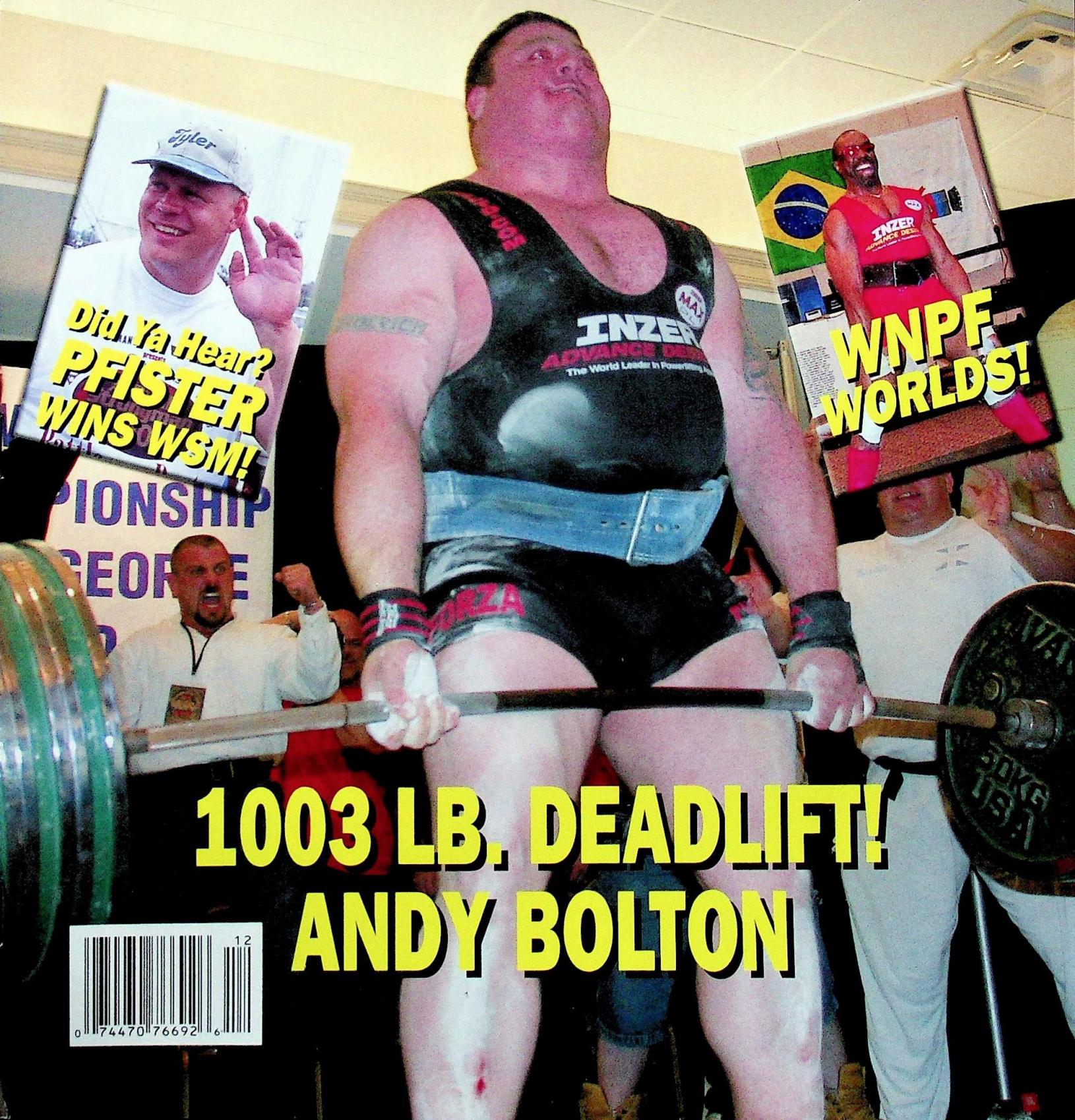


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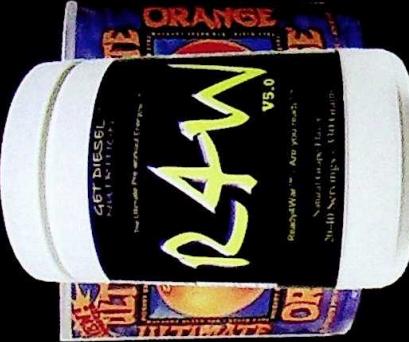
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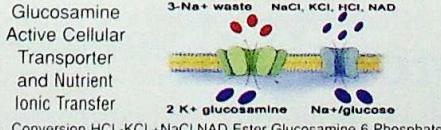
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# Powerlifting USA

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*ON THE COVER ... Andy Bolton with the Pull of the Century, 1003 lbs., at the WPC World Championships (Scot DePanfilis photograph), with Tee Meyers at the WNPF Worlds (Troy Ford photo) and the new World's Strongest Man Phil Pfister (MRL).*

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The 2006 WPC World Powerlifting Championships were held November 2, 3, 4 and 5 in Lake George, New York. In addition to the WPC Championship, there was a WPO Meet and a World Bench Press Championship.

Lake George is located about one hour North of Albany, and is a big time warm weather resort town. The population in the winter is 2,500, and it increases by ten times in the summer. The meet hotel was the fort William Henry Resort and Convention Center. The resort was located right on Lake George. The meet site was the Convention Center, located about one hundred yards from the hotel. There was a shuttle service from the Albany Airport and the room rates were very reasonable.

There was a breakfast buffet every morning, which the lifters really seemed to enjoy. The meet site had a nice concession setup so that it was very convenient.

There were approximately 250 lifters and 14 countries represented. There were high numbers of Russian and Ukraine lifters. Fortunately, the meet was spread over four days.

In all meets there is good and bad. I would think all would agree the good by far outweighed the bad, the convenient meet site, good equipment, excellent organization and good spotter/loaders. The table ran by Amy Jackson and Pam Clayton was top notch. The computer scoring system was very good. On the right and the left of the lifting platform were two overhead screens, one showing the lifting, the other with the time clock, the name, weight in kilos

## WPC World PL & BP Championships as told to Powerlifting USA by Bob Gaynor



**Kieran Kidder with 242 Bench Medalists Hummel, Tomra, and Hubbs**

and pounds and the attempt.

The crowd control around the platform could be improved. A simple rope barrier would do the job. The officiating in the bench press and deadlift was good. The officiating in the squat, at times was very loose. Some officials were enforcing the required squat depth, and others were not. This created an unfair situation, as some flights were required to squat correctly and some were not. Possibly by giving a head referee the authority to work with and remove an official if necessary, would correct this. We have all seen this at meets over the years. I was also at the APF Nationals in Las Vegas, and at that meet the judging in the squat was very good.

Before we get into the meet results, which had some mind boggling lifts, let's look at the

organization. The APF/WPC, which was founded by Ernie Frantz as a lifter's organization, continues to promote that philosophy. Both Kieran Kidder and Mike Sweeney told me they will continue in this manner. Better equipment and bigger lifts is what this organization is all about. Both of these individuals saw little or no way to consolidate the numerous powerlifting organizations. They have no animosity towards other organizations, but feel their way is what the lifters want.

On the first day the Teenage and Master Lifters were featured, Charlie Morse and Daryl Boyington of the USA were winners in the 148 and 165 lb. Classes in the 40-44 age groups. At 220 Tony Tomra of Canada edged Charlie Blough of the USA. Tony had a nice 1851 Total.

In that same age group Mike Taylor of the USA totaled 2105 at 242. Gregg Damminga, with a big squat, took the 275's. At 308 the USA's Karl Tillman totaled 2204, and had the heaviest Master Squat with a 1045.

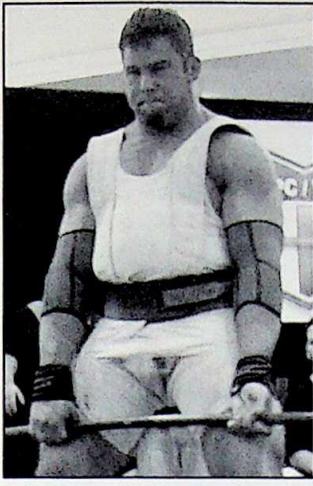
In the 45 to 49 age group Bob Benedix of Port St Lucie, Florida took the 181's, and set a Master World Record in the Squat. Lev Albin of the Ukraine took the 198's, and Ken Richardson of the USA took the 220's. The other winners in this age group were the USA's Tim Higgins, Finland's Pekka Rantanen and Great Britain's Dave Beattie.



