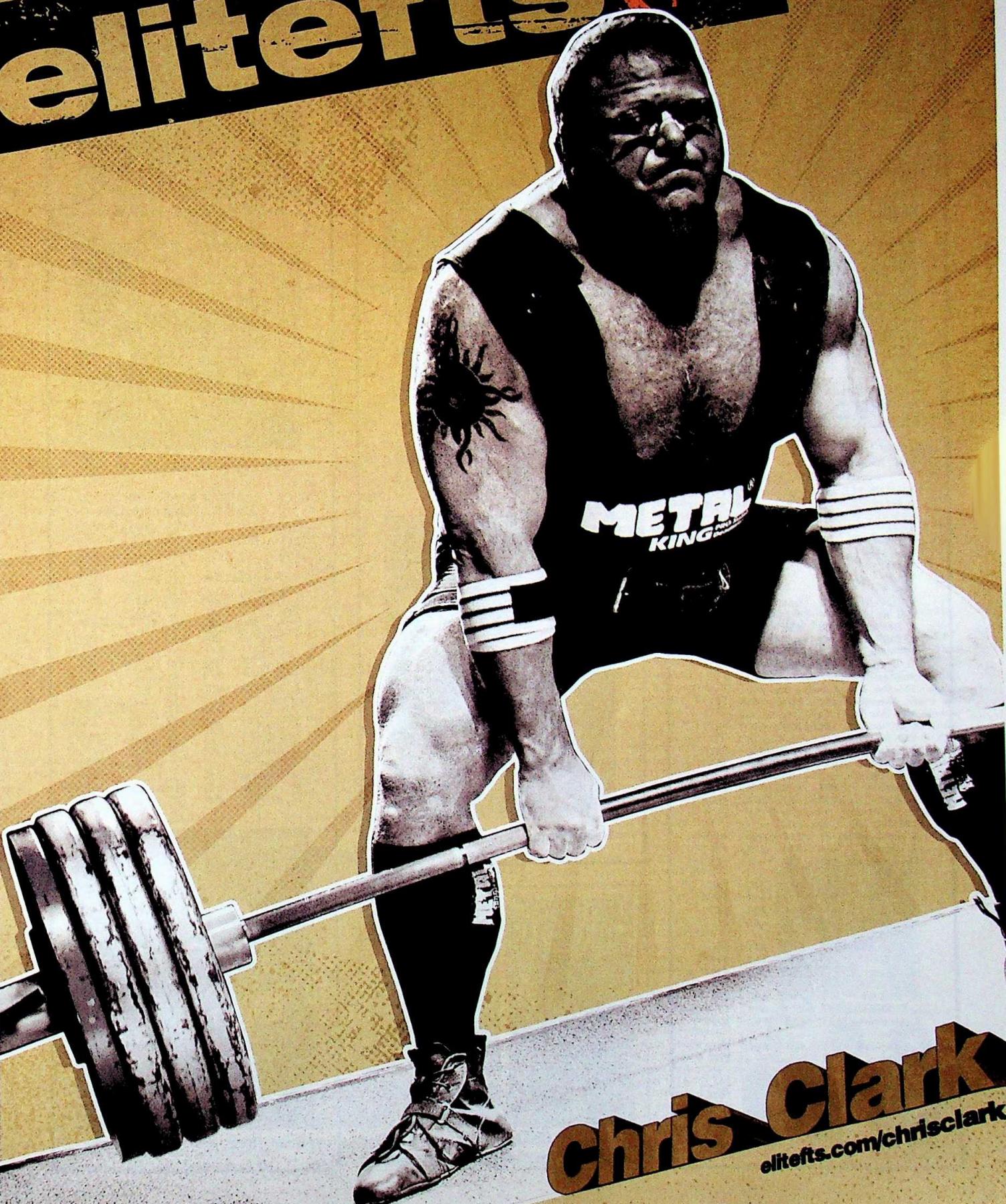
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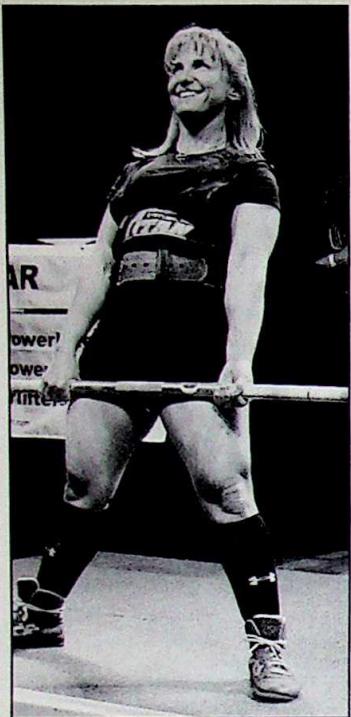
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Sioux-z Hartwig-Gary

Arnold Unequipped
29 FEB 08 - Columbus, OH

	SQ	BP	DL	TOT
FEMALE				
Open				
123 lbs.				
Hartwig-Gary	281	170	292	744
MALE				
Junior				
148 lbs.				
R. Savell	352	248	440	1041
275 lbs.				
J. Grosulak	573	402	617	1592
B. Tabler	518	—	—	518
275+ lbs.				
M. Hedlesky	551	402	699	1653
Master				
165 lbs.				
D. Thompson	407	352	451	1212
198 lbs.				
J. Brown	540	374	507	1421
220 lbs.				
B. Schmidt	496	358	562	1416
R. Dues	451	369	451	1273
275+ lbs.				
J. Pope	633	429	705	1769
K. Ryder	556	457	672	1686
Open				
165 lbs.				
R. Spencer	501	314	600	1416
R. Howell	446	319	479	1245
D. Thompson	407	352	451	1212
181 lbs.				
J. Brown	540	374	507	1421
J. Lupia	462	325	551	1339
A. Bigbee	446	374	485	1306
N. Micelli	352	325	446	1124
220 lbs.				
T. Shelton	501	374	611	1488
B. Schmidt	496	358	562	1416
M. Barcelone	545	330	518	1394
242 lbs.				
B. Stewart	573	451	606	1631
J. Vitiloe	551	374	633	1559
R. McDonnell	551	402	567	1521
275 lbs.				
J. Grosulak	573	402	617	1592
B. Tabler	518	—	—	518
275+ lbs.				
M. Neal	760	562	639	1962
B. Madvig	683	457	672	1813
J. Cahill	622	418	716	1758
W. Likens	534	485	606	1625



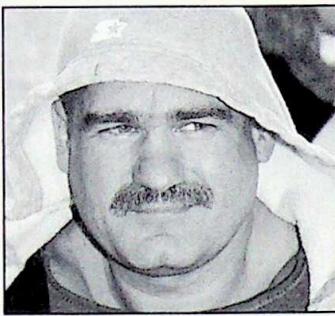
Jess Kellum hit 733 @ 198 for \$5k

Scot Mendelson BP Classic
16 FEB 08 - Los Angeles, CA

	BP1	BP2	BP3	Best
Kellum 198	722	733	749	733
Bazylevych	617	639	661	661
Kokorev	165	507	518	507
Burdette	198	705	705	705
Caminita	198	705	705	738
Laguna	220	264	264	
Heavyweight				
Wong SHW	854	920	920	854
Bell SHW	782	804	859	804
Vick SHW	909	909	909	
Mendelson	4003	4003	4052	



Midote, Kodama, Fukushima



USA's Dave Doan - 2nd @ 275

Arnold Bench Press
2 MAR 08 - Columbus, OH

BENCH	J. Wegiera	518
FEMALE	198 lbs.	
Open	Y. Watanabe	606
105 lbs.	J. Bast	562
Y. Fukushima	284	—
132 lbs.	L. Kirchner	—
J. Thompson	309	220 lbs.
148 lbs.	K. Chida	573
G. Bachhaus	347	242 lbs.
P. Ribic	309	K. Mayer
198 lbs.	402	T. Anderson
I. Strik	275+ lbs.	S. Minami
J. Schaefer	353	S. Hara
MALE	275 lbs.	—
123 lbs.	M. Hirvonen	689
A. Kraft	419	D. Doan
148 lbs.	275+ lbs.	606
K. Takahashi	509	D. Midote
181 lbs.	779	B. Siders
D. Kodama	619	772
M. Schick	562	J. Wahlquist
M. Hara	546	705
		S. Lade
		694
		O'Halloran
		617
		F. Svensson



Steve Wong - happy with his \$5k

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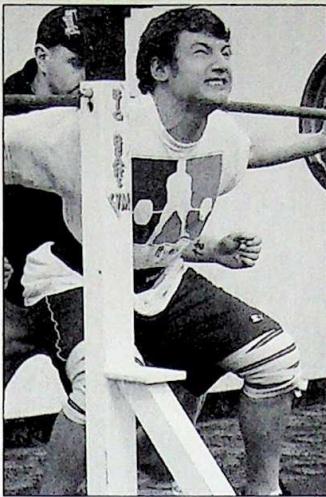
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Brian Siders with Markus Schick



Max Foster - 450 as a teen at the West Coast Old School Classic.

West Coast Old School Classic 10 NOV 07 - Newport, OR

	SQ	BP	DL	TOT
WOMEN				
Open				
J. Rabourn	165	115	215	495
C. Schones	125	—	195	320
K. Cannard	—	105	250	355
Submaster				
K. Shiple	—	120	245	365
Master				
K. Richardson	80	80	155*	235
J. Sanders	—	120	—	120
MEN				
Teen				
V. Williams	—	185	—	185
K. Kuykendall	—	245	—	245
A. Bernahr	290	245	—	535
K. Early	—	315	—	325
4th-BP-325*				
J. Berokoff	405	315	455	1175
Stephenson	—	315	—	315
M. Foster	450	270	—	720
B. Crutcher	480	355*	465	1300
Open				
C. McFarland	—	200*	405	605
E. Rivera	—	365	455	820
G. Silgrist	390	315	420*	1125
M. Olson	—	305	—	305
J. Angel	—	—	400	400
D. Foster	—	405	—	405
G. Evans	—	295	—	295
T. McCormick	—	350	600	950
J. Wands	—	415	540	955
R. Rabourn	405	295	505*	1205
T. Osborne	650	445	660	1755
B. Gimbel	—	360	—	360
Submaster				
J. Jacobs	—	240	—	240
C. Muir	455	315	530	1300
K. Williams	—	425	—	425
T. Angelo	—	440	—	440
Master				
S. MacGregor	—	150	290*	440
T. Obteshka	—	265	—	265
C. McFarland	445	315	525*	1285
(40-46)				
B. Read	—	365	—	365
M. Ross	455	315	500	1270
P. Clark	—	—	510*	510
R. Fisher	600	385	550	1535
S. Brown	—	425	525*	950
Police				
D. McFarland	—	290	500	790
Special Olympic				
H. Banilla	—	170*	350*	520

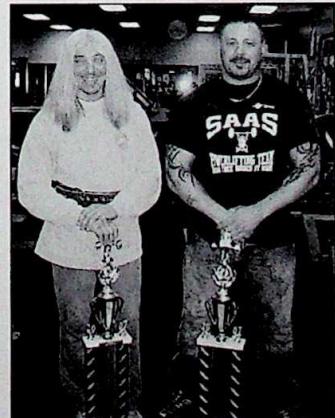
*=PR. Venue: Hallmark Inn. By: Vic's Power House of Florence & Big Bears Gym of Newport. With over 45 competitors at the meet, the room was packed with lifters, family, friends and fans. At times the crowd grew silent as Travis Osbourne attempted and got 650 lbs. on his squat. RAW lifting at its best. We had many beginners here. Vicki, of Vic's Power House talked with several lifters before the meet that were just starting in the competitive meets. Many were nervous and filled with doubt but were reassured they could do this meet. Its you against the

bar, against the weight, against your own PR, nothing else and nothing more. Giving it all you have for the love of the sport. Thats what RAW lifting is really all about isn't it? Vic's Power House and Big Bears Gym are looking forward to next years meets- check out our websites for upcoming meets, pictures from the last meets and stats. www.vicspowerhouse.com and www.bigsbearsgym.com. (Thanks to Vicki Beck for providing these contest results)

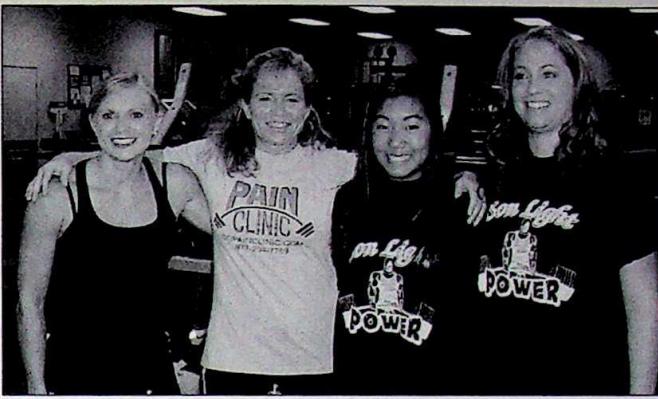
USA Raw BP Fed Fall Nationals 15 SEP 07 - Holland, MI

BENCH	Master (60-69)
WOMEN	242 lbs.
Novice	B. Moleski 350*
123 lbs.	4th-360*
J. Slomp	100* Police/Fire (40-44)
4th-105*	242 lbs.
148 lbs.	D. Currie 410*
A. Miller	145* Police/Fire (50-59)
Junior	198 lbs.
181 lbs.	J. Johnson 220*
J. Todd	195* Police/Fire Open
4th-200*	242 lbs.
Master (50-59)	B. Stanton 400
165 lbs.	Open
L. Boshoven	255* 148 lbs.
MEN	C. Loyola 290
Novice	165 lbs.
165 lbs.	R. Loyola 295
S. Wiemero	200 4th-305
4th-205	181 lbs.
SHW	E. Johnson 275
W. Darnell	300 4th-285
4th-315	220 lbs.
Teen (13-15)	K. Herron 430
148 lbs.	4th-440
S. Wellman	160 275 lbs.
Teen (18-19)	J. Garza —
148 lbs.	SLP DEADLIFT
M. Hall	250 WOMEN
Junior	Novice
198 lbs.	123 lbs.
L. Ruiz	385* J. Slomp 175
220 lbs.	4th-185
S. Wilde	365 Teen (16-17)
Submaster	114 lbs.
220 lbs.	A. Post 185
K. Herron	430 4th-195
4th-440	Submaster
242 lbs.	165 lbs.
B. Hislop	455* A. Lovely 210
Master (40-49)	4th-215
165 lbs.	Master (45-49)
T. Bruce	350 148 lbs.
4th-360	K. Waugh 220
220 lbs.	4th-235
M. LeClair	375 MEN
275 lbs.	Junior
M. Gacek	425 198 lbs.
Master (50-59)	L. Ruiz 500
198 lbs.	Submaster
G. Huey	335 242 lbs.
220 lbs.	B. Hislop 625
T. Sheehan	335 Master (45-49)
4th-350	220 lbs.
T. Wiemero	260 M. LeClair 525
4th-270	3-Person
	Merrell 380

Best Lifter Bench Press Women: Lynne Boshoven. Best Lifter Bench Press Men:



USA BPF Fall Nationals Best Lifters
- Lynn Boshoven and Bill Hislop



USA Raw BP - Jacki Slomp, Kathy Waugh, Audrey Post, Andrea Lovely

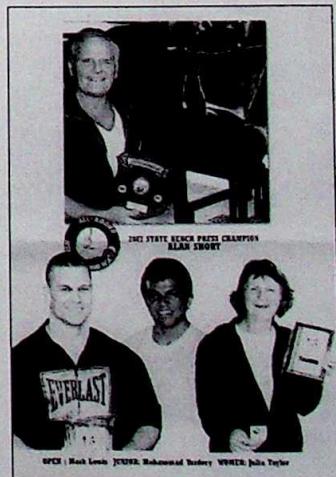
Bill Hislop. Team Champions: Iron House Fitness. The USA Raw Bench Press Federation Fall Nationals was held at Flex Fitness in Holland, Michigan. Thanks to owners Shawn and Amy Miller for once again sponsoring this event. Starting with the novice women's division, newcomer Jacki Slomp set the national record at 123 with her 100 bench. A fourth with 105 was also successful. Amy Miller, another first-timer, set the record at 148 with 145. Jasmine Todd, a great young lifter in the junior division, set the national record at 181 with her first 200 bench. Best lifter Lynne Boshoven broke the national record for the 50-59/165 class with 255. Lynne, who is without a doubt one of the greatest female lifters of all time, at the age of fifty has the number one deadlift in the country at 165 with 530! She has also done a 570 squat at 165! For the novice men's 165 class it was Stephen Wiemero with 205 while SHW winner William "Hamburger" Darnell finished with 315. In the 13-15/148 class it was Stephen Wellman with 165. This thirteen year old kid has perfect form! Great job! Our only other teenager was Mike Hall, who took the 18-19/148 class with 250. Junior 198 winner Luis Ruiz broke the national record there with 385. Then at junior 220 it was Scott Wilde for the win with 365. Taking the submaster 220 class was Keith Herron, who ended with a personal best 440, which he made on his fourth attempt. Keith also captured the open 220 class as well. The best lifter award for the men went to submaster 242 winner Bill Hislop. Bill finished with a new national record of 455. For the master 40-49 age group it was Terry Bruce at 165 with a personal best 360. Mark LeClair won at 220 with 375 while Matt Gacek took the 275's with 425. Gregg Huey won at 50-59/198 with 335 while Tim Sheehan won at 220 over Tim Wiemero 335 to 260. Both also got their fourth attempts with 350 and 270 respectively. Our final master lifter was 60-69/242 winner Bob Moleski who finished with a new national mark of 360. In the police & fire division 40-49/242 winner Dave Currie tied the national record with 410. John Johnson set the record at 50-59/198 with 220. Then at open 242 was Bryan Stanton who finished with a personal best 400. For the open division it was 148 winner Cristina Loyola who finished with 290 while Ramiro Loyola took the 165 class with 305. Evan Johnson took the 181 class with 285. Jesse Garza, lifting in the open 275 class, failed to get in his opener of 425. The team award went to Iron House Fitness Center with members Bryan Stanton, Dave Currie, Bill Darnell and J.J. Johnson. Along with the USA 'RAW' Bench Press Federation meet a SLP sanctioned deadlift competition was held as well. Starting with the women's novice 165 class it was Jacki Slomp with her second title of the day, finishing with a personal best and Michigan state record of 185. Taking the women's 16-17/114 class was Audrey Post, who finished with a new state record of 195. Andrea Lovely, who also was competing for the first time, won at submaster 165 with 215. Kathy Waugh won at 45-49/148 with a new personal best and state record 235. For

the men it was Luis Ruiz with 500 at junior 198, tying the state record there. Bill Hislop got a great 625 PR and state record at submaster 242 while Mark LeClair pulled an easy 525 state record at 45-49/220. After the conclusion of the competition we were treated to a three person deadlift exhibition by Rev. Roger Merrell (age 88), his wife of 63 years, Josie (age 85), and their son Frank. Together they locked out 380 pounds to the cheers of the crowd! Great to have the Merrell's here! Thanks to everyone who helped with the competition, especially Joe Merales and Shawn Miller, who did the bulk of the loading and spotting. See you all again next year. (results from Dr. Darrell Latch)

All-Around West Australia 16 SEP 07 - Perth, AUS

BENCH	Open
FEMALE	P. McMarcus 270
Sub Junior	M. Lewis 264
A. Martin	N. Howell 264
Open	S. Mackenzie 231
M. Phillips	132 B. Ernest 214
Master	Thrower Jr. —
J. Taylor	126 Master
MALE	H. Day 352
Junior	P. Phillips 286
D. Macri	G. Barker 286
A. Abdellah	M. Savage 286
M. Yezdery	A. Short 264
J. Bucholz	J. Canalone 231
L. Duckett	B. Chapman 159
S. Harley	F. Lamp 115

The All-Around Weightlifting Western Australia, Inc., State Bench Press Championships was held at the Belmont Sports and Recreation Club in Cloverdale, Perth, Western Australia. Session One Referees: Craig Biggs, Frank Lamp, and Paul MacManus. Session One Scorer/Compe: Peter Phillips. Session One Loaders: Simon Farey and Daniel Macri. Session Two Referees: Julie Phillips, Neil Howell, and Julia Taylor. Session Two Scorer/Compe: Darren Thrower. Session Two Loaders: Simon Farey and Russell Davidson. (photograph below thanks to Frank Lamp)



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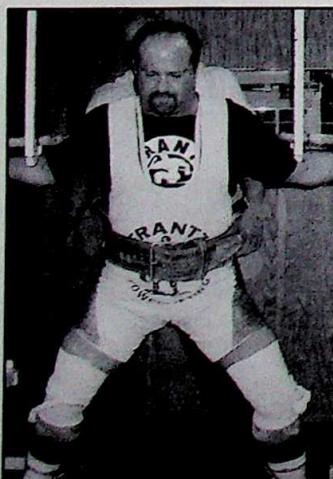


Best Lifter for the ANPPC Nationals Bench Press **TONY NORWOOD** and friends. (photographs provided courtesy from Dr. Darrell Latch)

181 lbs.	D. Newman	570*	385*	525*	1480*
Master (55-59)					
181 lbs.	M. Caliendo	465*	365*	490*	1320*
Master (60-64)					
220 lbs.	T. Roberts	350	250	450	1050
			4th-SQ-400		
Open					
165 lbs.	P. Halverson	425	335	440	1200
		4th-DL-455			
181 lbs.	S. Gawlik	—	—	—	—
198 lbs.	T. Carnaghi	760	375	575	1710
MEN	J. Stanton	650	325	600	1575
220 lbs.	S. Wagner	680	450	565	1695
	K. Wagner	505	365	520	1390
242 lbs.	T. Wilke	615	—	—	—
		4th-SQ-625			

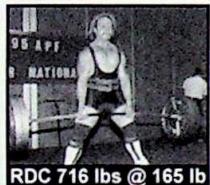
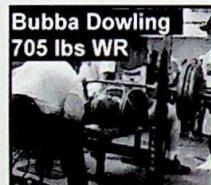
*=ANPPC National Records. Best Lifter Powerlifting: Tom Carnaghi. Best Lifter Bench Press: Tony Norwood. Best Lifter Deadlift: Keithan Phillips. The ANPPC National Powerlifting Championship was held at Son Light Power Gym. In the full meet we had some great lifters, starting with our only lady lifter, "E" Girl Reeves. Taking the title at 45-49/181 "E" Girl set all new national records with a 380 squat, 240 bench and a 365 deadlift for a great 985 total. First-time competitor Mitch Easton won at junior 242 with a fine 1350 total. Mitch set new records for the bench (360) and the deadlift (550) to go along with his 440 squat. Mitch was competing "raw". Steve Gawlik, a great lifter out of Chicago, injured his left quad on his second attempt with 620, and was forced to drop out of the competition. In the 45-49 age division it was Tom Carnaghi making just his opener squat of 760, followed by a 375 bench and his opening deadlift of 575 for a 1710 total. Tom posted new national marks in each lift

ANPPC Nationals 27 OCT 07 - Tuscola, IL					
BENCH	Open				
WOMEN	148 lbs.				
Master (55-59)	D. Frost	205			
220 lbs.	DEADLIFT				
M. Vincent	110*	WOMEN			
MEN	Master (55-59)				
Teen (16-17)	165 lbs.				
275 lbs.	M. Harmon	275*			
W. Wedeking	265*	MEN			
Junior	Teen (16-17)				
165 lbs.	275 lbs.				
T. Norwood	390*	W. Wedeking	400*		
Master (50-54)	4th-420*				
181 lbs.	Submaster				
D. Newman	385*	242 lbs.			
Master (55-59)	K. Phillips	750*			
242 lbs.	Open				
J. Dell'Aquila	335*	148 lbs.			
Police/Fire	D. Frost	250*			
242 lbs.	242 lbs.				
E. Ruff	365	K. Phillips	750*		
Powerlifting	SQ	BP	DL	TOT	
WOMEN					
Master (45-49)					
181 lbs.					
E. Reeves	380*	240*	365*	985*	
MEN					
Junior					
242 lbs.					
M. Easton	440	360*	550*	1350	
Submaster					
181 lbs.					
S. Gawlik	—	—	—	—	
Master (45-49)					
198 lbs.					
T. Carnaghi	760*	375	575*	1710*	
220 lbs.					
J. Dougherty	575	375	560	1510	
M. Maxwell	480	375	425	1280	
Master (50-54)					



Tom Carnaghi readies for his 760 lb. opener squat in the 45-49/198s at the A.N.P.P.C. Nationals

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except the bench. Taking the best lifter award for the competition, Tom also won at open 198. At 220 it was John Dougherty over Mike Maxwell 1510 to 1280. John finished with all new personal bests, finishing at 575-375-560. Mike ended with a 480 squat, 375 bench and a 425 pull for his total. Dave Newman, who claimed this was his last competition, set five new national records at 50-54/181. Finishing with a 570 squat, 385 bench and a 525 pull, Dave totalled 1480. Dave has been a great lifter over the last ten years, winning many ANPPC, SLP, AAPF and AWPF national and world titles along the way. Hopefully Dave's "retirement" will just be a temporary thing! At 55-59/181 it was Marty Caliendo going 465-365-490-1320, breaking all the national records for that class. Tom Roberts, who was also talking retirement, won at 60-64/220 with a 400 fourth attempt squat, 250 bench and a 450 deadlift for a 1050 (1100) total. In the open division Phil Halverson had his best day yet at 165.

With a new pr squat of 425, Phil benched 335, then a personal best 455 fourth attempt pull gave him a 1215 pr total. Jesse Stanton, a lifter with a great future, placed second to Tom Carnnagi at 220 with a great 650 squat, 325 "raw" bench and a 600 pull for a 1575 total. Brothers Steve and Kevin Wagner battled for the title at 220, Steve coming out the winner with a 1695 total to Kevin's 1390. Steve squated a big 680 to Kevin's 505, then out-benched him 450 to 365. It was closer in the deadlift with Steve again out-lifting Kevin 565 to 520. Tim Wilke, who had a previous commitment, was only able to enter the

open squat competition, where he broke the existing record at open 242 with a



Tom Carnnagi's Team at the ANPPC Nationals had a guest - Ernie Frantz - who shared his plans for the future

strong 625 final attempt. In the bench press event Marjorie Vincent set the national mark at 55-59/220 with her 110 opener. Wade Wedeking broke the record at 16-17/275 with 265 while best lifter Tony Norwood broke the mark at junior 165 with 390. Dave Newman got his final national record at 50-54/181 with 385. Dr. Joe Dell'Aquila broke the national mark at 55-59/242 with 335 while local favorite Eric Ruff broke his own personal record at police & fire/242 with 365. Our final bencher was Dennis Frost, who won at open 148 with 205. For the deadlift

event it was Marianne Harmon for the win at 55-59/165. Marianne, who hails from Richmond, Indiana, set the national record there with a personal best 275. Wade Wedeking won his second title of the day at 16-17/275, setting his second national record of the day with a solid 420 final pull. Our big puller of the meet, and probably the strongest lifter in the meet, Keithan Phillips, won at submaster and open 242 with a strong 750 national record pull. A final attempt with 800 came within inches of locking out; if only he had his head up! He's just one good lift away from 800. And none of that sumo crap either, this guy is the real deal, a conventional puller, no wide stance, squat suit, hip lift lifter, but a real deadlifter! Best lifter! Taking the win at open 148 was Duane Frost, twin brother of Dennis, with a 250 national mark. We had with us, on this special day, a very special guest, Ernie Frantz. To many of us Ernie is considered the Father of Modern Powerlifting. Ernie shared with us all about his blessed life, because of powerlifting, and his concern for its future along with his dream of the CREEDO program. We were honored by your presence, Ernie. Thanks to my wife Susie, Linda Middleton and Mary Tewell, all certified national SLP judges, for doing another great job. Also to my son Joey and grandson Daniel Cordes for a fantastic job spotting and loading. See you all again next year! (Thanks to Dr. Darrell Latch for providing the results)

POWERLIFTING PARAPHERNALIA

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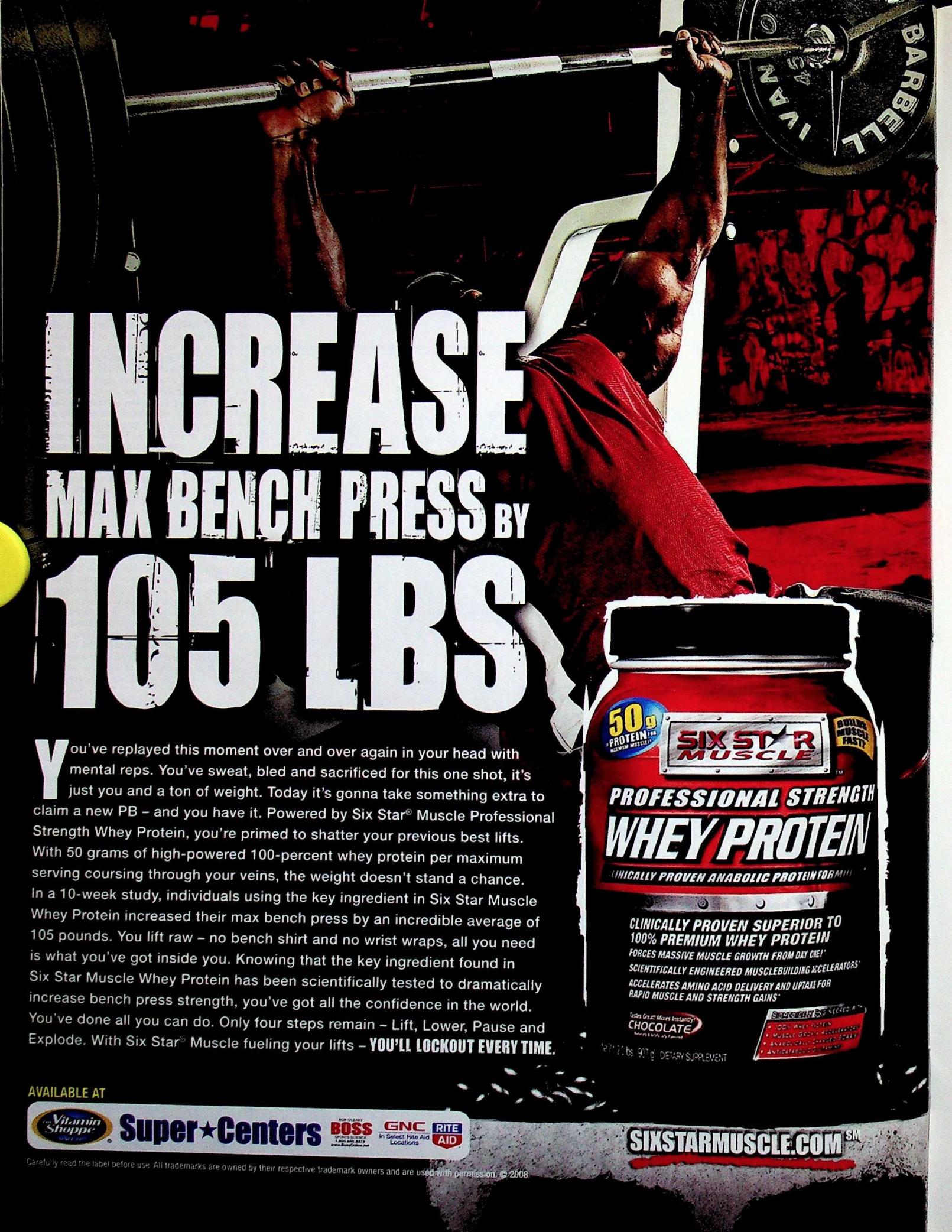
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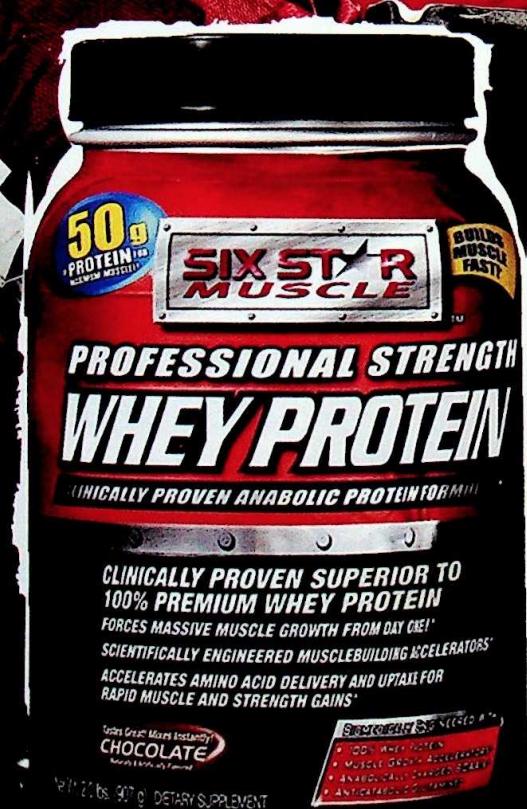
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12 APR. 100% RAW Battle of the Border BP (Currituck, NC) Paul Bossi, President, 139 Marles Way, Camden, NC 27921, 252-339-5025, pres@rawpowerlifting.com, www.rawpowerlifting.com

12 APR. 100% & AAU Granite City Iron Wars V (full, single, SC - First Fitness, Barre, VT) Bret Kernoff, bret@vermontpowerlifting.com

12 APR. SLP National Raw BP/DL (Sallisaw, OK) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

12 APR. USPF Works Fitness PL, BP, DL (Works Fitness World, New Martinsville, WV) Power Promotions, Matt McCase, Director, 210 Gilbob St., Fairmont, WV 26554, mccase@yahoo.com, 304-376-2432

12 APR. WABDL Northwest Regional BP & DL (Medford, OR) Dan Guches 541-890-3258 or Sam Pecktol 541-210-2026

12 APR. WABDL Heart of America BP/DL (Gateway Center, Collinsville, IL) Erica Haislar 618-530-5402

12 APR. APC Georgia State Open PL/BP, L.B. Baker, 770-713-3080

12 APR. APA West Coast Iron Wars PL, BP, DL, PP (Kennewick, WA) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

12 APR. 5th Super Bench, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

12 APR. 18th Weightlifting Unlimited BP (Winchester, VA) Randy Brooks, 540-667-6288, or Randy R. 304-283-6059

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

12 APR. UPA South Carolina Battle of the Beasts (PL, BP - 5820 Augusta Rd., Greenville, SC) Bart Kelley, 864-286-

COMING EVENTS

0 5 3 2
bkelly@unitedpowerliftingassociation.com, k.taillon@hotmail.com

12 APR. APF Gulf Coast (New Port Richey, FL) Rick Lawrence, 727-376-1707 or Bart 727-919-4738

12-13 APR. AAPF Nationals (Lake George, NY) Sam Luciano, 518-747-3242

13 APR. WNPF Upstate NY II (Buffalo, NY) Ron Deamicis 330-792-6670, powerlt@aol.com

19 APR. ADFPF Chicago PL & Single Event (Qualification for '08 WDFPF World Championships - Chicago, IL) B&W Gym, 5920 N. Ridge, Chicago, IL, 309-837-2111, adlfp.org

19 APR. Bartlesville Classic (Bartlesville, OK) JDuree@aol.com

19 APR. APF Classic PL Showdown (raw) & GADL(raw or equip - Kennesaw, GA) Jon Grove, 770-426-1077

19 APR. Kern County High School Meet (Bakersfield, CA) Steve Denison, 661-333-9800, pwrlfrs@msn.com, www.powerliftingCA.com

19 APR - WNPF Lifetime All American Bench Press, Deadlift & Powercurl Championships (Atlantic City, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

19 APR. PPL Georgia State Drug Free PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19 APR - WNPF National BP, Bench for Reps, DL & PC Championships (Atlantic City, NJ) Troy Ford 678-817-4743, wnpf@aol.com

19 APR. 100% RAW Maryland State PL & BP Open Invitational (Hagerstown, MD) Dan Corriveau, Bdan1745@aol.com, 240-417-2229

19 APR. Mighty Christian Powerlifting Contest IV (Dover, NJ) themightygibbons@aol.com, 973-303-3645

19 APR. Damn Large One (Madison, WI) Job Hou-Seye, Meet Director, 1-888-JOB-HOUSEYE

19 APR. USPF Pro Performance

Fitness Expo PL, Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mcase@yahoo.com

19 APR. North Georgia Barbell Club Classic PL Showdown, Georgia Deadlift (Kennesaw, GA) Jon Grove, 770-426-1000, 7 7, Kennesaw@fitnessresource.com

19 APR. WABDL Florida BP/DL (Lakeland, FL) Louis Baltz 863-687-6268

19 APR. USPF "Lock N' Load Buckaroo!" PL/BP/DL(ColdIronGym, Tombstone, AZ) 520-457-3955, www.coldirongym.com.

19 APR. NASA Ohio State, Equipped

& Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

19 APR. Pride Pro-Am BP & DL (single, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com

19 APR. APA Thunder Bay Open PL, PP, BP, DL (Tampa, FL) Scott Taylor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

19 APR. WABDL River Country Classic (Gadsden, AL) Brant Bishop 256-390-4436

19 APR. 13th Dungeon Powerworks Slam BP/DL (3 Rivers, MI) Mark Mellinger, 369-435-7586, 15681 Featherstone, Constantine, MI 4+053.