**Chad Aichs joins the Super Elite.**

### WPC World Championships 2 NOV 06 - Lake George, NY

BENCH	Mysak-UKR	369	Paley-RUS	562	Master (65-69)	—	Polutin-UKR	—	Maksimo-RUS	771	MALE		
FEMALE	220 lbs.		Pinckard-USA	523	220 lbs.		Frankl-USA	727	Harrison-USA	738	Master (40-44)		
Teen (13-15)	Dovgany-UKR	683	Hayes-USA	501	Sposato-USA	402	242 lbs.		Kapusta-RUS	628	148 lbs.		
114 lbs.	Master (40-44)		Bartolom-USA	545	Kucharsk-USA	264	Ponomar-UKR	771	165 lbs.	C. Morse-USA	485		
Harris-USA	143	148 lbs.	Rogzhnik-RUS	418	Master (70-74)	220 lbs.	Girard-USA	711	188 lbs.	Boysto-USA	562		
Teen (16-17)	Nefedov-RUS	330	Williams-USA	418	Goldman-RUS	341	Neklyud-RUS	661	200 lbs.	T. Tomra-CAN	727		
198+ lbs.	165 lbs.		275 lbs.		Junior	132 lbs.	Pavlov-UKR	551	534	589	1851		
Linehan-USA	154	Boydnglo-USA	363	Henness-USA	595	Tallman-USA	—	Ligier-FRA	—	Blough-USA	705		
Teen (18-19)	181 lbs.		Rantanen-FIN	518	Varanov-RUS	374	Larson-USA	—	Murtoma-FIN	881	463	639	1807
165 lbs.	Marinis-USA	—	Mykhail-UKR	451	165 lbs.		Bachmei-USA	—	Rogers-USA	804	242 lbs.		
Fitzpatri-USA	121	198 lbs.	McIntyr-CAN	600	Niskanen-FIN	440	275 lbs.		Harwoo-CAN	771	Taylor-USA	804	
Junior (20-23)	Poryadin-RUS	341	Petrino-USA	650	181 lbs.		Franco-USA	859	McCrory-USA	755	Pavlyuk-RUS	672	
148 lbs.	220 lbs.		308+ lbs.		Velygan-UKR	485	THURSDAY	SQ	BP	DL	275 lbs.		
Pikhunyk-UKR	264	220 lbs.	Gromov-RUS	589	220 lbs.						Dammin-USA	804	
Master (40-44)	Martin-USA	551	Nostynov	—	220 lbs.						Harbour-USA	655	
198 lbs.	242 lbs.		Master (50-54)	—	132 lbs.						Strudiva-USA	—	
Skrypka-UKR	165	242 lbs.	Smolinsk-USA	540	148 lbs.						Tillman-USA	1047	
Open	Hummel-USA	606	Ivanenko-UKR	551	Varanov-RUS	374	165 lbs.				Master (45-49)	534	
105 lbs.	Tomra-CAN	551	Master (50-54)	—	165 lbs.						148 lbs.	622	
Kuznetso-UKR	198	Hubbs-USA	523	Open	165 lbs.						Lopatin-RUS	352	
Barlow-USA	176	275 lbs.	Kokorev-RUS	496	123 lbs.						T. Frein-USA	600	
123 lbs.	Harbour-USA	556	Pleshkov-RUS	396	Kirkland-USA	451	203	380	1036		Beneditx-USA	804	
Faraone-USA	303	308 lbs.	McKee-USA	—	Master (45-49)	181 lbs.	187	352	903		Steck-USA	507	
165 lbs.	Hoskinson-USA	666	Master (55-59)	—	181 lbs.						J. Clough-USA	259	
Silbert-USA	—	198 lbs.	Heck-USA	650	114 lbs.		121	319	700		Nalevkin-UKR	573	
198+ lbs.	242 lbs.		Stankev-RUS	396	148 lbs.						Teen (13-15)	501	
Radon-USA	407	242 lbs.	Dussault-USA	501	165 lbs.						Teen (18-19)	562	
Rantanen-FIN	325	275 lbs.	Soloviov-UKR	474	114 lbs.						White-USA	407	
MALE	Maksimo-RUS	771	Maksim-Urus	551	198 lbs.						Harris-USA	259	
Teen (13-15)	148 lbs.		Master (60-64)	—	148 lbs.		148	264	672		Teen (16-17)	446	
132 lbs.	Lopatin-RUS	319	165 lbs.		165 lbs.						198 lbs.	551	
Sargsyan-RUS	303	181 lbs.	Coker-USA	683	114 lbs.						L. Albin-UKR	705	
220 lbs.	Benedict-USA	374	Nalevkin-UKR	573	198+ lbs.						T. Frein-USA	600	
Khandz-RUS	226	198 lbs.	Dexter-USA	644	114 lbs.						S. Dermeljov-EST	551	
Teen (18-19)	Theux-FRA	424	Minuth-USSR	584	114 lbs.						1455	330	
165 lbs.	Lancaste-USA	385	Denmon-USA	330	198 lbs.						D. Theux-FRA	440	
	Birch-AUS	308	Paley-RUS	562	181 lbs.						220 lbs.	529	
	Jordan-USA	303	Eddy B-USA	396	220 lbs.						Richards-USA	711	
											1813	479	
											McNeish-USA	661	
											1730	446	
											242 lbs.	622	
											Higgins-USA	837	
											Eriksen-USA	837	
											2050	562	
											McIntyr-CAN	705	
											275 lbs.	606	
											1311	1311	



Brian Carroll .. 2375 in the 220s!

The 50-54 age group had some outstanding performers, and featured multi-time World Champion, Gene Bell. Alan Kayer, with a nice 1581 Total, won the 165's. At 220 Bell had an outstanding 2144 total. The USA's Larry Mistrich had a pretty easy time in taking the 242lb. Class. At 275 Volodymyr Ivanenko of the Ukraine, defeated Jeff Anderson of the USA 2105 to 1924. In the 308 lb. Weight class, Mike McDaniel defeated Ismo Aman of Finland, even though Ismo had the heaviest Master Deadlift with a strong 760. The Finns could always deadlift.

In the 65 to 69 age group, Fred Glass of Allentown, PA, took yet another Master Title. I don't think there is another Master Lifter in the World who has won more titles than Freddie. Not only is he a great lifter, he is a great guy.

The most outstanding performance in the Teenage

Rantanen-FIN	705	440	551	1697
Suutari-CAN	137	463	137	738
308 lbs.				
Beattie-GBR	1014	545	551	2110
Chekush-UKR	815	485	595	1896
Master (50-54)				
165 lbs.				
A. Cayer-USA	600	374	606	1581
220 lbs.				
G. Bell-USA	920	523	700	2144
Zenzen-USA	749	418	534	1703
Shealy-USA	424	314	363	1102
242 lbs.				
Mistric-USA	799	507	628	1934
Wheeler-USA	722	391	606	1719
Saldan-CAN	551	402	556	1510
275 lbs.				
Ivanenko-UKR	859	562	683	2105
Anderso-USA	854	479	589	1923
McKee-USA	804	—	600	1405
308 lbs.				
McDanie-USA	914	556	661	2133
I. Aman-FIN	749	385	760	1896
Master (55-59)				
181 lbs.				
Aloupis-USA	303	253	501	1058
198 lbs.				
Stankevi-RUS	573	413	551	1537
220 lbs.				
Burgard-USA	562	270	551	1383
Olinger-USA	—	—	—	—
275 lbs.				
Maksimu-RUS	551	529	485	1565
Master (60-64)				
148 lbs.				
Garcia-FRA	402	—	374	777
165 lbs.				
Chepetz-RUS	474	413	407	1295

Division was by Vadym Dovhanyuk of the Ukraine. This 19 year old squatted 903, benched 650 and deadlifted 661.

In the Womens Masters, Margaret Kirkland posted a nice 1036 total to take the 123's. Finland's Tarja Rantanen, with a 1102, had the highest total of all the Master Women.

The second day of lifting saw the Junior Men and Women, Open Women and Open Men up to 181. There was only one woman Junior (20-23), and that was the USA's Machia Dudley, who totaled an outstanding 1527. The winner in the Women's Open 105lb. Class was Taisiya Kuznetsova from the Ukraine. Margaret Kirkland and Shannon Hartnett of the USA were both winners of the Gold. At 165 the gold went to Russia's Elena Povolotskaya, with lifts of 551-259-484. At 181 Krista Ford lead Deb Widdis after the squat, but the Bench and Deadlift were Deb's lifts, and she took first place 1416 to 1361. The Women's Best Lifter was Shannon Hartnett.

In the Men's Junior Classes the USA took four golds, with one each going to Australia, Russia and Great Britain. James McQuaid of the USA who took first in the 275 lb. Class had the highest squat 907, and deadlift of 715. Great Britain's James Nuttall had the heaviest bench with a 594 and the largest total with a 2182. The USA winners in addition to McQuaid were Adam Smith, Chris Mehmel and Jon Jursich.

There were no 114 or 123 lb. Lifters. In the 132's the Ukraine's Suradzh Chebotar took the Gold, and Australia's Adrian Zalcman the Silver.

The 114/123 and 132 lb.

Weight classes had a total of two entries. Does powerlifting need to re-do the weight classes? Having three weight classes with just 18 lbs. between them, and only two entries should tell us something.

Roman Murygin of the Ukraine was the Gold Medal Winner at 148 with 594-330-528. Brian Schwab of Florida would have been an easy winner in this class, but failed to post a total.

The Men's 165 lb. Class, Oleksandr Kucher of the Ukraine posted 869-539-704. This man is a lifting machine. He won by 243 lbs. The scary part is he is going to total more. The USA's Brian Tincher and Veteran Angelo Berardinelli took the Silver and Bronze.

At 181 Stanislav Priakhin was third at sub-total. The USA's Mark Van Alstyme was first, Justin Hurley was second, then the bar went to the floor and Stanislav pulled a nice 671 to make up the deficit and take the Gold. In the WPO Division it was Mr. Kucher. He had the highest squat, bench press and deadlift. He reminds me of Mike Bridges in his prime, dominating in all three lifts. Look for even bigger lifts in next year's Arnold.

All weekend there were rumors of something really big from Andy Bolton. Everyone had a story about Andy's training lifts and what he was going to do.

The lifters on Saturday were the 198 lb. Class and up. The lightest man was 196 lb. Arnold Coleman, and the heaviest was 540 lb Jeff Lewis. I have been going to power meets for over forty years, and Jeff is the largest powerlifter I have ever seen.

The 198 lb. Class had five entries, but only three finished. Arnold Coleman, who has been a star in this organization for many years, looked very uncomfortable when he set up for his first squat. He missed badly, and did not take any more attempts.

Jason Coker made it through the squats, but decided to open with a World Record in the Bench



Yarymbash .. all time best at 275

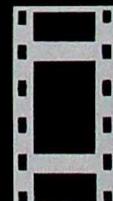
Press. Three attempts later Jason was forced to watch the rest of the competition. The opening lift is something that has changed dramatically over the years. At one time your first attempt was to insure you were in the contest. Today many lifters start with near max weights.

The remaining three lifters, the USA's Phil Delmonti and Adrian Driggers, and the Ukraine's Arkadiy Bukhtiychuk squatted 852, 852 & 847. In the Bench Phil and Adam both got 545, and Arkadiy 534. How close can you get. At sub total the Ukrainian trailed the Americans by 17 lbs. In the deadlift Phil pulled a nice 704 for the win. Arkadiy got 682 to take the Silver and Adam got the Bronze.

The 220 lb. Class had ten lifters and nine finished. There were also seven different countries represented in this class.

Brian Carroll out-squatted Shawn Frankl by 88 lbs. (1020-942). In the Bench Shawn opened with a World Record and took three attempts to make it. At sub-total Shawn lead Brian by 11 lbs. Would Shawn be able to hold off Brian? Shawn was lighter, so a tie would work just fine. Shawn did 699 and Brian 710, but he could

(continued on page 82)



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# INTERVIEW

## PHIL PFISTER 2006 World's Strongest Man as interviewed by Greg Stott

**O**n September 23, 2006 Phil Pfister of West Virginia, became the first American to win the coveted World's Strongest Man (WSM) title in twenty-four years. The last American, Powerlifting Legend Bill Kazmeir, won his third title in 1982. With over eight years of dedication & sweat equity into the sport of Strongman Phil Pfister not only broke a very long losing streak for the USA...he finally realized his dream! Beating two time WSM Champion Mariusz Pudzianowski, in the last event, in the last day of competition, was much more than just a personal victory for Pfister. It was a victory for his family, state & country. All of whom he loves and all of whom, should now celebrate his Herculean Effort!

5 - WSM Appearances, 4 x WSM Finalist, Best Prior Finish, 4<sup>th</sup> Place in 2001

**Age:** 35 **Height:** 6'6" **Weight:** 330 lbs. **Weight Class:** Heavyweight **Federations You Belong To:** ASC & IFSAGS

**GS:** First off, Congratulations on your new title & tremendous victory in China.

**PP:** Thanks Greg!

**GS:** How have friends, family and the general public received you, since returning back to the USA with the WSM Title?

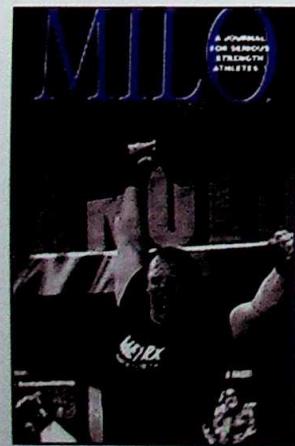
**PP:** To be honest Greg, I don't know if it's really sunk in yet. Everyone one has been very supportive and locally, people will stop me, congratulate me and ask me questions. Later this month and all of 2007 the competition will be shown on ESPN. I think after everyone including myself, watches the competition; all the work and what I've accomplished will finally sink in.

**GS:** Is it true that after the Arnold this year, you were thinking of retiring?

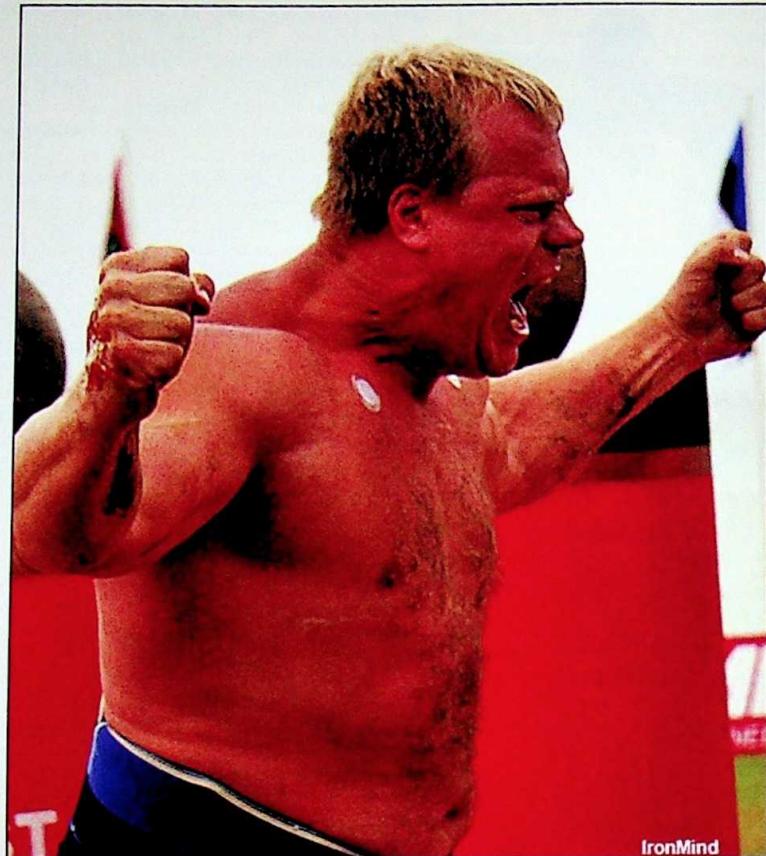
**PP:** Yes it is. I was burnt out and frustrated. I was ready to leave the sport after hearing back from the powers to be that I needed to compete some more, in order to receive an invitation to the 2006 WSM. I felt with my performance at the Arnold and other events that I should have been given a direct invite, their response was "no compete some more".

**GS:** So what helped to change your mind? Obviously you didn't retire.

**PP:** Well let's just say March & April were tough months. In May, I was at home, checking the mail and I saw that I had gotten my copy of the MILO Strength Journal. I looked down at the cover and there I was...looking at myself pressing the circus dumbbell at the Arnold. I read the story that Randall Strossen, the editor of MILO had written, well let me just say that his statements and the fact that he believed, this might be my year to win the WSM made the difference. It pumped me up enough to set some goals and start thinking



The Cover that launched a Quest! (IronMind/Strossen)



IronMind

**Phil** after winning the last WSM event, the Atlas Stones. (Lisa Comber/TWI)

about how best to prepare for the big show.

**GS:** You mentioned setting some goals for the WSM. What were they?

**PP:** Simple, to set a PR (personal record) at this year's WSM or retire from the sport of Strongman. My best finish to date was 4<sup>th</sup>. So for 2006 nothing but 1<sup>st</sup> – 3<sup>rd</sup> would be good enough. I also committed to doing whatever it took, regarding my training, for the months of June through September.

**GS:** Wow, that's some strong commitment. What was the key difference in both your preparation & training that you would credit with your success this year?