APF/AAPF/WPO Schedule

- 12 APR.** APF Gulf Coast Open
- 12-13 APR.** AAPF Nationals
- 19 APR.** APF Classic Showdown
- 3-4 MAY.** APF Master, Teen & Junior Nationals
- 5 MAY.** APF Bench Press Meet
- 17-18 MAY.** APF Maine State
- 30-31 MAY, 1 JUN.** APF Senior Nationals
- 7 JUN.** APF South Texas
- JUN.** APF-AAPF Florida State
- JUN.** APF/AAPF Chicago Summer Bash 5
- 12 JUL.** APF Texas Rio Bravo
- 19 JUL.** AAPF Big Sky State Games
- 19 JUL.** APF Barbee Classic
- 26 JUL.** APF Southeast Challenge
- 1-3 AUG.** AWPC World Championship
- 16 AUG.** APF Push Pull Meet
- 23 AUG.** APF/AAPF High Country Push/Pull
- 6 SEP.** APF Georgia State
- 13 SEP.** APF Cornerstone Fitness Push/Pull
- 27 SEP.** APF Bend It Championship
- 25 OCT.** APF Halloween Monster Bench Bash
- OCT.** APF/AAPF Snake River
- OCT.** APF Mississippi State PL/BP
- 1 NOV.** APF Texas Cup
- 8 NOV.** APF Bench Press
- NOV.** WPC World PL/BP
- 6 DEC.** APF Gulf Coast
- 13 DEC.** APF Rio Grande Valley
- DEC.** APF/AAPF Southern States

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19 APR, 100% Raw Maryland State PL/BP Open Invitational (open to all states) Dan Corranean, 240-417-2229, Bdan1745@aol.com

19 APR, SLP Wisconsin State BP/DL (Delavan, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

19-20 APR (NEW DATE), UPA Powerlifting & BP Nationals (Columbus, OH) Kenny Patterson, Meet Director, 614-335-5181, Kpatterson@unitedpowerliftingassociation.com, www.unitedpowerliftingassociation.com

19, 20 APR, Powerpalooza 10 (Full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA, 610-948-7823, bench_a_grand@yahoo.com

19, 20 APR, BPO British PL, BP, DL (University of Bath, Claverton

Down, Bath, Somerset) Greg Ashford (01373 859997) www.wplpowerlifting.com

25 APR, IPB Raw Bench Press & Strict Curl (Pfafftown, NC) Keith Payne 3 3 6 - 2 5 1 - 8 7 0 4 , keith@ironboypowerlifting.net

25-27 APR, ADFPF/AAPPF Texas State/Senior Nationals (Plano, TX) Les Cramer, 512-329-8528, Ernie Frantz, 630-546-3760, www.ymcanationals.com, www.frantzpowerlifting.com

26 APR, IPB Tarheel State PL (Pfafftown, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

26 APR, 29th Raw ADAU Power Day Classic (separate BP and DL, open and all age groups, men and women) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

26 APR, SLP National BP/DL,

Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

26 APR, 100% Raw Virginia State BP/DL/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

26 APR, ADFPF 3rd Massachusetts State DL Invitational (unequipped, equipped - SETS, Hingham, MA) Meet Director, Saul Shocket, www.adfpf.org, shocketa@aol.com

26 APR, ADFPF Michigan State & Open PL/Single (unequipped, equipped - Lansing Community College, Lansing, MI) Meet Director Jeff Buchin, www.adfpf.org, gedney@logonix.net

26 APR - WNPF Lifetime North American PL, BP, DL, PC Championships (Kissimmee, FL)

WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpfifetime@aol.com

26 APR - WNPF 9th Elite Nationals & Subs/Masters National (PL, BP, DL, PC-Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com

26 APR, Brute Strength Strongman (Norfolk, VA) Brute Strength Gym 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com

26 APR, NASA NM State (PL/BP/PS) mike@liftinglarge.com, www.liftinglarge.com

26 APR, NASA Iowa State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Des Moines, IA) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

26 APR, NASA West Virginia State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Ravenswood, WV) Greg & Susan Van Hoose, Route 1 Box 166, Ravenswood, WV 26164, 304-273-2283, greg@vhepower.com

26 APR, USA Southern Open "Bash on the Beach" (St. George Island, FL) Tim Whitehead, 850-670-4205 or George Herring 770-963-6738, bbg2000@bellsouth.net

26 APR, CREDO Texas State High School Age Group BP & DL for Reps (Plano, TX) Ernie Frantz, www.frantzpowerlifting.com

26-27 APR, USAPL Florida State BP & DL & Florida State High School BP & PL (Ft. Lauderdale) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rrk@verizon.net, www.geocities.com/floridausapl

26-27 APR, 100% Raw Y Nationals Sports Weekend & Texas State (Holiday Inn Express, Plano, TX) Kirk Stroud, 5 1 2 - 3 2 9 - 8 5 2 8 , www.ymcanationals.com

26-27 APR, IPA Iron House Classic PL & BP (Zanesville, OH) Mike Maxwell 740-704-4747, download entry at www.ironhousezanesville.com

26,27 APR, AAU Triple Crowne Classic, Law/Fire Nationals, Military Nationals, East Coast Bench Press Classic (Richmond, VA) Judy & Steve Wood, 804-559-4624, vapowerlifting@aol.com

2-4 MAY (NEW DATE), USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 9 5 4 - 7 9 0 - 2 2 4 9 ,

www.usaplnationals.com/2008masters

3 MAY, Central California Open & Novice PL/BP

3 MAY - WNPF Lifetime Palmetto PL, BP, DL, PC Championships & Collegiate Challenge (Clemson, SC) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpfifetime@aol.com

3 MAY, NASA Western States Nationals, Equipped & Unequipped Powerlifting & BP and Power Sports & Push Pull & Pro Qualifier (Mesa, AZ) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 MAY, NASA Oklahoma State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Norman or OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 MAY - WNPF 11th Carolina State PL, BP, DL, PC & Collegiate Challenge (Clemson, SC) Troy Ford 678-817-4743, wnpf@aol.com

3 MAY, ADFPF Open PL/BP Challenge, Jason Peck, South Gallia High School, Gallipolis, OH, gedney@logonix.net

3 MAY, IPA Virginia State & National Qualifier (Fredericksburg, VA) Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com

3 MAY, WABDL Washington State BP/DL (Sam Benn Gym, Aberdeen, WA) Don Bell 360-533-6620

3, 4 MAY (NEW DATES) USPF San Diego Open PL/BP/DL, Steve Denison, 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

3, 4 MAY (NEW DATES) USPF Collegiate Nationals, (San Diego, CA) Steve Denison 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

3, 4 MAY (NEW DATES) USPF Military Nationals (San Diego, CA) Steve Denison 661-333-9800, pwriftrs@msn.com, www.powerliftingCA.com

3, 4 MAY, WPC Austria Nationals, Harald Selsam, kapout@aon.at

3-4 MAY, APF Master, Teen & Junior Nationals & WPC World Qualifier (Baton Rouge, LA) Garry Frank, 225-241-8154

4 MAY - WNPF Flatline Classic (PL, BP, DL, PC - Richmond, KY) Evan Claunch or Mike Watkins, 859-582-9744, 606-271-0037, www.flatlinepowerlifting.com/wnpf/2008_FPC_ENTRYFORM.pdf

5 MAY, APF Bench Press Meet (Phoenix, AZ) J.R. Bolger, 602-281-6489, azapf@cox.net

10 MAY, NASA West Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Hereford, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

10 MAY, USPF Northern Cup BP (Twin River Casino Events Center, Lincoln, RI) Dave Follansbee & IFBB Pro Maggie Blanchard, 865 Second St., Manchester, NH 03102, 603-626-5489, NHBodybuilding@yahoo.com, AmericanPowerlifting.com

10 MAY, APA Delaware Power Classic (raw, equipped - New Castle, DE) Kate Baird, 302-381-0040,

NASA Powerlifting & Power Sports

March

15th - Power Sports Nationals, Oklahoma City, OK
16th - 1st Annual Pro Power Sports Championships, OKC
22nd - Tennessee State Championships, Pickwick State Park, TN
29-30th - High School Nationals, OKC

April

5th - Arizona High School (Mesa, AZ)
5th - Illinois State, Niles, IL (David Oyler)
12th - Kansas State Championships, Salina, KS
19th - Ohio State Championships, Lancaster, Ohio
19th - The "Damned Large One", Madison, WI (Job Hou-seye)
26th - W. Virginia State (Ravenswood, WV)
26th - Iowa State Championships, Des Moines, IA
26th - New Mexico St., Rio Rancho, NM (Mike & Teale Adelmann)

May

3rd - Western State Nationals, Mesa, AZ
3rd - Oklahoma State Championships, OKC, OK
10th - West Texas State, Hereford, TX
17th - Colorado State Championships, Denver, CO.
24th - Kentucky State, Moorehead, KY
24th - South Texas Open, Alvin, TX
31st - Arkansas State, Russellville, AR

June

7th - Northeastern States, Washington, PA
7th - Minnesota State, Rochester, MN
14th - East Texas Open, Tyler, TX
21, 22nd - USA Nationals, Lancaster, Ohio
July
5,6th - East Coast Nationals (Hickory, NC)
12th - Youth Nationals (Ravenswood, WV)
12th - W. Virginia Open (Ravenswood, WV)
19th - Grand Nationals (Sheboygan, WI)
26th - Tri-State Regional, Flora, IL
26th - South Texas Classic (Alvin, TX)

August

2,3 AUG - World Cup (OKC, OK)

September

6th - New Mexico Regional (Rio Rancho, NM)
20th - Ohio Regional
27th - Arkansas Regional (Russellville, AR)

October

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

November

1st - Masters/Submasters Nationals (Mesa, AZ)
15th - Colorado Regional (Loveland, CO)
22nd - Kansas Regional (Salina, KS)
29th - Oklahoma Open
December
6th - Missouri Regional
13th - West Texas Regional
20th - Illinois Christmas Regional

UPCOMING SLP COMPETITIONS

- 12 APR, SLP National Raw BP/DL (Sallisaw, OK)**
19 APR, SLP Wisconsin State BP/DL (Delavan, WI)
26 APR, SLP National BP/DL, (Tuscola, IL)
17 MAY, SLP Platinum Fitness BP/DL (Tulsa, OK)

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

powerfulkate@comcast.net

10 MAY, WABDL Texas BP/DL (Houston, TX) Tiny Meeker 832-423-7662

10 MAY, Lifetime Natural Powerlifting Nationals, Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 MAY, APA Fit For Life Power Palooza (Shreveport, LA - PL, BP, DL, PP, SC) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com

10 MAY, Mr. T's Freak Show II (strongman, powerlifting - New London, WI) Tom Theama 920-359-0432, theama@charter.net

16-17 MAY, USAPL Texas State, Hector Munoz, 108 S. 18th, Carrizo Springs, TX 78834, 361-813-9691

16-18 MAY (New DATE/NAME), 100% RAW/RAW United Florida State (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, May 10) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

17 MAY, USAPL New England States Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10PM, Sunday-Thursday.

17 MAY, USAPL Ketchikan Spring Record Breakers, Doug Gregg, 1225 S. Port Higgins Rd., Ketchikan, AK 99901, 907-247-8463

17 MAY, TBR Fitness Center 1st Annual Bench Bash (Dallas, PA) TBR Fitness Center, Rt. 309 Fernwood Plaza, Dallas, PA 18162, 570-674-2420, tbrpower@epix.net

17 MAY, 3 lift/BP Meet (sculpted trophies, all divisions), Gym Warriors, 119 r Foster St., Peabody, MA, Paul, 978-766-6280, pauldesimone01@aol.com

17 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 West Sale St., Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net

17 MAY, NASA Colorado State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Denver, CO) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

17 MAY, Atilis Gym BP, Chris Lambert, 3015 Pacific Ave., Wildwood, NJ 08260, 609-729-2050

24 MAY (NEW DATE), NASA Kentucky(PL, PS, PP, BP Only) - Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wifire.com

24 MAY, AAU Oklahoma State High School & Open PL/BP (Broken Arrow, OK) Danny Berry, 918-695-3823, DBerry48@windstream.net

24 MAY, ADAU Raw Pittsburgh PL & Kumite Classic, Monroeville Expomart, www.pghfitness.com, monsters_unlimited@msn.com, 412-335-7569

24 MAY, NASA South Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

24 MAY, IPB SC State BP & Strict Curl (Core 24 Gym - Seneca, SC) Keith Payne, 336-251-8704, keith@ironboypowerlifting.net

30-31 MAY 1 JUN, APF Senior Nationals (1-3 qualifies for WPC Worlds - Omaha, NE) Rick Hussey/Becca Swanson, www.bigrongym.com

31 MAY, 3rd USPF Summerfest BP/DL (Wavetech Park) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

31 MAY, WABDL Golden State BP/DL (Doubletree Hotel, Modesto, CA) Mike Womack 209-303-4105

31 MAY, SSA Full Power/Ironman/Single Lift (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

31 MAY - WNPF Lifetime Elite PL, BP, DL, PC Nationals (Ephrata, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpflifetime@aol.com

31 MAY, PPL Georgia State Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

31 MAY - WNPF Raw Nationals & 9th Pan-American Equipped (USA, Canada, Puerto Rico - Ephrata, PA) Troy Ford 678-817-4743, wnpf@aol.com

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

31 MAY, Team Weber YWCA Push Pull (Trap Bar - YWCA, Clinton, IA) Bob Weber Jr., 563-259-8690, Dan Phipps, 563-249-4075

MAY - WNPF USA vs. Brazil (Caxias do Sul, Brazil) Troy Ford 678-817-4743, wnpf@aol.com

MAY '08, WDFFP European Single Event (Como, Italy) www.wdffp.cc

1 JUN, New England Raw PL/BP/DL, NE Training Ctr., 25 Coronado Rd., Warwick, RI 02896, Joe Reeves, 401-952-9166, www.motonutracing.com

6-8 JUN, APC National Powerlifting & Bench Press Championships (Norfolk, VA) Meet Director, Gayle Schroeder, 757-650-5410, Brute Strength Gym, 757-893-9111, americanpowerliftingcommittee.com, LB Baker 770-713-3080

7 JUN (CORRECTED DATE), SPF Nationals PL/BP (Gatlinburg, TN) Jesse Rodgers, 423-344-7161, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

7 JUN, NASA Minnesota State PL, BP, PS, PP, Pro Qualifier, Rochester, MN, Job Hou-Seye 1-888-JOB-HOUSEYE

7 JUN, APF S. Texas (Sequin, TX) Gary Pendergrass, 800-378-6460, www.sequinfitness.com

7 JUN, NASA Northeastern States PL, BP, PP, PS (Washington, PA) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.whepower.com

7 JUN, NPA Central States Open Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

7 JUN, WADL National Push Pull (Sheraton Crescent Hotel, Phoenix, AZ) Gus Rethwisch 763-545-8654 or 503-901-1622

7 JUN, 6th USAPL Pete Lanzi Memorial PL, IM, BP (Cleveland, OH) Gary Kanaga, 440-717-9624, www.BIGKSPOWERMEETS.com

7 JUN, 1st Carroll County Power Day Challenge (SQ, BP, DL or PL, all weights, men & women - Powerhouse Gym, Westminster, MD) Chaz Riddle, 410-857-1232.

7 JUN, SLP Missouri Open BP/DL (Chesterfield, MO) Darrel Latch, 126 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7-8 JUN, Immaculate Heart of Mary Festival BP/DL Ironman & Strongman (Youngstown, OH) Ron, 330-792-

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APRIL 19
WNPF NATIONAL BENCH PRESS
 BENCH FOR REPS, DEADLIFT, POWER CURL
 Atlantic City, NJ

APRIL 26
WNPF ELITE NATIONALS & SUB/MASTERS
 (Kissimmee, FL)

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

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 SQUAT ONLY, REPS AND POWER CURL EVENTS.
 EQUIPMENT - RAW AND SINGLE PLY ONLY
 (NEW RECORDS AND A NEW BEGINNING
 FOR THE LIFETIME DRUG FREE LIFTER)

APRIL 19
WNPF LIFETIME ALL AMERICAN BP, DL, PC
 ATLANTIC CITY, NJ

APRIL 26
WNPF LIFETIME NORTH AMERICAN PL, BP, DL, PC
 Kissimmee, FL

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



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7-8 JUN, USAPL NJ State HS PL, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-6125, www.strengthcondition.com

8 JUN, Summer Push Pull Contest (Granger, IN) Jon Smoker, jrrsmoker@hotmail.com

13 JUN, USAPL Sunshine State Games BP & PL (Lakeland/Tampa, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rkh@verizon.net, www.geocities.com/floridausapl

14 JUN, NASA East Texas State, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Tyler, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

14 JUN, SLP Superman Classic BP/DL (Metropolis, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

14 JUN, WABDL Rocky Mountain Regional BP/DL (Hampton Inn, Salt Lake City, UT) David Edgett 81-721-5438

13-14 JUN, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristian Terrace, St. Charles, MO 63303, 314-805-2044

13-15 JUN, USAPL Men's, Teen, Junior Nationals, Johnny A. Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

14 JUN, USPF Muscle Beach BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltrs@msn.com, www.powerliftingCA.com

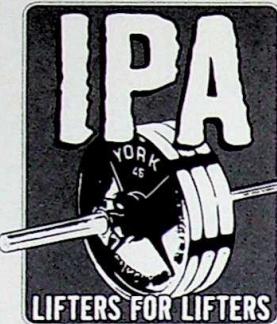
21 JUN, WADL Northeastern Regional BP/DL (Newport, ME) Al Stork 207-223-5945

21 JUN, Iron Chamber Gym Summer Bench Bash (Sandy Valley High School - Magnolia, OH - 125 entry limit) Jeff Begue, 330-844-1011 ICG-Pride@hotmail.com

21 JUN, Sonny's 4th WABDL Push Pull (Sheraton Waikiki Hotel, Honolulu, HI) Mike Saito 808-221-0129, Jocelyn Ronolo 808-387-8776, Levana Furtado 808-368-6727

21 JUN, USA Raw Bench Press Federation Summer Nationals (Tuscola, IL) Darrel Latch,

GET READY TO LIFT HEAVY!



Events Calendar

2008 IPA WORLD POWERLIFTING CHAMPIONSHIPS

York Barbell Company
York, Pennsylvania
June 28 - 29, 2008

2008 IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

York Barbell Company
York, Pennsylvania
November 22- 23, 2008

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

Meet Directors

Mark Chaillet at 717-495-0024,

Chaillet's Private Fitness,

190 Arsenal Rd., York, PA 17404

Or Email: Ellen Chaillet
echaillet@aol.com

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Arginine AKG, 150 gm	9.00
Citrulline, 100gm	11.50
Serum Protein, 90%, 1 pound	16.50
Whey Protein 90% instantisolate, 24oz	18.00
Tribulus Ext. 45% 100gm	7.50
Long Jack 100:1, 20gm	37.50
Yohimbe 2% Std. Extract 50gm	7.50
Glutamine 300gm/kg	10.50/28.50
Glucosamine Sulfate, 250gm	9.50

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126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

21 JUN, USAPL SC State (Brickhouse Gym) Dan Austin, 215 Windsorcrest Rd., Columbia, SC 29229, 803-736-1956

21 JUN, ADPF PL National & WDFPF World Qualifier (equipped, raw, men, women, Open, 3 teens, 10 masters, police/fire/military - Evansville, IN) Meet directors: Mike Stagg 812-204-3755, Derek Wallace 812-217-0939, Dick Connor 812-867-1736, or 309-837-2111, www.adfpf.org

21 JUN, 100% RAW & AAU RAW Twisted Fitness Push-Pull, Bench, Deadlift & Strict Curl (Claremont, NH) Meet Director, Bret Kernoff 802-865-2747, bret@vermontpowerlifting.com, www.vermontpowerlifting.com

21-22 JUN, NASA USA Nationals, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Lancaster, OH) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

26-29 JUN, WPF European PL, BP, DL (Kulturhalle Stadt Forchheim (Jahnhalle), Friedrich-Ludwig-Jahn-Straße, 91301 Forchheim, Germany, Peter and Jorg Wiemann, www.wpfpowerlifting.com

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28 JUN, ADAU National Powerlifting (men, women, all ages) Joe O'rengia, 4319 W. 26 St., Erie, PA 16506, 814-833-3727

28 JUN - WNPF 17th New Jersey PL, BP, DL, PC (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com
28 JUN - WNPF Lifetime Raw Nationals & Powerfest 2K8 (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

28 JUN, 100% Raw Freedom USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

28 JUN, AAU Sooner State Summer Games PL/BP/DL (Shawnee, OK) Rickey Dale Crain, rcrain@allegiance.tv

28 JUN, WABDL 12th Alki Beach BP/DL (Seattle, WA) Bull Stewart 206-725-7894

28, 29 JUN, IPA World PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 7 1 7 - 4 9 5 - 0 0 2 4 , chailfit@yahoo.com, Ellen Chaillet, echaillat@aol.com

28,29 JUN, USPF Multi-Nationals (Men, Women, Junior, Masters, Police & Fire, BP & DL, Sheraton-Providence Airport Hotel, Warwick, RI) Ted J. Isabella, 401-946-5350, uspf-ri@cox.net, www.rpl.org

JUN, APF/AAPF Chicago Summer Bash 5 (Willowbrook, IL) Eric Stone, 6 3 0 - 7 9 4 - 0 5 9 4 , thestone@chicagopowerlifting.com
JUN - WNPF Lifetime Pan-Americans PL, BP, DL, PC Champs (Nanuet, NY) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

JUN, APF-AAPF Florida State, Kieran Kidder, 866-389-4744, amyljackson@aol.com

JUN - WNPF Powerfest 2K8 PL, BP, DL, PC (Nanuet, NY) Troy Ford 678-817-4743, wnpf@aol.com

JUN, USPF Multi-National Junior, Senior, Masters PL/BP/DL Championship (Providence, RI) Ted Isabella, uspf-ri@cox.net, Matt McCase mcase@yahoo.com

3-5 JUL, IBSA/USAPL World BP & Powerlifting Championships for the Blind and Visually Impaired (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl

5 JUL, SLP Samson's Gym Open BP/DL (Hamilton, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

5.6 JUL (additional day), NASA East Coast Nationals & Pro Qualifier, Equipped & Unequipped PL & BP and Power Sports & Push Pull (includes qualifier for all NASA Pro events - NC) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPD@aol.com

6 JUL, USAPL U.S. Open BP & DL (Miami, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl

12 JUL, Monster Muscle Record



2008 AAU Junior Olympic Games Detroit, MI

Bench Press Meet July 26, 2008

Schedule: Weigh-Ins will be held on Saturday, July 26 from 4:00 pm to 5:30 pm. Competition starts at 6:00 pm.

Divisions: All male and female weight and age classes.

Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308

SHW

Women: 97, 105, 114, 123, 132, 148, 165, 181, 198 HWT

Teen (11 & under) (12-13) (14-15) (16-17) (18-19) Junior (20-23) Sub-master (35-39) Masters (40-44) (45-49) (50-54) (55-59) (60-64) (65+) (OPEN) (RAW)

Membership: All participants must be members of the AAU. AAU athlete membership is \$12 for youth and \$32 for adult.

Entry Fee: \$40 per athlete for Bench Press meet

Deadline: Register online at www.aaujrogames.org by July 11, 2008.

More Info: A Full Power World meet is also being held July 26-27. Visit www.aaujrogames.org for more information.

What are the AAU Junior Olympic Games?

Don't miss out on the largest, multi-sport youth event in the country. Over 16,000 participants will compete in 22 sports in Detroit, Michigan from July 23-August 2, 2008.

Breakers BP & DL (single lift, raw, equipped) Judy Sverchek, 401 N. 2nd St., Coeur d'Alene, ID 83814, 208-964-5066, www.pridepowerlifting.com

12 JUL, Nebraska Strongest Man Strongman Competition (American Legion, 230 W. Lincoln Rd., Papillion, NE 68046) DJ Satterfield 402-592-1243, djnechair@yahoo.com

12 JUL, NASA Youth Nationals & WV Open BP, PP & PS (Ravenswood, WV) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, www.vhepower.com

12 JUL, USPF Fresno Open PL/BP/DL, Steve Denison, 661-333-9800, p w r l f t r s @ m s n . c o m, www.powerliftingCA.com

12 JUL - WNPF North Americans PL, BP, DL, PC Championships (Atlanta, GA) Troy Ford 678-817-4743, wnpf@aol.com

12 JUL, NASA WV Open BP, PP, PS, Greg Van Hoose, RR1 Box 166,

Ravenswood, WV 26164, www.vhepower.com

12 JUL, APF Texas Rio Bravo (McAllen, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

12 JUL - WNPF Lifetime USA PL, BP, DL, PC Championships (Atlanta, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpf@aol.com

12 JUL, ANPPC World Cup PL, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

12 JUL, WABDL Midwest Regional BP/DL (Marriott Hotel, Minneapolis West, MN) Gus Rethwisch 763-545-8654 or 503-901-1622

12-13 JUL (NEW DATE), UPA Power Weekend, Bench Bash for Cash, Pro Powerlifting, Amateur Strongman, Amateur Bench Press,

Bill Carpenter 563-599-1390, Kenny Patterson 614-563-0279

19 JUL, PPL Southeasterns, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

19 JUL, SLP Northwest Arkansas Open BP/DL Classic, 479-636-0996, Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

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

19 JUL, AAPF Big Sky State Games (Billings, MT) Jim Thompson, 406-208-6094, ironjim@bresnan.net

19 JUL, APF Barbee Classic (Houston, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

19 JUL, USAPL Mid Atlantic Open (PL/BP/DL/Ironman, raw, assisted -



★ 2008 ★

AAU POWERLIFTING MEETS

Below is a list of meets being offered by the AAU Association
AAUSports.org

April 19	Nebraska High School Powerlifting Invitational Beatrice, NE Monte Losing – 4052-223-2269 before 9pm Email: losing@alltel.net	lor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com , www.apa-wpa.com/entryforms.htm
April 26-27	AAU Military Nationals – Full Power & Military Bench Press Nationals AAU Triple Crown Classic & East Coast Bench Press Championship Richmond, VA – Brooklyn Middle School Judy & Steve Wood, Jill Meads – 804-559-4624 Email: vapowerlifting@aol.com	27 JUL, WNPF Drug Free Nationals (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078
May 24	AAU Middle & High School Powerlifting & Bench Press Championship Borken Arrow, OK Danny Berry – 918-695-3823 Email: dberry48@windstream.net	30 JUL-3 AUG, AWPC/WPC Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wpc@wpc-wpo.ru
June 21-22	AAU North American Powerlifting Bench, Deadlift & Pushpull (International meet) Rancho Buena Vista Performing Arts Center – Vista, CA Martin Drake – 951-928-4797 Email – naturalpower@earthlink.net	1-3 AUG, AWPC Worlds (Oakbrook, IL) Kieran Kidder/Amy Jackson, 866-389-4744, amyljackson@aol.com
June 21	AAU Twisted Fitness Push Pull Claremont, NH Bret Kernoff – 802-865-2747 Email: bret@vermontpowerlifting.com	1-3 AUG, 100% RAW/Raw United Women's Nationals and Kids/ Youth/Teenage Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us
July 26-27	AAU Junior Olympics (World Meet for ages 5-23 years) AAU Bench Press Meet (All ages- Men, Women & Children) Bench Press meet will follow the full power meet on Saturday Detroit, MI Judy & Steve Wood, Jill Meads – 804-559-4624 Email: vapowerlifting@aol.com	2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com , www.powerliftingCA.com
August 16	AAU US-Canada International South Burlington, VT Bret Kernoff – 802-865-2747 Email: bret@vermontpowerlifting.com	2 AUG, USAPL Larry Garro Memorial PL (Towson, MD) Brian Washington, Brian@usbf.net , 410-265-8264, www.usbf.net/2008Garro.pdf
September 20	AAU Supreme Fitness Challenge II Push-Pull, Bench, Deadlift Brattleboro, VT Bret Kernoff – 804-865-2747 Email: bret@vermontpowerlifting.com	2 AUG, SSA Backyard Bench/ Deadlift/Iron Man (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com
November 8-9	AAU World Full Power, AAU International Bench Press, International Deadlift, International Push-Pull Championship Hampton, Virginia Judy & Steve Wood, Jill Meads – 804-559-4624 Email: vapowerlifting@aol.com	2 AUG, WABDL Iron Gladiators Great Northern BP/DL (Red Lion Hottel, Olympia, WA) Gus Rethwisch 763-545-8654 or 503-901-1622
December 6-7	Entry Kit: Available mid-summer by email or AAU website AAU World Bench, Deadlift & Pushpull Championship River Palms Resort Hotel Casino, Laughlin, NV Martin Drake – 951-928-4797 Email: naturalpower@earthlink.net Entry Kit: Available mid-summer by email or AAU website	2, 3 AUG, NASA World Cup, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

19 JUL, Grand Nationals Meet (Sheboygan, WI) Rich Peters, Meet Director, 405-527-8513

19-20 JUL - WNPF Drug Free Nationals & Team Ford vs. Team Deamicis (PA) Troy Ford 678-817-4743, wnpf@aol.com or Ron Deamicis 330-792-6670, powerlt103@aol.com

26 JUL, APF Southeast Challenge (Beaumont, TX) Gary Pendergrass, 8 0 0 - 3 7 8 - 6 4 6 0 , www.seguinfitness.com

26 JUL, 4th Oil Heritage Weightlifting Competition (Joseph Social Hall, Oil City, PA, to benefit T.J. Wilson, 2 year old with heart transplant complications) Chris Snyder 814-676-3750.

26 JUL, 4th Vermont State Open Raw BP, All American Fitness, 1881

Williston Rd., S. Burlington, VT 05403, 802-865-3068, 802-999-7845, www.allamericanfitnessvt.com

26 JUL - WNPF Lifetime Youth, Teen, Junior, Subs, Masters & Police/Fire Nationals & Summer Classic (PL, BP, DL, PC - Kissimmee, FL) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

26 JUL - WNPF 16th Florida State & USA Championships (Kissimmee, FL) Troy Ford 678-817-4743, wnpf@aol.com

26 JUL, SSA West Coast Summer Ironman Classic (Newport, OR) Jason Centoni 540-336-2779, www.strengthalliance.com

26 JUL, SLP YMCA of Kansas City Push/Pull Classic (Kansas City, KS) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429,

sonlightgym@verizon.net,

www.sonlightpower.com

26 JUL, NASA Tri-State Regional, Lindell Smith, lesmitty@speedy.com, 681-662-3413

26 JUL, Granite State BP & Rip the Grip DL, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

26 JUL, NASA South Texas Classic, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (Alvin, TX) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

26-27 JUL, AAU Junior Olympics/ AAU Bench Press (Detroit, MI) Judy & Steve Wood, Jill Meads, 8 0 4 - 5 5 9 - 4 6 2 4 , vapowerlifting@aol.com

26-28 JUL, USAPL Raw National Championships (St. Louis, MO) Harold Gaines 314-805-2044, www.usapnationals.com

27 JUL, APA Maine Iron Bash PL, BP, DL, PP, SC (Freeport, ME) Scott Tay-

lor, 5233 First St., #K-16, Zephyrhills, FL 33542, 941-626-4247, scott@apa-wpa.com, www.apa-wpa.com/entryforms.htm

27 JUL, WNPF Drug Free Nationals (Youngstown, OH) Ron, 330-792-6670 or 330-519-3078

30 JUL-3 AUG, AWPC/WPC Eurasian Championships (Chelyabinsk, Russia) Vladimir Chadkov, wpc@wpc-wpo.ru

1-3 AUG, AWPC Worlds (Oakbrook, IL) Kieran Kidder/Amy Jackson, 866-389-4744, amyljackson@aol.com

1-3 AUG, 100% RAW/Raw United Women's Nationals and Kids/ Youth/Teenage Nationals (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, July 12) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-505-1194, tshontis@brevard.k12.fl.us

2 AUG, USPF Muscle Beach Push Pull BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrfltr@msn.com, www.powerliftingCA.com

2 AUG, USAPL Larry Garro Memorial PL (Towson, MD) Brian Washington, Brian@usbf.net, 410-265-8264, www.usbf.net/2008Garro.pdf

2 AUG, SSA Backyard Bench/ Deadlift/Iron Man (Iron Asylum Gym, Tribes Hill, NY) Sandi McCaslin, 518-858-7002, www.ironasylumgym.com

2 AUG, WABDL Iron Gladiators Great Northern BP/DL (Red Lion Hottel, Olympia, WA) Gus Rethwisch 763-545-8654 or 503-901-1622

2, 3 AUG, NASA World Cup, Equipped & Unequipped PL & BP and Power Sports & Push Pull & Pro Qualifier (OKC, OK) 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

3 AUG, SLP Vince Soto Memorial/ Ohio State Fair BP/DL (Columbus, OH) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

9 AUG, N. Virginia Raw PL/BP (VA) John James 703-475-9855, www.northernvirginiarawpower.com

26 JUL (NEW DATE), ADAU SQ, BP, DL Nationals (Lehighton, PA) Rob Eckhart, 1271 E. Lizard Creek Rd., Lehighton, PA 18235, 610-377-5852, eckhart1ptd.net

9 AUG, Fall Classic (Bartlesville, OK) JDuree@aol.com

9 AUG, IPA New York PL/BP (Rochester) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com

9 AUG (NEW DATE), WABDL World Cup (120 Miles NW of Helsinki, Tampere, Finland) Sakari Selkainaho 011-358-505-354-106

9 AUG, WABDL Southern Regional BP/DL (Crown Plaza Hotel, Dallas, TX) Gus Rethwisch 763-545-8654 or 503-901-1622

9 AUG, SLP Wisconsin State Fair BP/ DL (West Allis, WI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 AUG, SLP Missouri State Fair BP/

DL (Sedalia, MO) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

10 AUG - WNPF Lifetime 1st World Cup BP, DL, PC Championships (Philadelphia, PA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

10 AUG - WNPF Single Lift Nationals & Ironman Nationals (BP, DL, PC - Philadelphia, PA) Troy Ford 678-817-4743, wnpf@aol.com

15-16 AUG, Europa Super Show World Powerlifting Championship Event (Dallas Convention Center) Betty Pariso, P.O. Box 210145, Bedford, TX 76095, 817-498-3631, BettyPariso@aol.com

16 AUG, SLP Indiana State Fair BP/DL (Beech Grove, IN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

16 AUG, USAPL Northern California PL (West Coast Muscle Athletic Club - Yuba City, CA) Mike Womelsdorf, 909-880-2948, usaplchair@aol.com

16 AUG, AAU & 100% Raw International Can-Am Championships (PP, single, SC - Sheraton Burlington, S. Burlington, VT) Bret Kernoff, bret@vermontpowerlifting.com

16 AUG, APF Push Pull Meet (Phoenix, AZ) J.R. Bolger, 602-218-6489, azapi@cox.net

17 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

23 AUG, 100% Raw Eastern USA Open BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

23 AUG, APF/AAPF High Country Push/Pull (Brigham City, UT) Jon Cunningham, 801-985-1164

23 AUG, IPB Mountain Bench Bash & Strict Curl (Asheville, NC) Keith Payne 336-251-8704, keith@ironboypowerlifting.net

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

30 AUG, 2nd USPF Works Outdoor BP/DL (New Martinsville, WV) Matt McCase, 210 Gilbott St., Fairmont, WV 26554, 304-376-7538, mccase@yahoo.com

30 AUG, PPL Southeasters Strongman, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

30 AUG, WABDL West Coast Open BP/DL (Marriott Hotel, Rancho Cordova, Sacramento, CA) Jody Woods 916-524-0914

6 SEP, APF Georgia State (Kennesaw, GA) Jon Grove, 770-426-1077, kennesaw@fitnessresource.com

6 SEP, NASA NM Regional (PL/BP/PS), mike@liftinglarge.com, www.liftinglarge.com

6 SEP - WNPF Lifetime Southern States (Fitzgerald, GA) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

6 SEP - WNPF 2nd Jake the Hammer

APC Central California Powerlifting & Bench Press (Open, novice) A.P.C. National Qualifier

May 3rd, 2008
(Fresno, CA) Bob & Kim Packer
559-322-6805, 559-323-3892

Classic BP, DL, PC (Fitzgerald, GA) Troy Ford 678-817-4743, wnpf@aol.com

6 SEP, WABDL United We Stand BP/DL (New Castle, PA) Charles Venturella 724-654-4117

6 SEP, WABDL Southwest Classic BP/DL (Houston, TX) Tiny Meeker 832-423-7662

6 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

7 SEP, WNPF Upstate New York II (Rochester, NY) Ron, 330-792-6670 or 330-519-3078

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

13 SEP, NPA National Drug Free BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

13 SEP, USA Raw Bench Press Federation Fall Nationals (Holland, MI) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

13 SEP, APF Cornerstone Fitness Push/Pull (Bastrop, TX) Cornerstone

Fitness, 512-321-2667, www.seguinfitness.com

13 SEP, WABDL Hawaii BP/DL (Kamilioki Elementary School, Waimanalo, HI) Keith Ward, 808-375-8700

13 SEP, WABDL Greater Seattle Classic BP/DL (TBA, Seattle, WA) Bull Stewart 206-725-7894

13,14 SEP, USPF Muscle Beach PL/BP/DL (Venice Beach, CA) Steve Denison, 661-333-9800, pwrlfrs@msn.com, www.powerliftingCA.com

14 SEP, WABDL United We Stand (Holiday Inn, Beaver Falls, PA) Charles Venturella, 718 Mable St., New Castle, PA 16101, 724-654-4117, sircharles148@peoplepc.com, www.wabdl.org

14 SEP (NEW DATE), UK Open PL/BP/DL (Four Seasons, Trailwun Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047) www.wppowerlifting.com

20 SEP (NEW DATE/LOCATION), ADFPF Bill Beckwith Memorial PL/Single Lift, Rich Van Eck (Grand Rapids, MI) rvaneck@bpc-bci.com, 269-521-4031

20 SEP, SLP Bodyworks Gym Spears Foundation Benefit BP/DL Classic (Dry

Ridge, KY) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

20 SEP, Supreme Fitness Challenge II 100% Raw & AAU PP/BP/SC (Supreme Fitness, Brattleboro, VT) Meet Director Bret Kernoff, 802-865-2747, vermontpowerlifting.com, bret@vermontpowerlifting.com

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

20 SEP, WABDL National Collegiate BP & DL (Gateway Convention Center, 10 min. NE of St. Louis - Collinsville, IL) John Hudson, 217-377-4640, hudsonj@uhd.edu, www.wabdlcollegatenationals.info

20 SEP, APC National Qualifier (Brute Strength Gym, Norfolk, VA) 757-893-9111, 757-650-5410, schroeder_gayle@yahoo.com, www.powerandstrength.com

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

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

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

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

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

27 SEP (NEW DATE), USPF Central California Open PL/BP/DL (Modesto, CA) Steve Denison, 661-333-9800, pwrlfrs@msn.com, www.powerliftingCA.com

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

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

27 SEP, USAPA Blue Ridge classic BP/DL (Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434-985-3932, valifting@aol.com, virginiapowerlifting.blogspot.com or Will Morris, 434-985-6858

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

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

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

1ST ANNUAL TOM ELDRIDGE TOP GUN AZ STATE CHAMPIONSHIP MEET

- September 27, 2008 -

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Press Meet - Single Lift Deadlift

Meet. Divisions: OPEN, JUNIOR

(13-17), SUBMASTER & MASTER

For further info,

www.coldirongym.com or

520-457-3955

**7th & Allen St.,
Tombstone, AZ**

30214, 678 817-4743,
wmpflifetime@aol.com

28 SEP, (tentative) IPA Pennsylvania
PL, BP (location tba), Gene Rychlak Jr.,
143 Second Ave., Royersford, PA
19468, 610-948-7823,
bench_a_grand@yahoo.com

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

29 SEP-4 OCT, IPF Masters Worlds
(Palm Springs, CA) Lance Slaughter,
310-995-0047,
www.powerlifting-ipf.com,
www.usapowerlifting.com
3-5 OCT, 100% RAW/Raw United
Armed Forces Nationals and North
American Open (open to active
duty soldiers, reservists,
guardsmen, and veterans, all
current membership cards
honored, all lifters & teams receive
awards, entry deadline Saturday,
September 13) Spero
Tshontikidis, 4353 Collinwood
Dr., Melbourne, FL 32901, 321-
505-1194 ,
tshontis@brevard.k12.fl.us

4 OCT, NASA East Texas Regional,
Equipped & Unequipped PL & BP and
Power Sports & Push Pull & Pro Qualifier
(Tyler, TX) 405-527-8513, P.O.
Box 735, Noble, OK 73068,
SQBPDL@aol.com

4 OCT, SPF/WBPLA World PL/BP
(Gaitlinburg, TN) Jesse Rodgers,
423-344-7161 ,
rodgersmadmax@bellsouth.net

4 OCT, SLP Tennessee State BP/DL

(Lexington, TN) Darrel Latch, 126 W.