**PP:** Two words, Nick Osborne! I've known Nick for years. He owns a training facility called Built Solid in Columbus, Ohio. Nick brings a lot to the table, because he's a competitive strongman, a world-class coach and has an engineering background. When you put all that together, with my new commitment to train, I felt we had the right ingredients for a winning team. The biggest thing that happened when we linked up in June, was that now I could focus on being the Athlete and give 100% to whatever Nick decided to put me through, to prepare me for this year's

competition.

**GS:** What were some of the exercises and/or events Nick had you doing?

**PP:** Once a week I'd drive from Charleston, WV to Columbus, Ohio to do a 2 - 3 hour training session, sleep over and train again the next day. Then drive home and repeat the following week. The main focus for the first two months was conditioning and torso development. My back was introduced to many new variations of the squat and deadlift. After about two months of this, we worked in some event training along with the odd lift and weight training exercises. In the fourth month we focused only on event training.

**GS:** What was your supplementation routine like, preparing for the WSM?

**PP:** When it comes to supplements, I'm not that big on anything that's not natural or needed for good health. I take Vitamin C, Creatin, Protein, and Fish Oil, while trying to eat a lot of calories. I normally eat 5 to 6 thousand calories daily. My protein intake varies...100 gm. - 300 gms. each day.

**GS:** Who are your current workout partners and/or Coach?

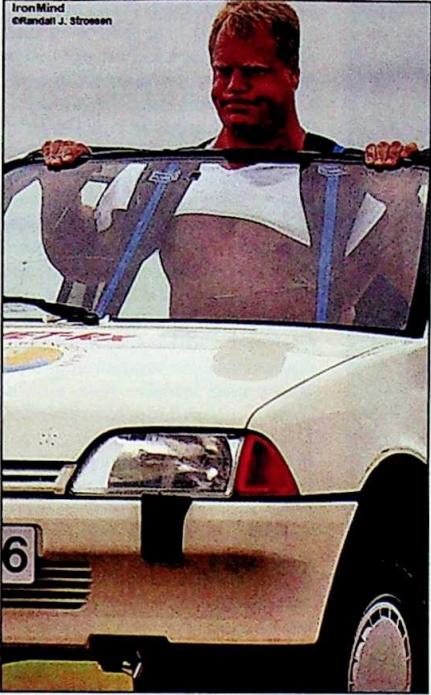
**PP:** Well as far as a coach, that's Nick Osborne. Matt Johnson drives up each week from Kentucky, that's 3 hours, just to train with me. For help with my power lifts, I'm fortunate to have IPF World Champion Brian Siders near by for both training & motivation.

**GS:** Who in Strength Sports do you look up to and admire?

**PP:** I think it's important to have heroes and role models. For me there have been three: John Brookfield, Brian Siders and Bill Kazmeir.

**GS:** What Strongman competitions will you compete in during the 2007 season?

**PP:** For next year, I'm only going to compete



Phil Pfister taking a car for a ride, at the MET-RX WSM (Randall Strossen/IronMind photo)

at the Arnold and the WSM. I'm also working on promoting the America's Strongest Man. I want it to be an annual event that will showcase both our sport and the state of WV.

**GS:** Where do you see the sport of Strongman going over the next 5 years?

**PP:** The sport of Strongman can't evolve until TV gets a hold of it. It's really that simple...nothing else is as important or will change the dynamics of our sport like television coverage. We need to have more athletes seen on TV and get the main stream public to know about the lives & characters that are involved in this great sport of Strongman. A sport of strength, speed, endurance and sacrifice. People believe what they see and the only way for us to build a huge following, is more television. With TV coverage over the next 5 years, Strongman can grow as big as other sports that have used their national exposure well, like the UFC & WWE just to name a few.

**GS:** What advice would you give to a lifter, wanting to get started in Strongman?

**PP:** I have seven keys to success for the sport of Strongman: 1. Be Patient 2. Stay Drug Free 3. Never Stop Learning 4. Be Creative & Have Fun 5. Identify Your Heroes & Role Models 6. Always Listen To & Respect Your Body 7. There's Not One Formula & No Absolutes

**GS:** Any final comments you'd like to make or people you'd like to thank?

**PP:** So many people have helped me realize my dream, literally hundreds of people have provided fantastic support and for that I'm very grateful. Of course I can't name them all, but let me highlight a few. Balzout Printing has been with me since the beginning. John Inzer has been very supportive over the years and I thank you. My wife Michelle and son Wyatt mean the world to me and their love and support has helped me succeed in life as well as Strongman. Finally, thanks Greg for

the opportunity to do this interview with you and help support the TEAM iXL mission worldwide.

**GS:** Phil, it took twenty-four years to bring the WSM title back to the USA. I can't think of a more deserving strength athlete for this great honor to be given to. You're a fireman, strongman & a family man. You've sacrificed much to pursue your dream of being named World's Strongest Man. From all of us in the strength community, let me congratulate you again and say well done Brother, well done! Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Phil & other iXL SuperStars visit [www.TEAMiXL.com](http://www.TEAMiXL.com)

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## Sticks and stones may break your bones . . .

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I have to confess that I have always had a fascination with brute power. It goes back to my childhood. At that time it revolved around superheroes. Marvel Comic's Hulk and Thing characters were my favorites because they epitomized the ultimate in physical power. The Hulk held a special place in my heart as there was essentially no end to his strength. The angrier he got, the stronger he got, with seemingly no limit! My passion for physical prowess still burns just as brightly and fuels my love for all things strength related!

When I recently found out I would have the opportunity to interview a true strength mastodon in the person of Donnie Thompson I was fired up to say the least! To me, a man like Donnie is what unbridled power is all about. He hopes to soon be only the second man ever to exceed a 2800 lb. total!

What makes a guy like this tick? How did he get so friggin' HUGE? Let's find out...

**ALN:** Donnie, you have an extensive athletic background. Tell us a bit about that.

**DT:** I played high school football, baseball and track in my home state of Maryland. My first taste of competitive powerlifting was at a state level bench press meet my senior year in high school. The meet used USPF rules to include a pause. My 360 lbs. beat 181 other guy's best press.

I went on to play college football at Shepherd College in Shepherdstown, West Virginia. I was a center and was able to win several accolades to include First Team All-Conference. My freshman year I was 225 lbs but I blew up to over 300 lbs by my senior year making me 1 of only 25 NCAA players to weigh in the 300s at that time.

My father played in the NFL for both the Colts and Eagles and that fueled my desire to do the same. After college I had a brief stint as a free agent with the Tampa Bay Buccaneers and then was signed by the Arena Football League. The Arena league was different then, commanding less respect from the NFL scouts and teams than it does now. Scouts told me that the league was not credible and therefore I was not given consideration. Their opinion aside, the league had a TON of talent and has done very well for itself. In fact, the NFL now owns 80% of the league (I hope the NFL is still credible...).

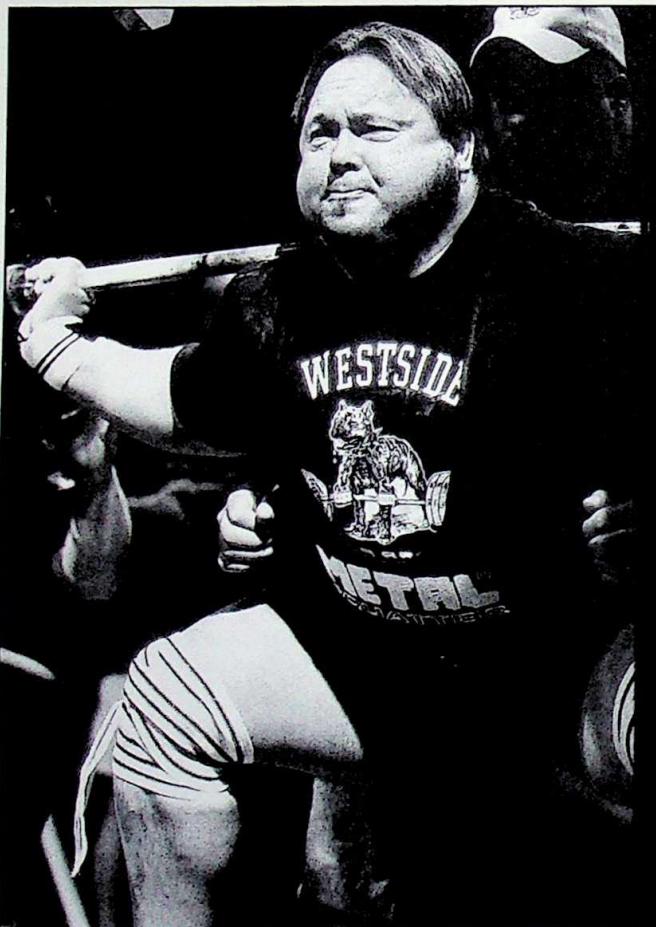
I played for roughly 5 years in the Arena league and only allowed 2 sacks the entire time! I left when (as mentioned above) I discovered that my chances of getting back into an NFL camp were slim to none.