Sale, Tucola, IL 61953, 217-253-

5429, sonlightgym@verizon.net,

www.sonlightpower.com

10-12 OCT, WDFPF Single Event
Worlds (equipped, raw, men,
women, Open, teen, masters,
police/fire/military - Antwerp,
BEL) Wim Backelant, 309-837-

2111, www.adfpf.org

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

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

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

11 OCT, SSA Full Power/Ironman/
Single Lift (Iron Asylum Gym, Tribes
Hill, NY) Sandi McCaslin, 518-858-
7002, www.ironasylumgym.com

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

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

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

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

18 OCT, NASA Unequipped Na-
tionals, Unequipped Powerlifting,
Power Sports, Unequipped Push
Pull, Unequipped BP (OKC, OK)

405-527-8513, P.O. Box 735, Noble,
OK 73068, SQBPDL@aol.com

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

25 OCT, 4th Westminster Family

Paul Kelso's **POWERLIFTING BASICS - TEXAS**
STYLE. The Game's Funniest Book: .. join Lope and
Lavonda in the "ultimate blend of hilarity and common sense
.. \$14.95 plus/h, from IronMind Ent. Box 1228, Nevada City,
CA 95959, 916-265-6725, www.ironmind.com

Center BP, WFC, 11 Longwell Ave.,
Westminster, MD 21157, Scott Bixler,
443-789-9452

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

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

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

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

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

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

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

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

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

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

1 NOV, USA Raw Bench Press
Federation World Championship,

Darrel Latch, 126 W. Sale, Tucola,
IL 61953, 217-253-5429,
sonlightgym@verizon.net,
www.sonlightpower.com

1 NOV, APF Texas Cup (Plano, TX)
Gary Pendergrass, 800-378-6460,
www.seguinfitness.com

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

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

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

8 NOV, Regionals (Kansas City, KS)
JDuree@aol.com

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

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

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

**12-17 NOV, WABDL World BP/
DL (Riviera Hotel, Las Vegas, NV)**
Gus Rethwisch 763-545-8654 or
503-901-1622

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

15 NOV, USAPL Ohio PL/BP (Men -
Women - Masters - Open/Raw, Teen,
Team) Ed or Frank King, 440-439-
5464, www.kingsgymohio.com

15 NOV, SLP Kentucky State BP/DL
(Louisville, KY) Darrel Latch, 126 W.

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Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

15 NOV, N. Virginia Raw PL/BP, John James 703-475-9885, www.northernvirginiarawpower.com

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

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

22-23 NOV, IPA Sr. National PL/BP, York Barbell, 3300 Board Rd., York, PA 17406, Mark Chaillet, 7 1 7 - 4 9 5 - 0 0 2 4 , chailfit@yahoo.com, Ellen Chaillet, echaillet@aol.com

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

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

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

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

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

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

5-7 DEC, 100% RAW/RawUnited Worlds (all current membership cards honored, all lifters & teams receive awards, entry deadline Saturday, November 8) Spero Tshontikidis, 4353 Collinwood Dr., Melbourne, FL 32901, 321-5 0 5 - 1 1 9 4 , tshontis@brevard.k12.fl.us

6 DEC, NASA Missouri Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

6 DEC, APC Iron Man (Fresno, CA) Bob & Kim Packer, 559-322-6805, 559-323-3892

6 DEC, USPF NorCal Open PL, BP, DL (Sacramento, CA) Steve Denison, 661-333-9800, pwrlftrs@msn.com, www.powerliftingCA.com

6 DEC, USAPL Virginia State (PL/BP/DL/Ironman, raw, assisted - Standardsville, VA) John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.virginiausapl.com

6 DEC - WNPF McCray/Peace Memorial BP, DL, PC & Police/Fire/Military Nationals (Bordentown, NJ) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC - WNPF Lifetime Ironman Nationals & East Coast BP, DL, PC (Bordentown, NJ) WNPF Lifetime, PO Box 142347, Fayetteville, GA 30214, 678 817-4743, wnpflifetime@aol.com

7 DEC - WNPF 7th Eastern USA PL, BP, DL, PC (Seaford, DE) Troy Ford 678-817-4743, wnpf@aol.com

6 DEC, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

6 DEC, APF Gulf Coast (Beaumont, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

7 DEC, 16th Raw ADAU Coal Country Classic (separate SQ, BP, DL, open and all age groups, men and women - Bigler, PA) Al Siegel 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

7 DEC, BPO British BP & DL Record Breakers (Four Seasons, Tralwn Road, Llansamlet, Swansea) Ken Williams (07970 625946), Nigel Wilding (07814 939047), www.wpfpowerlifting.com

13 DEC, APF Rio Grande Valley Championship (McAllen, TX) Gary Pendergrass, 800-378-6460, www.seguinfitness.com

13 DEC, SLP Arkansas BP/DL (Rogers, AR) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

13 DEC, 100% Raw Christmas Classic BP/CR, John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

13 DEC, Golden Bear Bench Press Classic (WI) Steve Fronk, 715-736-7560, unitedag@chibardun.net

13 DEC, NASA West Texas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

20 DEC, NASA Illinois Christmas Regional, Equipped & Unequipped PL & BP and Power Sports & Push Pull, 405-527-8513, P.O. Box 735, Noble, OK 73068, SQBPDL@aol.com

27 DEC, 3rd annual Gene Rychlak Jr. Bench Press Classic (Boyertown YMCA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823, bench_a_grand@yahoo.com

27 DEC, SLP The Last One! BP/DL (Tuscola, IL) Darrel Latch, 126 W. Sale, Tucola, IL 61953, 217-253-5429, sonlightgym@verizon.net, www.sonlightpower.com

DEC, AAU World Bench Press, World Push-Pull (Nevada) Martin Drake, 951-928-4797, naturalpower@earthlink.net

DEC, USAPL Florida Senior State Games BP & DL (Age 50+ - Ft. Myers/Cape Coral, FL) Robert Keller, Box 281571, Davie, FL 33329, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

DEC, APF-AAPF Southern States PL/BP, Kieran Kidder, 866-389-4744, amyljackson@aol.com

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



The SAAS's Own MIKE COLLETT

USA Raw BP Federation Worlds 3 NOV 07 - Tuscola, IL

BENCH	Master (50-59)
FEMALE	198 lbs.
Teen (13-15)	R. Kuhn 330
97 lbs.	242 lbs.
K. Hislop	60* H. Jackson 400
Submaster	Master (60-69)
123 lbs.	181 lbs.
M. McElroy	130* R. Peterson 200*
MALE	220 lbs.
Teen (13-15)	M. Collett 240
148 lbs.	Master (70-79)
S. Wellman	185* 220 lbs.
Teen (18-19)	G. Good 275*
198 lbs.	Police/Fire
Z. Marvel	380* Submaster
Junior	198 lbs.
181 lbs.	C. Barth 335
T. Hague	335 Open
275 lbs.	165 lbs.
J. Hunter	385* T. Norwood 385*
Submaster	181 lbs.
181 lbs.	T. Hague 335*
E. Meinders	250 220 lbs.
242 lbs.	K. Derossett 385*
B. Hislop	435* 242 lbs.
4th-45*	A. Barnhart 475*
Master (40-49)	275 lbs.
308 lbs.	C. Kozeluh 475
O. Boyd, Jr.	420* I. Robie 365
	SHW
	D. Patrick 530*



Kaley Hislop at the USA RAW BP

*=USA Raw Bench Press Federation World Records. Best Lifter Open Men: Dru Patrick. Best Lifter Master Men: Henry Jackson. The USA Raw Bench Press Federation World Championship was once again a big success with lifters from Illinois, Indiana, Michigan, Wisconsin and Georgia. Thanks to our spotters and loaders, Phil Halverson, Eric Ruff and my son Joey for doing a great job, as well as my side judges, Linda Middleton and my wife Susie, both fantastic national and world class judges. In the teenage women's 13-15 age division, first time competitor Kaley Hislop set the world mark at 97 with 60. Marla McElroy set the world record at submaster 123 with 130. For the teenage men's 13-15 148 class it was Stephen Wellman, who probably had the best form of any of the lifters that day. Stephen finished with a new world record of 185 for his class. Our only other teenager was 18-19/198 winner Zach Marvel, who set the mark there with 380. Trey Hague won at junior 181 with 335 while Josh Hunter took the junior 275 class with a new world record of 385. At submaster it was Ed Meinders at 181 with 250 while Bill Hislop won at 242 with 435, before coming back with a great 450 fourth! Both were new world marks for Bill. Otha Boyd, Jr. returned to competition, breaking the world record at 40-49/308 with 420. Teammate Robert Kuhn, a world arm wrestling champion, took the 50-59/198 class with 330 while Henry Jackson did the same at 242 with a big 400. Robert Peterson broke the world mark at 60-69/181 with 200 while Mike Collett, founder of SAAS, won at 220 with 240. Gaylord Good, who as competed in over 500 meets since he was 14 years of age, broke the world record at 70-79/220 with a solid 275. Chuck Barth, record-holder at police & fire/submaster/198, won there with 335. In the open division Tony Norwood broke the world record at 165 with a strong 385. Trey Hague did the same at 181 with 335 while Kenneth Derossett got his world record at 220 with 385. Aaron Barnart won at 242 with 475, tying his own world mark there. Charlie Kozeluh took the 275 class with 475 over Ian Robie, who finished with 365. Then at shw it was Big Dru Patrick with a world record 530. The best over lifter award went to Dru Patrick while the best master award went to Henry Jackson. Thanks again to all who helped out, and to the spectators who came to cheer on all the lifters. See you all again next year! (results provided by Darrell Latch)



14 year old Stephen Wellman. (all photographs by Darrell Latch)

WPA Championships

3 NOV 07 - Blue Springs, MO

BENCH	Open								
198 lbs.	J. Hammond	425							
Open NT	Teen (14-15)								
C. Flick	300	Z. Ufford	240						
Open Raw NT	275 lbs.								
J. Johnston	475	Master (50-54)							
220 lbs.	C. Cozine	480							
Master (55-54)	Open								
M. Hammond	405	J. Humbyrd	500						
	4th-520								
Push Pull	BP	DL	TOT						
MEN									
132 lbs.									
Youth (9-11)									
N. Duncan	60	175	235						
Powerlifting	SQ	BP	DL	TOT					
FEMALE									
148 lbs.									
Submaster NT									
S. Culbertson	225	270	300	795					
181 lbs.									
Master (45-49)									
D. Gordon	160	100	180	440					
Raw									
132 lbs.									
Open									
B. Rich	265	165	285	715					
MALE									
148 lbs.									
Open									
D. Ratcliff	400	290	400	1090					
165 lbs.									
Master (45-49)									
I. Clark	560	345	465	1370					
Teen (14-16)									
B. Acid	235	190	275	700					
181 lbs.									
Junior									
A. Odenwald	590	405	575	1570					
198 lbs.									
Junior									
J. Noell	500	365	570	1435					
Open NT									
J. Johnston	525	475	500	1500					
Teen (14-16)									
D. Duncan	255	145	300	700					
220 lbs.									
Junior									



Troy Nash with an APA raw World Record 710 deadlift at the WPA Worlds (courtesy of Rod Wood)



The Mighty Christian Powerlifting Contest III Participants: back row, Contest Director Newton Romualdo, John Young, Dave Zanettie, Cosimo Marion, Joel Martinez; front row - Chris Welsch, Arlene Modaffer, Nancy Lopez, Special Guest Speaker Joel Toranzo, Jairo Baretto Jr., Many Cruzado, Adam Zaloshinsky. (photograph was provided by the courtesy of the Mighty Gibbors Strength Center, Dover, New Jersey)

K. Rekowski	525	355	575	1455	B. Moore	600	390	705	1695	WOMEN continued
Submaster NT					Submaster NT					A. Modaffer 140 85 150 375
B. Cass	860	500	600	1960	T. Nash	700	435	710	1845	MEN
308 lbs.					308 lbs.					148 lbs.
Master (40-44)					Open					M. Cruzado 280 190 315 785
K. Ufford	835	550	740	2125	J. Leon	400	320	500	1220	Zaloshinsky 280 225 280 785
SHW					SHW					181 lbs.
Master (50-54)					Master (45-49)					198 lbs.
D. Oaks	530	327	462	1319	B. Duncan	465	275	475	1215	C. Welsch 315 405 505 1225
Raw					NT=Not Tested. (Thanks to William E. Duncan for providing these meet results)					C. Marino 405 320 476 1200
198 lbs.										S. Zanetti 345 195 365 905
Junior										220 lbs.
M. Lane	500	280	625	1405						A. Sorce 315 245 440 1000
242 lbs.										242 lbs.
Open NT										J. Young 365 325 550 1240
P. Stevens	450	280	650	1380						Best Lifter: Chris Welsch. First Place Team: The Mighty Gibbors Strength Center. Special thanks to: Joel Toranzo, Guest Speaker and Guest Lifter, Joel Martinez, Guest Speaker, Tom Hallet, Guest Singer, John Neidhart Photographer, Gus Jaramillo, Registration, Rosine Imperato, Registration, Wilson Martinez, Loader & Spotter, Jose Cabrero, Loader & Spotter, Larry Gonzalez, Loader & Spotter, David Lopez-Loader & Spotter. (Thanks to Newton Romualdo, Contest Director, for results)
275 lbs.										
Open										

Mighty Christian Powerlifting III 20 OCT 07 - Dover, NJ

Powerlifting	SQ	BP	DL	TOT
WOMEN				

N. Perez 260 120 230 610

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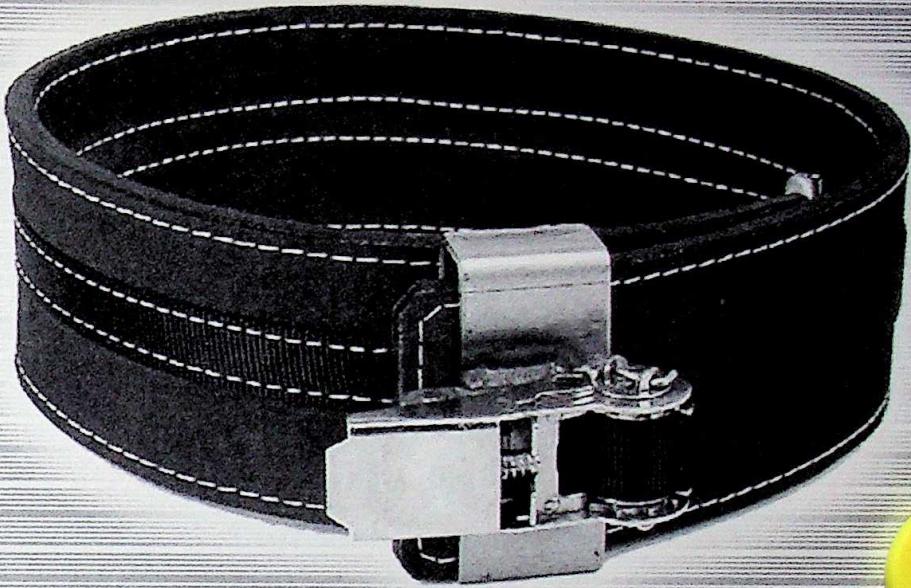
12 JAN 08 - Gilmer, TX

BENCH					
MALE					
308 lbs.					
Master I					
Open					
C. Spirrison	424				
PS BENCH					
MALE					
242 lbs.					
Police/Fire					
C. Spirrison	226				
C. Bowen	407				
275 lbs.					
Master II					
R. Harris	181				
PS CURL					
MALE					
Powerlifting	SQ	BP	DL	TOT	
MALE					
275 lbs.					
High School					
M. Rouglye	628	281	474	1383	
308 lbs.					
Open					
H. Thomason	821	501	677	2000	
Power Sports	CR	BP	DL	TOT	
FEMALE					
148 lbs.					
Master I					
R. Hedrick	60	104	220	385	
MALE					
165 lbs.					
Master I					
D. Holland	115	209	413	738	
220 lbs.					
Master I					
G. Powell	176	363	402	942	
275 lbs.					
Master II					
R. Harris	181	330	418	931	
(Thanks to Rich Peters for these results)					

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(continued from page 12)

leads us to a problem that many never consider: optimal eccentric. How much muscle tension should one use on eccentric movements? If it is true that an individual can lower 60% more than they can raise, then applying 100% of his eccentric strength, he could hold the bar at any position. However, he would destroy the stretch reflex with heavy weights. Overcoming inertia is done with light weights with a fast eccentric stop to build reversal strength. This is ballistic training. The bar never touches the chest. One to three inches off the chest is recommended. If you drop a 10 pound rock and a 1 pound rock from the same distance, they hit the ground at the same time. But as one lowers a heavy weight, as the weight increases, the eccentric phase slows down. This is due to too much eccentric muscle action.

There are optimal bar speeds for velocity training, where the objective is fast movements with light loads, and for force training, where the bar speed may be zero or very low, to produce maximum force. There are optimal bar speeds for these efforts, and they are always measured in concentric movements. So should there not be an optimal eccentric speed? Of course, it is just that no one has ever considered it. Until now.

How can you learn to optimally lower heavy loads in the pressing and squatting or good morning exercises? You can use a foam block for assisted eccentric training. In my experiments with a Tendo unit, comparing the eccentric and concentric bar speed with speed strength benching and squatting, the difference was one-tenth of a meter per second. The same was true for a circa-max phase in the squat. A combination of band tension and weight was used. The bands cause an accommodating resistance effect on the concentric phase and an overspeed eccentric effect on the eccentric phase, increasing kinetic energy in the stretch reflex.

The eccentric/concentric phase on speed strength should be 0.7 to 0.8 meters/second. On near-max weights, this should be 0.5 meters/second. Remember, this was done with adding bands to the bar. But how do you lower just weight in a fast manner? This is done by using roughly 60% of your eccentric potential. I have done ballistic benching with 200 pounds when my raw bench was 500. As you can see, I am dropping almost 40% of my best raw bench. I was lowering the bar

at around 0.5 meters/second.

Watching Elite benchers at Westside perform at similar eccentric speed, I noticed that this has led to a faster concentric phase. How did we learn to lower heavier loads in the bench and squat? We use foam blocks to bench off of, lowering the plates onto the foam. We sit on the foam for box squatting. Here are some of the methods we use.

For floor pressing, lie on a 7-inch foam pad. Your entire torso will sink into the foam, which causes an unstable effect. Floor presses can be done while lying on the floor and adding small, 18 x 18 inch, foam pads under the arms only. This will enable the arms to relax concentrically more than normal.

The king of all optimal eccentrics for benching is to lower the bar so that the plates are lowered into the foam blocks. One can almost totally relax eccentrically. This contributes to a fast rate of reversal strength, adding to a powerful concentric phase. This will undoubtedly help not only raw benching but also lowering weights in bench shirts.

For deadlifting, we stand on foam pads while doing pulls. It will immediately build leg drive, in conventional or sumo style. For box squatting, we sit on a 24 x 28 inch foam block. It feels like a half box squat and half regular squat. We also stand on a foam pad while box squatting to get extra leg drive and

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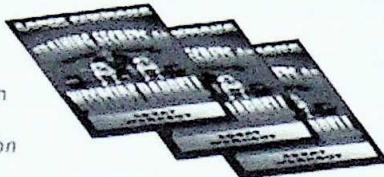


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Optimal eccentrics, a muscular and reflex phase of strength training, can bring about superior gains, just as Verkhoshansky found shock training produced after watching triple jumpers perform. A new idea, a new training method can revolutionize strength. So don't quit; rather, don't go gently into that good night. "Old age should burn and rage at close of day. Rage, rage against the dying of the light."

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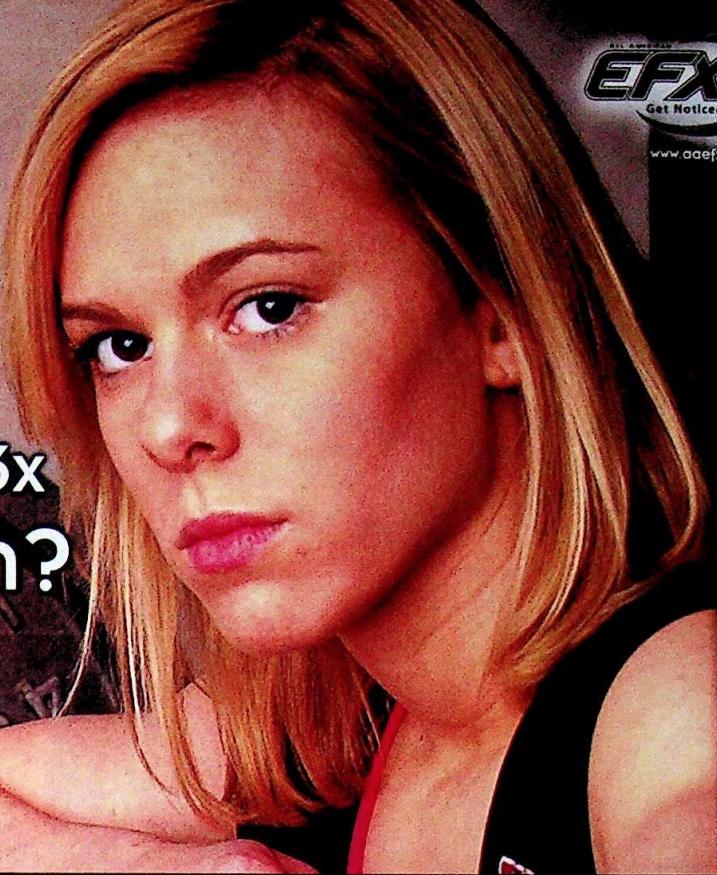


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12 AUG 07 - Beech Grove, IN

BENCH	Junior	275 lbs.	D. Smith	600*	198 lbs.	M. Munro	375	J. Dibert	535*	S. King	475
WOMEN	198 lbs.	Raw	B. Brown	355	SHW	B. Brown	355	J. Thompson	165*	Junior	
Teen (18-19)	L. Ruiz	380*	Novice	Submaster	165 lbs.	L. White	260*	DEADLIFT	165 lbs.	C. Glassburn	480
105 lbs.	Submaster	181 lbs.	Q. Brown	315	165 lbs.	E. Vaughn	190	WOMEN	198 lbs.	L. Ruiz	520
D. Brunton 65*	242 lbs.	198 lbs.	A. Kocks	330*	275 lbs.	B. Bowling	415*	Teen (18-19)	105 lbs.	Submaster	
Master (55-59)	M. Struck	435	220 lbs.	Master (40-44)	275 lbs.	D. Brunton	165*	L. Ruiz	165 lbs.	E. Vaughn	365
132 lbs.	275 lbs.	198 lbs.	W. Mehaffey	150*	275 lbs.	B. Bowling	415*	Submaster	242 lbs.	K. Phillips	740*
M. Hampton 60	D. Smith	600*	C. Gudakunst	450*	220 lbs.	D. George	315*	Master (40-44)	242 lbs.	B. Berryman	585
Master (60-64)	Master (40-44)	275 lbs.	Teen (13-15)	Master (50-54)	181 lbs.	M. Harmon	260*	Master (55-59)	242 lbs.	D. Becker	345
148 lbs.	220 lbs.	J. Walton	525*	Master (60-64)	220 lbs.	M. Klein	550*	Master (40-44)	242 lbs.	J. Piper	420
E. Reece 145*	M. Hinders	460	I. Robie	460	132 lbs.	F. Gudakunst	270*	Master (55-59)	242 lbs.	K. Phillips	740*
Master (65-69)	242 lbs.	SHW	SHW	Master (50-54)	165 lbs.	J. Thompson	200*	Novice	242 lbs.	R. Chambers	475
181 lbs.	M. Lewis	530*	C. Gudakunst	450*	148 lbs.	D. Farmer	230*	181 lbs.	220 lbs.	D. Lockridge	585
J. Berry 160*	J. Harvey	460	Teen (13-15)	Master (65-69)	198 lbs.	D. Corsaro	190	Master (50-54)	220 lbs.	55-59/165	
Raw	275 lbs.	S. Wellman	150*	Master (65-69)	198 lbs.	M. Klein	550*	Master (55-59)	220 lbs.	Open	
Teen (13-15)	R. Tilson	—	K. Lee	400*	120 lbs.	P. Shanley	285*	Master (55-59)	220 lbs.	Open	
148 lbs.	Master (45-49)	220 lbs.	E. MacKenzie	190	165 lbs.	D. Conner	540*	Master (55-59)	220 lbs.	Open	
J. Alexander 90*	198 lbs.	D. Goble	510*	Teen (16-17)	148 lbs.	P. Shanley	285*	Master (55-59)	220 lbs.	Open	
Submaster	T. Conner	540*	A. Aburabi	120*	148 lbs.	D. Farmer	230*	Master (55-59)	220 lbs.	Open	
165 lbs.	242 lbs.	510*	Teen (16-17)	165 lbs.	165 lbs.	D. Corsaro	190	Master (55-59)	220 lbs.	Open	
C. Tompkins 145*	K. Piper	340	K. Lehner	230*	165 lbs.	M. Klein	550*	Master (55-59)	220 lbs.	Open	
MEN	Master (50-54)	198 lbs.	Teen (18-19)	165 lbs.	198 lbs.	F. Gudakunst	270*	Novice	220 lbs.	Open	
Novice	242 lbs.	D. Shorter	225	198 lbs.	198 lbs.	J. Thompson	200*	181 lbs.	220 lbs.	Open	
181 lbs.	D. Goble	510*	Master (65-69)	Junior	198 lbs.	G. Good	280*	181 lbs.	220 lbs.	Open	
A. Myer 270	J. Willis	260	Master (65-69)	Junior	198 lbs.	L. Zielinski	245*	181 lbs.	220 lbs.	Open	
242 lbs.	Master (55-59)	220 lbs.	148 lbs.	Junior	198 lbs.	P. Lotkov	265*	181 lbs.	220 lbs.	Open	
J. Horn 435	220 lbs.	D. Shorter	225	148 lbs.	148 lbs.	J. Ford	450	181 lbs.	220 lbs.	Open	
Teen (13-15)	Master (65-69)	225	165 lbs.	148 lbs.	148 lbs.	R. Chambers	420	181 lbs.	220 lbs.	Open	
114 lbs.	181 lbs.	D. Vogler	225	165 lbs.	165 lbs.	C. Becker	335	181 lbs.	220 lbs.	Open	
L. Zielinski 155*	181 lbs.	Open	J. Joyner	260*	242 lbs.	D. Lockridge	585*	181 lbs.	220 lbs.	Open	
Teen (16-17)	D. Vogler	225	D. Raines	290*	242 lbs.	R. Chambers	420	181 lbs.	220 lbs.	Open	
165 lbs.	242 lbs.	Open	N. Murray	330*	275 lbs.	C. Beck	405	181 lbs.	220 lbs.	Open	
C. Becker 215	242 lbs.	S. Barrick	505	Open	275 lbs.	D. Lockridge	585*	181 lbs.	220 lbs.	Open	
220 lbs.	S. Barrick	505	B. Davich	225	275 lbs.	R. Chambers	420	181 lbs.	220 lbs.	Open	
R. Brenner 315	T. Resser	425	B. Davich	225	275 lbs.	C. Beck	405	181 lbs.	220 lbs.	Open	

Best Lifter Bench Press: Dennis Smith. Best
 =Son Light Power Indiana State Records.

Lifter Bench Press Raw: Joe Dibert. Best Lifter Deadlift: Keithan Phillips. Team Champions: Cardinal Fitness. The Son Light Power Indiana State Fair Bench Press & Deadlift Championship was held at Leo's Black Iron Gym. Thanks to owner Beth Starker for hosting this event and to Joey Latch and his crew for once again doing a great job loading and spotting this event. This year the championship was dedicated to Gary Starker, who passed away almost a year ago. Gary, along with his wife Beth were owners of Leo's Black Iron Gym. Gary was a coach, trainer and competitor who touched the lives of so many over the years. He will be missed by all he knew, but his memory will live on with this annual event. Turning now to the competition, we look first at the raw bench pressers. In the teenage women's 13-15 age group Jodi Alexander set the Indiana state record for the 148 class with 90. Cora Thompkins finished with a new state record 145 at submaster 165. For the novice men it was Quincy Brown at 181 with 315 while Andrew Kocks broke the record at 198 with 330. William Mehaffey, lifting in his first competition, set the record at 220 with 150. James Walton got a big 525 state record at 275 while Ian Robie finished second there with 460. Then at SHW Chad Gudakunst broke the state record with 450. For the teenage men's 13-15 age group it was Stephen Wellman at 132 with 150 while Angelo Aburabi got the win at 220 with 120. Patrick Shanley won at 16-17/148 with 285 while Karsten Lehner got the win at 198 with 230. For the 18-19 agers it was Skyler King with 300 at 198 and Nate Murray with 330 at 275. All of these teenagers set new state records for their respective classes! Our junior men's division also had some great lifters. At 148 Jovan Joyner got his state record with 260. David Raines won at 165, establishing the state record there with 290. A close second with 285 was Chase Glassburn while Buck Davich was third with 225. At 198 Mark Munro won over Buster Brown 375 to 355. Lamont White broke the state record at submaster 165 with 265 while Eric Vaughn finished second with 190. Bill Bowling got a big 415 state record at 275. In the master men's 40-44 group it was Ron Hampton with 380, another state mark. Dennis George came down from Wisconsin for the win at 45-49/220, getting the state record there with 315. At 50-54 it was Kurt Lee with a new state record of 400 while Ed Mackenzie finished second there with 190. David Farmer got the win and new state record at 55-59/165 over David Corsaro, who finished with 190. At 65-69/275 it was Fred Gudakunst with a new state mark of 270 while our oldest and most distinguished lifter, Gaylord Good, broke his own state record at 70-74/220 with 280. Gaylord has competed in over 500 competitions since the age of 14! For the open men it was Pavel Lotkov with a new state record of 265 at 148. Jamie Ford won over Richard Chambers 450 to 420 at 242 while Chip Beck took the 275's with 405. Best lifter and 308 open winner, Joe Dibert, set the record there with 535! James Thompson, our final

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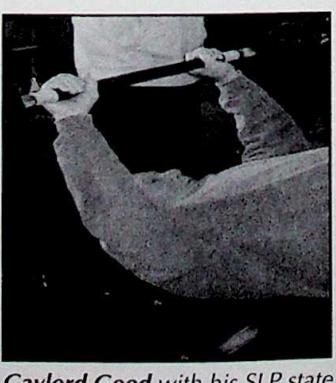
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Gaylord Good with his SLP state record 280 BP at 220/70-74 at the Indiana State Fair. (Latch photo)

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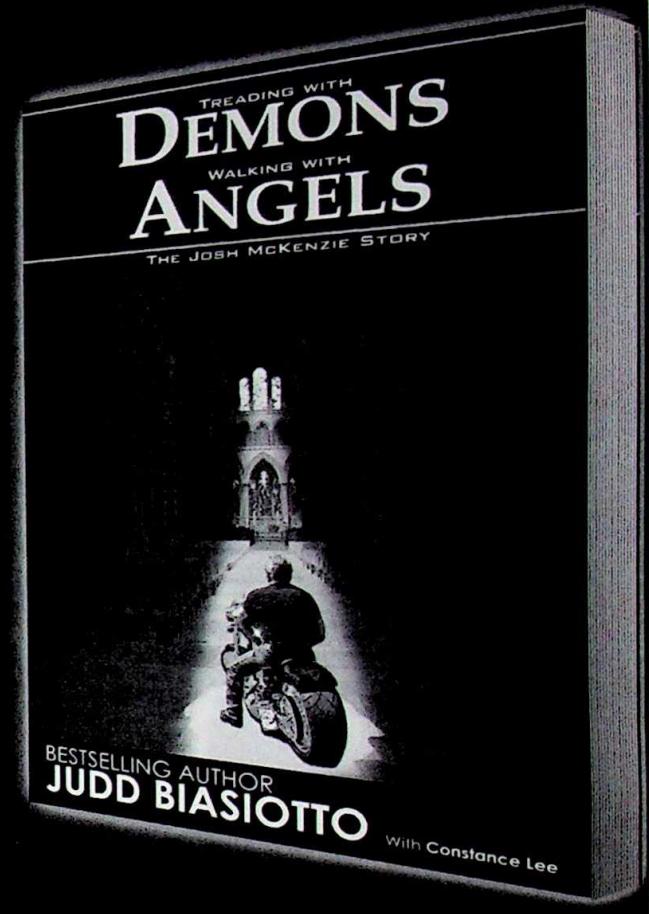
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raw lifter, won at SHW with a new state record 165. In the shirt division Danielle Brunton set the state mark at 18-19/ 105 with 65. Mary Hampton (brace and all - from a broken leg earlier this year) won at 55-59/132 with 60 while Eva Reece took the 60-64/148 class, breaking her own state record with a new personal best 145. Janet Berry also got a new state record for her class with 160 at 65-69/181. Albert Myer won at novice 181 with 270 while fellow novice lifter Jason Horn took the 242 class with 435. Logan Zielinski broke the state record for the 13-15/114 class with a solid 155. At 16-17 Cody Becker won at 165 with 215 while Ross Brenner took the 220's with 315. Junior winner at 198, Luis Ruiz, who always lifts raw, set the state record here with 380. Mark Struck returned to competition after a little layoff, but won at submaster 242 with 435. Dennis Smith, who is always a little "off" got his first ever 600 bench at submaster 275! Weighing in at just 248 Dennis also won the best lifter award. In the master 40-44 division Mike Hinders won at 220 with 460 while Mike Lewis won over James Harvey 530 to 460. Mike's final attempt set the state record there. Rocky Tilsen made a valiant effort with a personal best 510 at 275 but failed with the weight three times. At 45-49/198 Tracy Conner got a new PR and state record with 540, finishing a close second in the best lifter award. Kevin Piper finished with 340 at 242. For the 50-54 division Dan Goble got a new PR and state record 510 in the 242 class. Jon Willis finished second with 260. Dave Shorter won at 55-59/220 with 225, the same weight Dorran Vogler finished with 65-69/181. In the open division Steve Barrick won at 242 over Tedd Resser 505 to 425. Dennis Smith won at open 275, tying the state record there and at submaster, held by George Lealifano! In the deadlift event Danielle Brunton set the state mark at 18-19/105 with 165. Cora Tompkins won at submaster 165 with 225 while Marianne

Harmon won again at 55-59/181, breaking her old state record with 260. Eva Reece won her second title of the day at 60-64/148 with 225. For the novice men it was Mike Klein with a new state record of 550 at 198. James Thompson got his second record of the day at SHW with 200. In the teenage men's 13-15 division Logan Zielinski broke the state record at 114 with 255! Cody Becker won at 16-17/165 with 335 while Skyler King took the 18-19/198 with 475. Junior lifters Chase Glassburn and Luis Ruiz finished with 480 at 165 and

520 at 198 respectively. At submaster 165 Eric Vaughn won with 365 while Keithan Phillips had his best day yet with a great 440 record pull at 242. Brian Berryman finished second at 242 with 585. Bill Newby and Mike Lewis both pulled 530 in the 40-44/242 class, though Bill was given the win due to a lower bodyweight. Donnie Becker won at 45-49/220 with 345 while Kevin Piper captured the 242 class with 420. Jon Willis broke the state record at 50-54/242 with a big 550! In the open division Silvio Castillo got a big 450 in the 165 class

while Jeff Lantz finished with 390 at 220. Keithan Phillips won his second title of the day at 242 over Richard Chambers, who ended with 475. Keithan set the state record there but also won the best lifter award for the competition. Our final lifter was Dwayne Lockridge, who set the record for the SHW class with 585. The team from Cardinal Fitness, led by Gaylord Good, won the team award. Thanks to Gaylord, who brought almost half of the lifters to the meet and to Beth Starker for hosting this event. See you next year. (Darrell Latch)

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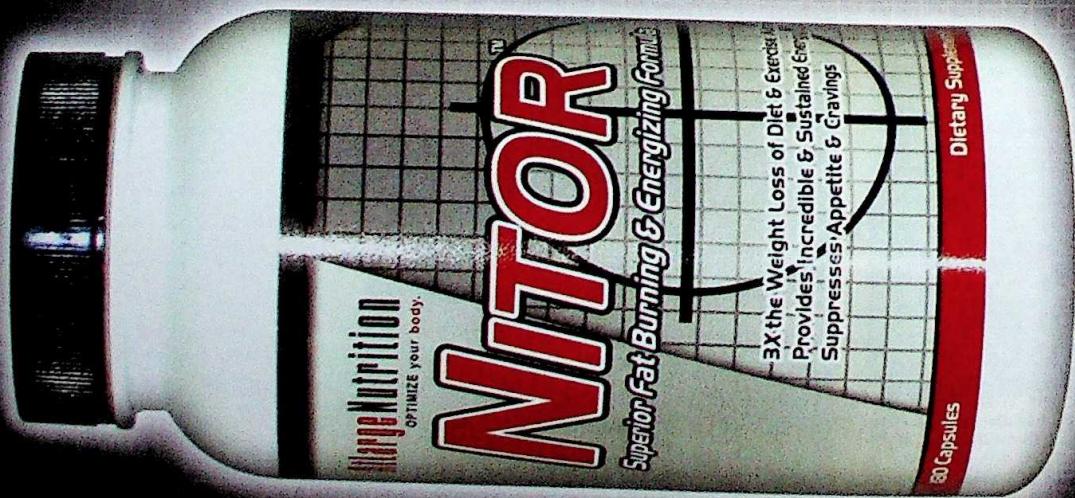
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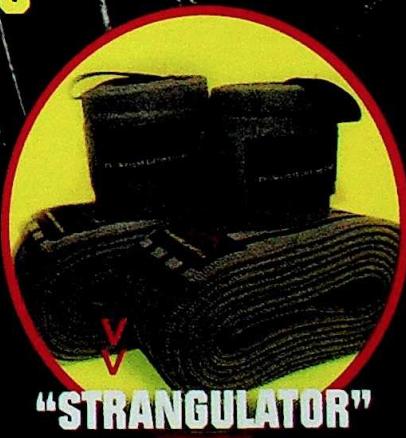
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large interest heading into the meet, by virtue of some internet training videos that showed him posting a 2400+ gym total heading into the Arnold. His videos showed tremendous power and control but the question was, "Would it translate on the platform?". The answer was a decisive YES!

Tony was up for the young bull's challenge and motored through three strong squats to finish with 859. Mike calmly smoked a class high 826 opener, but was turned down on a strong 2nd at 865. He had designs on a 900+ squat and the strength was definitely there, but a wise choice of 881 was selected. Once again the lift was completed with room to spare but turned down 2/1, giving Cardella a large 33 lb. lead heading to the bench. A few lifts later, Technical Secretary Rob Keller asked me to make the announcement that, based on a unanimous decision by the three person jury, Mike's third squat decision was overturned and the lift was passed. This put 55 lbs. on Mike's total and moved him into the lead. In recent years, Tony Cardella has been off his game in the bench but on this day he really had a difficult time and was left with just an opener at 562. In 2004 at the Worlds in South Africa, I witnessed a strong 622 BP by Tony and felt that he was headed towards 650+ in that lift. All of us who have competed for some time have gone into a slump in one lift and Tony is just showing that he is mortal. One 3/3 Bench over 600 will get Tony back on track and my guess is that it will be sooner rather than later. Meanwhile, Tuchscherer showed poise beyond his scant 22 years and refused to let the champ have a glimmer of hope. Three solid benches ending at a huge 639, opened up a 99 lb. lead going into the pulls. Mike had to work a little on the 639 to reach the highest USAPL subtotal ever, in this class, at 1520. Tony rebounded from the disappointment in the bench like the champ he is, with a PR 821 on a 2nd and then jumped to a Junior World Record 861. He got it moving, but never past his knees, the only time all day he was unable to complete a lift. Mike's victory was the 1st and only for Team Pacific.

Here is a summary of what he had just witnessed, 7/9 with PRs across the board, Junior American Records in all three lifts, a Junior and Open American Record total by almost 100 lbs., a tie for the 2nd highest USAPL total of all time at 2342 and a 94 lb. victory over the #1 275er in the World in 2007. That total equals Hall of Famer Brad Gillingham's best as a SHW at the '04 Seniors in Baton Rouge. Only the colossal totals put up by Brian Siders are ahead of Mike. As someone who competes in this class and has spent the better part of the last 20 years climbing towards a 2000 lb. total, it is stunning to see a lifter abuse that

significant benchmark by over 300 lbs. Based on the lifts we saw, a 2500+ total at 275 doesn't seem hard to fathom and that leaves only a move to SHW and what would be a tussle the likes of which this sport has never seen between Siders and Tuchscherer down the road. During the awards ceremony, Mike Bridges and Mike Tuchscherer were on the stage together having their picture taken and it wasn't hard to visualize a symbolic torch being passed from one Powerlifting Megastar to a future Megastar. Let's hope Mike T. has half as many great years ahead of him as Mike B. has accomplished.

The giants hit the platform in the form of seven SHW's, with the "smallest" being over 310 lbs.. Canada's Alex Mardell suffered an injury in warmups and was unable to step onto the platform. Two others were unable to register a total. Runner-up at last year's Seniors, Jeff Lewis, came in with some enormous numbers in mind. A 870 opening squat had the crowd at a fever pitch. The lift was smooth and steady, which usually means Jeff has another 100 or so lbs. left in him. A move up to 931 was solid as well, although Jeff seemed to get slightly out of the groove and almost paused at the bottom of the lift. The weight chosen for a 3rd was 975, the highest squat in USAPL history and an American Record to break Brian Siders' 970. The packed ballroom rose in unison for this momentous occasion. After a solid setup and a smooth descent, Jeff began the ride upward. As the bar moved up about halfway it began to slow, this is usually where the patented King Louie gut kicks in, and sure enough he kept it moving. As he was just beginning to move past the end of his normal sticking point his weight shifted backward slightly. Jeff continued pushing and tried to bring it back into the groove, but the combination of over 1500 lbs. of bar and lifter is too much even for Jeff to change. Jeff stayed with the bar but stepped back on the right side and that's when chaos ensued. When Jeff's right foot hit the ground his entire right leg buckled instantly. The spotters made a courageous effort to keep Jeff upright but once his leg gave way, he was unable to help and fell back with his knees underneath. Amazingly enough the rear spotter stayed with Jeff the whole time and was uninjured, but Jeff was on the ground and not able to put weight on either leg in order to attempt to stand. After the medical staff looked Jeff over it was decided to send him to a local hospital for evaluation. After several hours in the hospital, it was determined that surgery was necessary, and Jeff was driven home in the back of an SUV by some of the St. Louis crew who helped him at the meet. Several days later, Jeff had surgery and it was found that he had torn the patella tendon in both legs. Jeff will have an extended hospital stay and even longer rehab but he fully expects to return and put up big numbers. He specifically asked that we thank all of those who have offered support and words of encouragement, both in Columbus that weekend and in the weeks since the meet. He has heard from a large number of lifters and truly appreciates the kindness that has been shown to him.

Jeff's main competition appeared to be Lance Karabel from the Central Team. Lance exploded up with an 881 opener that was turned down, but he didn't miss a beat and went on to hit strong lifts of 914 and a competition best 942. With Jeff out of the meet, Lance was in the driver's seat but he seemed to be off his game the rest of the day. In the bench it took three tries to get one in at 611 and upon stepping back with a solid DL opener at 738, Lance inexplicably jumped to 760 and after two close misses he failed to register a total. Lance is unquestionably capable of well over 2300. He just needs to bring all of his immense strength together on meet day.

Junior lifter Blaine Sumner isn't far out of the teen ranks and showed great potential. He used a 3/3 day in the BP with 556 to finish in 4th place. Canada's Mat Court needed three attempts to get on the board in the squat to end in 3rd. Mat was one of only four lifters in the competition to

post an over 800 SQ and a 600 BP. Masters lifter Dan Gaudreau also needed to hit a do or bomb 3rd squat to stay in the competition and from there used a meet high 650 BP and a try at a Masters WR 685 to move into 2nd with a 2083 total. Winning for the 4th time for Team Central was the fast rising Jason Christus. Jason only made six attempts, an off day for him, but he made enough of the important ones to end on top with a PR 2204 total. Jason was especially happy with a 733 DL that was a good bit higher than he had done previously. With lifters like Jason and Lance, along with Jeff Lewis and Randall Harris, the USAPL has quite the stable of Supers to push the two big dogs Gillingham and Siders. Both of these men were in Columbus for the Arnold Expo, demonstrating USAPL strength in a variety of ways. Brian not only competed in the Arnold Strongman on Friday and Saturday, he finished in 2nd overall in the IPF bench competition held on Sunday. Brad had the expo hall in a frenzy with his PR 865 pull to win the highest deadlift overall and by formula competition on Saturday afternoon. Brad is knocking on the door of 400 kgs. with a WR 900 pull not far behind.

Congrats to the Team champs from Team Midwest, coached by Matt and Sioux-Z Gary, who won despite only starting with seven lifters and losing one of those on Jeff Lewis' injury. They needed everyone to score and the team of Haffenbrack, Hooper, Hammers, Douglas, Cardella and Wagner brought home the title. Team Pacific was nearly 20 Wilkes pts. behind in 2nd with Team Canada a strong 3rd. Team Central dropped to 4th due to three costly bumbouts and Team Atlantic finished in 5th with two bumbouts. The best lifters were Hooper, Bridges and Tuchscherer with Mike T. having the highest Wilkes of the contest. Best lifters in the squat went to Hooper, Bridges and Mastrean with Wade having the best overall squat of the contest. Hooper, Hammers and Tuchscherer were the best benchers with Mike T's 639 being the best overall. The best pullers went to Niedoliwka, Dan Williams and Cardella with Tony's 826 being the best DL of the contest.

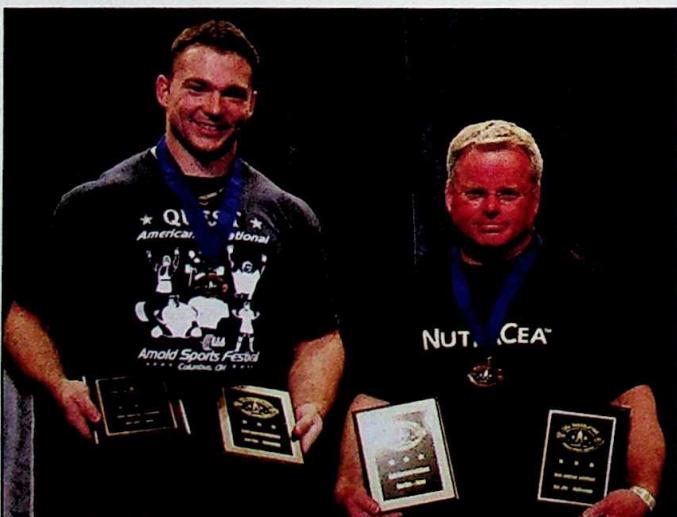
That brings to a close the 1st Quest Invitational to be held at the Arnold Sports Festival. All in all it was a great success. Governor Schwarzenegger made his usual stop by the power room during the heavyweight deadlifts. He stayed for more than 20 minutes and saw 10 straight deadlifts. He clearly enjoyed the lifting and was clapping and smiling upon completion of the successful attempts. During a brief break in the action, I approached him for an interview and he couldn't have been more gracious. We walked to the front of the platform and spoke for the entire venue to hear and see. He had very complimentary words to say about the powerlifters



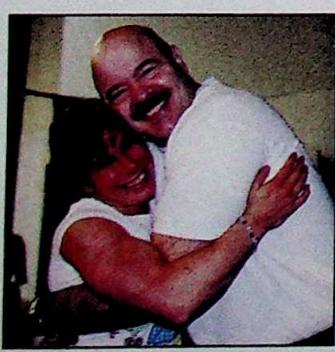
Jeff Lewis ... before his accident

and even finished with his trademark "I'll Be Back!". Earlier in the day, Jim Lorimer and IFBB President Ben Weider made visits to watch the lifting. The crowd support was tremendous with the room being filled from front to back and side to side during the heavy squat session. We were also honored to have newly elected IPF President Detlev Albrings and IPF Executive Committee Member Susumu Yoshida in attendance, working the Jury table.

USAPL President Larry Maile and Vice-President Johnny Graham were performing various duties throughout the weekend with Johnny swiftly hopping out of his head judge's chair to pull Jeff Lewis legs out from underneath after his fall. Robert Keller was Technical Secretary and Head of the Jury. Eliot Feldman expedited the lifters entering and leaving the platform. Putt Houston stepped up along with a local crew from Greg Page's gym to serve as spotters. The Marksteiners ran a phenomenally smooth scoretable with Joe's computer scoring program being the most user-friendly in powerlifting. Last and most important, Sherman Ledford from Quest Nutrition spent literally hundreds of hours and thousands of dollars to make this the best meet possible and he looked like a proud father watching his baby for the first time when it was all said and done. Congrats to all of the lifters and the USAPL as a whole and we look forward to seeing you at next year's Arnold.



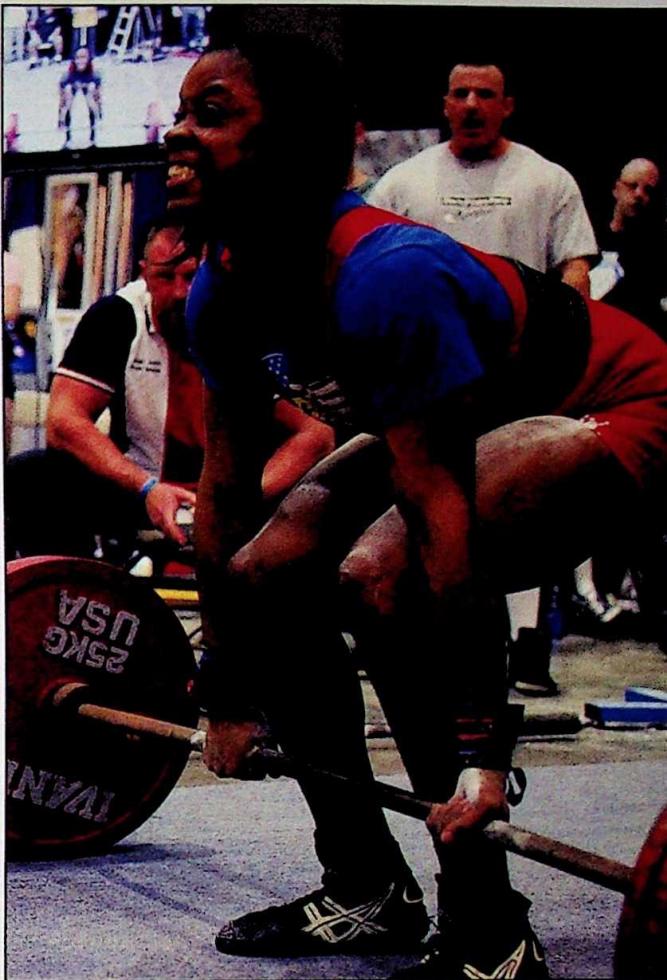
Passing the Torch ... Mike Tuchscherer and Mike Bridges (Scot D.)



Gundula von Bachhaus (who took photos!) and Sherman Ledford (who directed this great contest!)

bench shirt. I told him he needs to upgrade to the Inzer Rage X and his bench will be in the 500's. He looked great on this day and stronger than I ever saw him 10 years ago. Getting stronger with age I guess. Antonio DiDomenico came all the way from Morgantown, WV and took the 242 class over Barrett Marum from San Diego. Antonio put up some decent numbers with a 666 squat, 473 bench, and 661 deadlift. He's young and has a tremendous amount of potential. In the 275 class we had a battle with two great lifters Charles Bailey and Alan Best. The funniest outfit had to go to Alan Best. Apparently this guy has only been training 2 years and comes in wearing pink sweats. I'm telling you, it takes a man to wear pink sweats around in the LA Fit Expo. WoW. The dude squatted 865 and totaled 2199. Unbelievable, considering his physique looks like he's never hit a weight in his life. If he puts it all together, watch out for this dude. Charles Bailey at 275 won best lifter for the Heavywts 220 and up and earned \$1000. He dunked 903, benched 622 and pulled 683. He was most likely the best built guy in the show. Freaky strong. What I like about Charles, is that he's put his test of strength out on the line, whether it's single ply or double, and he's very, tough to beat. Mikesell said he has video of him benching with one attempt taking him 10 seconds to touch in his shirt and the other is almost 12 seconds. That has got to be killing him after the show! At 308 we had four lifters competing. Scott Cartwright was a late entry and bombed, but was still incredibly powerful in the squat. He had trouble setting up on all three attempts in the squat, but absolutely destroyed the weight all three times only to be called on depth. His last attempt was at 914. I agreed with the judges on the depth call, but I will say, it was very, close. Danny Flonta, one of the IronGladiators team members, competed at 308, drug free and only 19. He hit a 705 squat, 562 bench and pulled 644. He's another one to watch as he puts all his lifts together and matures. Big William Lee came up from Texas and put up some good numbers for third place. As for Brent Mikesell, he dunked 804 and took first place in the 308 class. 804 was his major goal in the meet. He said it wasn't easy. He benched a single ply pr, 523 with a little more room to go. Pulled 749 rather easy, but as usual, felt his hand tear on his second attempt. He called for 804 on a third, his other main goal, and was going to pass it. But there's something about powerlifting... when you're about to go, you hear your name called in the hole, and you see the crowd and there had to be over 500 hundred watching at this time, and he decided to give it a shot. He got it just under his knees before his left hand gave out. Superglue and neosporin are his two friends... In the SHW class, Thad Coleman was strong as hell too. He hit a nice squat with 865, benched 622 and had 705 up to his knees three times in a row but couldn't finish it. He will be back. I can easily see him squatting a G with double ply gear. He took 900 for a ride and has tremendous overall body strength. Local up and coming lifter O'Neil Roussel took the SHW class. O'Neil has a lot of potential and I can see him putting up some big numbers in the near future. For the Women, I want to note the fine lifting of Kimberly Walford at 148. She hadn't competed in two years and Gene Bell was the one that encouraged her to come out and lift here. Gene unfortunately couldn't make it because of timing issues. Maybe next year for Gene. But Kimberly finished with a 369 squat and had 396 on her 3rd but got called on it for some infraction. But her depth was there. She benched 242 and deadlifted a huge 501 on her 3rd attempt at a bodywt of 146 lbs! Great lifter! She inspired many of the other women as well with her technique, form, and strength. She was also the best lifter for the women and took home a \$1000 for her efforts. Great job Kimberly! Other notable efforts for the women were Tanya

Reed at 181. Tanya hasn't done a full meet in awhile and she was very strong today! She put up a nice 374 squat, 292 bench and 402 deadlift. I was impressed by her lifting. I hope to see more full meets from her and hopefully she will make Nationals in Rhode Island in June. Hillary Harper lifted at 165 and had trouble getting a squat in. She missed 413 all three times but I allowed her to bench and deadlift and she put up a nice 336 bench and 446 deadlift. I thought the judging was very good. I thought the venue was good. The warmup room left a lot to be desired, with about eight feet from the curtain to the wall, but we were in a fit expo and I know they have space limitations, so everyone dealt with it and it worked out fine. Thanks to Lisa Wheeler and Chuck LaMantia for announcing. I will also say that the spotting crew, in my opinion, was first rate. I'm not aware of any misloads or mishaps. They were on top of everything and worked very hard. Great job gentleman. Thanks to the judges who volunteered and gave up their time. Your dedication to the sport is admired and appreciated. As for myself, I dunked 804. It was my major goal in the meet. Wasn't easy, I'll give it that much. I benched a single ply PR, 523 with a little more room to go. Pulled 749 rather easy, but as usual, felt my hand tear on that attempt (2nd). I called for 804 on a third, my other main goal, and was going to pass it. But there's something about powerlifting... when you're about to go, you hear your name called in the hole, and you see the crowd and there had to be over 500 hundred watching at this time, and I decided to give it a shot. I got it just under my knees before my left hand gave out. Superglue and neosporin are my two friends. Hey, and a shout out to Mike Tushner (sp) for introducing himself to me. What a strong dude he is! Good luck at the Arnold coming up. We have over 500 pics to post up and some limited video of this meet. We'll probably post about 150 pics of the American Cup and some from Mendy's bench meet in the next few days. Looking forward to doing it again soon. Again, thanks Steve Denison! (this is based on the contest writeup by Brent Mikesell)



Kimberly Walford pulled a very strong 501 in the women's 148 class



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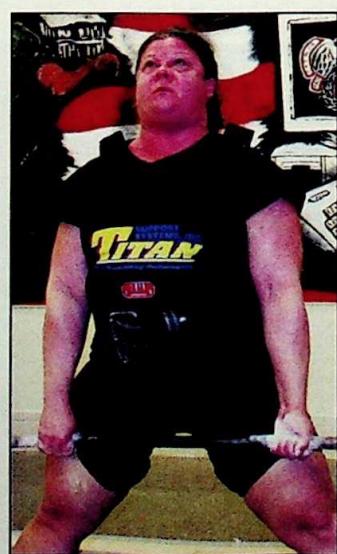
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BENCH	C. Holloway	451
MALE	242 lbs.	
APF	B. Carroll	705
Junior/Teen	Westerdale	578
198 lbs.	K. Price	424
T. Faeser	AAPF	
Master	Junior/Teen	
220 lbs.	165 lbs.	
V. Donofrio	K. Chester	540
242 lbs.	Master	
E. Fitzpatrick	220 lbs.	
308+ lbs.	L. Sposito	407
K. Southwood	242 lbs.	
Open	E. Fitzpatrick	451
181 lbs.	Open	
B. Strickland	220 lbs.	
Open	E. Holm	413
220 lbs.	AAPF	
J. Williams	242 lbs.	
Open	S. Johnson	463
220 lbs.	308 lbs.	
C. Smith	T. Gralnik	639
FEMALE	SQ	BP DL TOT
APF		
123 lbs.		
B. Reardon	270	126 259 655
148 lbs.		
S. Mikolay	314	231 325 870
198 lbs.		
S. Manly	529	352 468 1350
AAPF		
132 lbs.		
M. Kirkland	485	248 446 1179
MALE		
APF		
Junior/Teen		
198 lbs.		
N. Jensen	501	319 501 1322
Master		
165 lbs.		
D. Agostini	540	369 534 1444
181 lbs.		
D. Pittman	479	363 523 1366
198 lbs.		
D. Herring	622	418 540 1581
220 lbs.		
V. Donofrio	551	369 523 1444
Open		
181 lbs.		
B. Strickland	744	501 584 1829
T. Garland	677	518 485 1681
S. Sharkey	418	303 507 1229
198 lbs.		
A. Driggers	859	644 655 2160
T. Travis	628	451 551 1631
220 lbs.		
C. Smith	843	744 677 2265
242 lbs.		



Jeff Vaughn squatted 1063 and totaled 2452 at the APF Southern States Championships (photos by Scott DePanfilis/BodyTechUSA.)

this meet in the old days. Dondell Blue and Jim Hoskinson came out at the '02 full meet in the Ormond Beach High School Cafeteria. Then the growth started. I remember seeing such modern day lifting legends such as John Benoit, Donnie Thompson, Phil Story, Joe Ladnier and Scot Mendelson lifting or attending the Southern States. In '03 Team Sampson brought their lifters, Adam Driggers and Brian Carroll, followed by Team Jax, with Joe Norman, Sylvester Crumbley and Lester Estevez in 2004. Later Southside Barbell and Orlando Barbell joined us. Extreme master deadlifter Larry Russell was also there for the resurgence. Tampa Barbell has been coming now for two years. Highlights of Day 1-Women Saturday: This day featured women lifters, masters and teens. APF and AAPF. Superwoman Margaret Kirkland came to take care of business. I think she went 9 for 9 with a PR squat of 485, a PR bench of 248 and a 446 deadlift, PR total. As mentioned in PLUSA she is a Violinist in the Sarasota orchestra, a dentist and a Cow owner (they own a farm in Chiefland), her very supportive husband handled her all day with no complaints. Michael Alloco, one of the strongest in Florida, helped Margaret and myself get ready, i.e., pulling down bench shirts etc. Nice lifting. Stacy Manly of Debs Gym really gets jacked up when she goes to squat. Best squat 529, 1350 total. Nice lifting. Suzanne Mikolay of Tampa Barbell had a nice day with a 325 dead. Bridgette Reardon had a good day. Teens: Nick Jenson (MD) 500 squat and dead at 220 APF, Masters APF/WPC referee Dennis Pittman stayed up all night (family matter) and still totaled 1366. Eddie (Irish) Fitzpatrick (59), a Bosnian War veteran hit a 451 Bench, an APF and AAPF record for his age group. Way to go. Lou Sposito is still going strong at age 68. Dwayne Kouf hit a huge 1851 total at age 44/220 with a 722 squat and 655 dead, not too shabby. Vincent Donofrio and David Agostini of Gearman Nutrition had the same total. Open: Brian Strickland of Debs Gym had a nice day, squatting 744. Tony Garland of Team Samson totaled 1681. I saw him at my first meet in Savannah in 1997. He got married about the same time I did, two years ago, and she was there cheering him on. It was the Adam Driggers show all day. His cousin Daniel got him fired up. Adam is just a cough away from a 2200 total and this will fall soon. He has lifted in some big meets in recent years including the WPC Worlds, the WPC Semi Finals in NY and the Cincinnati Pro Am. His two sons have both grown a least a whole head size up in height since I saw them in 2005. Adam is the captain of Team Samson, the strongest garage gym in Florida with one of the first monoliths made. Adam squatted 859 (smooth and low) and followed with smoke show

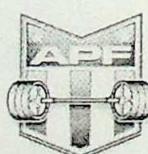


Stacy Manly squatted 529 and went on to a 1350 total at 198 lbs.

APF/AAPF Membership Application

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CITY		STATE	ZIP CODE				
AREA CODE	TELEPHONE NUMBER	MO	DATE OF BIRTH	YEAR	AGE	SEX	US CITIZEN
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REGISTRATION NUMBER			E-MAIL ADDRESS				
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SIGNATURE X _____							



Charles Bailey busted the 700 lbs. barrier in the bench and had the biggest total of the meet - 2469 lbs.

644 bench. He balanced it out with a 656 third pull, to total a huge PR 2160 at 198. Adam trains like an animal, and it pays dividends on the platform. Unfortunately Brian Schwab of Orlando Barbell and Lance Mosley of Southside bombed. Brian was in cruise control on the way to a PR total with a near perfect 788 squat and 600 bench. The deads jumped on Brian hard and he didn't get a total in. Kieran said even the best have a bad day now and then. There are few lightweights who can hang with Brian, or even heavyweights for that matter. He will be back with vengeance. Come back to us Tony Conyers. Brian needs some competition. Lance could not get a squat in, but stayed around to nail a 633 bench with help from his sure fire handler, Stacy Motter. His logo at Elite Fitness reflect that he trains hard and incorporates a lot of conditioning into his workouts. Margaret and Adam ruled on this day. Highlights of Day 2: The host site armory was a big lifting area, just remodeled two weeks ago. The indoor temperature was just perfect and the brand new chairs and tables were plentiful. The backdrop was a military painting honoring our real heroes, the soldiers. Jim Hoskinson provided Kieran with a well made two piece lifting platform. It is sure to be a hit with other meet directors. It goes without saying how much we are thankful to our military, for our freedom, for everything. Arlington Cemetery in Virginia is a major reason we can get together and have these meets. I have visited Pearl Harbor and I promise you don't forget the sobering experience, when you reflect on the ultimate sacrifice made by our military, past and present. Thank You United States Armed Forces Troops for your continued sacrifice in Iraq and Afghanistan. My words don't do it justice. Wayne (The Boss) Pullum secured this facility back in May I think. He took care of everything, even mopped the floor after the meet. Wayne could run a National or World meet if he chose to do so. I overheard him saying he is considering having 2-3 meets a year at the Armory in Jacksonville. That would be nice, to do a local meet every three months or so, after each training cycle. Wayne became a Christian earlier this year. That's great news. As good as Adam and Margaret were on Day 1, Brian Carroll, Charles Bailey and Jeff Vaughn were on Day 2. They all totaled mid 2400s at a "regional" contest, as Kieran kept saying. In the APF Robert Schmidt and Shawn O'Malley had great days. At 220 Clint "Swolegator" Smith lifted like Tim Tebow plays football. He had an incredible 744 Bench (easily Top 5 this year) and a 2165 total. Tony Garland told me his wife is due in January. God Bless you, Clint, at this joyful time. There were a quite a few wives walking around sporting baby bumps, the next generation of Florida Powerlifters. The 242 class was loaded with Brian Carroll, Joe Norman and Jim Benson. Sci Fit's Jim came in 3rd with 2154. Jim is a very intense junior lifter from Forsythe, GA, home of the Culloden Highland Games. You

will really feel like you are in Scotland at this yearly event. Joe Norman now works in health care. In '98 he was bodybuilding at Bailey's gym in Jacksonville. Randy Boynton and Sylvester Crumby handed Joe a bar with some real weight on it and Joe took off and ran with it. (across the parking lot). Not really. Joe was Coan's teammate during the Mountaineer Cup series a couple of years ago and left with prize money. I remember Joe squatting mid Sixes in 2002, now he's consistently over 1000, and benching over 600, and pulling 7+. Joe's been eating some serious spinach sandwiches. He even kind of resembles Popeye. I pulled up alongside Joe cruising on his Harley about a month ago. No helmet, muscle shirt, Saturday morning, downtown Jacksonville. I said to myself as I drove up behind him "Who is that monster". The monster showed up Sunday 2210 at 242. Next up was Brian (Freak) Carroll. This guy, at 26, is on his way to hanging a total up there with his idol Ed Coan. Brian's first squat was mis-loaded, but he came back to crush 1008. Then he benched 705, and pulled 727. Brian has packed on more muscle this year than I have ever seen. I don't know if he will get back to 220. Walking around the meet he looked like the Thing from the Fantastic Four without the Bricks. 2441 and Best lifter. Nice lifting. On to the 275s. Gearman Greg Jurgowski came back strong with a 2061 total. His 760 Deadlift reminded me of Samson ripping the city gates out of the ground and carrying them off, up a hill before Hebron. See Judges 16:3. Shane Hammock, 20, hit a 2166 with a 683 dead. He looked ready to eat the bar on that lift, what intensity. Lester (Magneto) Estevez squatted a 925 PR and benched 633. He recently had bicep surgery and took a token deadlift. He'll be back next year. Lester was around in 1997 too. He went off to med school and came back to Jacksonville to reunite with Team Jax. Lester is so humble. NGBB lifter Glenn Baggett had an 870 squat and PR total. Jon Grove had him ready. Jeffrey Vaughn is a software designer and is now the real deal. He had bomb problems in 05/06 but is now up there with his training partner Charles Bailey. He had the best squat of the day 1063, and a 766 Deadlift. Jeff trains with Charles at Sportsplex in Jax Beach. They are good friends until it comes deadlift time, then

they become competitors. What can you say about Big Daddy Charles Bailey, who works as a personal trainer. I remember commenting to Charles in 2003 that he had a good total at 1940. That was 600 pounds ago, against his best, which he hit at The Senior Nationals in Daytona Beach back in June. Has anybody had a better 2006/2007 in the APF than Charles? His second squat of 1036 was a 6' under parallel. Then he finished the day with a 727 pull to total 2469. I think this is probably Charles' 6th 2400+ total. Humongous Steve Lee handled lift-offs for me, Charles and Jeffrey. Steve is well on his way. John Manly (Kieran said he had the best powerlifting name ever) had good day also. He didn't meet his pre meet goals, but I know he was happy with those benches and deadlifts. It was nice talking to you John. Guest lifter Christian Simmons from Mississippi had a tough day. He opened with a 1014 squat in a Titan Boss, but unfortunately had to quickly evacuate to the bomb shelter. Christian didn't seem too upset about it; he came to Jacksonville to try for a monster total. He continued to lift and came back to hit a mid 7's bench. Lastly in the bench only Specialist Dan Kovacs from Pennsylvania made it down to Florida for his second meet this year. Dan was ready. He came within a half inch of locking out 865. I remember spotting for Dan at the 2003 Bench Bash for Cash. He was like an idol to me back then. Dan try it again on your home turf you will get it. Missing were Tony Conyers, Beau Moore, Gary Frank and the Hardcore Barbell team and the baldest lifter in Jacksonville Dondell "BLUE" Blue, 2500 at 220. A heartfelt thanks goes out to Wayne "The Boss" Pullum, a Home Depot Supervisor, husband and father. Wayne is also the senior APF referee in this area, in terms of experience. Wayne set the whole meet up and was seen mopping the floor after it was all over. No complaints, just out of love for us. Thank you Judges Rick Lawrence, Bart Quinn, Tommy Fannon, Randy Boynton and spotters Azell, Jim H., Travis Walker, Jimmy, as well and Kieran's truck driver Jody Carpenter. Jody (truck driver for the WPO) drives the whole meet around in a 30 ft box truck. Three monoliths fully assembled, Benches, bars, Carpet, Platform, Plywood, Ivanka Kilo weights, Stereo system, Pa system, Chalk Box, light box, and trophies. Kieran could have the



Brian Carroll went 10 times bodyweight plus in the 242 class.

next meet in the back of the truck, but that might be a little tight for us. And thanks Amy Jackson, Scott DePanfilis, and Terry Jamro, who took care of the video and photo documentation. Go to Body tech USA for the videos and pictures. It is really like a family get together at the Southern States. Get well Sylvester. Lil Sylvester will out total you if you don't. The Orlando Barbell meet is the next one up in Feb. Thanks to KK, Gary, Mike M, Wayne, Bart and Rick. Thank You Steve Lee and my wife Luanne. Good lifting brothers and sisters in iron, train hard in 08. God Bless you. And lastly thank Kieran Kidder who continues to selflessly put on these meets for us every year. I remember reading in an interview that Kieran followed a bouncing basketball down some stairs and it ended up in the weight room. He saw some super freaks power lifting and was hooked for life. This started it all for us in Florida. I believe God has equipped Kieran to run these meets; he and Wayne have great jobs in my opinion. Kieran just keeps going and going despite the naysayers. Kieran said Saturday that this is what he loved most of all, putting on the regional contests. Getting back to grass roots power lifting. Long live the APF. See you all in 2008. (this article was written by competitor Keith Southwood)

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Silver - 140⁰⁰

100% Raw/AAU Record Breakers
31 DEC 07 - Burlington, VT

BENCH	D. Kernoff	176		
FEMALE	Masters (45-49)			
181 lbs.	D. Kernoff	176		
Special Athlete	148 lbs.			
J. Aikey	100	Open		
AAU	A. Shadrick	320		
123 lbs.	Lifetime Open			
Lifetime (45-49)	A. Shadrick	319		
D. Kernoff	66	181 lbs.		
181 lbs.	Special Athlete			
Special Athlete	J. Aikey	202		
J. Aikey	100	MALE		
MALE	AAU			
181 lbs.	165 lbs.			
Open	Masters (45-49)			
M. Berby	362	B. Kernoff	425	
AAU	Lifetime (45-49)			
165 lbs.	B. Kernoff	425		
Masters (45-49)	181 lbs.			
B. Kernoff	276	Lifetime Open		
Lifetime (45-49)	J. Langevin	515		
B. Kernoff	276	STRICT CURL		
181 lbs.	FEMALE			
Lifetime Open	123 lbs.			
M. Berby	361	Masters (45-49)		
DEADLIFT	D. Kernoff	51		
FEMALE	MALE			
123 lbs.	132 lbs.			
Masters (45-49)	Open			
D. Kernoff	176	D. Blake	88	
148 lbs.	148 lbs.			
Open	Submasters			
A. Shadrick	320	S. Ball	138	
181 lbs.	165 lbs.			
Special Athlete	Masters (45-49)			
J. Aikey	203	B. Kernoff	141	
AAU	181 lbs.			
123 lbs.	Open			
Lifetime (45-49)	M. Berby	166		
FEMALE	SQ	BP DL TOT		
123 lbs.				
Masters (45-49)				
D. Kernoff	105	66	176	347
148 lbs.				
Open				
A. Shadrick	209	103	320	632
AAU				
123 lbs.				
Masters (45-49)				
D. Kernoff	104	66	176	347
Lifetime (45-49)				
D. Kernoff	104	66	176	347
148 lbs.				
Lifetime Open				
A. Shadrick	209	101	320	631
MALE				
132 lbs.				



Record Breakers ... (front row, l-r) Diana Kernoff (123, 45-49), Scott Ball (148 Submaster), Dan Blake (Open 132), James Aikey (181 Open), Bret Kernoff (165, 45-49); (back row) Joshua Langevin (181 Jr.), Michael Berby (181 Open). Not in this photo Amy Shadrick and Janelle Aikey. There were a total of 40 World Records between the two meets (AAU Raw and 100% Raw): Diana Kernoff - 7, Michael Berby - 4, Amy Shadrick - 5, Dan Blake - 4, James Aikey - 1, Bret Kernoff - 5, Janelle Aikey - 4, Joshua Langevin - 1. (photo courtesy Bret Kernoff)

Open	D. Blake	226	154	276	656
181 lbs.					
Open	M. Berby	132	362	143	637
J. Aikey	480	340	231	1051	
AAU					
132 lbs.					
Lifetime Open	Dan Blake	226	154	275	655
181 lbs.					
Open	M. Berby	132	361	143	637
Lifetime Open	M. Berby	132	361	143	637
J. Aikey	479	339	231	1050	

Nine Vermont lifters spent New Year's eve competing for World Records in both, AAU Raw powerlifting and 100% Raw Powerlifting. Forty World records were set in four hours of intense competition. Diana Kernoff 123/45-49 led the record count with 17 of the forty world records. Amy Shadrick 148/Open pulled an incredible 320. When she went for a fourth lift, she got stuck half way up and hurt her back. Janelle Aikey, a junior special athlete, won four world records with a bench of 100 and a deadlift of 203! James Aikey (Janelle's older brother and trainer) lifted the heaviest squat of the night with 480, although he pulled a hamstring which kept him from taking a third and going over 500. Dan Blake 132/Open Lifetime set his world



Amy Shadrick set 5 new records at the Record Breakers contest.

records in each individual lift and total. Michael Berby came into the meet wearing his traditional kilt. He lifted token squats and deadlifts on his way to breaking several bench world records. He benched double his body weight with a beautiful 362 on his second attempt. Bret Kernoff, benched his way to a world record while pulling in lifetime PR in a lighter class. Last December Bret won the World championship at 181, and now is totaling even higher at 165. Joshua Langevin pulled his way to an AAU Jr. record, just three weeks after competing and breaking world records in the APA. Scott Ball waited until nearly 11 pm to get his chance to curl his way to a 100% raw strict curl record. At 148, he curled an amazing 137, just 11 lbs. shy of his bodyweight. Although the lifting started at 7 pm, it took almost four hours to complete the meet. By the time the trucks were unloaded back at the Vermont Powerlifting gym, it was eight minutes until midnight. After taking a group photo, everyone ran to their respective transportation discussing where on the road they would be when the New Year begins. Vermont Powerlifting would like to thank the Greater Burlington YMCA and First Night Burlington for hosting the meet and adding us to the New Year's Eve festivities. Although every lifter helped out with this meet, we still had some extra people we need to thank. Special thanks go to World Record holder and International Judge Joan Gardner for being our head judge. Drew Markey and Charlie Ploof gave up their New Year's Eve plans to help with spotting and loading. They did an awesome job of saving Dan Blake when he collapsed on his third squat attempt. I know the lifters appreciate their time and effort. Thank you to Kevin Hatin, Jamie and Hannah of the Greater Burlington YMCA for all their help. (from Bret Kernoff)

100% RAW Powerlifting Federation

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LAST NAME: _____ FIRST NAME: _____ INT. _____

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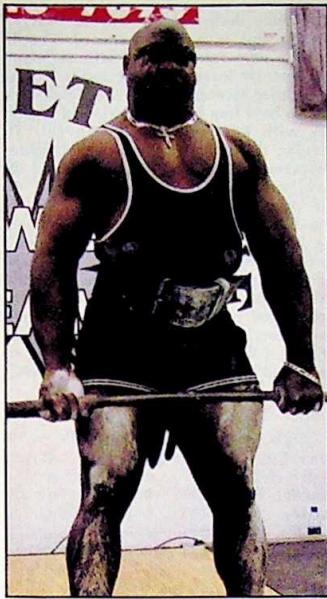
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By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will 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.

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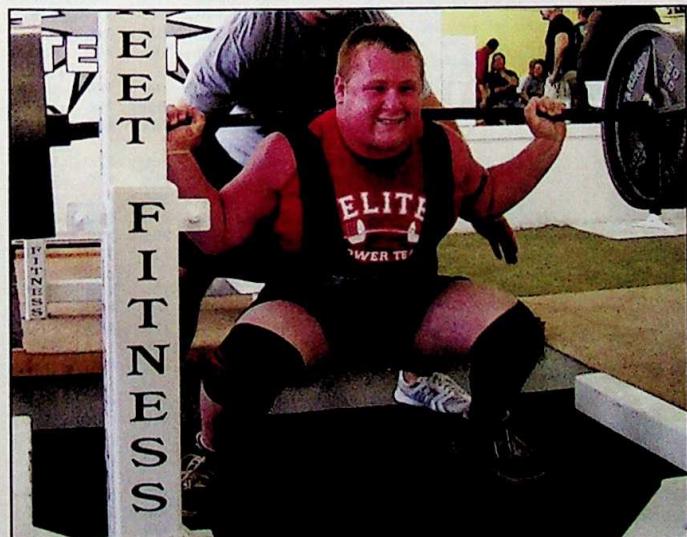
Jimmy May curling at the APA US Open. (Scott Taylor photographs)



James Jacobs deadlifted 740 in the open raw 242s at the APA US Open held in Zephyrhills, Florida

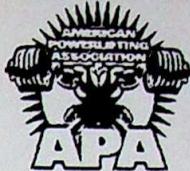
APA United States Open
15 DEC 07 - Zephyrhills, FL

BENCH	Master I DT
148 lbs.	R. Suk 305
Submaster Raw	Master III DT
S. O'Grady 310	Churchman 385
Master I	275 lbs.
M. Davis 350	Master I DT
165 lbs.	J. Zmeyewski 480
Master I DT	308 lbs.
M. Guerra 310	Open DT
198 lbs.	J. Herring 585
Master II Raw DT	Open DT
C. Smith 300s	J. McNeal 420
Master II DT	Open
B. Grey —	J. McNeal 420
Master III Raw DT	Master I
J. May 215	J. McNeal 420
220 lbs.	341 lbs.
Open DT	Open
G. Steele 335	M. Fields 500
Submaster DT	SHW
S. Eastburn 405	Master I
Master I	S. Lee 505
R. McLeod 460	DEADLIFT
Master III DT	114 lbs.
L. Barry 385	Sub-Teen DT
242 lbs.	W. Slepinski 155
Open	4th-165s
Rectenwald —	198 lbs.