**ALN:** When you played football were the weights a means to an end

# INTERVIEW

## DONNIE THOMPSON

interviewed by Chris Mason of At Large Nutrition



Donnie Thompson and Louie's Westside Barbell go back a long way

or were you as passionate about them as you were about football?

**DT:** They were of essentially the same importance. To illustrate let me tell you about a couple of specific game-time incidents. First, I remember when my ankle got rolled by a fat-ass nose-guard. All I could think was, "Oh no! I won't be able to squat this week!" Another time I broke my wrist and all I could think was, "Oh shit! There goes benching on Monday!" I loved strength for its own sake, but it was also key to my on the field success. I became a master holder and no one could swat my hands off them once I got a jersey full. I used to do barbell curls with 225 lbs. to enhance this holding strength.

**ALN:** Louie Simmons, the Westside Barbell ([www.westside-barbell.com](http://www.westside-barbell.com)) strength training guru, helped you

to become the powerlifting juggernaut that you are. How did you meet him and what made you decide to seek his tutelage?

**DT:** I can remember seeing an ad for Louie's reverse-hyper apparatus. At the time I was in the development stage of opening my own gym. The device was intriguing to me and I contacted Louie in hopes of purchasing one for the gym. During our conversation Louie invited me to come out to the Westside campus. Things happen as they do and it was 4 years before I took Louie up on his offer.

When I finally got there, Westside literally blew my mind! The intensity was amazing, but so was the simplicity of the place. I can vividly remember thinking of how many machines and equipment I had bought for my own

gym and here was this sanctuary of mind-bending intensity and power and yet it had comparatively little equipment. It brought to mind the K.I.S.S. (Keep It Simple Stupid) principle. Far from being Spartan, the gym had just enough of the right equipment to do the job.

For the next 4 years I made it a point to attend every meet Westside was in and to compete with and against them. Over time I made friends with men like John Stafford and Paul Childress. I trained and exchanged ideas with them and others like Chuck Vogelpohl and Matt Smith. Rob Fusner had a big influence on me because I could relate to his style. I truly believe that if he had not gotten injured he would have been a world champion many times over.

**ALN:** How important do you consider diet to be relative to developing maximal size and strength?

**DT:** I think it is very important especially for beginners. I am a big man and if you look at the top strength athletes of all-time you will see that their lifts increased as their bodyweight went up. If you want to maximize your strength potential eating like a bird is not going to do the trick.

**ALN:** I completely agree with you Donnie. I think this is especially true for younger lifters with their fast metabolisms. I have written more than one article that focused on consuming a ton of calories and relying on the basics in order to build the massive physique so many young men want. What about your diet? Do you follow any sort of an organized dietary plan?

**DT:** My diet is simple. I consume 3 food-based meals per day and make sure to include some form of meat with each. I supplement with 3 Nitrean protein shakes per day. I also strive to drink 1 gallon of water per day, but sometimes fall short.

**ALN:** Speaking of supplements, what do you personally take?

**DT:** Again, I keep it straightforward and simple. As already mentioned I consume 3 Nitrean protein shakes per day. I also supplement with ETS for recovery (muscles and joints). Both products are available at [www.AtLargeNutrition.com](http://www.AtLargeNutrition.com). I also include a pre-natal multi-vitamin. Laugh if you will, but it works!

**ALN:** Finding out the general training routines of the champs is interesting, but I prefer (and I think our readers prefer it as well) to get a more specific insight into their training. Can you please outline for us exactly what you did in the gym last week to include sets, reps, loads, and exercises?

**DT:** My training was as follows: (\*\*\*) Author's note: You can find

several articles on kettlebell training here: <http://www.dragondoor.com/articles/mode2/Kettlebells>

Monday Night: Bench: I used a Mastodon\* bar coupled with a purple band and a Monster Mini (available at [www.westsidabarbell.com](http://www.westsidabarbell.com)) doubled around each side of the bar. My working sets used 2 45s and a 10 lb plate per side (plus the aforementioned bands) for 5 sets of 2 reps. I finished with a single rep using 2 45s, a 25, and a 10 lb plate per side. That single was very tough and I had the "shakes" afterwards. \* The "Mastodon" bar is sold at [www.elitefts.com](http://www.elitefts.com) ([http://www.flexcart.com/members/e\\_l\\_i\\_t\\_e\\_f\\_t\\_s/default.asp?m=PD&id=211&pid=872](http://www.flexcart.com/members/e_l_i_t_e_f_t_s/default.asp?m=PD&id=211&pid=872)). It is a bit longer and much thicker than a normal Olympic bar having a circumference of roughly 1 3/8" with a full 57" between the sleeves. It weighs 60 lbs.

Log Presses: My log of choice was 8" in diameter (on the inside). I used the apparatus plus 345s per side for 3 sets of 8 reps.

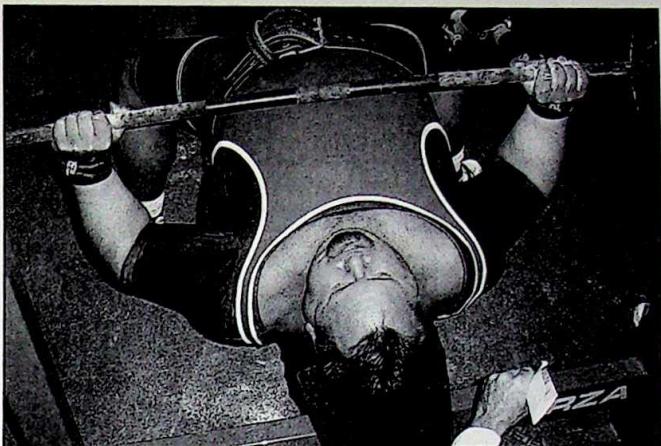
Kettlebell Extensions: I worked up from 26 lb to 72 lb kettlebells while on a stability ball for 5 sets of 12 reps.

Front Pulldowns: I used the entire stack (300 lbs) for 3 sets of 10 reps.

Fat Bar\* Curls: I worked up to a 45 on each side for 8 sets of 3 reps. \* The Fat Bar weighs 75 lbs and has a 16.5 cm circumference. It can be found at [www.elitefts.com](http://www.elitefts.com) ([http://www.flexcart.com/members/e\\_l\\_i\\_t\\_e\\_f\\_t\\_s/default.asp?m=PD&id=213&pid=898](http://www.flexcart.com/members/e_l_i_t_e_f_t_s/default.asp?m=PD&id=213&pid=898)).

Band Pushdowns: I used the purple bands for 3 sets of 25 reps.

Wednesday Night: Box Squats: I worked my way up to 3 blue bands, a purple band, and 3 45s



**Donnie** went 1150 800 820 770 at the recent IPA Senior Nationals on each side of the bar. This is a very difficult load to handle and I did 3 sets of 2 reps. I then did a set with the bands and 5 45s per side followed by one final set with 5 45s and a 25. I was wearing Metal briefs and a belt and I will say this final set was the most brutal squat I have ever done!

Good Mornings: I used chains to suspend the bar. I positioned it such that I started the movement at the bottom and had to perform the concentric portion of the lift first. I kept my lower back arched. For this workout I used 4 45s per side for 3 sets of 3 reps.

Kettlebell Swings: I did these double handed with a 106 lb. kettlebell. The kettlebell is swung between the legs and then out in front of your body to the desired height (chest level for example). I had my training partner grab the kettlebell at the top of the movement and force it down. I performed 4 sets of 10 reps.

Back Raises (a hyperextension on an improved apparatus): I held a 135 lb. bar to my chest and performed 3 sets of 10 reps.

Friday Afternoon: This was speed day for my upper body.

Floor Presses: I used a 2 3/8" bar with 3 to 5 chains and 2 45s per side.

Fat Bar Triceps Extensions: This is a traditional skull crusher using the Fat Bar with 1 45 and 1 chain per side. I did 3 sets of 8 reps.

Kettlebell Side Swings: I used 2 72 lb. kettlebells and performed the movement with both hands simultaneously. I did 3 sets of 8 reps.

Kettlebell Snatch Swings: Using the same 72 lb. bells I did 3 sets of 8 reps. As the name implies a swing is employed to execute this movement as opposed to starting each rep from the floor.

Kettlebell Snatch Press: I again used the 72

lb. bells and both hands simultaneously. I snatched them to full extension and then performed a press. I then lowered the bells to the floor and repeated for 3 sets of 8 reps.

Concentration Curls: I did one arm at a time with a 60 lb. dumbbell for 3 sets of 8 reps.

Band Pushdowns: Same as Monday night.

Saturday Morning This was my speed day for lower body.