Anthony Pacheco, 18, won the Teen 18-19 220s at the U.S. Open

APPLICATION FOR REGISTRATION
American Powerlifting Association World Powerlifting Alliance



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Telephone Number	E-Mail address	Date of Birth	

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

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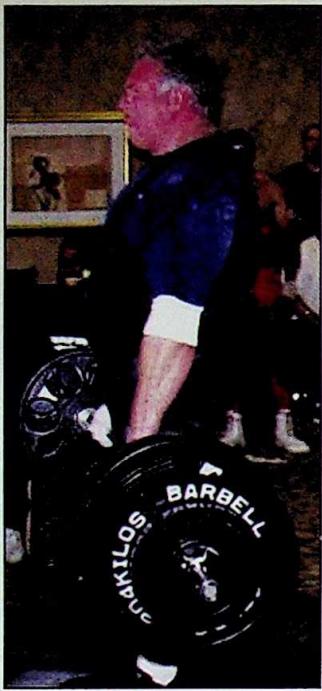
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Master III Raw DT	R. Smith 700	J. Sundey 185 105f 230!s 520!s	Best Lifter: James Jacobs. Curl Event Best Lifter: David Stevens. 1st Place Team: Team Elite of Lakeland, Florida, Coach Keith Sundey. Meet Site: Main Street Fitness. Referee's: Ed Fitzpatrick, Mike Witmer, and Christi Witmer. Sponsor: Powerlifting USA Magazine. A very special thanks to Powerlifting USA magazine for sponsoring this event, Main Street Fitness for providing a great meet venue, our judges for doing an excellent job, our spotters and loaders for doing an outstanding job and keeping the lifters safe during a few close calls, and Coach Keith Sundey for bringing a fine crew of enthusiastic and polite young lifters. Several records were set at this event and we saw some exceptional RAW lifting throughout the day ending with a huge 740 RAW deadlift by James Jacobs who took the best lifter award in the deadlift event. Special thanks to all who made this a great day. (Thanks to APA President Scott Taylor for these results)
L. Russell 620!s	STRICT CURL	132 lbs.	
Open Raw DT	181 lbs.	Open DT	
L. Russell 620!s	Open Raw DT	Washington 485 320 520s 1325	
220 lbs.	D. Stevens 172	Teen (13-15) Raw DT	
Open Raw	198 lbs.	A. Dodgson 175s 130s 250s 555s	
T. Mutafis 575	Master III Raw DT	148 lbs.	
242 lbs.	J. May 100	Raw DT	
Open Raw DT	220 lbs.	T. Standifer 170s 120s 275s 565s	
J. Jacobs 740	Teen (18-19) Raw DT	R. Fay 350!s 230 450!s 1030	
275 lbs.	C. Ferraro 245	165 lbs.	
Open	242 lbs.	Teen (16-17) Raw DT	
G. Jurkowski 700	Master I Raw DT	K. Peck 340s 165s 440s 945s	
Master II	R. Suk 150	181 lbs.	
Push Pull	BP DL TOT	Teen (13-15) Raw DT	
165 lbs.	225 360 585	E. Marquis 305 200s 400s 905s	
Master III Raw DT	220 lbs.	4th-SQ-320!s	
A. Annunziato	245 370 615	Unl Gear DT	
220 lbs.	243 640 1075	B. Muscatello 360 200 390 950	
Teen (18-19) Raw DT	275 lbs.	Teen (16-17) Unl Gear DT	
C. Ferraro	370 450 820	R. Dodds 350s 205s 400s 955s	
242 lbs.	Powerlifting SQ	Submaster	
Master II	BP	L. Hosterman — — — —	
D. Poucher	DL	198 lbs.	
275 lbs.	TOT	Open Raw	
Submaster Raw DT	R. Bivens 490 415 500 1405	4th-DL-520	
D. Smith	370 450 820	Raw DT	
Powerlifting SQ	405s 345s 440 1190s	B. Veney 315 285 420 1020	
4th-165s	BP	M. Fenlock 250 155 345 750	
114 lbs.	DL	Teen (18-19) Raw DT	
Sub-Teen DT	TOT	S. Tarr 340s 285s 525 1150	
W. Slepinski 155		4th-DL-540s	
4th-165s		Master II DT	
114 lbs.		J. Romoser 440 285 435 1160	
Open		220 lbs.	
Rectenwald —		Teen (16-17) Raw DT	
198 lbs.		P. Wilson 405 310 485 1200	

USPF 3rd PowerBowl BP/DL			
26 JAN 08 - Fairmont, WV			
BENCH	J. Stottlemyre! 473		
FEMALE	242 lbs.		
148 lbs.	Master (40-49)		
Master (40-49)	D. Wamsley 402		
C. Williams! 303	Master (40-49)		
Open	R. Perkins 385		
C. Williams! 303	Submaster (35-39)		
MALE	R. Harbert 529		
148 lbs.	DEADLIFT		
Junior (16-17)	MALE		
T. Tatro 182	181 lbs.		
Junior Men	Junior (20-23)		
P. Surface 55	S. Calp 441		
165 lbs.	Open		
Junior (18-19)	R. Miller 386		
D. Saffle 193	198 lbs.		
181 lbs.	Junior (20-23)		
Junior (16-17)	S. Brooks! 599*		
T. Saffle 297	242 lbs.		
198 lbs.	Junior (20-23)		
Open	Ddom 655		
S. Ribaudo 505 350 600 1455	BP DL TOT		
242 lbs.			
Open Raw DT			
S. Rawl 500 345 600 1445			
Junior DT			
D. Beers 620 340 680 1640			
275 lbs.			
Master I DT			
D. Brown 625s 455s 565 1645			
!=APA American Records. *=WPA World			
Records. S=APA Florida or Illinois records.			
DT=Drug Tested. Powerlifting Event Best			
Lifter: Dennis Washington. Powerlifting			
Event "Raw" Best Lifter: Ryan Biven.			
Push-Pull Event Best Lifter: Dwayne			
Poucher. Bench Press Event Best Lifter:			
Jeremy Herring. Bench Press Event "RAW"			
Best Lifter: Shawn O'Grady. Deadlift Event			
=AR. !=BL. (Results courtesy Matt McCase)			

WNPF USA/Women's Nationals
14 JUL 07 - Atlanta, GA

BENCH	Rivera	365
WOMEN	165 lbs.	
60 lbs.	(50-59) Raw	
(9-10) Raw	Gayton	415*
Ford	45*	(50-59)
165 lbs.	Gaytn	440
(40-49) UNL	181 lbs.	
McDaniel	140	Lifetime Raw
181 lbs.	Smith	340
Lifetime Raw	198 lbs.	
DaCosta!	165*	(50-59)
MEN	Meyers!	740*
148 lbs.	242 lbs.	
(40-49)	(50-59)	
Rivera	—	Eddins
Lifetime Raw	300 lbs.	500
Patton-Gooch	300	Lifetime
Subs Raw	Braden	590*
McCurley	210	Subs
165 lbs.	Braden	
(50-59) Raw	590*	
Gayton	250	SHW
(50-59) SP	Open Raw	
Gayton	295*	Nichols
(50-59) UNL	POWER CURL	745*
Gayton	305	WOMEN
198 lbs.	105 lbs.	
Junior Raw	(40-49)	
Watson	305	Keel
Lifetime Raw	MEN	65*
Duncan	315	165 lbs.
Subs Raw	(50-59)	
Harper	385*	Gayton
(40-49) Raw	198 lbs.	130*
O'Malley	370	Open
Bernier	300	Harper
220 lbs.	(40-49)	
Open Raw	O'Malley	160
Renfroe	390	Bernier
Lifetime Raw	242 lbs.	
Renfroe	390	Open
Moore	385	Monroe
Anderson	250	SQUAT
242 lbs.	165 lbs.	
Lifetime Raw	(50-59) Raw	
Murphy	445	Gayton
Subs Raw	(50-59) SP	385*
Murphy	445*	Gayton
(40-49) Raw	(50-59) UNL	400*
Monroe	405	Gayton
(50-59)	410*	
Eddins	325*	Junior Raw
275 lbs.	Fabrough	600
Junior Raw	BWT for REPS	
Fabrough	350	198 lbs.
Menocal	335	(40-49)
(40-49) Raw	Housworth	12
Muncy	275	Junior
DEADLIFT	Watson	16*
148 lbs.	Subs	
(40-49)	Harper	22*
	(50-59) Raw	



Dean Nichols deadlifting at the WNPF USA Championships
(photo courtesy from Troy Ford)

WOMEN	SQ	BP	DL	TOT
105 lbs.				
(40-49) Raw				
Keel!	180*	110*	230*	520*
123 lbs.				
(60-69)				
Calais	215*	115*	275	605*
148 lbs.				
(40-49) UNL				
Sesler	230	—	—	—
165 lbs.				
(40-49) Raw				
Voegeli	205*	140*	275*	620*
148 lbs.				
(13-16)				
Riddle	260	175	275	710
165 lbs.				
Lifetime Raw				
Watson	16*			
Gayton	385	250	415	1020
	(50-59) Raw			

one strong dude. Johnny Gayton won 17 classes, this is a WNPF record. People wonder why Johnny goes into so many divisions. He loves the sport and he is just going after records in the WNPF and were glad to have him here. The girls had a good day with Keel, Calais and Voegeli all winning there divisions and my daughter competing in her first meet in the 60 lb. class, weighing 56 lbs., and benching 45 and pushing 55 lbs. halfway, and I'm so proud of her. Leo Monroe curled an amazing 225 lbs., although many lifters don't consider the curl a powerlift there are many lifters that cannot compete in the three events any longer with their bodies just banged up from head to toe. I would like to see how many powerlifters can curl 225 lbs. I don't think it's an easy thing to do. (results provided courtesy of WNPF)

USAPL NE Regional

26 JAN 08 - Scranton, PA

Powerlifting	SQ	BP	DL	TOT
--------------	----	----	----	-----

High School				
FEMALE				
Master				
165 lbs.				
A. Harman	155	90	240	485
Open				
97 lbs.				
C. Martinexz	110	55	150	315
105 lbs.				
T. Sohn	95	55	160	310
114 lbs.				
J. Sochocky	165	75	230	470
123 lbs.				
L. Milligan	145	85	225	455
J. Everhart	125	70	205	400
E. Everhart	110	75	215	400
132 lbs.				
A. Doyle	155	85	245	485
R. DeGennaro	125	100	235	460
148 lbs.				
K. Roberts	300	125	315	740
165 lbs.				
J. Reminger	250	140	255	645
E. Scullin	130	100	210	440
MALE				
Open				
114 lbs.				
K. MacFerren	145	105	215	465
B. Miller	160	85	215	460
123 lbs.				
M. Deluca	200	120	265	585
K. Herman	170	130	230	530
132 lbs.				
D. Salvati	295	230	375	900
Z. Knox	300	200	315	815
B. Yurchak	315	160	330	805
148 lbs.				
DePasquale	305	205	420	930
J. Cannaley	350	195	360	905
J. Zurn	295	180	330	805
K. Koehler	230	185	265	680
165 lbs.				
G. Simmons	440	235	425	1100
J. Keller	380	240	440	1060
F. Eskridge	325	255	425	1005
C. Burke	360	235	325	920
T. Arroyo	335	200	340	875
B. Burns	330	165	365	860
181 lbs.				
P. Redline	415	260	500	1175
J. Garland	410	265	400	1075
N. Miller	425	185	405	1015
198 lbs.				
E. Marinell	465	260	475	1200
K. Poremba	400	260	430	1090
S. Bennett	390	250	435	1075
C. McCauley	430	230	410	1070
Machtinger	365	225	380	970
J. Keller	340	225	330	895
220 lbs.				
R. Conaboy	380	300	470	1150
Wasilewski	435	280	425	1140
N. White	405	225	450	1080
K. Wren	360	195	350	905
c. Sears	275	200	320	795
242 lbs.				
N. Edwards	520	340	470	1330
B. Jeffries	435	320	430	1185
275 lbs.				
B. Ruth	460	265	365	1090
275+ lbs.				
A. Lepri	635	360	530	1525
E. Torres	560	260	555	1375
G. Moyer	470	340	470	1280
Collegiate				
FEMALE				

**World Natural Powerlifting Federation (WNPF)
Membership Registration**

LAST NAME _____ FIRST NAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREA CODE, TELEPHONE: _____ DATE OF BIRTH: _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5 YRS. MIN. _____

REGISTRATION FEE
\$10.00 SPECIAL OLYMPICS
\$20.00 HIGH SCHOOL
\$40.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214

SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ (memberships are valid for one year)

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

123 lbs.				
K. Lisi	185	135	240	560
132 lbs.				
B. Petrella	205	140	255	600
M. Sheek	155	115	265	535
148 lbs.				
L. Nguyen	225	—	250	475
A. Welcome	265	115	310	690
J. Wilcox	210	110	270	590
G. Harmon	170	95	250	515
MALE				
132 lbs.				
S. Malinoski	250	205	325	780
148 lbs.				
S. Molina	345	235	460	1040
S. Rocha	345	235	345	925
165 lbs.				
C. Duncan	—	265	385	650
M. Li	445	270	465	1180
C. Hsiao	405	295	450	1150
J. Koza	415	245	415	1075
W. Chauncey	315	275	315	905
P. Levande	220	125	290	635
181 lbs.				
J. Valiani	415	—	530	945
W. Spears	500	345	500	1345
S. Madrid	445	245	475	1165
J. Valiani	425	240	500	1165
J. Miller	400	2220	385	1005
198 lbs.				
B. Repach	495	305	545	1345
M. Tucker	540	320	480	1340
D. Gibson	425	295	510	1230
220 lbs.				
M. Kantogianis	460	285	560	
1305				
S. Moran	365	320	500	1185
242 lbs.				
L. Seiler	555	375	570	1500
D. Snyder	425	315	430	1170
275+ lbs.				
J. Cappellino	600	375	575	1550
Raw				
148 lbs.				
A. Matson	335	225	415	975
181 lbs.				
G. Jacks	335	315	450	1100
K. Thai	225	280	340	845
198 lbs.				
J. Lattimer	485	340	550	1375
E. Lovipson	415	285	475	1175
220 lbs.				
A. Thomas	415	335	500	1250
(Thank you to USAPL for providing results)				

WABDL Northeastern Regional 4 AUG 07 - Winterport, ME

BENCH	R. Sweeney	424*	
FEMALE	Master (61-67)		
Junior	165 lbs.		
148 lbs.	E. Hennings	242	
Master (40-46)	148*	4th-244*	
198 lbs.	E. Darling	170*	
K. Campbell	358!*	198 lbs.	
Open	F. Manzie	308*	
132 lbs.	Master (68-74)		
M. Cannon	187*	198 lbs.	
198 lbs.	A. Neureuth	148*	
K. Campbell	358!*	Master (80-84)	
MALE			
Class I	165 lbs.		
165 lbs.	I. Tuttie	132*	
N. Mott	209*	Open	
Junior (20-25)	165 lbs.		
181 lbs.	D. Mannion	—	
A. Davis	325	M. Bazinet	429*
198 lbs.	N. Madden	264*	
B. Beaupain	413*	SHW	
220 lbs.	G. Guernsey	—	
B. Smith	407*	Submaster (33-39)	
Law/Fire	220 lbs.		
Master (40-47)	220 lbs.		
275 lbs.	M. Guernsey	360*	
R. Sweeney	424*	SHW	
Master (40-46)	G. Guernsey	451*	
165 lbs.	Teen (16-17)		
K. Poitras	220	J. White	225*
D. Porrazzo	236	242 lbs.	
220 lbs.	C. O'Donald	352*	
M. Bazinet	429*	Teen (18-19)	
SHW	220 lbs.		
G. Guernsey	—		
Master (47-53)	A. Leiser	—	
198 lbs.	DEADLIFT		
R. O'Malley	253*	FEMALE	
242 lbs.	Master (40-46)		
D. Reynolds	286*	198 lbs.	
275 lbs.	K. Campbell	402*	
	Open		



Application for Registration WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS (WABDL)

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
		Y N		
Street Address		Club Name		
City		State	Zip	Area Code / Telephone
Current WABDL Classification		Referee Status	U.S. Citizen?	Date of Birth
Elite Mater	I II III IV	World National	Y N	Sex
				Today's Date
				Card Issued By
MF				

Registration Fee: \$35.00

Teenagers, Disabled,

& Special Olympians: \$25.00

Make checks payable to and mail to:

WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS

PO Box 27499

Golden Valley, MN 55427

If under 18, have parent initial _____

NOTE: All WABDL-sanctioned meets will be subject to drug testing.

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

Signature _____

198 lbs. Master (40-47)
K. Campbell 402* 275 lbs.
MALE R. Sweeney 589*
Class I Master (40-46)
165 lbs. 165 lbs.
N. Mott — D. Porrazzo 424*
Junior (20-25) 242 lbs.
220 lbs. A. Bianchi 584*
B. Smith 451* Master (47-53)
Law/Fire 275 lbs.
R. Sweeney 589*
Master (68-74)
259 lbs.
F. Peterson 600!*
Teen (18-19)
220 lbs.
A. Leiser 424*
!-World Records. *=State Records. Jane and Al Stork were the Meet Directors and they are also the WABDL State Chairpersons for Maine. The story of this meet was Fred Peterson who pulled 600.7 three months shy of age 70, and he has done 644 in the last year in another federation. He weighted 255 and obviously set a world record. He's from Worcester, Maine, and he inspired me to state heavy training again. Like he told me, "No limits, no excuses. Just do it." Robert Sweeney, who is Fred's training partner, pulled 589.5 at age 48 for a Maine record. Al Bianchi, another training partner of Fred Peterson, pulled 584 and was close with 633. Karen Campbell, who is trained by Al Stork, pulled a Maine record 402.2 at 198 in both Master (40-46) and Open. She also set a world record 358 bench in Master (40-46) and Open 198. Mike Bazinet set a Maine record with 429.7 in Open 220 and Master (40-46) in the bench press. Garrett Guernsey set a Maine record in Submaster super with 451.7 and Caleb O'Donald set a Maine record 352.5 in Teen 16-17/242. In Junior men's bench at 181 Andy Davis set a Maine record with 325. AT 198 Brian Beaupain set a Maine record with a well executed 413.2. At 220 Ben Smith put up a Maine record 407.7. In Submaster 220 Matt Guernsey set a Maine record 360.2. In Master men's bench press there were numerous Maine and Massachusetts record set including 81 year old Irwin Tuttie who benched 132.2 at 165 and Fred Manzie who set a Maine record with 308.5 in 61-67/198. My wife Teresa and I stayed with Al and Jane Stork on their 250 acre farm. They

were terrific hosts. I had the three best meals ever. First all the lobster you can eat, second the best pork ribs ever, and third the best beef tenderloin ever. The lobster was to die for, after eating 12 of them the to die for part wasn't far off! Also Al has a great German shepherd dog named Blue whose main job is to keep critters like bears and deer off Al's yard. The judges were Mark Cleavette, Al Stork, Kris Bothmer, and Nathaniel Boettner. Jane Stork was the MC and Sue Paige and Dawn Hale were the scorekeepers along with Nancy Harzing. Elaine Mofey also judges the deadlift. Next years Northeastern Regional will be June 21 which will be a qualifier for the World Championships in Las Vegas at the Riviera Hotel right on the strip. (Thanks to Gus Rethwisch for results)

APF Cross Trainers

1 DEC 07 - Mauriceville, TX

WOMEN	SQ	BP	DL	TOT
Teen (13-15)				
105 lbs.				
M. Fontenot	270	145	275	690
Teen (16-17)				
132 lbs.				
B. Myers	340	160	290	790
Junior (20-23)				
165 lbs.				
H. Watson	345	170	340	855
Master (40-44)				
132 lbs.				
L. Denmon	425	205	350	980
MEN				
Open				
275 lbs.				
M. Griffin	1005	585	460	2350
Teen (13-15)				
308 lbs.				
J. Lumas	430	250	380	1030
Teen (16-17)				
148 lbs.				
T. Myers	315	160	275	750
165 lbs.				
B. Gary	605	310	505	1420
Teen (18-19)				
181 lbs.				
G. McNeil	515	280	500	1295
198 lbs.				
B. Carter	480	295	400	1175
(Thank you to Mike McDaniel for results)				



At the WABDL Northeastern Regional: (L-R) WABDL President Gus Rethwisch, Ben Smith, Matt Guernsey, Mike Bazinet, Greg Guernsey, Garrett Guernsey, Al Stork, (front) Andrew Cohen, Andy Davis, Karen Campbell, Caleb O'Donald. (photo courtesy Mike Bazinet)

Application for Registration in the Natural Athlete Strength Association

First Name - _____ Last Name - _____ Date - _____

Mailing Address - _____ City - _____

State - _____ Zip - _____ Phone - _____

Date of Birth - _____ Age - _____ E-mail Address - _____

Keep Copy Of This Card For Your Records - Memberships Are Kept On Computer File And Are Not Mailed

I compete in - Powerlifting BP Only Power Sports

Please Circle Below

High School \$15.00

Adult \$30.00

NASA, P.O. Box 735, Noble, OK. 73068 Phone- 405-527-4589 www.NASA-SPORTS.COM

NASA Missouri State 16 FEB 08 - Diamond, MO						
BENCH	M. Duncan	352	N. Robison	281	187	380
MALE	220 lbs.		L. High	253	192	319
220 lbs.	Int		R. Smart	226	165	281
Master III	A. Meyer	308	K. Messerley	402	192	490
W. Smith	PS CURL		Novice			1085
SHW	MALE		K. Messerley	402	192	490
Pure	181 lbs.		181 lbs.			1085
J. Johnson	418	Open	High School			
PS BENCH	M. Duncan	159	D. Bishop	435	275	424
MALE	198 lbs.		C. Younger	330	187	424
181 lbs.	High School		B. Hundley	253	226	385
Open	J. Hicks	115	J. Johnson	275	192	380
Push Pull	BP DL	TOT	A. Hackett	330	214	308
MALE			S. Mueller	248	170	424
165 lbs.			S. Gilligan	248	226	314
High School			K. Burger	203	165	314
A. Sherman	192	352	A. Miller	231	143	203
220 lbs.			P. Kramer	485	352	578
Master III	248	203	Pure			1416
W. Smith	248	203	P. Kramer	485	352	578
Pure			Submaster Pure			1416
W. Smith	248	203	B. Rihlmann	413	314	424
308 lbs.			198 lbs.			1151
High School			High School			
S. Jose	275	402	J. Hicks	308	209	308
Powerlifting	SQ	BP DL	High School			826
FEMALE			C. Schaffitzel	402	214	418
181 lbs.			J. Green	242	187	319
High School			Junior			749
Schavengerdt	209	110	M. Plucinski	330	303	446
198+ lbs.			Novice			1080
High School			M. Plucinski	330	303	446
J. Girdler	143	110	242 lbs.			1080
A. Girdler	132	82	High School			
MALE			C. Woodard	325	264	352
242 lbs.			S. Walton	242	143	275
SO	518	402	275 lbs.			661
SHW			High School			
Int			F. Burger	407	314	418
A. Lockwood	608	463	Z. Lucas	352	264	501
Open			T. Prefitt	380	226	501
A. Lockwood	608	463	R. Bowen	352	264	418
Raw			Junior			1036
148 lbs.			C. Hall	435	336	545
High School			Novice			1317

Master I						
K. Hixson	551	418	501	1471		
D. Maestas	402	330	457	1190		
Novice						
C. Hall	435	336	545	1317		
308 lbs.						
High School						
D. Lee	474	275	507	1256		
Open						
H. Thomason	700	363	600	1664		
SHW						
Int						
A. Lockwood	608	463	600	1672		
Open						
A. Lockwood	608	463	600	1672		
Power Sports CR	BP	DL	TOT			
FEMALE						
148 lbs.						
High School						
K. Gilmartin	60	88	203	352		
MALE						
132 lbs.						
High School						
C. Anderson	104	159	319	584		
Teen						
A. Fletcher	71	110	275	457		
C. Anderson	104	159	319	584		
148 lbs.						
High School						
N. Robison	104	187	380	672		
S. Stalder	104	170	308	584		
L. Griffing	88	132	270	490		
Junior						
L. Griffing	88	132	270	490		
Novice						
C. Rogers	82	154	314	551		
Teen						
S. Stalder	104	170	308	584		
165 lbs.						
High School						
T. Webb	126	231	374	733		
B. Freitas	104	203	418	727		
181 lbs.						
High School						
R. Stewart	110	242	490	843		
T. Downs	115	275	374	766		
Z. Cooper	99	242	314	655		
220 lbs.						
High School						
N. Cline	104	192	341	639		
J. Watson	104	176	314	595		
Female						
D. Kinsel	154	369	490	1014		
Submaster						
Pure						
B. Marshall	137	264	253	655		
242 lbs.						
High School						
J. Bradley	137	242	490	870		
C. Carter	93	198	352	644		
Junior						
B. Tanner	126	330	523	981		
275 lbs.						
High School						
C. Raper	126	281	435	843		
Master I						
D. Maestas	143	330	457	931		

(Thanks to Rich Peters for these results)

Carrabec's "Go Big Go Raw"

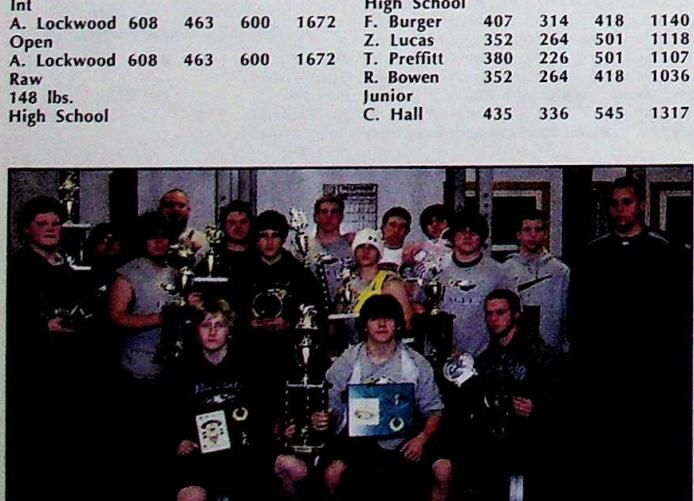
9 FEB 08 - Embden, NE

BENCH	K. Dexter	320
FEMALE	A. Lane	265*
Teen	242 lbs.	
148 lbs.	K. O'Connell	315
R. Kaplan	195*	Teen Raw
198 lbs.	A. Plunke	175
Open	165 lbs.	
148 lbs.	A. Hutchins	240
R. Kaplan	195*	J. Siney 175
J. Dunphy	155	Open
198 lbs.	A. Plunke	175
MALE	C. Murray	350
Teen	Open Raw	
198 lbs.	T. Blakeslee	300
B. Baptiste	320	

*=Maine State Records. Best Overall Female Lifter: Randi Kaplan. Best Overall Male Lifter: Chris Murray. Best Overall Raw Male Lifter: Andrew Hutchins. (Thanks to J. Kaplan for providing these results)

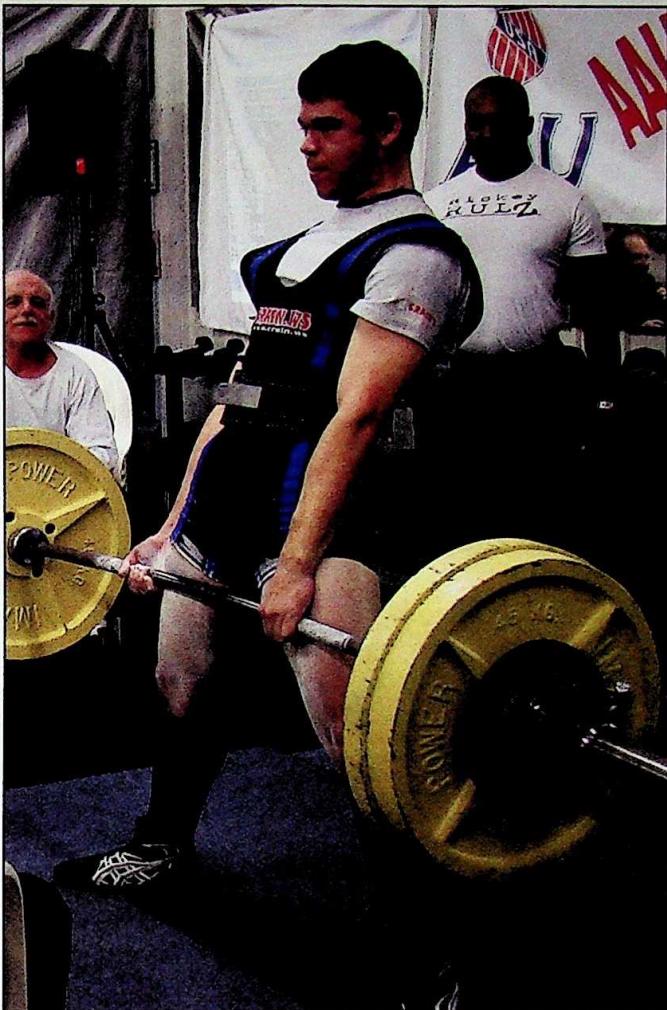
SSA Asylum Power
13 OCT 07 - Tribes Hill, NY

BENCH	198 lbs.
WOMEN	Open
Unlimited	Z. Wagner 375
181 lbs.	
Teen (18-19)	
S. Richards 145	
MEN	
198 lbs.	
Open	
T. Langone 370	
G. Seguin 370	
198 lbs.	
C. Trusnovic 675	
Submaster	
D. Wray 440	
275 lbs.	
Open	
J. Farina 460	
F. Farina —	
DEFIPLIFT	
WOMEN	
Unlimited	
Teen (18-19)	
Z. Fahnestock 340	
148 lbs.	
181 lbs.	
Open	
J. Runco 325	
B. Ross 500	
MEN	
Unlimited	
165 lbs.	
220 lbs.	
Open	
J. Gelnett 365	
M. Ladewski 650	
181 lbs.	
275 lbs.	
Masters (55-59)	
A. Manatrizio 360	
F. Adler 335	
WOMEN	
Submaster	
C. Willaimee 105	
125 lbs.	
MEN	
242 lbs.	
Submaster	
P. Willaimee 335	
275 lbs.	
Open	
C. Desanto 425	
Teen (13-15)	
J. Kresa 170	
300 470	
Single Ply	
165 lbs.	
Open	
J. Manenoff 385	
450 835	
181 lbs.	
Teen (18-19)	
Z. Fahnestock 340	
455 795	
198 lbs.	
Junior	
G. Jablonski 275	
lbs.	
Submaster	
S. Brown 445	
181 lbs.	
Junior	
M. Romeo 370	
198 lbs.	
Junior	
S. Summerville 320	
400 720	
275 lbs.	
Open	
F. Adler 315	
Masters (55-59) 335	
F. Adler 315	
WOMEN SQ	
Unlimited	
148 lbs.	
Open	



The Fairgrove High School Powerlifting Team finished up in first place at the NASA Missouri State Championship competition. (photograph provided by the courtesy of NASA President Richard Peters)

R. West	365	225	350	940
J. Runcro	345	—	—	—
165 lbs.				
Open				
N. Seaberry	200	125	275	600
181 lbs.				
Submaster				
S. Preuninger	275	185	250	710
MEN				
165 lbs.				
Open				
J. Kaye	315	225	405	945
198 lbs.				
Junior				
J. Colenzzo	405	225	515	1145
Masters (50-54)				
S. Vellonakis	325	115	320	760
275 lbs.				
Open				
M. Moore	615	460	555	1630
Single Ply				
123 lbs.				
Open				
J. Mimnaugh	225	135	240	600
165 lbs.				
Open				
C. Rodgers	530	315	500	1345
220 lbs.				
Junior				
D. Seger	400	45	500	945
MEN				
Unlimited				
Open				
K. Dean	615	415	610	1640
198 lbs.				
Open				
J. Rock	750	—	—	—
Masters (45-49)				
O. Mack Jr	425	385	505	1315
220 lbs.				
Open				
S. Pollock	690	450	545	1685
A. Williams	620	440	575	1635
Impalomeni	635	405	560	1600
M. Ladewski	700	—	—	—
Junior				
Dibenedetto	515	410	530	1455
Submaster				
M. Ferlito	555	415	500	1470
Masters (45-49)				
B. Schemel	575	365	460	1400
Master (55-59)				
L. Bagnoli	400	265	440	1105
242 lbs.				
Open				
S. Tria	605	435	465	1505
275 lbs.				
Open				
C. Ryder	940	540	620	2100
M. Runcro	750	425	650	1825



Rickey Lee Crain, 18 years of age, and at 160 lbs. bodyweight is seen above with his 475 lb. deadlift at the AAU Sooner State Winter Games. He is actually a little bit ahead of his famous father, Rickey Dale Crain, when he was that age. (photograph courtesy of Rickey Dale Crain)

D. Luciano	750	—	—	—
Junior				
J. Cicrua	615	340	470	1425
308 lbs.				
Open				
R. Fishbein	800	535	535	1870
Venue: Iron Asylum Gym. (S. DePanfilis)				

AAU Sooner State Winter Games 2 FEB 08 - Shawnee, OK

BENCH	T. Hathcock	500
MEN	181 lbs.	
132 lbs.	Open	
Open	V. Foster jr	425
Z. Harper	130	
165 lbs.	198 lbs.	
Junior	N. Johnson	410
R. Crain	240	
Master	J. Burnham	340
J. Caputo	150	
181 lbs.	B. Crouch	390
Open	Open	
V. Foster Jr.	280	
198 lbs.	B. Triplett	550
Junior	220 lbs.	
N. Johnson	230	
Master	C. Caputo	550
242 lbs.	242 lbs.	
J. Parsons	365	
220 lbs.	Junior	
Master	D. Hunt	406
C. Caputo	350	
242 lbs.	G. Tignor	480
Master	L. Davis	360
A. Warner	375	
L. Davis	250	
M. Nagele	580	
DEADLIFT	Open	
WOMEN	W. Lawlor	480
165 lbs.	275 lbs.	
Master	Junior	
McClintock	265	
MEN	C. Hunt	405
114 lbs.	Master	
Junior	S. McClure	350
Richardson	155	
132 lbs.	Master	
R. Lepley	655	
Open	D. McConnell	515
Z. Harper	215	
165 lbs.	Open	
Junior	D. McConnell	650
SHW		
J. Caputo	425	
R. Crain	475	
Hummingbird	450	
Teams: 1st-Caputo's Gym, 2nd-Crain. Outstanding Lifter Men Bench Press Junior: Rickey Lee Crain. Outstanding Lifter Master: Joe Parsons. Outstanding Lifter Open: Donny McConnell. Outstanding Lifter Men Deadlift Junior: Tyler Hathcock. Outstanding Lifter Women Master: Cindi McClintock. Outstanding Lifter Master: Carman Caputo. Outstanding Lifter Open: Brad Triplett. (Thanks to Rickey Dale Crain for results)		

AAU ATHLETE INDIVIDUAL MEMBERSHIP APPLICATION



AAU Membership Year is September 1 to August 31. A membership card will be forwarded to you.

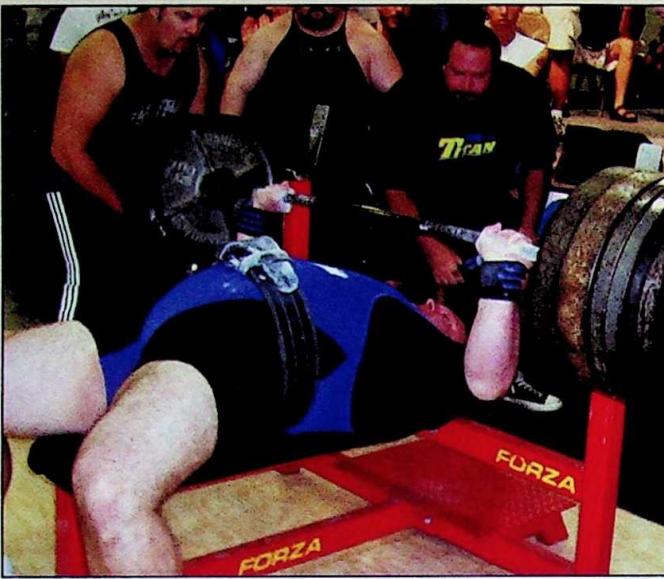
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First	Middle	Last			
Street Address	City	County	State	Zip	
Application Date	Work Phone/Ext.	Home Phone			
E-Mail Address	Fax Number				
Birth Date	Gender	<input type="checkbox"/> Male	<input type="checkbox"/> Female	Cell Number	
Do you have Health and Accident Insurance?	Club Code (if Known)	Club Name (if Known)			Sport Code (see list below)
<input type="checkbox"/> YES <input type="checkbox"/> NO					
<p>By paying or authorizing payment of my annual membership dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The Applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU Web site at www.aausports.org. NOTE: Parent/Guardian signature if member is under 18 years old.</p>					
Member's Signature			Parent/Guardian Signature		
Date			Date		

AAU National Office, Post Office Box 10,000, Lake Buena Vista, Florida 32830

**SLP Wisconsin State Fair
11 AUG 07 - Milwaukee, WI**

BENCH	A. Williams	345*	
WOMEN	220 lbs.		
Master (45-49)	E. Baker	265	
148 lbs.	275 lbs.		
J. McCubbin	190*	T. Blunt	420*
Raw	Master (45-49)		
Master (40-44)	181 lbs.	D. Klopp	260*
148 lbs.	198 lbs.	B. Borchert	360*
T. Farner	105*	C. Tibbals	300
Master (50-54)	275 lbs.	G. Selburg	345*
165 lbs.	242 lbs.	Master (50-54)	
K. Klass	95*	D. D'Agostin	275*
Open	220 lbs.	T. Weimero	315*
148 lbs.	275 lbs.	T. Weimero	275
J. Wenninger	135	Open	
MEN	181 lbs.	165 lbs.	
Teen (16-17)	D. D'Agostin	275*	
165 lbs.	220 lbs.	T. McBride	335*
B. Aldag	255	C. Vento	315
Junior	181 lbs.	198 lbs.	
220 lbs.	S. Hong	D. Walker	630*
B. Gonring	365	T. Davidson	440*
Submaster	290*	SHW	
198 lbs.	181 lbs.	T. Bauer	450
C. Eastman	325	D. Patrick	540*
Master (40-44)	220 lbs.	DEADLIFT	
220 lbs.	198 lbs.	WOMEN	
D. Walker	630*	T. Aldag	310*
275 lbs.	SHW	Master (45-49)	
T. Bauer	450	D. Aldag	275
Master (45-49)	148 lbs.	148 lbs.	
T. Aldag	310*	J. McCubbin	375*
D. Aldag	275	A. Fares	145*
198 lbs.	165 lbs.	Master (50-54)	
M. Sischo	450*	R. Klass	225*
220 lbs.	198 lbs.	MEN	
S. Lamothe	500	J. Klapp	350*
R. Tupper	460	Open	
275 lbs.	148 lbs.	2-Man	
D. Bennett	275	D. Duffy	400*
SHW	242 lbs.	181 lbs.	
Wojciechows	445	165 lbs.	
Master (50-54)	165 lbs.	D'Agostin	600
R. Tafelski	235	B. Andrews	545
198 lbs.	123 lbs.	Rabe	725*
G. Koch	270		
220 lbs.	198 lbs.	*=Son Light Power Wisconsin State Records.	
B. Vivier	350*	Best Lifter Lightweight Bench Press:	
Master (55-59)	Teen (18-19)	Dwayne Manuel hit a great 385 state record personal best at a	
198 lbs.	148 lbs.	210 bwt! Jeff Faber won at submaster 198	
R. Gronowski	325*	with 355, another state record. For the	
308 lbs.	181 lbs.	master men's 40-44 division it was Anthony	
R. Crawford	420*	Williams with a new state record 345 at	
Master (60-64)	198 lbs.	181 while Ed Baker finished with 265 at	
198 lbs.	220 lbs.	220. Tom Blunt got a new mark at 275 with	
D. Thompson	355*	420. Moving to the 45-49 age group, Dan	
Master (75-79)	198 lbs.	Klopp set the record at 181 with 260 while	
P. Jensen	210*	Barry Borchert got his record at 198 with 360.	
Police/Fire	148 lbs.	At 242 it was Chris Tibbals with 300	
J. Ramse	300*	while George Selburg won at 345, another	
Open	198 lbs.	state record there. At 50-54 Dave D'Agostin	
165 lbs.	G. Rochnay	set the record at 181 with 275 as did Tero	
M. Lanigan	355	Weber at 220 with 315. Finishing second	
220 lbs.	220 lbs.	to Tero was brother Timo, who ended with	
D. Walker	630*	275. In the open division Santy Hong won	
S. Delaney	430	at 165 with 290. Tyreese McBride took the	
242 lbs.	SHW	181 title over Chuck Vento 335 to 315.	
L. Beede	565	Tschombe Davidson, one of the truly great	
SHW	Submaster	raw lifters, won at 198 with 440. Dru	
M. Hodge	700*	Patrick, another great one, finished with	
J. Ray	625	540 at SHW. All of the winners in the open	
Wojciechows	530	division set new Wisconsin state records	
RAW	181 lbs.	for their respective classes. For the as-	
Teen (13-15)	M. Riplinger	sisted division it was Jane McCubbin set-	
105 lbs.	550	ting the state record at 45-49/148 with a	
L. Lambrecht	T. Bauer	great 190. Brad Aldag won at 16-17/165	
125*	515*	with 255 while Brandon Gonring finished	
132 lbs.	Master (45-49)	with 365 at junior 220. Chris Eastman got	
B. Capetillo	181 lbs.	the win at submaster 198 with 325. Dave	
Teen (18-19)	S. Hubert	Walker, who has won the best heavy-	
148 lbs.	198 lbs.	weight award here, every year he has	
R. Peterson	H. Perone	competed, did it again this year. Along the	
198 lbs.	475	way Dave broke the state records for the	
K. Rabe	220 lbs.	40-44 and open 220 classes with 630,	
Junior	220 lbs.	though only getting in his opener. Tony	
148 lbs.	R. Hanson	Bauer hit a PR 450 at 40-44/275. For the	
D. Maes	540	45-49 classes Tim Aldag set the record at 148	
165 lbs.	C. Tibbals	with 310 while brother Dave Aldag placed	
N. Schmidt	500	second with 275. Mike Sischo got a big 450	
Submaster	242 lbs.	state record at 198 while Steve Lamothe	
148 lbs.	S. Coogan	won at 220 over Robert Tupper 500 to 460.	
D. Manuel	500	Dean Bennett took the 275's with 275 and	
198 lbs.	Master (55-59)	John Wojciechowski, who was actually	
J. Faber	355*	lifting raw, won at SHW with 445, using a	
Master (40-44)	308 lbs.	reverse grip! Rod Tafelski won again at 50-	
181 lbs.	R. Crawford	54/165 with 235 while Gary Koch got a new	
	565*	personal best at 198 with 270. Bob Vivier	
	Master (70-74)	broke the state record at 50-54/220 with	



Mike Hodge with his SLP State Record 700 BP @ SHW at the SLP Wisconsin State Fair competition (photographs by Dr. Darrell Latch)



Dave & Kevin Rabe with a Wisconsin SLP State Record 2 Man/198 lb. deadlift record of 725 lbs.

his 350 final attempt. Ray Gronowski broke his own state record for the 55-59/198 class with 325 as did Robert Crawford at 308 with 420. Another fine master lifter, Donnie Thompson, got the record at 60-64/198 with 355. Up next was the crowd favorite, seventy-six year old Peter Jensen. A great master lifter for many years, Peter's return to competition was a treat for everyone. Peter finished here with a new state record of 210 for the 75-79/198 class! With just one entry for the police & fire division, it was Joel Ramsey with a new state record of 300 for the 148 class. At open it was Matt Lanigan with 355 at 165 while Shawn Delaney finished second to Dave Walker at 220 with 430. Lowell Beede got a new PR at 242 with 565, but it was Big Mike Hodge with the biggest lift of the day, locking out a PR 700 at SHW! Jim Ray finished second to Mike with a personal best 625 while Jake Wojciecowski, making just his opener, was third with 530. In the deadlift event Jane McCubbin won her second title of the day at 45-49/148 with her great 375 pull! Newcomer Amal Fares got the state record at 165 with 145. Kate Klass won again at 50-54/165 with 225, a personal best for her. In the novice men's division Jason Ingram got a big state record 600 pull at 242 over Joe Trent, who finished with 570! Erik Bowman won at 16-17/123 with a great double bodyweight state record pull of 250 at 123 while Kelly Rabe got his first official 400 at 198! At 18-19 Ricky Peterson won at 148 with 370 while Ryan Henderson got a big state record pull of 500 at 181. David Langer got an even bigger pull and state record at 198 with 605! Jonathan Bender took the 220 class with 430. At junior men Keith Koch got a new personal record in the 148 class with his 335 pull. Anthony Trebatowski was the winner over Dan Murphy at 165, 425 to 405 and it was George Rochnay with the title at 198, pulling 585. Brandon Gonring won at 220 over Chris Hudson 565 to 525, while Pat Tracy rounded out the field for the junior division with his win at SHW, finishing with 535. Jeff Vallis broke the state record for the submaster 181 class with a big 585. Mark Riplinger won over Anthony Williams in the 40-44/181 class 550 to 500. Tony Bauer broke the state record and set a new personal record for the 40-44/275 class with 515. Our biggest master class seems to always be the 45-49 age group. Here Scott Hubert won at 181 with 575 while Hugh Perone took the 198 class with 475. Brian Pirlot pulled 505 at 220 while Robert Hanson won over Chris Tibbals in the 242 class 540 to 500! Stuart Coogan won at 50-54/242 with 520 while Dan Graf pulled 500 for the 55-59/242 class. Another great master puller, and all-around great powerlifter, Robert Crawford, broke the state record at 55-59/308 with his final pull of 565. Richard Lee broke the state record at 70-74/148 with 220 while Peter Jensen got his record at 75-79/198 with 315! At police & fire 148 Justin Klopp broke the record with 350. In the open division Donovan Duffy pulled a state record 400 at 148 while Bryan Andrews got a big 545 PR at 165. Best lightweight lifter Derron Bohne got a new personal best and state record for the 181 class with his 615 final pull while Kelly Rabe finished second with 400. Best heavyweight lifter, Rich Kokott, got the biggest pull of the day with his 685 state record, lifting at a 194 bwt! Lowell Beede got another personal record with his 680 pull at 242. Our final deadlifter was 275 winner Brandon Luedtke who finished with 660. We also had two teams, both represented by fathers and sons! At 181 it was Taylor and Dave D'Agostin who finished with 600 and the 198 team which broke the state record with 725. Dave and Kevin Rabe represented this team. Thanks for everyone's continued support of this event at the Wisconsin State Fair. See you all again next year! (by Dr. Darrell Latch)

USAPL Mas Poder (More Power)

20 JAN 08 - Oneonta, NY

BENCH	R. Coisson	260
MALE	Master III	
132 lbs.	C. Mangre	225
Master II	165 lbs.	