High Pulls: I used this Olympic training movement with a twist. I used a 2" Fat Bar with 2 45s per side. I did 5 sets of 3 reps.

Sumo Deadlifts: I used the Monster Mini bands with a Mastodon bar and 365 lbs of total weight not counting the resistance provided by the bands. I did this for 5 sets of 3 reps.

Kettlebell Swings: The same as Wednesday night but with 72 lb. kettlebells.

Dead Kettlebell Snatches: You start these in the deadlift position, hence the name. I started with the 72s then proceeded to the 88s and finished with the 106 lbers for 3 sets of 3-5 reps.

Glute-Ham Raises: I did 3 sets of 10 reps.

I finished off with abs.

**ALN:** You are certified in Russian Kettlebell Training and they are a big part of your personal routine. How do you recommend others incorporate them into their program?

**DT:** Each individual has their own strengths and weaknesses. Kettlebells are excellent at helping to address one's weak points. In my case my shoulders are my weakness and I have used snatches and presses with kettlebells to help rectify the problem.

**ALN:** What would you do differently if you could start strength training all over again?

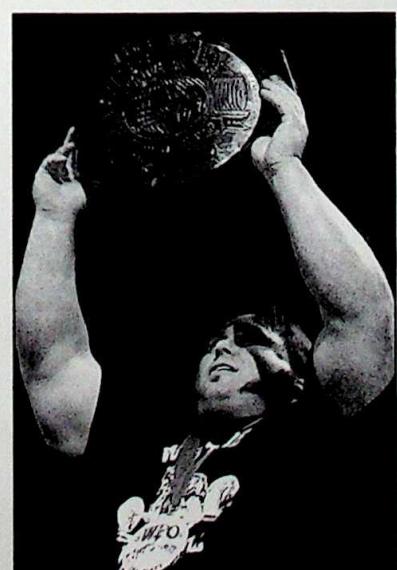
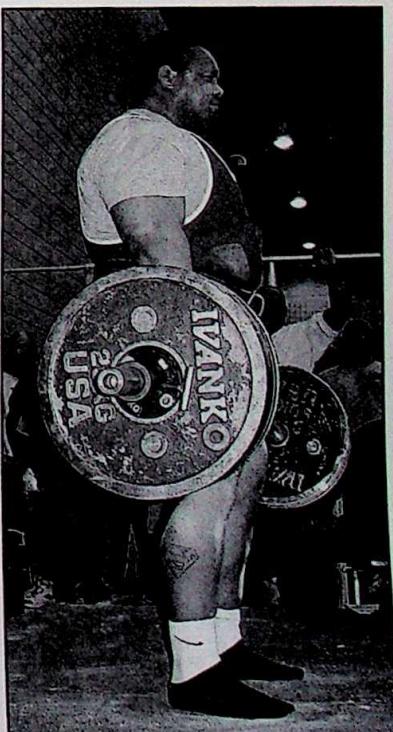
**DT:** In the beginning I

followed the same route so many of us have. I just copied what the biggest guys in the gym did and never questioned it. If I could do it all over again I would have sought out the proper guidance right from the beginning. Once you learn it wrong it takes a few years of de-programming and correct training to really get things right in order to be a successful competitive powerlifter or just the strongest you can be. It is easy to spot the guys that are lucky enough to get the right guidance and training partners from the start. They are the ones that come from nowhere and set records and win meets. I must confess a touch of jealousy as they make guys like me look shameful in comparison in that it took so much longer for me to reach the upper echelon of powerlifting success.

**ALN:** Donnie, let's wrap this up right. What is your number one training "secret" to titanic strength?

**DT:** My number one secret is determination! I am not as gifted as some, in the physical sense, but I have an incredible burning desire and a determination to be the best. There are literally no barriers that can stand in my way and I am willing to sacrifice nearly everything for powerlifting success. If you want to be the best it has to be your passion, your obsession!

**ALN:** I 100% agree with you Donnie and I must say it has been an honor to interview you and learn a bit more about how you train and what makes you the champion you are. Good luck to you in all of your endeavors!



**WPO Gold ...** Donnie won big in 2005

**Donnie** can deadlift well into the 800s

When I left high school in 1998 I took a year off from education to find out about the real world. After working very hard as a welder for almost a year, I found that working hard is much more tiresome and would age me much quicker than working smart. In that time in my life lifting weights was a big part of who I was and it's what I wanted my profession to be. In my eyes and many that I talked to, education at the higher level was the way to go. Well, that was both right and wrong.

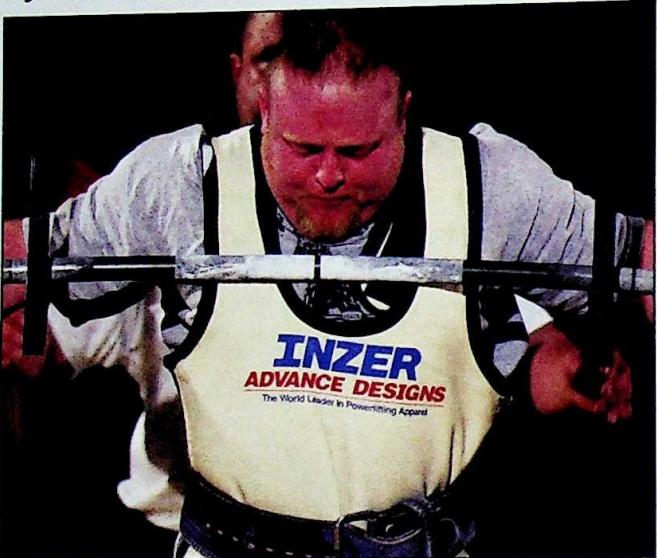
I entered college by the skin of my teeth in 1999 because of my grades in high school. As many kids do, I thought that I could breeze by high school and it wouldn't affect me. Little did I know my choices almost ruined my chances of getting in to higher education. The advisor I met with had recognized me from the local gym. We had a discussion about the use of creatine, and he was impressed by my knowledge, and pulled a few strings to get me into school. That wouldn't be the first time lifting changed the course of my life.

My first classes in exercise science opened my eyes, but not in a good way. I had to memorize many rules of training which I would later completely throw out the window and discard. Most of this fell along the lines of Western periodization. It showed me that in the Western world you could write about anything with no results, base everything you know off of a study with 10 recreational subjects, or - even worse - be considered a pioneer of strength by having a PhD, but no hands on experience. In class we would talk about anaerobic training for a few days, and then spend the rest of the 15 week semester speaking of running, cycling, swimming - anything aerobic, but nothing of weight training so to speak. This was not the direction that I wanted to go. As I worked my way through my undergraduate career, I just became more frustrated with the constant research of aerobic activity, but little on power and strength development.

At that time I wanted to be a strength coach, which would require me to have a master's degree, so I started my studies as a biomechanics student. This is where I learned the limitations of a lab, but the advantages of working in a weight room. I learned more by training athletes and doing my own little experiments than I ever did in class. Luckily the lab at the time had interesting studies going on, so I was able to learn quite a bit, especially about the research side. I was also lucky to have a head strength coach that was willing to let me run the teams the way I wanted to. But what really helped me was constant contact with Louie Simmons, and Westside.

# Westside Training

## Things I didn't learn in School by Matt R. Wenning M.S., Westside Barbell



*One Smart Lifter ... Matt Wenning of Westside at the APF Seniors*

Here are a few things that I was taught in class, which later I found through reading and personal experimenting were way off. The problem is that, to this day, some of this is still practiced.

**Falsehood of exercise science #1:** Olympic lifting creates explosive power for any sport. Did you know that none of the eastern European countries utilize this for explosive power? They rely on 2 things, plyometrics and maximal strength. In the sport industry, especially college teams, Olympic lifting is thought of as the premier way to develop explosive power, but as I later became more educated I found that this is not true. Besides that, did you know that it takes many years to develop a perfect clean or snatch? It is one of the hardest movements in sport. Did you also know that to be a great Olympic lifter your squatting strength must be very substantial? People that are strong in the Olympic lifts have superior squatting strength as well as back strength which is already developed before the Olympic lifts are pushed up to maximal weights. In the book Explosive power and jumping ability, it states that the greatest and safest way to raise explosive power is to raise absolute strength. This is not what I was taught in my classroom. That's why the strongest Olympic lifters in the US are not Olympic lifters, they are throwers. The reason for this is that their strength is more developed

**Falsehood of exercise science #2:** Strength charts will tell you your 1-RM without doing it. We have all seen the charts in magazines and in top level weight rooms around the country. This chart states that if you can do 300 for 10 reps, then your bench press is 500 lbs. That is totally crazy, but it is what many students and coaches are taught to use for testing athletes because "maxing out at a 1-RM is Dangerous". Well, actually doing reps in a fatigued state is more dangerous than doing a 1-RM. Technique breaks down as the athlete becomes tired, but in a 1-RM technique must be perfect in order to lift a record. In my thirteen years of being around weightlifting I have seen less than 5 injuries of people getting hurt doing 1-RMs. I have seen more than 10x that amount in injuries while doing reps. When doing reps and 1-RMs you are also testing different energy systems due to time differences. A 1-RM at maximal contraction usually takes anywhere from 4-7 seconds, whereas a 10-RM can take 2 times that amount. If you want an accurate 1-RM then test a 1-RM. Also known as the maximal effort method, not repeated efforts method.