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Open		S. Levy	95	220 lbs.	97 lbs.	
T. Allano	480	242 lbs.		S. Fletcher	410*	C. Hale
181 lbs.		Teen (18)		275 lbs.		175*
Raw		A. Bogart	400	K. Robinson	455*	Junior
C. DeJoy	345	Master III		Master (60-64)	198 lbs.	Z. Whalen
Open		P. Darbouze	465	198 lbs.	220 lbs.	510*
J. Wood	370	Master V		J. Wigginton	175*	B. Vanover
Master III		C. Tallman	450	Open		380
P. Carroll	330	Police/Fire		Submaster		
198 lbs.		C. Tallman	450	275 lbs.		
Raw		275 lbs.		K. Robinson	455	C. Breedon
J. VanAllen	405	Open		308 lbs.		480
220 lbs.		B. Klinger	615	T. Moore	265*	Master (40-44)
Teen (17)		J. Bogart	565	DEADLIFT	220 lbs.	S. Kinell
G. Volkes	265	Master III		MEN		550
Raw		B. Klinger	615	Novice	198 lbs.	Master (60-64)
J. Sowle	360	SHW		165 lbs.	J. Wigginton	175
Master VII		Master III		Wolfenbarger	380	Open
S. Chatis	305	K. Johnson	575	198 lbs.		198 lbs.
Master VIII		Teen (13-15)		D. Perry	275	E. Felts
						585

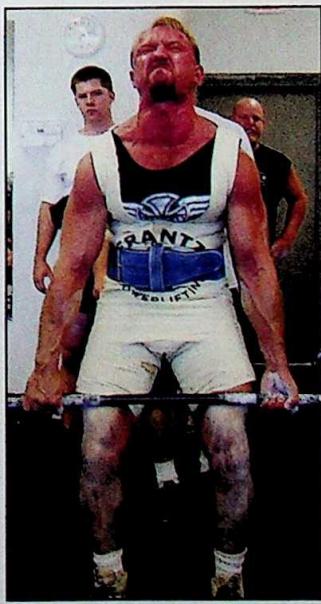
SLP Regional Bash for Cash 22 SEP 07 - Dry Ridge, KY

BENCH		242 lbs.	
WOMEN		D. Goble	500*
Raw		Open	
Novice		165 lbs.	
148 lbs.		J. Edwards	255
J. Plemen	95*	242 lbs.	
198 lbs.		D. Minor	—
E. Rich	95*	J. Abnee	—
MEN		Raw	
Teen (13-15)		Novice	
97 lbs.		165 lbs.	
C. Hale	115*	Wolfenbarger	225
Junior		Teen (16-17)	
198 lbs.		220 lbs.	
Z. Sandlin	445	S. Sharrock	295*
Z. Whalen	405	Junior	
Submaster		198 lbs.	
198 lbs.		M. Dixon	335*
R. Schoffner	430*	275 lbs.	
242 lbs.		S. Riley	305*
R. Coots	—	Submaster	
275 lbs.		181 lbs.	
C. Breedon	405	M. Sanchez	300*
Master (50-54)		Master (40-44)	

=Son Light Power Kentucky State Records.
Best Lifter Bench Press: Dan Goble. Best Lifter Deadlift: Eric Felts. The Son Light Power Regional Bash For Cash Bench Press & Deadlift Classic was held at Bodyworks Gym. Thanks to the owner of Bodyworks, Justin Baker for hosting this event, but especially to Chad Breeden who did most of the promotion and provided all of the equipment used for the competition. He also helped a number of new lifters while also trying to compete himself. In the raw bench press event newcomers Jenny Plemen and Elizabeth Rich both set new Kentucky state records for their respective classes. Lifting in the novice division, Jenny finished with 95 at 148 while Elizabeth ended with the same at 198. Thomas Wolfenbarger won at novice men/165 with 225. Scott "The Rock" Sharrock broke the state record at 16-17/220 with his 295 final attempt. Marcus Dixon broke the state record at junior 198 with 335 while Stanley Riley did the same at 275 with 305. Miguel Sanchez got his state record at submaster 181, making a strong 300 at 181. In the master's division Shane Fletcher broke the state record at 40-44/220 with 410 while

fellow class lifter Keenan Robbinson won at 275 with 455. Setting the state record there, Keenan also won at open 275 as well. Newcomer to the sport, Jim Wigginton had a great day, setting the state record at 60-64/198 with 175. Then in the open division it was Tim Moore with the win at 308 and a new state record of 265. For the assisted division fourteen year old Curt Hale won

his first of two trophies for the 13-15/97 class with a new state record of 115. In the junior division it was Zach Sandlin over Zac Whalen 445 to 405. Zac's 445 was a new personal best for him. Ron Schoffner came down from Ohio to break the state record at submaster 198, which he did with 430. Robert Coots, a great raw lifter, wasn't able to hit his groove on this day, failing with 550 three times. Chad Breeden was working with his new shirt, which he handled 500 well, but had to settle with his opener of 405 at 275. Dan Goble, who has now become a consistent 500 bencher, did just that at 50-54/242, breaking his own state record there by 25 pounds. In the open division Josh Edwards on at 165, making just his opener of 255. Derek Minor looked strong with his 605 final attempt at 242, but could never quite get the weight down to his shirt for the proper groove. Justin Abnee had the same problem, also lifting at 242, failing with 425 three times. Moving to the deadlift event, it was Thomas Wolfenbarger and Dennis Perry in the novice division. Thomas at 165 (380) and Dennis at 198 (275). Curt Hale finished out his day with another victory in the 13-15/97 class, pulling a 175 state record final attempt. Zac Whalen broke the state record at junior 198 with his opener of 510, failing twice with 550. Brian Vanover, another first-timer, won at junior 220 with 380. Chad Breeden won his second title of the day at submaster 275 with his 480 pull here. At 40-44/220 it was Steve Kinell with a big 550 pull while Jim Wigginton got his second title of the day at 60-64/198 with 175. Best lifter Eric Felts pulled a smooth 585 for the win at 198 open. Along with the best lifter awards was a cash prize of \$100.00 for the best bench press, which went to Dan Goble, and to the best deadlift, which was won by Eric Felts. Thanks to everyone who helped with the meet and to all the lifters and spectators who came to cheer them on. See you all again next year! (Thanks to Dr. Darrell Latch for results)



Eric Felts locking out a 585 deadlift at 198 to win Best Lifter at the SLP Bash for Cash contest.



Mike at the Air Force Academy.

(continued from page 8)

combinations. Friday I do a raw bench variation, a deadlift variation (often deadlifts with chains or standing on a block), and some board presses for higher reps. I vary the volume, intensity, and the exercise selection. There's actually a lot of planning that goes into my training. I've picked it up from a ton of different sources and it seems like it constantly changes/becomes more refined, so this is really just a snapshot of what I'm doing now.

PL: Could you detail your source of motivation Michael?

MT: I've gotten training info from all kinds of sources. I've got elements of Westside mixed with elements of the Sheiko programs. There are other parts I have learned from Russian manuals. Some of the parts I've come up with myself. I not only read about Powerlifting, but any kind of athletic development almost constantly! Because of that, I've managed to develop what I think is a good idea of how the training process should go. It's proven to be effective, not just with me, but with the people I've helped train over the years. It's like I used to tell the guys on my team, to get good at this, you really have to be a student of the sport and take every possible opportunity to learn. I read a ton about Powerlifting, I

keep very detailed training logs and analyze them to see how my body responds to different combinations of stimuli, and so on. There is a lot to learn in Powerlifting, and the more you learn, the better you get.

As far as motivation... I look ahead and I look behind. I know my competition is working hard to beat me. To win, I need to work harder and smarter than they can. I also give this statement some thought from time to time: "Sometimes you go in the gym and you just don't feel like training, even though you should. If you decide to slack off, somewhere there is some kid that is training to be the best ever, and he just had the best training session of his life. That's ground you may never make up." I don't know who said that (probably a lot of people), but it always resonated with me, because I used to be that kid! Now I'm gunning for the top spot and I don't want to give that up without a fight.

PL: Please describe a typical week of training leading up to the 2008 Arnold.

MT: Sunday - SBD: Raw Squat-80-90%, 5-6 sets, 635x2, 675x1, 705x2, 705x1, 635x2 (28 minutes); Bench +doubled light bands +90 pounds of chain-80-90%, 5-6 sets, 305x2, 345x1, 370x2, 370x1, 305x3 (20

minutes); SLDL off 2x45lb plates - 3-4x8, 475x8, 495x8, 525x8 (17 minutes); Total Training Time: 108min

Tuesday: Shirt Bench- 75-85%, 5-6 sets, 535x3, 575x2, 605x3, 605x2, 605x2 (32 minutes); Deadlift w/belt- 75-85%, 5-6 sets, 655x3, 705x2, 750x3, 750x1 (25 minutes); Incline (thumb from smooth)- 4-5x6, 315x6, 335x6, 355x6(9 minutes); Total training time: 103min

Wednesday - Extra: Single Arm External Rotation - 30x12x3; Decline Sit-ups-10x10x2; Stretching Elliptical-4x.2mi(2min goes); **Thursday:** Suit Squat +wraps- 75-85%, 5-6 sets, 705x3, 755x2, 800x3, 800x2, 705x3 (41 minutes); Bench- 75-85%, 5-6 sets, 415x3, 435x2, 470x3, 470x2 (15 minutes); SSB 12" Oly Squat +90 pounds of chain - 4-5x4, 405x4, 445x4, 470x4, 445x4 (27 minutes) talk too much. Total Training Time: 133min

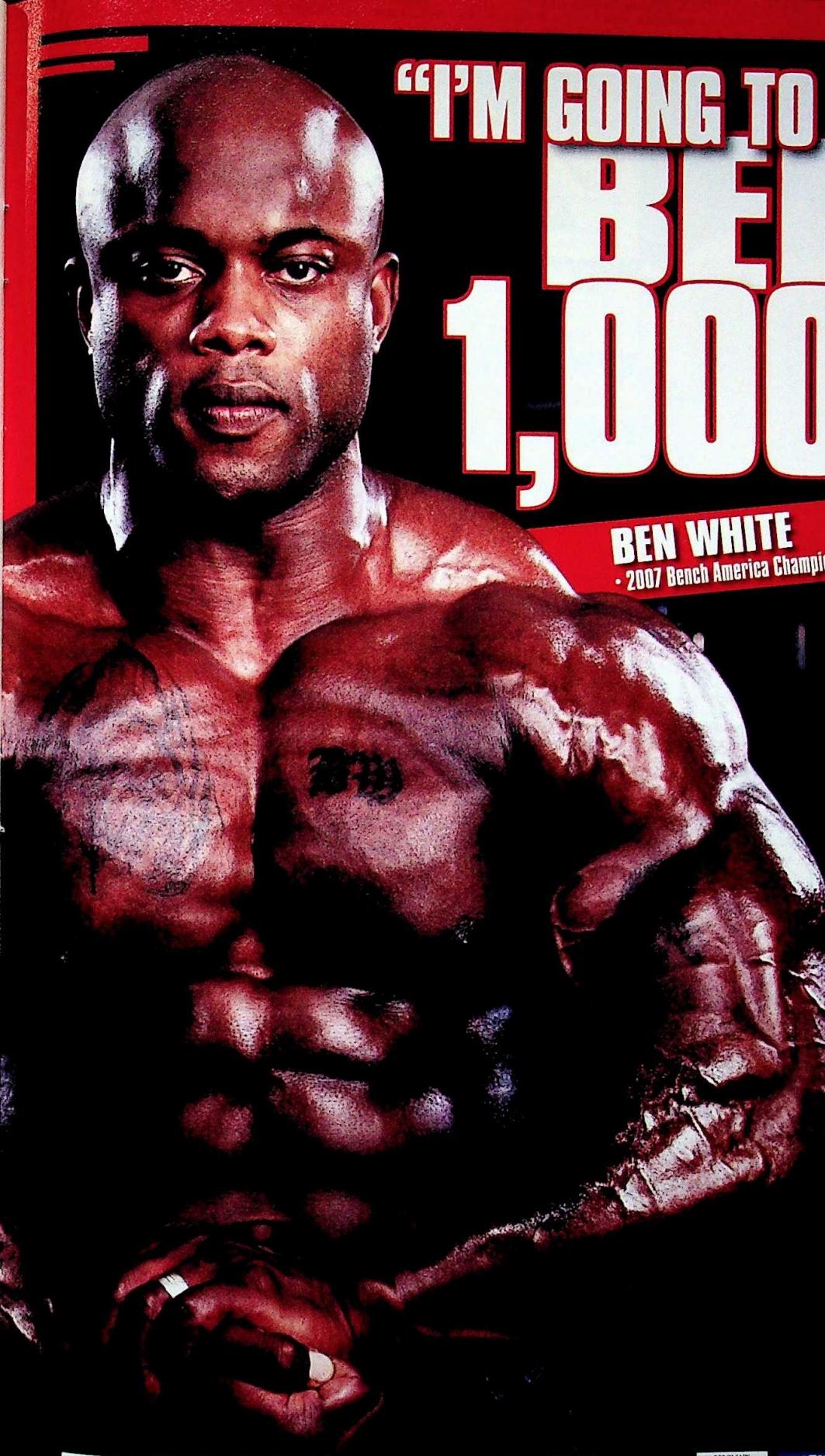
Friday: PlyPress +doubled mini band- 80-90%, 5-6 sets, 405x2, 425x, 445x2, 385x2, 445x1 miss 2 (25 minutes); Deadlift +90 pounds of chain-80-90%, 5-6 sets, 605x2, 655x2, 675x2, 675x, 605x2 (27 minutes); Pin 12 Lockouts +90 pounds of chain-75-85%, 4-5 sets, 425x4, 455x3, 475x3, 455x4, 455x3 (21 minutes); Total Training time: 106min

PL: Anything you would like to say in closing Michael?

MT: I would like to thank my wife, Ayana. She's without a doubt my biggest fan and is 100% supportive of my powerlifting habit. She has flown across the country several times to help and encourage me at meets. She has taken it upon herself to learn a lot about powerlifting so that I can bounce ideas off her. There's no way I'd be in the same place without her support. I'd like to thank my parents, too. They have also followed me around the country to watch my meets. Mom helps by taking video of my attempts and Dad handles me backstage. They're great! My Dad even flew to Bulgaria to help handle me backstage at Jr. Worlds in 2006! That was an expensive trip, but he didn't hesitate - he knew I needed help and he was there! I'd like to thank Sherman Ledford of Quest Nutrition for his support not only with supplements and nutrition advice, but with feedback on my training also. I'd also like to thank Titan Support Systems for the supportive equipment. They have certainly made my life easier and my lifting better. Most of all, I'd like to thank God for the talent He has given me and the desire to do something with it. Without Him, I'm not having this conversation right now!



Mike has things figured out .. he's getting stronger in all the lifts at the same time. (Scot DePanfilis photograph.)



"I'M GOING TO BENCH 1,000 LBS!"

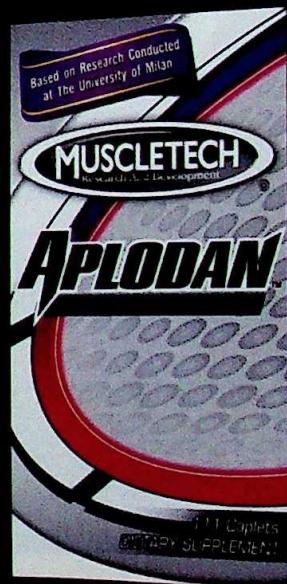
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SLP National Championship
29 SEP 07 - Tuscola, IL

BENCH	DEADLIFT
WOMEN	WOMEN
Master (45-49)	Master (40-44)
181 lbs.	148 lbs.
D. Covington 225*	S. Bick 210*
Raw	4th-225*
Master (40-44)	Master (45-49)
148 lbs.	181 lbs.
S. Bick 105*	D. Covington 360*
4th-110*	MEN
MEN	Teen (13-15)
Police/Fire Open	198 lbs.
242 lbs.	L. Heater 410*
E. Ruff 345	4th-420*
Raw	Master (45-49)
Teen (13-15)	181 lbs.
198 lbs.	D. Felton 580*
L. Heater 270*	Master (55-59)
Master (65-69)	198 lbs.
242 lbs.	L. Readman 430*
F. Gudakunst 270*	
Powerlifting SQ	BP DL TOT
MEN	
Teen (13-15)	
198 lbs.	
L. Heater	375* 270* 410* 1055*
Submaster	4th-DL-420*
181 lbs.	
M. Gugino	635* 525* 570* 1730*
4th-BP-540*	
Master (40-44)	
275 lbs.	
T. Oberle 700	435 520 1655
Master (45-49)	
242 lbs.	
M. Chellino 735*	600* 525* 1860*
Master (50-54)	
165 lbs.	
D. Anderson 520*	250* 550* 1320*
Police/Fire (40-44)	
220 lbs.	
B. Stanley 530*	410* 560* 1500*
4ths: BP-430*DL-580*	
Police/Fire Open	
242 lbs.	
M. Ritchie 330	345 405 1080
4th-DL-420	
308 lbs.	
S. Winters 340	355 465* 1160
4ths: SQ-370 DL-500*	

*=Son Light Power National Records. Team Champion: Two and a Half Men. Best Lifter Open Men: Mike Gugino. Best Lifter Master Men: Mark Chellino. The Son Light Power National Powerlifting Championship was held at Son Light Power Gym. A very special thanks to Linda Middleton who worked so hard getting the gym set up and ready for the competition and for her fine job of judging during the competition. Linda, who is also a five-time world powerlifting champion, is also one of the

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most respected judges in the sport. Thanks also to Phil Halverson for doing a great job loading and spotting while serving as platform manager. And many thanks as well to Buddy Hall and his team for all their help as well. In the full meet first-time national competitor Lewis Heater had a great day, setting all new national records for the 13-15/198 class. Starting with a 375 squat, Lewis benched 270 then pulled a 410 deadlift for a 1055 total. A successful 420 fourth attempt pull gave Lewis a great 1065 total! Mike Gugino won at submaster 181 with all new national records as well, finishing with a 1745 total. Mike struggled with his squat, making just his opener of 635 but came back strong in the bench with a 540 fourth attempt. His 570 opening deadlift gave him his total and the best lifter award for the open lifters. Tom Oberle won at 40-44/275, just missing a 740 record-breaking final squat. Settling with a strong 700, Tom finished the competition with a 435 bench and a 520 pull for a 1655 total. Mark Chellino got the biggest

total of the day and the award for the best overall master lifter as well. Making a 735 squat, 600 bench and a 525 deadlift, along with his 1860 total m Mark broke all the existing national records at 45-49/242. Another great master lifter, 162 lb. David Anderson, also established all new records for his class. Lifting at 50-54/165, David made all three of his squats, finishing with 520, went two for three in the bench with 250 and finished with three perfect pulls, ending with 550 for a 1320 total! Fifty years old and 160 lbs.! Brent Stanley had his best day ever, setting new PRs in the squat (530), deadlift (580) and total (1540) on his way to the title at police & fire 40-44/220 class. Along with his 430 bench, Brent set all new national records for his class. Also at police & fire were newcomers Matt Ritchie and Steve Winters. At 242 Matt finished with 330-345-420 for a 1095 total while Steve went 370-365-500-1235 at 308. Steve's final pull of 500 broke the national record there by fifty pounds. In the bench press event it was Sharon Bick breaking the raw national mark with her 110 final attempt. Diane Covington broke the record at 45-49/181 with 225. It was

Lewis Heater at 13-15/198 with 270 while the "Ladies Choice", 65 year old Fred Gudakunst, won at 65-69/242 with a new national mark of 270 as well. Eric Ruff, the "Half Man" of the Two and a Half Men Powerlifting Team (because of an ankle injury) won at police & fire/open 242 with a personal best 355. For the deadlift event Sharon Bick won her second title of the day at 40-44/148 with a new national mark and personal best 225. Diane Covington broke the record at 45-49/181 with a solid 369 while Lewis Heater set the record at 13-15/198 with 420. David Felton had the biggest lift of the day with his great 580 pull at 45-49/181! Our final puller was 55-59/198 winner Larry Readman, who broke the national record by five pounds with his 430 final pull. The team award went to Two and A Half Men Powerlifting, with members Eric Ruff, Matt Ritchie and Steve Winters. Thanks again to all who helped with the meet. See you again next year. (Thanks to Dr. Darrell Latch for providing results)



SLP PL Nationals Best Lifters: Mark Chellino and Mike Gugino (Latch)

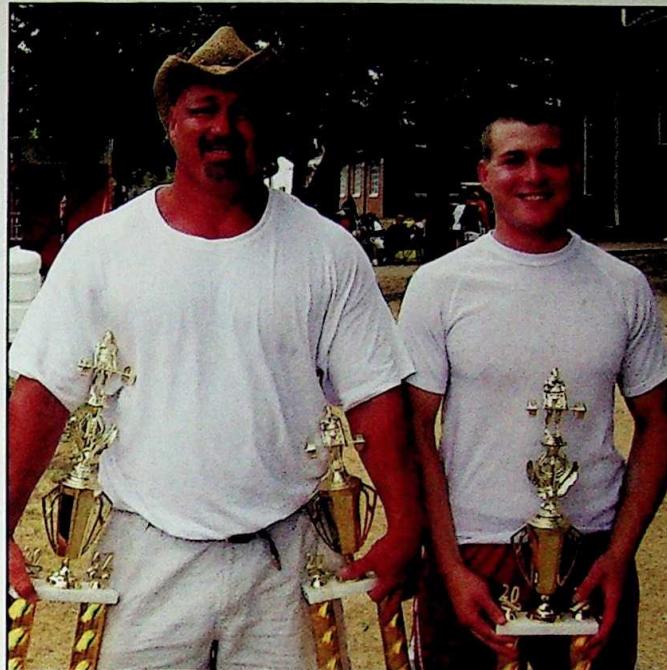


Sharon Bick with her SLP PL National Record 225 @ 148/40-44 (photo courtesy Dr. Darrell Latch)

BENCH	F. Ouderkirk 345*
WOMEN	G. Stacherski 280
Raw	220 lbs.
Master (40-44)	M. Hammond 445*
132 lbs.	4th-460*
S. Darrow 145*	Open
181 lbs.	220 lbs.
C. Crossland 285*	T. Luke —
4th-300*	242 lbs.
MEN	K. Parrish 680*
Novice	275 lbs.
198 lbs.	M. Guthery 415
C. Flick 275	RAW
Junior	Novice
198lbs.	181 lbs.
E. Leitman 400	J. Luke 260*
242 lbs.	4th-270*
N. Gentges 600*	Teen (13-15)
Submaster	97 lbs.
181 lbs.	Z. McClure 90*
J. Kooken 325	165 lbs.
4th-335	E. Jennings 205*
308 lbs.	198 lbs.
D. Charron 615*	L. Heater 270*
4th-625*	4th-275*
Master (40-44)	Submaster
220 lbs.	220 lbs.
B. Stevens 580*	S. Kujawski 365*
Master (45-49)	4th-405
198 lbs.	Master (45-49)
G. Bauer 410*	181 lbs.
Master (55-59)	T. Carlisle 255*
198 lbs.	Open

198 lbs. Schamburg 565*
M. Lane 325* Master (45-49)
DEADLIFT 181 lbs.
MEN R. Heater 365*
Teen (13-15) Open
97 lbs. 165 lbs.
Z. McClure 170* R. Snelling 600
4th-180* 181 lbs.
198 lbs. J. Kline 465
L. Heater 405* 4th-485
Junior 198 lbs.
198 lbs. M. Lane 640*
E. Leitman 600* 275 lbs.
220 lbs. M. Guthery 550
"Son Light Power Missouri State Records.
Best Lifter Bench Press: Keith Parrish. Best
Lifter Deadlift: Ryan Snelling. The Son
Light Power Missouri State Fair Bench
Press & Deadlift Championship was held at
the state fairgrounds. Thanks to my son
Joey and grandson Daniel for doing such
a great job once again loading and spot-
ting. Also a special thanks to Putt Houston
for all his help during the meet. Putt, who
recently won the AWPF Worlds, is that
special kind of powerlifter who comes to
meets, when he's not competing, and
simply helps with whatever needs to be
done! A great spirit! In the bench press
event first-time lifter Susan Darrow won at
40-44/132 with a new Missouri state record
of 145. She is trained by our next lifter,
Cyndi Crossland. Cyndi won at 40-44/181
with a new raw record of 285. We all talked
her into a fourth with 300, which she made
with ease! Not too many women can boast
a 300 raw bench! Also lifting in the raw
division was novice 181 winner Justin
Luke. Justin finished with a new state
record of 270. In the men's 13-15 age group
we had three fine young lifters, all of which
set new records for their respective
classes. At 97 it was Zac McClure with 90.
Evan Jennings finished with 205 at 165
while Lewis Heater, lifting in just his
second competition, got a new personal
best 275. Shawn Kujawski set the mark at
submaster 220 with 365, before finishing
the competition with a 405 assisted lift.

Terry Carlisle, state record-holder at 45-
49/181, upped that mark by five pounds
to 255. Our final raw lifter was Mike Lane,
who won at open 198, setting the raw state
record there with 325. In the shirt division
Chris Flick won at novice 198 with 275
while Eric Leitman took the title at junior
198 with a personal best 400. Nathan
Gentges got his first official 600 bench
with his win at 242! All this at a 230 bwt!
Jim Kooken had a good day at submaster
181, finishing with a new personal record
335 fourth attempt! Daryl Charron, a great
single ply lifter, finished with a personal
and state record 625 at submaster 308.
Bruce Stevens, who recently joined the
600 club, finished here with 580 at 40-44/
220, weighing in at just 204.5. Bruce's next
personal goal is a triple bodyweight bench
at master 198! At master 45-49/198 it was
Gene Bauer, breaking his own state record
with 410 while training partner Floyd
Ouderkirk did the same at 55-59/198 with
345. Greg Stacherski, who has been away
with some health problems, returned to
finish second to Floyd with 280. Mark
Hammond, another great master lifter,
blew away the state record at 55-59/220
by 100 pounds, finishing with a personal
best 460! Moving to the open division we
had one bomb-out in the form of Tiral Luke.
The current state record-holder at 220,
Tiral was just "off" on this day, missing
with 555 three times. Taking the 242's, as
well as the best lifter award was Keith
Parrish. Still using his older shirt, Keith
upped his own state record there with 680.
Get that new shirt on and get that 750!
Sounds good to me! Mike Guthery rounded
out the benchers with his win at 275,
finishing with 415. In the deadlift competi-
tion Zac McClure captured his second
title and state record at 13-15/97 with his
final pull of 180. Lewis Heater also did
well, taking the win at 13-15/198 with
another state record of 405. Eric Leitman
won again at junior 198, this time with a
new state record of 600. Taking the win at
junior 220 was Matt Schamburg who fin-



The Best Lifters at the SLP Missouri State Fair BP/DL competition were:
Keith Parrish and Ryan Snelling (photo courtesy of Dr. Darrell Latch)

ished with 565. First-time competitor R.L.
Heater pulled a personal best 365 for the
win at 45-49/181. This was also a new state
record for R. L. In the open division best
lifter Ryan Snelling looked strong at open
165 with his 600 second attempt, but a 640
final attempt stalled halfway up. Loss of
weight and the hot temperatures didn't
help! Taking the win at 181 was Joe Kline
with 485. The biggest lift of the day (640)
came from 198 winner Mike Lane, who
finished a close second to Ryan for the best
lifter award. Mike Guthery won again at
275 with 550, just missing a PR fourth
attempt with 585. Thanks again to all the
lifters and helpers who helped make this
annual event another success. See you all
again next year! (courtesy of Dr. Latch)

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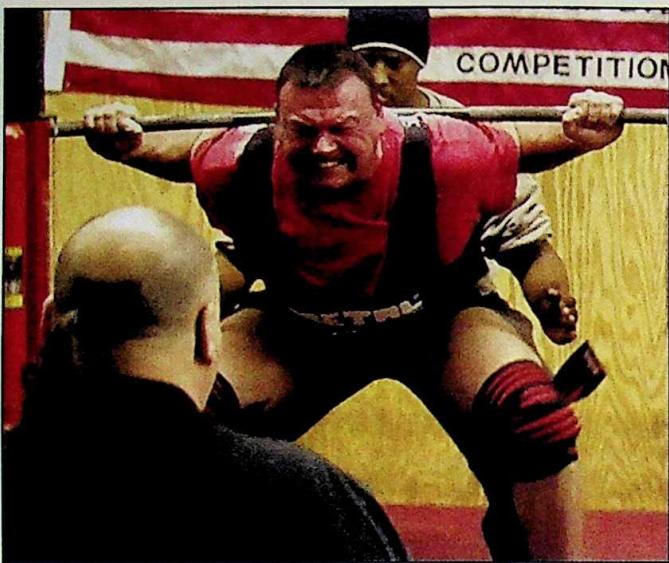
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WNPF Single/Ironman Nationals

15 DEC 07 - Kissimmee, FL

BENCH	Francis	—
105 lbs.	(50-59)	
(40-49) Raw	Harrier!	520*
Mondragon	90	BENCH for Reps
148 lbs.	165 lbs.	
(40-49) Raw	Open	
Petrik	75	Kearney 20*
MEN	(40-49)	
114 lbs.	Kearney 20*	
(13-16) Raw	DEADLIFT	
Petrik	95	165 lbs. (40-49)
123 lbs.	Montgomery 345*	
(13-16) Raw	MEN	
Mancera	100	165 lbs. 242 lbs. (50-59) Raw
Lifetime	330	Bucchioni 525*
Kearney	330	275 lbs. (40-49)
(40-49)	Francis! 675*	
Kearney	330*	(50-59)
198 lbs.	Harrier 505*	
(50-59) Raw	POWER CURL	
Kerkhof	200	114 lbs. (13-16)
220 lbs.	Petrik 55	
(60-69) u		
Sposato	405*	198 lbs. (13-16)
(80-89) Raw	Brandt	75
242 lbs.	Chambers 220 lbs. (80-89)	
Open Raw	Rubera	315
275 lbs.	Brandt 95*	
Lifetime	300 lbs.	
Merry	400	Open
(40-49)	Manske 180	
Merry	400*	Bradford! 175*
Ironman	BP DL	TOT
114 lbs.		
(13-16) Raw		
Wilcox	85	180
148 lbs.		265
(13-16) Raw		
Adair	150	315
198 lbs.		465
(13-16) Raw		
Chambers	140	275
Open		415
Edwards!	430	540
242 lbs.		970
Lifetime Raw		
Mosley	360	520
300 lbs.		880
Subs Raw		
Roman	445	525*
I=Best Lifters. *=National Records. Team Champs: Willy's Powerhouse Gym. Thanks to all of the lifters that made this meet happen, thanks to the spectators that came out to cheer on the 28 lifters. Thanks to Max	970	



Phil Berrio squatting at the ADFPF Massachusetts State ROCK Powerlifting Championship. (photographs provided by Saul Shocket)

Rubera and Moses battles of Maximum Fitness Gym in Kissimmee, Florida. For those of you that have never been to this facility you should visit. This is a top notch facility for training. Thanks to my great staff Bob & Elaina Bolster, Willy Wilcox, Moses Battles, William Sessions, Lionel Howard, Mike Wilcox, Lester and Moms. (results provided courtesy of the WNPF)

MALE					
Special Olympics					
114 lbs.	C. Vooy	191	112	183	486
Youth (12)					
105 lbs.	A. Forezzi	160*	121*	201*	482*
		4th-SQ-180*	DL-211*		
Teen (15)					
198 lbs.	A. Carter	375*	255	430*	1060*
198 lbs.	P. Plessas	255*	195*	300*	750*
4th-DL-330*					
Master (40-44)					
4th-291					
242 lbs.	D. Naughton	404	402	447*	1253
Master (65-69)	H. Harris	355*			
220 lbs.	D. Master	45-49			
Phys. Challenged					
4th-365*					
275 lbs.	P. Burgess	455*	252*	414*	1121*
165 lbs.		4th-SQ-470*	BP-267*		
Teen (18-19)					
198 lbs.	R. Mayer	311	195	322*	828
Master (55-59)					
117 lbs.	D. Assimakopoul	505*	455*	555*	1515*
S. McCallion	222	101*	231	554*	
		4th-BP-107*			

*=Meet Records. (Thank you to Cutting Edge Sport Sciences for providing results)

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Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

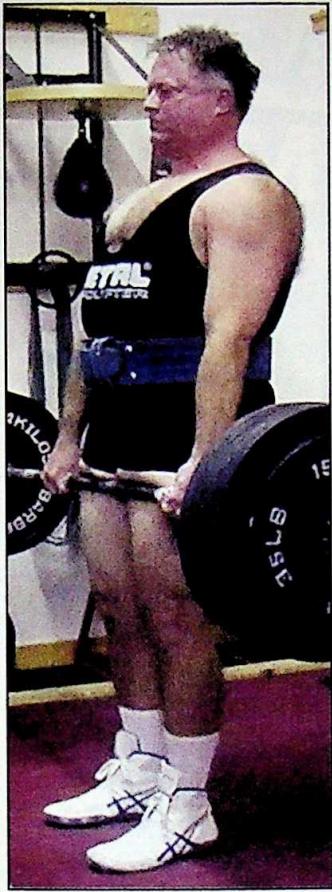
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ADFPF 1st MA State Rock Open

17 FEB 08 - Hingham, MA

	SQ	BP	DL	TOT
148 lbs.				
Open	J. Breault-BL	450	250	370
165 lbs.				
Masters II Raw	L. Vega	325	225	400
165 lbs.				
Masters I	M. Brown	500	260	500
165 lbs.				
B. Coleman	275	210	375	860
165 lbs.				
Masters III	P. Berrio	420	260	460
165 lbs.				
Masters V Raw	D. Mansfield	470	245	450
165 lbs.				
C. Mower	425	315	475	1215
165 lbs.				
Teen Raw	E. Cross	250	150	325
165 lbs.				
E. Cross	275	150	325	725
165 lbs.				
Masters II	J. Ingram	455	290	500
165 lbs.				
Masters V Raw/Bench Only	R. Cross	—	310*	—
165 lbs.				
SHW				
Open Raw	R. DeLeon	660	445	570
165 lbs.				
*=AR. Venue: S.E.T.S. Meet Director: Mark Marrocco. Judges: Larry Larson, Joanne Shear, Rick Comito, & Mark Marrocco. Former Special Forces Team Member & National PL Champion Mark Marrocco, instilling his brand of passion for the sport, presented the area's first three lift ADFPF Meet. The National Anthem was proudly & ably sung by Marine Force Recon Veteran Paul Coloumbe, who also did a great job announcing. There was an interesting blend of first timers & world champion lifters competing on the same platform. 145.5 lb. Joe Breault squatted well in winning the best lifter trophy. Master II lifter Lou Vega, lifting at 165 lbs., put together well balanced lifts in the raw category for his first meet. 218 lb. Matt Brown was quite impressive in his first meet, showing much future potential. Bill Coleman, son of former Boston Red Sox announcer, Ken Coleman, overcame a number of obstacles to lift with courage & complete his first three lift meet. Long time training partner, Phil Berrio, put aside his Judo, Boxing, & kettlebell training long enough to enter this meet. Seriously though, Phil lifted with all the consistency, smarts, & toughness that's expected of the veteran lifter that he is. Well respected physical therapist & masters world champion, Dave Mansfield, lifted solidly as a light 220 lifter				



Master Lifter John Ingram
deadlifting at the ADFPF contest
held in Hingham, Massachusetts.

in the raw division. We had two, 242 lifters. Chris Mower totaled 1215 in the equipped division, & Edison Cross combined lifts of 250-150-325 for a 725 total in the teen raw division. In his first three lift meet, masters lifter John Ingram put together a solid & balanced total, finishing with a PR 500 deadlift. Sixty one year old Ray Cross added a Masters Raw American Record Bench to his award collection. Ray weighed in at 255 lbs. Last, but certainly not least, big Rich DeLeon weighing in at a petite 375 lbs., lifted raw while putting together a solid 1675 lb. total. Thanks to Mark & Dottie Marrocco for initiating the first ADFPF three Lift Meet in Massachusetts. (Thanks to Saul Shocket for contest results)

WNPF Sarge/Peace 8 DEC 07 - Bordentown, NJ					
BENCH	275 lbs.				
WOMEN	(17-19) Raw				
181 lbs.	Defino	—			
Subs Raw	BENCH for Reps				
Boone	155	165 lbs.			
MEN	(17-19)				
148	Smith	29			
(40-49) Raw	181 lbs.				
Fernandez	—	Open			
165 lbs.	Colondrillo	17			
(17-19)	220 lbs.				
Smith	420	(40-49)			
181 lbs.	Howard	30			
(40-49) u	300 lbs.				
Kampo	365	Open			
198 lbs.	McLaughlin	17			
Open Raw	DEADLIFT				
Green!	435	80 lbs.			
(50-59) Raw	(11-12) Raw				
Green	435	Bowers	105		
(17-19)	165 lbs.				
Menditto	305	(50-59)			
220 lbs.	Motichka	525			
Open Raw	181 lbs.				
Bray	385	(60-69) Raw			
(40-49) Raw	Dennison	530			
Howard	365	198 lbs.			