**Falsehood of exercise science #3:** You don't have to have power to be a powerlifter. This was actually told to me in class by a top professor in exercise science. Well, actually you do have to have power to do any form of anaerobic activity. Did

you know that you could actually become stronger, but if your speed never increases you will not be able to display it? If your maximal strength can only be exerted for 5 seconds, and your lift takes longer than that, you just missed the weight. Not because you weren't strong enough, it's because you're too slow. This is why we have a dynamic day and constitutes 50% of our main work in a week. Not only is it one form of strength (dynamic effort method), it is important to create a fast rate of force development so you can complete your lift before you become fatigued. If you train to be fast and strong you will develop all forms of strength and be a more rounded lifter. The Soviets created the dynamic day to take place of a maximal effort day in their complex training and had great results, and so do we.

**Falsehood of exercise science #4:** You don't have to be in good shape to be a weightlifter. At the recreational lifter level I would tend to agree, but any form of champion or world record holder would run a normal athlete out of the gym. I have seen many professional athletes from all forms of athletics step in to our gym. From football to MMA, I have yet to see anyone that can keep up with our top lifters. And I'm not just talking the heavy weight training, I'm speaking of the reps and sets used to build weaknesses and size. I don't know how many people that have become sick or had to take a break when training with Chuck Vogelphol, or Louie. Here is why. You see, people in good cardiovascular shape are usually good at doing very little. Sure, they can walk or jog all day long. But pull a sled for a  $\frac{1}{4}$  mile with 200 lbs. Or do kettlebell drills for 5 minutes, and then watch them hit the ground. This means that to make it to the top, your GPP must be very good in order to make more muscle, or get the required work done in a reasonable amount of time. After 45 minutes your body starts to shut down, that's why many top lifters train up to 10 times per week. This amount of volume can only be tolerated if the athlete is in good shape.

College opened many doors, helped me meet many people, and allowed me have a good base of knowledge to grow from. But in reality I learned more from personal experience, experimentation, and reading books that I didn't receive when signing up for Exercise Science 101. The whole lesson here is to learn outside of class, involve yourself in what you like, and remember a degree means that you're willing to jump through hoops and study, not that you know everything about your particular field of interest.

MATT WENNING

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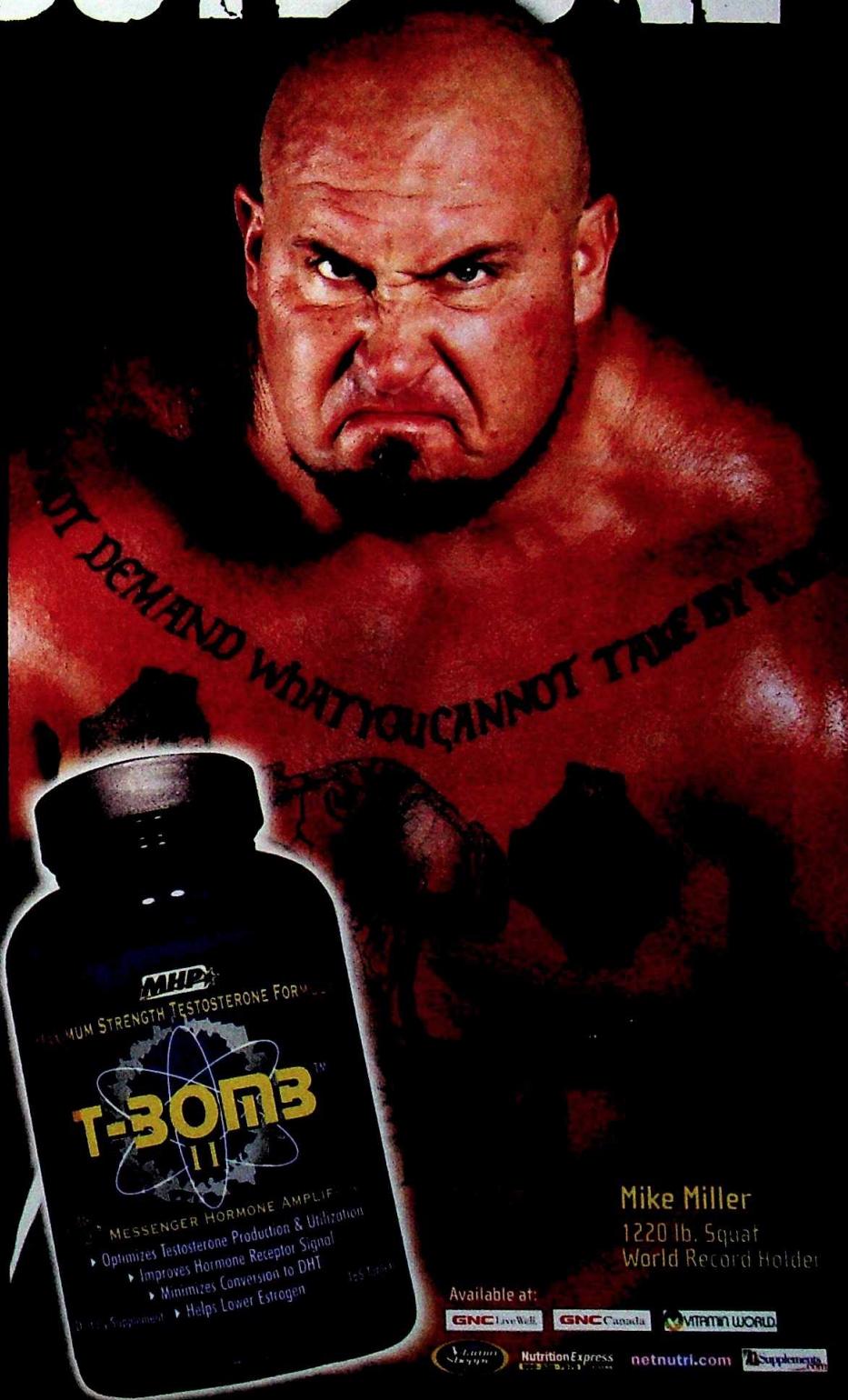
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Anyone training for a meet has undergone some form of periodization. Unfortunately, most have misused a system in order to peak for a meet. Progressive gradual overload, or Western periodization, is based on a hypothetical goal. So, at any time, the percent of your contest max may be off by as much as 20%. Many times the lifter is missing weights three weeks from the contest. This is because their expectations are too high or possibly too low.

Training should be calculated by using a formula based on math, not dreams. I suggest everyone read books on periodization by noted authors such as Tudor Bompa or Vladimir Zatsiorsky. These books explain periodization in terms of micro- and mesocycles. After all, periodization is a reference to the division of training into a yearly plan, or even a four year plan, i.e., an Olympic cycle. This system is used for weightlifting, powerlifting, and track and field, and - of course - should be used for all sports requiring the development of power.

The former Soviet Union had so much data on training

## Westside Training

### Periodization of Training as told by Westside Barbell's Louie Simmons

that they did not know what some top coaches were doing. Mel Siff (*Supertraining*) asked how I arrived at our three week pendulum system. It was quite similar to that used by the great Soviet Union SHW champion Vasily Alexeev. I stated that after 3 weeks we could not become faster or stronger, so we waved back down and started over. Mel said that Alexeev found the same to be true. So with the help of Russian and Bulgarian research and that done at Westside with over 70 Elite powerlifters, plus feedback from some of the greatest powerlifters around the world, our loading is based on A. S. Prilepin's table.

For speed work for benching we do nine sets of three reps. This is known as the dy-

namic effort method. Its purpose is to build a fast rate of force development. For squatting, the sets vary from 12 without bands or chains (i.e. a contrast method) to as low as three for the last week of a circa-max phase. The reps are always two. For speed pulls, the reps are one and the sets are 5-8.