USPF Nor California Open 8 DEC 07 - Sacramento, CA					
BENCH	D. Marba	418	A. Leahy	187	110
WOMEN	Open		Master (40-49)	248	545
148 lbs.	C. Ludlow	369	Anita K	115	82
Open	D. Silva	374	Open	248	446
C. Westin	214	Junior (19-23)	H. Harper	374	259
Master (40-49)	242 lbs.	G. Cooley	MEN	440	1074
198 lbs.	Junior (19-23)	—	148 lbs.		
St. Fleur	150	Open	Open		
(17-19)	Master (40-49)	J. Hunter	S. Dacumos	231	176
Menditto	140	385	165 lbs.	369	777
123 lbs.	220 lbs.	J. Dassel	Open		
(50-59)	123 lbs.	275 lbs.	J. Crozier	374	270
Greener	Howard	Master (40-49)	J. Chin	363	545
MEN	150	114 lbs.	1052		
123 lbs.	242 lbs.	Master (40-49)	181 lbs.		
(13-16)	Open	551	Open		
Ironmaiden	Parillo	132 lbs.	M. Caplan	600	457
BP DL	TOT	Master (40-49)	D. Jurgens	485	297
123 lbs.	A. Bhardwaj	308 lbs.	B. Pacheco	468	374
(50-59) Raw	192	VanBrocklin	A. Orozco	363	424
Greener	148 lbs.	396	198 lbs.	391	997
SHW	Junior (16-18)	308+ lbs.	Master (40-49)		
(17-19) Raw	A. Bhardwaj	Open	J. Woods	501	429
Fletcher	220	Open	Master (40-49)	633	1565
Ironman	L. Selig	114 lbs.	M. Healy	253	303
123 lbs.	165 lbs.	Junior (16-18)	Open		
Litowsky	140	Open	P. Schoener	148	
132 lbs.	260	198 lbs.	H. Verduzco	314	
Yeo	400	Open	J. Woods	501	
148 lbs.	135	Junior (16-18)	S. Ruiz	474	
(17-19) Raw	300	R. Rai	A. Nieto	385	
Cover	255	253	220 lbs.	325	
(20-23) Raw	415	Master (40-49)	J. Grau	474	
Greathouse	670	J. Woods	L. Chitwood	429	
165 lbs.	200	633	242 lbs.	347	
(50-59)	320	Open	Junior (19-23)	496	
Motichka	525	J. Woods	W. Newman	451	
165 lbs.	810	633	Open		
(17-19)	220 lbs.	220 lbs.	J. Dassel	—	
P. Smith	200	Junior (13-15)	C. Ludlow	429	
181 lbs.	375	Junior (19-23)	G. Lopez	622	
Open Raw	575	242 lbs.	Open		
Hendry	250	J. Lopez	A. Best	848	
(40-49) Raw	450	402	551	551	722
Bowers!	335	Master (60+)	BP DL TOT		2121
St. Fleur	500	WOMEN			
198 lbs.	290	SQ	Promoter: John Cooper. Referees: Bill Ennis, Steve Denison, Jim Lem, Steve Matthews, Curtis Pracht. Spotters/Loaders: West Coast Gym. (from Steve Denison Meet Director)		
(17-19) Raw	470	123 lbs.			
Glotfelty	600	Junior (19-23)			
Haldeman	375	255			
Open Raw	590	275			
Reed	295	295			
(40-49)	545	315			
Evangelista	345	660			
220 lbs.	345	660			
(17-19) Raw	405	660			
Lobb	225	680			
(20-23) Raw	465	745			
Gushue	280	Open Raw			
Open Raw	465	385			
Bray	745	455			
Wood	275	840			
(40-49)	475	Wood			
Williams	295	480			
Loomis	320	775			
(40-49)	415	735			
Blough	425	1025			
242 lbs.	605				
Open Raw	795				
Antoine	280				
Subs Raw	515				
Blanco	390				
(40-49) Raw	525				
Stoudt	360				
(50-59) Raw	455				
Nagle	400				
275 lbs.	455				
(40-49) Raw	855				
Vellucci	375				
300 lbs.	610				
(17-19)	985				
Orlando	—				
Open Raw	—				
McLaughlin	425				
SHW	575				
Open Raw	1000				
Reggeltti!	490				
!=Best Lifters. Teams: Champions-Nagle's Gym, 2nd-Penn State, 3rd-Strong Island.	725				
Another great event in Bordentown, NJ for the WNPF. There were 47 lifters and these guys and girls came to put on a show. This was no doubt the best crowd that we had at a WNPF meet this year. They were loud, supportive and everyone had a good time. A big thank you to the spectators that came out to cheer, thanks to the lifters for being a part of the WNPF. Thanks to the WNPF staff members for making this meet great.	1215				
(results provided by courtesy of the WNPF)					

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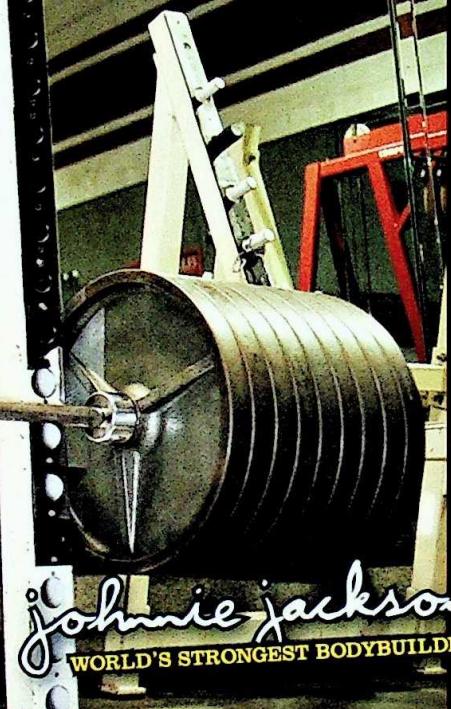
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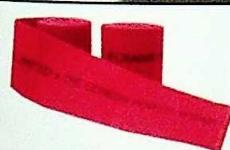
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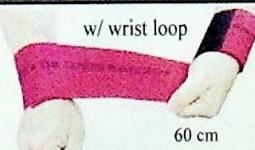
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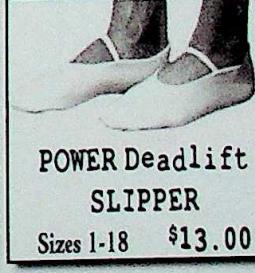
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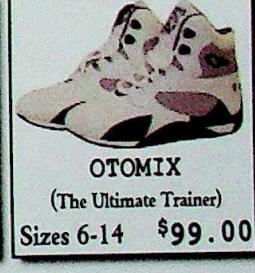
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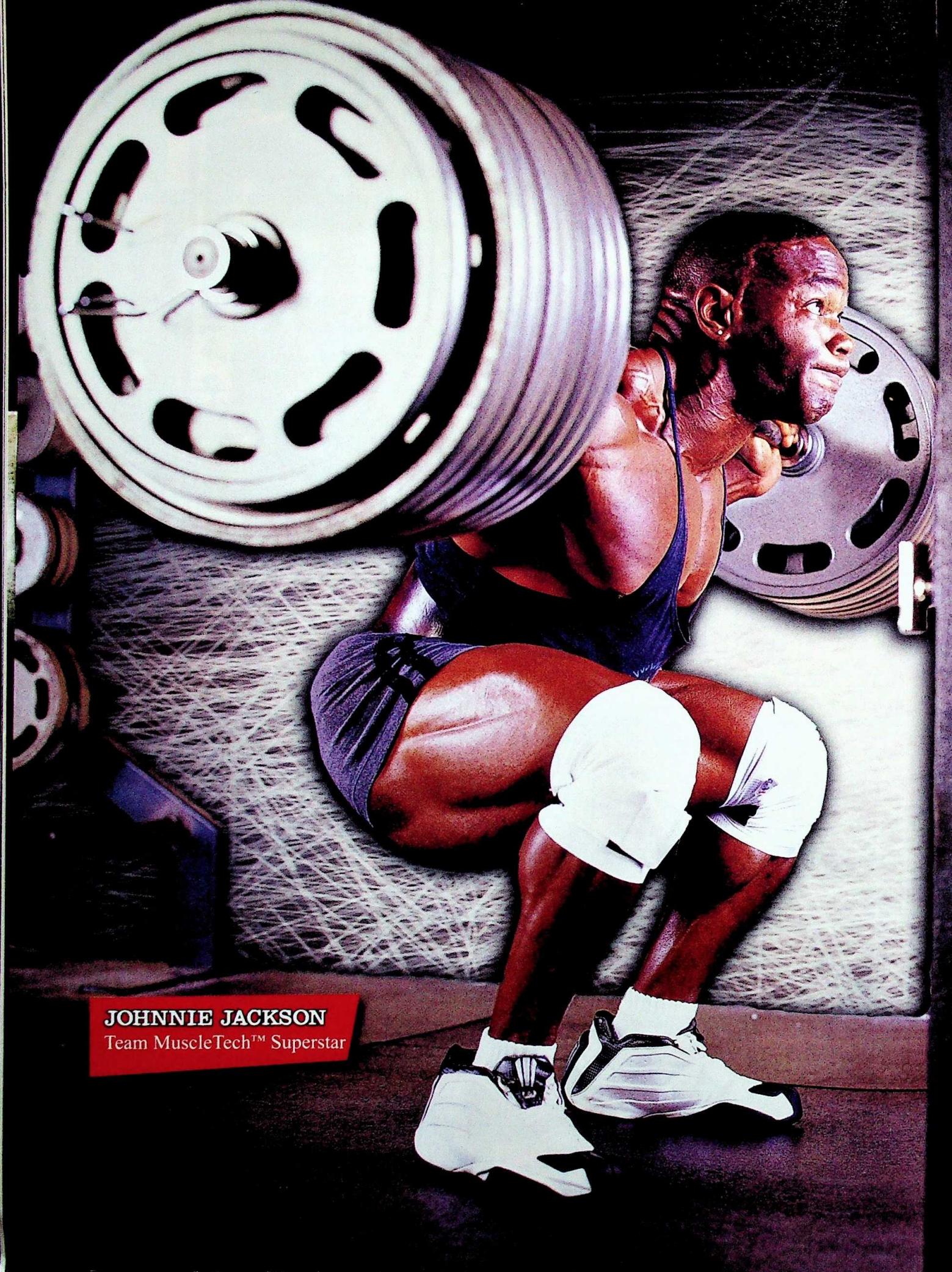
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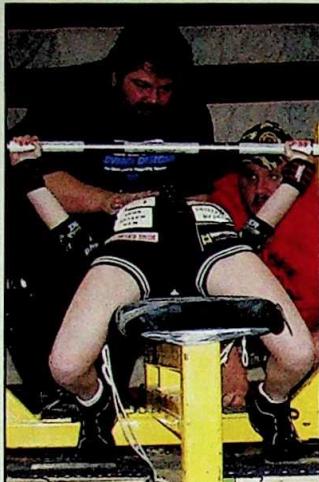
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IPA Jersey Power Challenge
20 JAN 08 - Carteret, NJ

BENCH	Master (60-64) Am.
WOMEN	Mitsopoulos 320
97 lbs.	Open Am.
Open Am.	Schumann 200*
McCaslin 140	220 lbs.
148 lbs.	Open Am.
Sub Am.	Relford 570*
West 280	275 lbs.
308 lbs.	Open Pro Raw
Open Am. Raw	Farina 490
Rychlak 190	4th-500*
MEN	Open Am.
148 lbs.	Saviano 565
Open Am.	Sub Am. Raw
Ceklovsky 600*	White 430
Master (45-49)	SHW
Amateur Raw	Open Am.
Stewart 255	McCaslin 735
181 lbs.	DEADLIFT
Open Am.	MEN
Velygan 500	181 lbs.
Sub Am.	Teen (16) Am. Raw
Langone 355*	Simeone 340
Master (40-44) Am.	220 lbs.
Caliguiri 420*	Teen (16-17) Am. Raw
198 lbs.	Hooper 380
Master (40-44)	275 lbs.
Raw Am.	Amateur Raw
Swanson 420	Master (45-49)
Open Am.	Amateur Raw
Swanson 420	Cohen 460
Master (40-44)	308 lbs.
Am. Raw	Teen (18-19)
Trout 350	Amateur Raw
	Whalen 540*
Powerlifting SQ	BP DL TOT
All Lifters	
114 lbs.	
Teen (18-19) Am.	
Tafuri 275 210 280 770	
	4th-SQ-280*
132 lbs.	
Master (50-54) Am. Raw	
Stein 220 125 260 605	
Master (50-54) Open Am. Raw	
Stein 295 140 350 785	
148 lbs.	
Teen (16-17) Am. Raw	
Patterson 215 155 265 635	
165 lbs.	
Ironman Am.	
Cruz — 250 360 610	
Open Am. Raw	
Trapani 420* 255 520* 1195	
181 lbs.	
Junior Am.	
Marino 425 280 515 1220	
Open Am.	
Muscianni 650 385 500 1535	
Open Sub Am. Raw	
Hanley 415 270 510 1195	
198 lbs.	
Teen (16-17) Open Am.	
McCloskey 575 245 440 1260	



12 year old Kerri McCaslin benched a record 140 lbs.

Open Master (50-54) Pro				
Ruquet	530	370	455	1355
Teen (16-17) Am. Raw				
Malavi	525*	410*	500*	1435*
275 lbs.				
Junior Am.				
Woody	475	385	530	1390
Master (50-54) Am.				
Mattei	575	385	500	1460
Master (55-59) Pro				
Patterson	405	460	440	1305
Open Sub Pro Raw				
Moore	640*	430*	600*	1670*
308 lbs.				
Junior Am.				
Damminga	725	465	625	1815
Master (45-49) Open Am. Raw				
Loria	575*	350	505	1450*
4th-DL-525*				
Open Sub Am.				
Becker	675	475	615*	1765*

*=IPA Records. Am.=Amateur. Best Lifters: Women's Bench-Rheta West, Men's Bench-Joe Ceklovsky, Men's Raw Bench-Jim Farina, Women's Full Raw Power-Ellen Stein, Women's Full Power-Anna McCloskey, Men's Full Power-Anthony McCloskey, Men's Full Power Raw-Mike Moore. "On Sunday January 20, 2008 Henri Skiba and Skiba's Barbell Club hosted the 2nd Annual IPA Jersey Open at Carteret High School. This is a great location, right off the New Jersey Turnpike at Exit 12. Lifters from up and down the Eastern Seaboard can get to this location without any hassle and a new hotel and restaurant are only minutes away. Over the years, we have had several APF and IPA meets in NJ, but never with enough consistency to build a following. Most of our lifters traveled to Iron Island Gym in Ocean City, NJ, York Barbell in York, PA, Nazareth Barbell, in Nazareth, PA, and recently to Iron Asylum Gym in Tribes, NY to compete. This meet was a huge success and is helping revive the sport in NJ. We accomplished our goal, which was to run a quality, no frills local level meet for area lifters. We could have never accomplished this without the support of the Carteret Board of Education and our many powerlifting friends from all over NY, NJ, PA, and Conn. Lifters make a meet, but without the proper help the meet will turn into a disaster! I have been involved in powerlifting for over 20 years and most of the "disasters" I've been to happened, not because the meet directors heart wasn't in the right place, but that he had inadequate help! I thank Henri for providing us with a venue and for all the little "unseen" things he did in preparation. I'd like to also thank my good friends Gene and Amy Rychlak for representing the IPA at the meet, handling all the administrative paper work, and bringing two Monolifts, so our warm-up room would be properly equipped. Our judges were Gene Rychlak, Carl Seeker, Bobby and Cathy Fields, Shawn Lattimer, Dave Kirshen, and myself. When these people are in the chairs I know the lifters will be judged strictly and fairly. They have been around a long time and are not intimidated by big numbers and call what they see! I feel if you can walk away from a meet without feeling that the judges were giving away the house (passing obviously poor lifts) or stealing from the house (turning down obviously good lifts) then the meet was judged well! We all make mistakes from time to time and we will never all agree on each call, but that is why there are three judges. The spotting and loading was excellent under the direction of Tony Barbaccio, Chris Delpreore, Damon Byrd, Andy Williams, and Brian Bott. They had many helpers throughout the day, but all took their jobs seriously and kept the lifters safe. Sandy McCaslin, Kia Seaberry and Jules Furniss handled the head table and announcing like the veterans they are. Thanks, you guys kept everything running smoothly. I would like to mention that the platform and warm-up room equipment were top notch. We had a 12x12 carpeted platform, a brand new Metal Militia Monolift made by Bill Crawford and provided by Gene, a Texas Squat Bar provided by Elite Fitness, an EFS Competition Bench w/suede top, a York Power Bar, and a Texas Deadlift Bar provided by Elite Fitness Systems. Last year, many lifters were disappointed with the warm-up facilities, but we vowed to resolve that and we did. This year we had 2 Monolifts (equipped with squat bars), two competition benches (equipped with bench bars), and two deadlift areas (equipped with deadlift bars). The warm-up area is the most overlooked area when preparing to run a meet, but the most important area because that's where the lifter spends most of their time and that can set the stage for a good or bad day. We had 58 lifters compete in our 2nd Annual IPA Jersey Open, up from 44 last year! We agreed to stick to a 60 lifter maximum, so the meet ended at a reasonable hour. The highlight of the day in my eyes was the All-Time World Record Bench Press by Joe Ceklovsky at 148! Joe came into the meet as the current WR Holder with a 560 done at the IPA Nationals in November (with a close miss at 600!) and decided to give it one more shot before recycling! We are grateful to Joe and his coaches Sandy and Zane McCaslin for selecting our meet to get the job done! Joe weighed 147.6 and made the record setting lift on a second attempt. He tried 620 on a third, but missed knockout! I believe he has a lot more in the tank, but the third lift was anti-climatic. At 33, Joe is at the top of his game, but you would never know it by talking to him or seeing him interact at meets. He is always willing to pitch in and help a fellow lifter out, a fine example of what athletes should represent! Congratulations Joe! The rest of Joe's teammates at the Iron Asylum Gym, located in Tribes Hill, NY had great performances.



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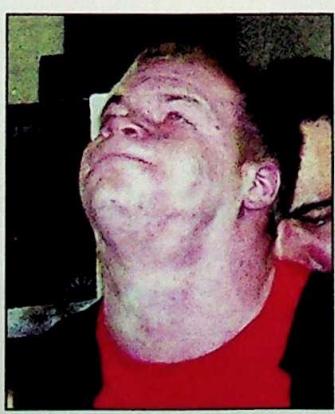
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Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address	City _____				
State or Province	Zip Code	Country _____			
Telephone	Email Address	Date of Birth	Age	Sex Pro ____ Am ____	

Sign if above answers are correct. Parents sign if under 18 years. Date _____

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

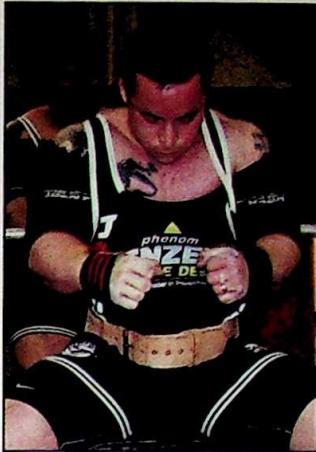
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Anthony McCloskey, still a teen, totaled 1905 at 220. (Photographs courtesy from Sandi McCaslin)

mances as well. 12 year old, Kerri McCaslin benched 140 at only 83.4 pounds. She could teach us all a thing or two about the technical aspects of benching and has a bright future ahead of her, not only in powerlifting, but also in life. Rheta West benched 280 as a 148 Submaster and although she just benched in this meet, she has tremendous balance in all three lifts. Jim Farina also had a huge PR with a 500 raw bench at 275. Jim has chased this milestone for a while, and I was glad to see him make it, after I caught a misload on the bar as he was taking it out of the rack, and had him re-rack it. The bar was misloaded to 495 and I knew he wouldn't be satisfied with that! Last, but not least, we have the owner/coach of the Iron Asylum Team, Zane McCaslin. Zane opened with a PR 735 and made it easily, but wrenched his wrist getting the weight to touch properly, so after misgearing 805 on a second attempt, he decided to pass his third to avoid injury. Zane is special because he is always willing to sacrifice his own lifting for that of his teammates. Time and time again, I see him at meets handling several lifters, only to find out that he is lifting in the afternoon session or the next day. Not many would do that! He is a great bench press coach and that is evident by the numbers that his lifters and all those that he has helped, put up in meets. Josh Tafuri represented the Monsignor Donovan H.S. Team, under the watchful eye of coach Mark Deppen! I have had the pleasure of seeing this team compete in the past, but every time I am in their presence I can't stop thinking, "Why can't this be the way high school strength training programs are run around the country?" Mark's teams exemplify what a well-coached team in any sport should. It is obvious that they are being taught the proper way to train and compete because every member of the team has solid form and refuses to quit on a weight! Coach Deppen is also very protective of his young lifters and carefully selects their attempts

based on their previous training cycle and how they look that day! Most of his lifters go 7-9,8-9, or 9-9 with room to spare. Josh had a great day going 280,210,280 for a 770 total weighing only 109.8. A few other teenagers deserve special recognition. Anna McCloskey, 15, hit huge lifts of 575,245,440 for a 1260 total. Her brother Anthony McCloskey, 16, 209.2, went 805,470,630 for a 1905 total. Just to put things in perspective, that is 80 lbs. more than the 220 lb. Open Elite Total! Anna and Anthony are coached by their dad using the principles put together by Louis Simmons of the Westside Barbell Club. They both compete in Metal Gear available at www.elitefts.com. The last teen lifter I want to mention is Tony Malavi, 17, 237, who hit 525,410,500, for a 1435 Raw Total. There were several other outstanding performances from our Master's and Open Lifters that deserve special mention. Ellen Stein is a former IPF Women's Master World Champ, whom I've known for years, but she continues to impress with lifts of 295,140,350 for a 785 total at 132 in the 50-54 age group. In the 242 Master Raw Division, another of my long time friends, Pat Susco, 56, continues to move tremendous weights in the squat and deadlift. This former Roller Derby star squatted 675 and deadlifted 640 without any modern powerlifting equipment. Pat is giving back to the sport by training many up and coming lifters in his home in Brooklyn. In the 275 Division, it was great to see long time Iron Island Teammate Lou Loria back on the platform after a several year hiatus due to work and raising a family. Lou went 575,350,525 raw, but has the potential for much more considering he was an 800 lb. squatter before the modern age of equipment! Another Iron Island Teammate Ed Ruquet was able to get back on the platform after a 6 year layoff due to injury. Ed did not have the day he hoped for, but it was a step in the right direction. He has the heart of a lion and I am confident that big



Joe Ceklovsky crushed the 148 class all time record, becoming the lightest man in history to ever hit a 600 bench in competition.

numbers are possible for him again! Local Ricardo Ingraveria has been doing his homework and it showed with a 1675 total at 47 years old in the 198 class. Joe Caliguieri, and John Mitsopoulos were impressive Masters benchers going 420 at 181/40-44 and 320 at 198/60-64, respectively! The Open Division had its share of great performances as well. Jeff Carr is a trainer at DeFranco's Training Center in Wyckoff, NJ. This was his first meet since relocating and he was able to post a solid 1700 lb. total at 220 via 655,475,570. He has the ability to total elite, and I'm sure he will not let up until he reaches that goal! Anthony Dittillo joined Eastside Barbell Club (my basement gym) about 4 months

ago and we were very happy with his training habits and progress. In his second meet, he totaled 1800 via a 725,500,575. Our goal for him was to get his Masters Total at 242, 1740, but we knew that 1800+ was possible! He went 9-9 and now we will begin to prepare him for an Elite Ranking (1890) in his next meet! Anthony is only 25 and has a bright future. His dad wrote for Strength & Health Magazine and was 5'5", 360 lbs. in his prime! Mike Moore was our best raw lifter going 640,430,600 for an impressive 1670 total. Mike is as kind as he is strong! Dave Damminga had the second highest total of the meet, but probably has the highest IQ or SAT score of the bunch! He came down from Yale to lift with us and had a good day considering he has lost a lot of bodyweight since August. Dave went 725,465,625 for an 1815 total at 308. We hope he can make it again next year. Slav Velyan, formerly of the Ukrainian National Team, now training at Skiba's Barbell Club turned in a solid performance with a 500 lb. bench press at 181. He is very strong and we will see much more from him in the near future! Where do we go from here? I hope to see more power meets run in New Jersey! (IPA, APF, SSA, UPA, etc.) I have learned over the years that it is not the letters in front of the meet name that determines the success of the meet, but rather the people and support staff that run the meet! I have always done my best to support powerlifting throughout the country and will continue to do so as long as people are interested in running quality meets with the lifter's needs first and foremost in mind. I would like to see two major meets run in New Jersey each year, with the possibility of running a third separate meet for HS lifters only, in the near future. If anyone is interested in running a meet from single lift to full power with either the APF, IPA, UPA or SSA, please don't hesitate to contact me at jtb2040@aol.com. Until next time, Stay Healthy & Strong! God Bless! - John Bott

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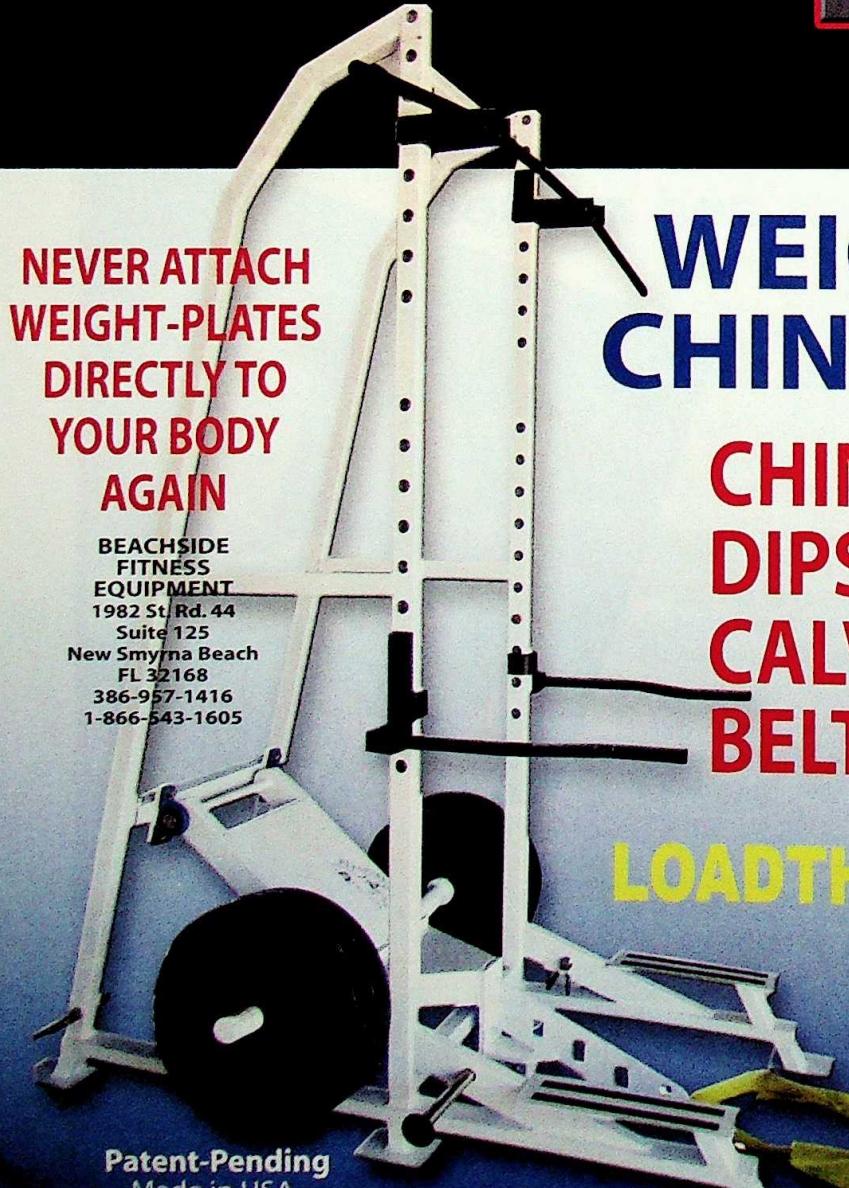


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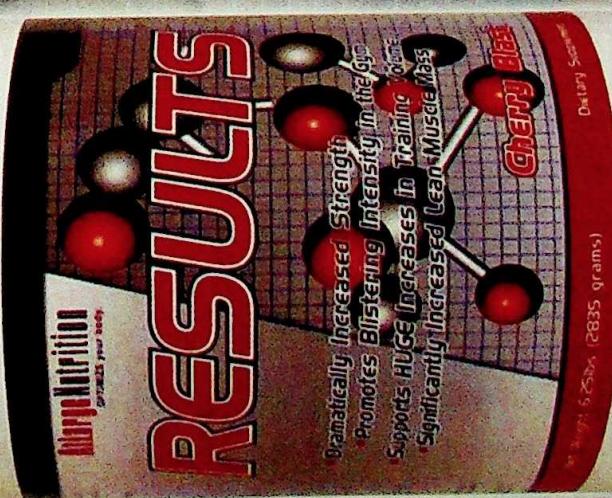


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MEN	Submaster		
Special Olympic	198 lbs.		
198 lbs.	R. Deppen	350	
S. Currey	200	275 lbs.	
Novice	J. Bowling	455*	
148 lbs.	4th-475*		
R. Carr	235*	Master (50-54)	
Junior	132 lbs.		
220 lbs.	B. Lamb	190*	
J. Thomas	405	148 lbs.	
4th-505*	M. Evans	220	
Master (65-69)	Open		
275 lbs.	165 lbs.		
T. Chapala	350*	K. Hoback	265
Open	198 lbs.		
308 lbs.	L. Wolz	360*	
J. Phillips	385	4th-370*	
Raw	DEADLIFT		
Special Olympic	MEN		
198 lbs.	Novice		
S. Chapala	235*	242 lbs.	
4th-250*	M. Rescke	520	
Novice	Junior		
275 lbs.	242 lbs.		

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242 lbs. J. Phillips 440
D. Scott 385*
*Son Light Power Kentucky state records.
Best Lifter Bench Press: Joe Bowling. The Son Light Power Kentucky State Fair Bench Press & Deadlift Championship was held at Hester's Family Fitness. Thanks to my son Joey and others who helped make the competition run smooth once again. In the raw bench press event Sam Chapala broke the existing Kentucky state record for the special olympic/198 class with his great 250 final attempt. Andy Ferguson broke the state record with each of his attempts at novice 275, finishing with 450. It was Rob Deppen at submaster 198 with 350 while Big Joe Bowling took the win at submaster 275 with 475. Not only did Joe set the state record there, but he also captured the best lifter award for the competition. Bob Lamb set the state record for the 50-54/132 class with 190, just missing a final with 200. Mark Evans, just back from his best lifter performance at the SLP Illinois State Fair of last weekend, won at 50-54/148 with

220. It was Kevin Hoback at open 165 for the win with 265, just missing a state record 280 final attempt. Our final raw lifter was Lenny Wolz, who broke the record at open 198 with a personal best 370. In the assisted division Steven Currey won at special Olympic/198 with 200, making just his opener. Rick Carr upped the state record for the novice 148 class with his 235 personal record effort while John Thomas took the win at junior 220. John finished with 405, but came back with a great final lift of 505! Not only a new personal mark, but a new Kentucky state record as well! Tom Chapala moved up to the 65-69 age division where he set the state record at 275 with his 350 opener. John Phillips won at open 308 with 385. In the deadlift event Michael Reschke showed plenty of potential with his 520 pull at novice 242. Also at 242 was William Baity, who broke the state record there with a great 600 pull. William certainly has the strength for much more, but failed to get beyond his opener as 640 failed twice. Dave Scott set the state record at 60-64/275 with his 385 pull, breaking the previ-



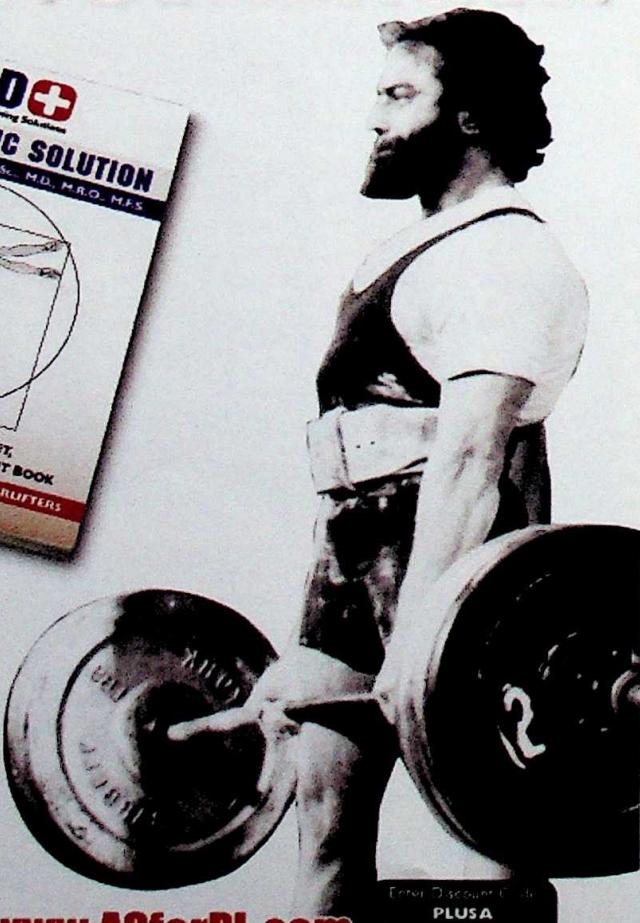
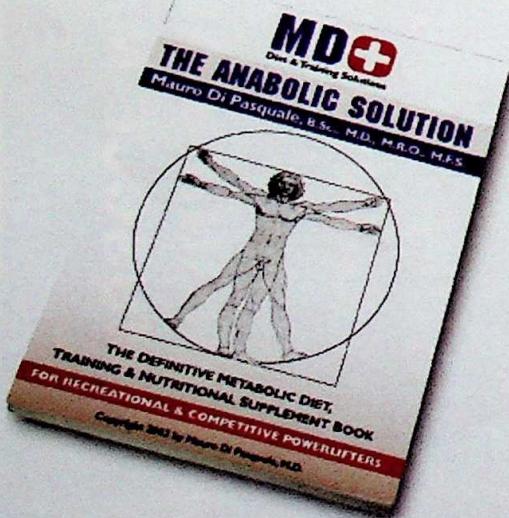
Sam Chapala ... Special Olympic 198 State Champion at the SLP Kentucky State Fair contest (photograph courtesy Dr. Darrell Latch)

ous record held by the "World's Oldest Hippy Lifter", Jimmy Duckett! John Phillips won his second title of the day at open 308 with 440. Thanks again to the staff at Hester's and all those who helped with the competition. See you all again next year. (Thanks to Dr. Darrell Latch for results)

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USAPL Fife Power Holiday Classic

15 DEC 07 - Tacoma, WA

	SQ	BP	DL	TOT
FEMALE				
114 lbs.				
Teen (16-17)				
V. Shaw	154	88	243	485
123 lbs.				
Open				
K. Clark	292	176	309	777
Master I				
L. Lamp	—	165	209	375
132 lbs.				
Junior	—	—	—	—
E. Anderson	204	—	—	204
Teen (16-17)				
S. Lewis	198	110	231	540
Open Raw				
R. Unson	—	160	259	419
148 lbs.				
Open Raw				
M. Collier	231	110	320	661
Teen (18-19)				
A. McWeeny	—	138	281	419
165 lbs.				
Teen (16-17)				
E. Gremer	243	94	226	562
181 lbs.				
Open				
P. Martinez	314	165	314	794
Open Raw/Police/Fire				
T. Gack	193	138	237	568
Master I				
N. Harmon	320	165	320	805
Master II				
E. Harwood	243	165	292	700
MEN				
123 lbs.				
Teen (14-15)				
Christensen	—	83	204	287
132 lbs.				
Teen (16-17)				
W. Smith	320	198	303	821
148 lbs.				
Teen (14-15) Raw				
W. Hoyt	—	132	—	132
Teen (16-17)				
S. Lee	254	110	309	672
Teen (18-19) Raw				
J. Prater	—	—	408	408
165 lbs.				
Teen (16-17)				
R. Gaurishov	265	—	314	579
Teen (18-19)				
A. Schaefer	303	182	353	838
Junior				

P. Cooley	—	254	—	254
Master I	—			
M. Hara	369	287	419	1075
Open				
T. Steichen	298	287	386	970
Open Raw				
C. Wood	331	254	397	981
181 lbs.				
Teen (19)				
C. Granados	342	204	353	898
198 lbs.				
Teen (16-17)				
J. Garbush	331	281	507	1119
Teen (18-19)				
P. Lofton	342	226	402	970
D. Kohls	—	—	485	485
Junior Raw				
J. Siregar	408	342	463	1213
Master III				
R. Chwaler	—	254	—	254
Master V				
R. Schuller	320	220	402	942
Master V Raw				
B. Knudsen	254	248	320	821
Open Raw				
B. Franklin	—	320	—	320
220 lbs.				
Teen (14-15)				
I. Allen	209	182	353	744
Master I				
G. Reboton	452	276	502	1229
Master II				
J. Dietz	—	375	424	799
Master V Raw				
R. White	—	276	—	276
Open				
K. Gack	—	518	601	1119
Open Raw				
N. DuFour	529	386	634	1549
Special Raw				
S. Sharp	—	154	254	408
242 lbs.				
Teen (16-17) Raw				
D. Hatfield	—	204	380	584
Junior				
D. Marx	524	336	573	1433
J. Kline	683	452	595	1731
Open				
D. Dietz	402	215	634	1251
T. Waters	601	358	502	1461
275 lbs.				
Teen (16)				
J. Rhodes	320	276	386	981
Master I/Open				
K. Stewart	722	562	601	1885
275+ lbs.				
Teen (16-17) Raw				
R. Gutierrez	320	204	375	898
Junior				
W. Rogers	606	424	600	1630
Master III				
Hendrix Sr.	716	452	694	1863
Venue: Fife High School. Coordinator:				
Steve Slavens. A long day with 50 lifters,				
but very productive. Three American				
records by Roger Hendrix and an all out				
assault on the state records books led by				
Jayson Kline, Kevin Stewart totaled a huge				
1884 along with Roger's 1862 and Jayson's				
1730. Jayson's first meet was our push				
pull two years ago. Natalie Harmon led				

the women's side with a big 805 total followed by Patricia Martinez at 793 and Katherine Chwaler-Clark with 777 to a bodyweight of 123. Tori Shaw was Best Teen Female in her first meet ever. Pretty good for our Homecoming Queen. Will Smith came up as Best Teen Male in his first USAPL meet at 132 lbs. Traci Gack was Best Female Raw Lifter and newcomer Jonathan Siregar took the Raw Junior award. A lot of newcomers and some veterans like Dick Schuller, Bob Knudsen, and Robert White made the day enjoyable and fun. However, none of it happens without the work of volunteers. Jerry Schaefer never left the platform, Terry Lee ran the table along with Fairth Ireland. One of our football coaches got an eyeful helping out and our principal Mark Knight, also a lifter, helped also. Pauls Houston, Roger Silva, and Dana Backiel ran the chairs. Special kudos to Kevin Stewart and Brad Coury for letting the high school use their racks and weights. (results provided from USAPL)

SLP YMCA of Kansas City 28 JUL 07 - Kansas City, KS

BENCH	Teen (13-15)
WOMEN	198 lbs.
Open Raw	L. Heater 250*
123 lbs.	Master (40-44)
L. Little	115* 275 lbs.
MEN	J. Jones 360*
Novice	Master (45-49)
181 lbs.	220 lbs.
J. Kooken	325* T. Nassen 335*
4th-335*	DEADLIFT
Teen (16-17)	WOMEN
123 lbs.	Open
K. Divers	185* 123 lbs.
198 lbs.	L. Little 200*
C. Green	265* MEN
4th-275*	Teen (13-15)
Teen (18-19)	198 lbs.
220 lbs.	L. Heater 385*
K. Schempp	260* 4th-390*
4th-275*	Teen (16-17)
Submaster	165 lbs.
308 lbs.	A. Ward, Jr. 415*
D. Charron	600* 4th-450*
4th-610*	198 lbs.
Master (40-44)	C. Green 415*
220 lbs.	4th-425*
B. Stevens	560* Teen (18-19)
4th-600*	220 lbs.
Master (55-59)	K. Schempp 450*
242 lbs.	4th-475*
M. Hammond	465* Master (45-49)
Police/Fire	220 lbs.
Submaster	T. Nassen 450*
275 lbs.	4th-475*
J. Hudson	405* Master (40-44)
Open	242 lbs.
242 lbs.	S. Philpot 635*
K. Parrish	650* Man/Woman
Raw	181 lbs.
	Philpot/Little 600*

*=Son Light Power Kansas state records.
Best Lifter Bench Press: Keith Parrish. Best



Sam Philpot with his SLP Kansas State Record 635 deadlift at 242/40-44, done at the YMCA of Kansas City Push Pull. (Latch photo)

at 55-59/242 with a personal best 465. John Hudson finished with 405 at police & fire submaster 275. Our final lifter, best lifter Keith Parrish, won at open 242 with 650. However, a great effort with 740 may have locked out if he had been able to touch his chest! In the deadlift competition Leigh Little won her second title of the day at open 123, finishing with a personal best 200! Lewis Heater posted his second win of the day at 13-15/198 with 390. Cody Green won at 16-17/198 with 425 while Anthony Ward, Jr. pulled a great 450 at 165. Kyle Schempp took the 18-19/220 class with 450, just missing a final attempt with 500! At 45-49/220 Tim Nassen continued to show excellent form with a personal best 475. Our best lifter, Sam Philpot, pulled an easy 635 at 40-44/242, but failed with 680 due only to some grip problems he's had lately with his left hand. Sam also teamed up with Leigh for the man/woman title at 181, finishing with 600. This was our first meet in the state of Kansas, so each winner actually set a SLP Kansas state record for their class. This turned out to be a great small meet with three benchers going over 600 and several lifters posting new personal records. Thanks again to Justin Cantwell and David Lindstrom for loading and spotting, and the rest of the staff at the YMCA who helped out. Also to our trophy girl, eight year old Amira Bryant, who did a great job. See you all again next year! (Thank you to Dr. Darrell Latch for providing these contest results)

USAPL 15th Ketchikan Meet

	15 DEC 07 - Ketchikan, AK			
	Powerlifting	SQ	BP	DL
FEMALE				
123 lbs.	T. Gregg	155	130*	220*
MALE				
148 lbs.	D. Daniels	250	145	360* 755
181 lbs.	H. Hubbard	—	185	405 590
242 lbs.	G. Turner	300	330* 365	995
275 lbs.	A. Svenson	—	365	365

!=K-High Records. *=State Records. The 15th annual Ketchikan Powerlifting meet was held at the Get Fit Stay Fit Gym. The lifters continue to prove that Ketchikan is a force in Alaska USA powerlifting. three of the lifters were in their first meet and four were K-High students. Taylor Gregg set two new state records breaking her old records in the bench press and deadlift, Gary Turner set a new state bench record, Gary Turner set a new state bench press record, and Dylon Daniels set a state record in the deadlift, breaking former K-High student houston Laws' record. Gary and Dylon set new Ketchikan High School records. The next meet will be the Ketchikan Spring Recordbreakers in May of 2008. (results provided by courtesy of USAPL)

Cardillo

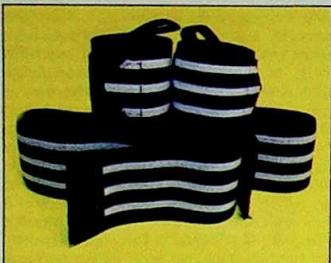
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SLP Vince Soto/OH State Fair 5 AUG 07 - Columbus, OH

BENCH	220 lbs.
WOMEN	D. Williams 265
Junior	275 lbs.
132 lbs.	W. Mannings 450*
J. Forgatsch	250* 308 lbs.
Submaster	C. Headrich 405
148 lbs.	Teen (13-15)
S. Haller	200* 148 lbs.
4th-210*	C. Thomas 160
Open	4th-175
165 lbs.	Teen (16-17)
K. Trausch	160 165 lbs.
Raw	E. Craycraft 285
Submaster	Teen (18-19)
148 lbs.	181 lbs.
K. Burns	120* B. Young 425*
Master (40-44)	242 lbs.
132 lbs.	D. Stuck 475
S. Olds	140* Junior
4th-145*	242 lbs.
Master (45-49)	D. Kuck 520
114 lbs.	Submaster
L. Muniga	105* 198 lbs.
Master (50-54)	R. Schöffner 430*
165 lbs.	4th-440*
D. Mitchell	150* 275 lbs.
4th-165*	T. Warner 440
MEN	SHW
Novice	D. Raines 660*
132 lbs.	Master (40-44)
D. Riddle	148 lbs.
181 lbs.	F. Ranelli 300
D. Pfeiffer	4th-320
4th-110	181 lbs.

L. Wilcoxon 420 181 lbs.
220 lbs. M. Lechler 325*
J. Pfeiffer 330 275 lbs.
4th-340 R. Dixon 325*
242 lbs. Master (60-64)
K. Bardos 405 242 lbs.
Master (45-49) M. Brown 340*
198 lbs. 4th-355*
R. Hamsher 400 Open
220 lbs. 148 lbs.
J. Thomas 505* C. Venturella 300*
308 lbs. 242 lbs.
R. James 560* D. Sledge 480*
4th-600* DEADLIFT
Master (50-54) WOMEN
198 lbs. Submaster
G. Benford 485* 148 lbs.
B. Jakeway 440 K. Burns 240*
220 lbs. MEN
R. Leedy 410 Novice
4th-420 132 lbs.
Master (65-69) D. Riddle 185*
165 lbs. 181 lbs.
D. Lindsley 250* D. Pfeiffer 200
Master (70-74) Teen (16-17)
220 lbs. 165 lbs.
C. Workman 280 E. Craycraft 460
Raw 4th-475*
Teen (16-17) Junior
148 lbs. 198 lbs.
G. Collins 230* J. Marshall 500
4th-235* 242 lbs.
Novice W. Quinn 480
97 lbs. Master (40-44)
J. Mobley 50* 220 lbs.
275 lbs. J. Pfeiffer 335
A. Jones 330* 4th-340
4th-350* 242 lbs.
Teen (13-15) K. Bardos 570
275 lbs. Master (45-49)
J. Shelton 285* 198 lbs.
4th-305* R. Hamsher 530*
Junior 242 lbs.
165 lbs. K. Hall 570*
4th-260* Master (50-54)
242 lbs. 198 lbs.
W. Quinn 305* R. Ellebruch 465
Master (40-44) Master (65-69)
R. Dodson 380* SHW
T. Cromer 390* Open
4th-400* 242 lbs.
Master (45-49) D. Sledge 700
*Son Light Power Ohio state records. Best
Lifter Bench Press Women: Jean Forgatsch.
Best Lifter Bench Press Lightweight Men:
Brad Young. Best Lifter Bench Press Heavy-
weight Men: David Raines. Best Lifter
Bench Press Master Men: Garry Benford.
Best Lifter Deadlift: Dale Sledge. The Son
Light Power Vince Soto Memorial Ohio
State Fair Bench Press & Deadlift Champi-
onship was held at the Showplace Stage on
the fairgrounds. Vince Soto was young
powerlifter, bodybuilder and trainer who
passed away in 1999. He usually competed
in the 114 lbs. and 123 lbs. divisions. We
honor Vince each year because of the
spirit he brought to the sport. In the bench
press event we had some great lady lifters.
Taking the win at junior 132 lbs. was Jean

Forgatsch with a fantastic 250 lbs. personal
best and Ohio state record! Breaking
her own state record by 55 pounds also
gave her the best lifter award for the women.
At submaster 148 lbs. Susie Haller
also broke her state record with a great
210 lb. fourth attempt. For the raw division
at 148 lbs. it was Kim Burns with a new state
record of 120 lbs. Susan Olds got her state
record in the 40-44/132 division with 145
lbs. while Lynn Muniga finished with a
state record 105 lbs. in the 114 lb. class.
Both women set new state raw records for
their classes. Deb Mitchell also got a new
raw state record for her division (50-54/
165) with 165 lbs. Our final lady competitor
was Kim Trausch, who won at open 165
lbs. with 160 lbs. Moving to the men's
competition, at novice we had seven lifters.
For the 97 lb. class it was Joseph Mobley
with a new state raw mark of 50. Dakotah
Riddle, another newcomer, got his state
record at 132 with 95. Dustin Pfeiffer won
at 181 with 110 while at 220 it was Dan
Williams with 265. Wade Mannings put on
quite a show at 275 with a new state record
of 450 while fellow 275 lifter Aaron Jones
captured the state raw record with 350.
Charles Headrich won at 308 with 405. In
the teenage men's 13-15 age group it was
Cody Thomas at 148 with 175 and John
Shelton with a new state record of 305 at
275. In the 16-17 age division Garrett
Collins set the raw state record at 148 with
235 while E.J. Craycraft won at 165 with
285. Our only 18-19 lifter was 181 winner
Brad Young. Weighing in at 179, Brad
captured the best lifter for the lightweight
men with his 425 state record perfor-
mance. David Stuck, at 242 won with 475.
For the junior men's division it was John
Wolfe with a state record 260 at 165. David
Kuck won at 242 with 520 while Will Quinn
set the raw state record there with 305. Ron
Schöffner broke the state record at
submaster 198 with 440 while Todd Warner
took the 275 class with 440. David Raines
was the big lifter of the day with a strong
660 state record for the shw class. Weight-
ing in at 310, David also won the best
heavyweight lifter award. Returning to
competition after a few years off was 40-
44/148 winner Frank Ranelli. Frank fin-
ished with 320, with room to spare. Lee
Wilcoxon took the 181 class with 420 while
John Pfeiffer won at 220 with 340. Kirk
Bardos, who had suffered a stroke earlier
in the year, was back almost as strong as
ever, taking the 242 class with and easy
405. Thomas Cromer, who is legally blind,
set a new personal and state record at shw
with his first official 400 bench. At 45-49
Mike Lechler broke the state raw record
at 181 with 325 while Rick Hamsher won
at 198 with 400. John Thomas broke his
state record at 220 with 505 while Russell
Dixon got his state record at 275 raw with
325. Next up was Randy James, who got his
first official 600 bench with his win at 308.
Missing that weight on his third attempt,
we got Scott Vickery to lift-off to Randy for

his final attempt. Perfect lift-off, perfect
lift! 600, all natural! Garry Benford won
the best lifter award for the master men,
breaking the state record at 50- 54/198
with 485. 500 came within inches of
locking out twice! Brian Jakeway was
second at 198 with 440. Taking the win at
220 was Roy Leedy, who finished with 420.
Newcomer Mike Brown won at 60-64/242
with a new state record 355 for both the
open and equipped division. Drew Lindsley
broke the state record at 65- 69/165 with
a great 250. Charles Workman another
great master lifter, only got in his opener
of 280, but still won his class at 70-74/220
with 280. In the open classes it was Charles
Venturella with 300 while Dale Sledge
won at 242 with 480. Both were lifting raw,
setting new state records for their respective
classes. In the deadlift event lone
women's competitor Kim Burns got her
second win of the day at submaster 148,
setting the state record there with 240. For
the men's novice division Dakotah Riddle
broke the state record at 132 with 185
while Dustin Pfeiffer won at 181 with 200.
E.J. Craycraft tied the existing state record
for the 16-17/165 class with his 475 final
pull while John Marshall won at junior 198
with 500. Will Quinn won again at 242 with
480. In the master men's 40-44 division it
was John Pfeiffer at 220 with 340 and Kirk
Bardos at 242 with a big 570. Rick Hamsher
broke the state record for the 45-49/198
class with his 530 final pull while Kurt Hall
did the same at 242 with 570. Roger
Ellebruch pulled a pr 465 at 50-54/198 for
the win there. Russ Dodson broke his won
state record at 65-69/165 with 380. Dale
Sledge won his second gold of the day at
open 242 with an easy 700 pull. Dale was
also awarded the best lifter trophy for the
deadlift competition. Thanks to everyone
who helped with this meet, especially my
sons D.C. and Joey, who always do a great
job loading and spotting. A big thanks also
to Donna Fontana for helping me with the
awards. Also recognized by the crowd was
Scott Vickery and Jason Fry, two of the
greatest Ohio lifters of today. See you all
again next year! (from Dr. Darrell Latch)



David Raines with his 660 lb. SLP State Record at Submaster/SHW at the Vince Soto Memorial Ohio State Fair meet (Latch photograph)

SPF Iron Chain Classic 16 FEB 08 - Woodbury, TN

BENCH	MALE	MALE
MALE	Teen (16-17)	Teen (16-17)
Teen (13-15)	275 lbs.	275 lbs.
242 lbs.	J. Miller 400	J. Miller 400
J. Hill	270 Raw	270 Raw
Teen (16-17)	Teen (16-17)	Teen (16-17)
275 lbs.	259 lbs.	259 lbs.
J. Miller	270 A. Fann 465	A. Fann 465
Submasters	575	575
259 lbs.	J. Hill 575	J. Hill 575
DEADLIFT	Push Pull	BP DL TOT
MALE	BP	DL TOT
148 lbs.	R. Farnsworth 275	415 690
220 lbs.	220 lbs.	420 525 945
K. Taylor	420	480 900
J. Wells	420	480 900
4th-BP-445	4th-BP-445	4th-BP-445
275 lbs.	L. Vinson 405	505 910
Masters (55-59)	Masters (55-59)	Masters (55-59)
259 lbs.	J. Robinson 295	525 820
J. Robinson	Raw	Raw
Teen (13-15)	Teen (13-15)	Teen (13-15)
97 lbs.	C. Nunnley 120	225 345
C. Nunnley	4th-DL-235	4th-DL-235
148 lbs.	W. Parsley 175	325 490
W. Parsley	4th-DL-340	4th-DL-340
198 lbs.	R. Ramirez 170	300 470
J. Melton	185	385 570
220 lbs.	T. King 170	300 470
T. King	4th-DL-325	4th-DL-325
308 lbs.	S. King 245	445 690
S. King	Teen (16-17)	Teen (16-17)
198 lbs.	M. Cancino 230	400 630
M. Cancino	4th-BP-240	4th-BP-240
308 lbs.	Jesse Rodgers	Jesse Rodgers

(Results from SPF President Jesse Rodgers)

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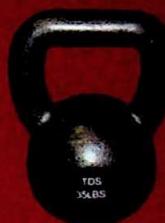
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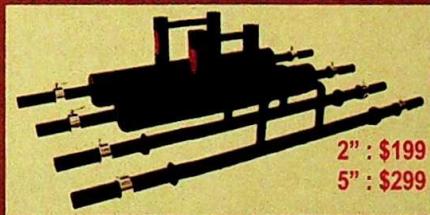
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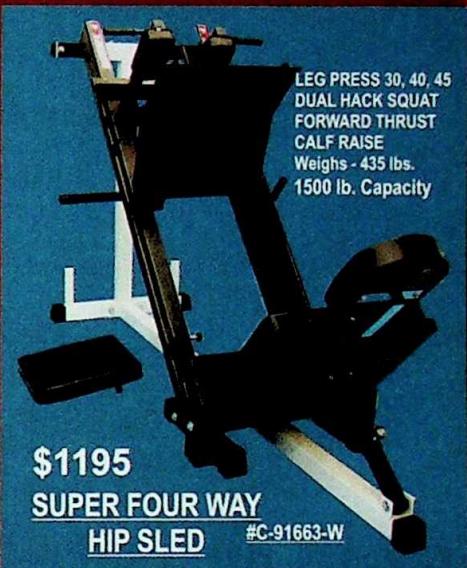
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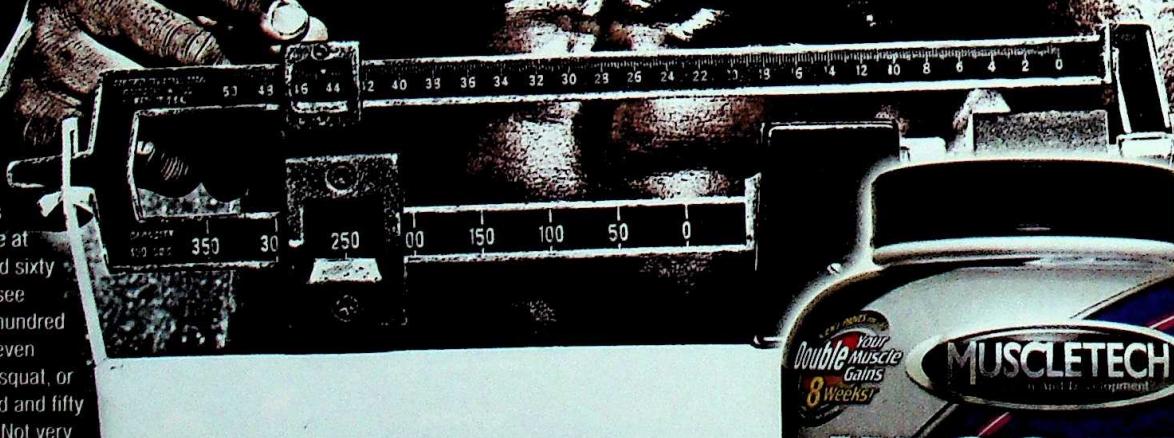
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NEXT MONTH... TOP 220s

CORRECTIONS ... The correct web address for Ron Fernando's new book is www.ironfactorybook.com. Photos of the IPA Sr. Nationals in the Feb/08 PL USA were by Scot DePanfilis. Blake Harris should have been credited with a 187 bench press in the results of the 100% Raw World Bench Press Championships in Nov. 2007, with the lift taking place in the 132 lb. class. Jordan Dunn should be credited with a 702 squat in the 165 lb. weight class, rather than 699, on the TOP 100 list, from his lifting at the AWPC Worlds. Doris Simmons squat was mistakenly listed in place of Elaine Grimwood's 860 total on the All Time TOP 50 Female Totals rankings. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction in a following issue.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	1050 Byrd, S..8/1/07	800 Frankl, S..1/29/08	771 Eiseman, T..5/26/07	2470 Frankl, S..1/19/08
2	975 Frankl, S..11/10/07	740 Sceipe, S..5/26/07	760 Terry, C..10/27/07	2240 Harrington, P..1/19/08
3	945 Harrington, P..1/19/08	738 Wolfe, M..3/3/07	760 Meyers, J..11/9/07	2165 Driggers, A..1/27/07
4	920 Driggers, A..1/27/07	733 Coker, J..10/27/07	730 Frankl, S..1/19/08	2135 Delmonti, P..1/13/07
5	881 Akers, C..1/6/07	705 McVicar, J..1/20/07	727 Williams, D..12/2/07	2116 Coker, J..10/27/07
6	860 Delmonti, P..1/13/07	705 Caminita, F..6/23/07	720 Delmonti, P..1/13/07	2000 Judd, T..6/17/07
7	835 Rapp, B..11/18/07	699 Burdette, J..6/16/07	720 Davis, J..7/7/07	1970 Adams, J..1/19/08
8	826 Coker, J..10/27/07	685 Fry, J..6/23/07	705 Decker, J..7/21/07	1951 Luckett, M..4/14/07
9	821 Crook, G..9/8/07	650 Warrington, G..3/10/07	700 Kegrice, J..6/24/07	1945 Moore, R..6/17/07
10	805 Moore, D..6/24/07	644 Driggers, A..12/2/07	700 Herring, R..9/15/07	1935 Bishop, B..10/27/07
11	805 Maxwell, M..10/6/07	633 Cieri, D..11/18/07	694 Dorsten, J..5/5/07	1910 Kegrice, J..6/24/07
12	804 Judd, T..6/17/07	605 Harrington, P..1/19/08	694 Sadiv, J..11/9/07	1896 Bridges, M..7/14/07
13	804 Moore, R..6/17/07	600 Warstler, K..7/15/07	690 Ross, D..3/24/07	1890 McCloskey, A..12/8/07
14	800 Adams, J..10/27/07	600 Daly, R..12/8/07	690 Harrington, P..1/19/08	1879 Caplan, M..6/23/07
15	800 Hill, M..10/27/07	586 Reiman, D..12/1/07	685 Kokott, R..8/11/07	1873 Thomas, J..8/4/07
16	800 McCloskey, A..12/8/07	585 Strom, M..3/18/07	680 Smith, C..7/7/07	1870 Maxwell, M..10/6/07
17	793 Luckett, M..4/14/07	584 Thurman, D..11/18/07	675 Driggers, M..12/8/07	1870 Jeschenig, S..10/14/07
18	790 Jeschenig, S..10/14/07	578 Williams, B..6/15/07	672 Woodley, L..6/9/07	1868 Crook, G..9/8/07
19	780 Brown, Jon..10/27/07	573 Mickelson, A..9/1/07	672 Walker, J..6/10/07	1865 Hill, M..10/27/07
20	777 Caplan, M..6/23/07	570 Morris, T..4/21/07	672 Bridges, M..7/14/07	1865 Hooker, B..1/27/07
21	777 Paras, R..8/4/07	565 Dussault, S..11/18/07	672 Hamilton, J..1/26/08	1850 Kirschen, D..2/17/07
22	766 Overbay, D..4/14/07	565 Adams, J..1/19/08	661 Driggers, A..1/27/07	1846 Williams, D..7/14/07
23	760 Bishop, B..10/27/07	555 Delmonti, P..1/13/07	661 White, E..3/17/07	1829 Pena, J..7/14/07
24	760 Carnaghi, T..10/27/07	551 Judd, T..6/17/07	661 Jones, G..5/5/07	1824 Driggers, M..4/14/07
25	750 Kirschen, D..2/17/07	551 Moore, R..10/25/07	661 Greene, T..7/14/07	1820 Ramos, T..4/1/07
26	750 Kegrice, J..6/24/07	551 Jewett, T..11/17/07	661 Lemarie, S..7/14/07	1818 Clark, R..8/4/07
27	750 Harrod, A..8/19/07	550 Pera, A..11/10/07	660 Bishop, B..10/27/07	1818 Paras, R..4/14/07
28	749 Hooker, B..1/27/07	550 Cady, J..12/7/07	655 Myers, T..3/10/07	1813 Christie, M..4/14/07
29	749 Thomas, J..4/14/07	545 Matta, J..6/9/07	655 Thomas, J..8/4/07	1807 Power, J..6/30/07
30	738 Kirby, K..9/22/07	545 Crook, G..9/8/07	650 Clark, B..2/10/07	1807 Greene, T..7/14/07
31	733 Power, J..6/30/07	540 Conner, T..8/12/07	650 Koo, E..3/17/07	1805 Terry, C..10/27/07
32	727 Pena, J..7/14/07	535 Ramos, T..4/1/07	650 Dendas, B..6/10/07	1805 Brown, Jon..10/27/07
33	727 Clark, R..8/4/07	534 Wolf, A..4/28/07	650 DiCataldo, S..7/14/07	1800 Harrod, A..8/19/07
34	725 Spero, L..2/17/07	534 Judd, S..6/15/07	650 Gibson, T..10/28/07	1796 Jones, G..7/14/07
35	725 Shaughnessy, J..11/18/07	530 Kirschen, D..2/17/07	650 McCloskey, A..12/8/07	1780 Spero, L..2/17/07
36	710 Bridges, M..7/14/07	530 Ellsworth, L..10/13/07	650 Adams, J..1/19/08	1780 Davis, J..7/7/07
37	710 Weidemer, M..1/19/08	530 Elick, J..10/14/07	644 Judd, T..6/17/07	1757 Celli, R..1/26/08
38	705 Christie, M..4/14/07	529 Driggers, M..4/14/07	640 Lane, M..8/18/07	1755 Smith, C..7/7/07
39	705 Williams, D..4/22/07	529 Dworek, C..7/15/07	640 Jeschenig, S..10/14/07	1755 Griffin, A..11/18/07
40	705 Bailey, M..6/24/07	529 Lacy, L..11/10/07	640 Louque, K..11/3/07	1755 James, A..11/18/07
41	705 Terry, C..10/27/07	525 Watts, S..2/10/07	640 Wiedemer, M..1/19/08	1752 Pigeon, T..10/27/07
42	705 Pigeon, T..10/27/07	525 Grohoski, P..12/29/07	639 Dorn, D..8/25/07	1750 Wiedemer, M..1/19/08
43	700 Ramos, T..4/1/07	523 Luckett, M..4/14/07	639 Yeargin, J..11/9/07	1725 Nichols, B..6/16/07
44	700 Trout, A..8/19/07	523 Power, J..6/30/07	639 Celli, R..1/26/08	1725 Godawa, T..7/14/07
45	690 Griffin, A..11/18/07	523 Morishima, E..7/14/07	635 Clark, R..1/27/07	1725 Kirby, K..9/22/07
46	688 Kuderick, S..6/30/07	523 Stroshane, T..11/18/07	633 Walsh, D..1/27/07	1725 Evans, L..1/26/08
47	688 Evans, L..1/26/08	523 Willis, A..1/26/08	633 Luckett, M..4/14/07	1710 Carnaghi, T..10/27/07
48	685 D'Angelo, F..2/17/07	520 Brown, Jon..10/27/07	633 Christie, M..4/14/07	1710 Gibson, T..10/28/07
49	685 Serio, A..8/4/07	518 Pruitt, T..4/7/07	633 Icenour, J..5/26/07	1708 DiCataldo, S..7/14/07
50	680 Nichols, B..6/16/07	518 Gerardo, J..11/11/07	633 Foster, W..8/11/07	1703 Woods, R..7/14/07
51	680 Davis, J..7/10/07	518 Hanselman, B..11/18/07	633 Brooks, S..11/10/07	1703 Largay, R..8/4/07
52	677 Godawa, T..7/14/07	518 Decker, J..7/21/07	633 Ridings, B..11/18/07	1703 Scoldaro, A..12/2/07
53	661 Greene, T..7/14/07	518 Celli, R..1/26/08	633 Woods, J..12/8/07	1680 Ingraveria, R..6/24/07
54	661 Luna, T..8/4/07	518 Hailey, S..2/17/07	630 Clark, M..3/24/07	1680 Shaughnessy, J..11/18/07
55	661 Scoldaro, A..12/2/07	518 Vining, J..6/23/07	630 Vestal, J..8/4/07	1675 Dendas, B..4/15/07
56	660 Russo, J..6/23/07	515 Ryan, J..9/16/07	628 Scott, D..1/27/08	1675 Luckett, T..11/17/07
57	660 Ingraveria, R..6/24/07	515 Bishop, B..10/27/07	628 Parella, T..12/2/07	1670 Seftel, E..2/17/07
58	660 James, A..11/18/07	512 Bridges, M..7/14/07	628 Bishop, M..1/26/08	1669 Brooks, S..11/10/07
59	655 Mills, W..4/1/07	512 Levering, B..7/29/07	625 Serio, A..8/4/07	1665 Mills, W..4/1/07
60	655 Jones, G..7/14/07	512 Paras, R..8/4/07	625 Palantino, J..11/18/07	1665 Trout, A..8/19/07
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71	650 Smith, C..6/17/07	501 Keawe'aiko, A..3/24/07	617 Moore, R..6/17/07	1647 Brown, J..6/23/07
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75	650 Kiser, C..7/21/07	500 Stevens, B..6/2/07	615 Hill, M..8/19/07	1636 Walsh, D..1/27/07
76	650 Largay, R..8/4/07	500 Hill, M..8/19/07	611 Kasabuke, E..6/23/07	1636 Kee, E..3/17/07
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78	650 Stanton, J..10/27/07	500 Williams, T..10/27/07	610 Hanks, C..3/24/07	1631 Travis, T..12/2/07
79	650 Walyus, T..12/2/07	496 Jones, G..7/14/07	610 Cervero, J..4/14/07	1630 Parella, T..4/28/07
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87	628 Travis, T..12/2/07	485 Swanson, B..7/22/07	605 Langer, D..8/11/07	1610 Jarrett, M..11/3/07
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92	620 Yeargin, S..5/6/07	485 Franklin, J..11/17/07	600 Allen, R..3/24/07	1587 Keiper, E..9/22/07
93	620 Leslie, N..6/16/07	485 Shaughnessy, J..11/18/07	600 Sinicropi, P..3/25/07	1585 Louque, K..11/3/07
94	620 Jarrett, M..11/3/07	480 Ross, B..1/13/07	600 Caplan, M..6/23/07	1581 Nelson, C..3/3/07
95	617 Woods, R..7/14/07	480 Calvo, B..11/3/07	600 Godawa, T..7/14/07	1581 Herring, D..12/2/07
96	617 Keiper, E..9/22/07	480 Alston, R..12/8/07	600 Ferstler, G..7/14/07	1576 Demchak, J..3/24/07
97	611 Dorsten, J..5/5/07	479 Trembley, C..2/25/07	600 Fuller, J..7/22/07	1575 Fowler, R..2/4/07
98	611 Frantz, E..6/30/07	479 Brown, J..6/23/07	600 Henriquez, T..7/26/07	1575 Buyan, D..4/1/07
99	611 Kanemoto, K..8/11/07	479 Lee, S..7/14/07	600 Brabbs, M..7/29/07	1575 Samsa, R..7/26/07
100	610 Ramos, A..3/24/07	479 Nichols, B..1/12/08	600 Slaybaugh, C..8/5/07	1575 Stanton, J..10/27/07

Katana TITAN

The Next Revolution in Bench Shirt Design

In 2002 we revolutionized the industry with our introduction of The Fury. Up to this point all shirts were based on a dated shirt design from the early 1980's. Titan changed all that with our 90° angle hemispheric sleeves and stretch back design which worked with your body's natural bench groove rather than against it. By mimicking the natural extension and flexion of your muscles The Fury delivered bigger benches and better support. It's an innovation that is still copied to this day.

Four Years Later We Did it Again with the Katana Bench Shirt.

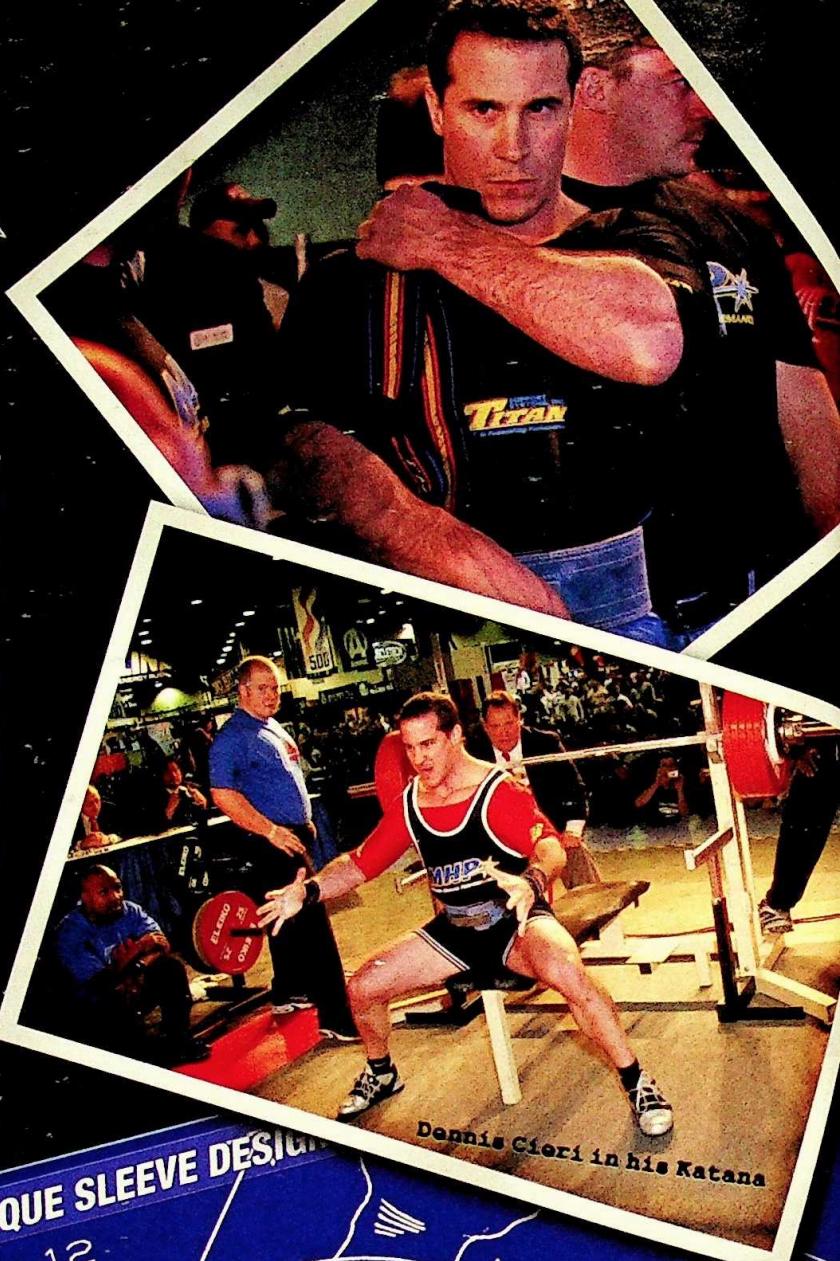
The Katana features our patent pending TORQUE SLEEVE DESIGN combined with our new NXG Super Plus material. This new material is 26% thicker and stronger than the older NXG+ material. The result is double-ply type power from a single-ply IPF approved shirt. The Katana will take your benches to new heights! The Katana comes in both arched and flat bench styles and is backed by an unmatched guarantee that's as tough as you are: 12 months blowout plus an 18 month "No Run" guarantee!

Since 1981

ALWAYS THE ORIGINATOR
NEVER THE IMITATOR™

The Perfect Fit for the Perfect Bench

Titan recognizes that everyone is built differently. We offer both off the rack sizes as well as fully custom fit models.



TORQUE SLEEVE DESIGN

Fig. 12

50~
52
50

Fig. 10

22

40

14

18

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13mm buckle belt \$70

10mm buckle or lever belt \$58

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- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.

- SAME RIVETS AS USED ON THE SPACE SHUTTLE.

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- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.

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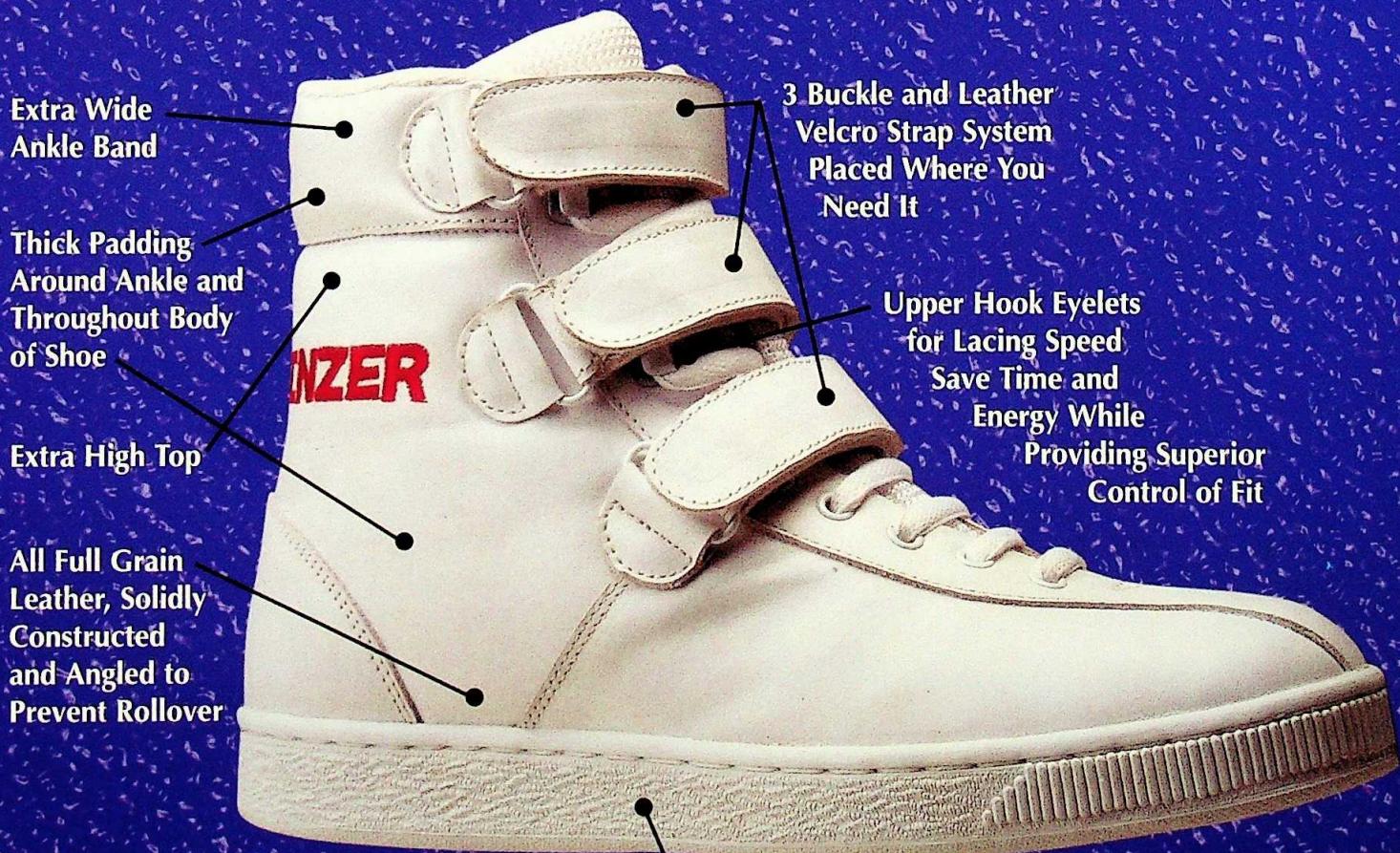
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