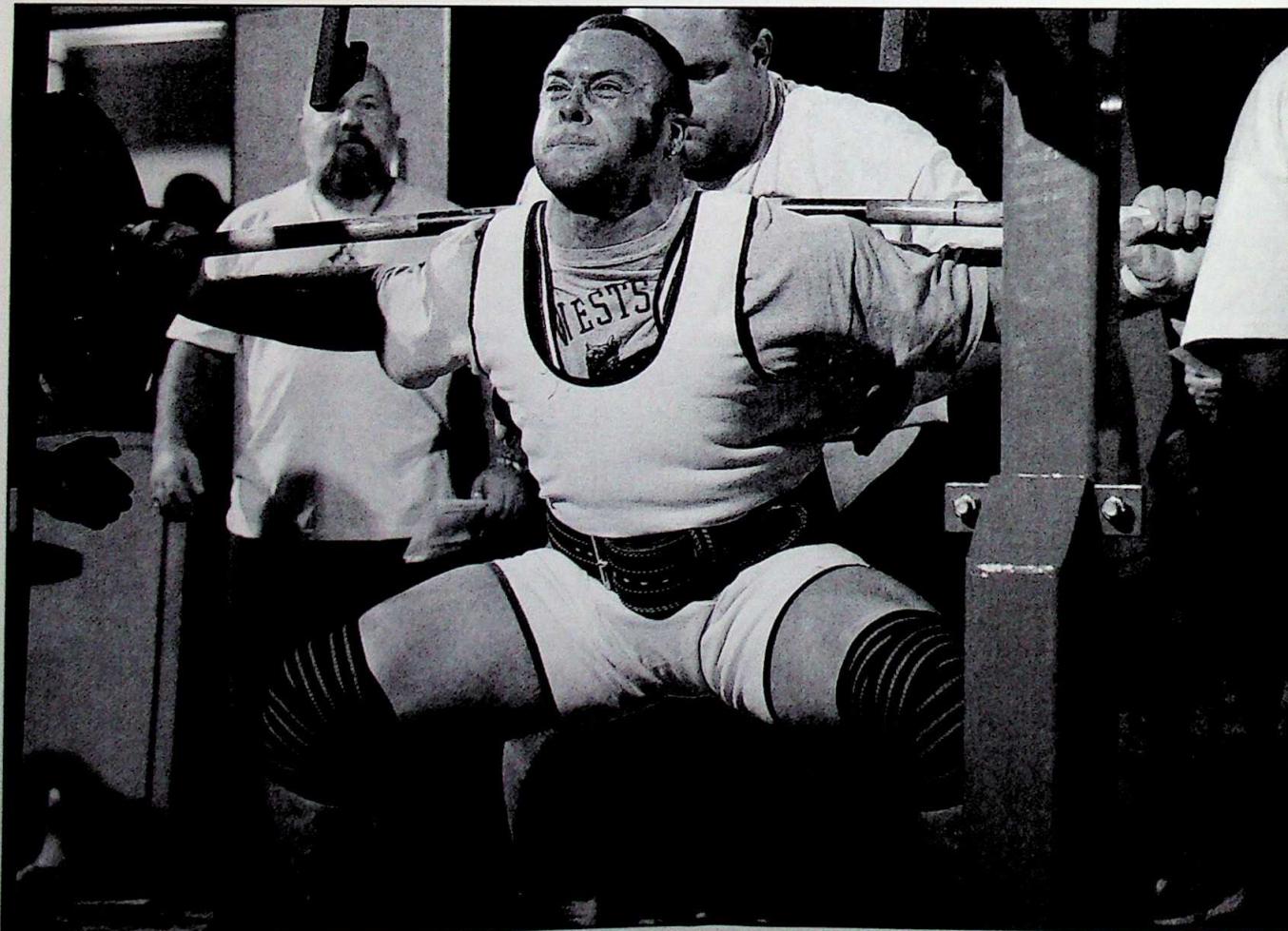
The power clean and snatch are commonly used to develop speed strength in high schools and colleges, but the powerlifters can be used for the same purpose. For the bench the bar speed should be a minimum of 0.75 meters/second (m/s) and a maximum of 1.0 m/s. Jeremiah Meyers and John Stafford have pulled 495 at 1.2 m/s for sets.

To find your total loading volume, multiply the sets by the

number of reps. For example, nine sets of three reps for benching with 200 pounds on dynamic day is 5400 pounds. One should always use chains or bands to accommodate resistance and help reduce bar deceleration. For squatting, 12 sets of two reps with 500 pounds is 12,000 pounds. Only training sets should be calculated.

At Westside we follow the Rule of 60%. An extreme workout should occur every 72 hours. The max effort day will be about 60% of the dynamic day. This may sound easy to do, but stop and add the weights used on max effort day using weights of 70% up to max weight lifted, and you will be surprised how low the total volume is. We lift about 45 to 50% on average. The rule of 60% was introduced through Olympic lifting. Powerlifting training requires one to make much larger jumps. This makes it almost impossible to lift 60% of the total volume on max effort day.

At Westside we don't use the method of heavy efforts, where two reps of multiple sets are used. Using the conjugate system, we try an all time max each week on a special core



Westside Barbell's Greg Panora has gone from triumph at the APF Seniors to a new all time total record in the 242 lb. class.

exercise. If you repeatedly use the same core exercise, you will regress, if training above 90% of a one rep max. The conjugate system was first used at the Dynamo Club in the former Soviet Union. They had 70 highly qualified lifters from whom to gather input.

At Westside we have had over 70 Elite powerlifters who have provided data over the years, in addition to many highly skilled athletes from all sports, just like the Dynamo Club. The training cannot be a flat loading system; that is, the volume cannot be the same when the intensity goes from a low of 60-70% to a high of 90-100%. Through years of experience, it is known that to gain better results, one can increase the training load. This can be done by increasing the number of workouts, increasing volume, and raising intensity, making workouts more complex through special exercises.

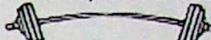
Periodization plays different roles in training. At Westside we use a three week pendulum wave. After three weeks, we failed to become stronger or faster. To use the wave, go up in bar weight for three weeks using 8-10 sets with the suit straps down. Base the weight on a contest max: use 50%, 55%, and 60% over the three weeks. Then wave back to 50% the following week. Using weights based on a box squat max, use 75%, 80%, and 85%. For a preparatory phase that lasts nine weeks, with a Safety Squat bar max of 640, it looks like this:

weight on a parallel box using four sets of two reps on week one, and three sets of two reps on week two, with 545 in bar weight and 520 in band tension. Going longer than two weeks for strength speed is too taxing on the CNS.

For speed strength Chuck Vogelpohl uses 440 pounds on the bar plus 110 pounds of band tension on the box and 260 pounds of tension at the top. This is done for a three week wave for 10 sets the first two weeks and eight sets the third. The bar weight goes to 480 for week two and 520 for week three. A speed strength cycle precedes a strength speed cycle. A speed strength cycle should precede a circa max cycle.

With two major meets a year, a circa-max wave will last three weeks. The bar weight is 47.5%, 50%, and 52% of your contest best, with 40-45% band tension. Week One: 435x5 sets of two reps, plus 440 pounds of band tension. Week Two: 485x4 sets of two reps, plus 440 pounds of band tension. Week Three: Work up to a max single. "Dollar Bill", a 308, and Phil Harrington, a 181, have

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2485, a world record at 242.

The larger the squat, the greater the band tension must be. The band tension must be great on the box as well.

We use a two week wave for a circa-max cycle if three large totals are attempted in one year. Greg won the 2006 APF Nationals with an improvement from 2255 to 2369. In September, Greg made a 2485 total. For the September meet, Greg did 505 for two sets of two reps and 555 for two sets of two reps with 440 pounds of band tension on Week One. Week Two, he worked up to 645 with 440 pounds of band tension. He squatted 1000 pounds at the meet, a 60 pound PR.

Remember, you must have good form on both a box and a contest squat and be mentally prepared as well as being in a highly trainable state.

Training for a meet will take its toll on anyone. A period of 1-2 weeks to download the total volume and intensity must occur. This period is referred to as the delayed transformation phase. Don't take heavy weights 1-2 weeks before a meet. All this does is show a lack of confidence. If you are worried about your opener, you must be scared to death to take a third attempt in front of real judges.

For benching on the dynamic method day, every 3 weeks change the reactive method that you use, e.g., stron-

ger bands for three weeks or more chains each week for three weeks or adding weight to weight releasers each week. The bar weight must stay the same.

For speed deadlift pulls, the bar weight is 50% of your max deadlift and 30% band tension at the top. For deadlifts the band tension remains the same, but raise the bar weight slightly for three weeks, then return to the original weight.

The max effort for improving the squat, bench, or deadlift must be rotated each week. A one week plan is always used for max effort day. The conjugate system was intended for highly skilled lifters, but at Westside, when we start a new lifter who shows promise, he is placed in one of our groups and trains just like the advanced, and it has yet to fail.

One week and three week cycles are arranged to produce high results at meets, where they count. A yearly plan must be divided into one week and three week plans to fit a year of competition. It doesn't matter how strong you are before a meet or after a meet. It counts only on meet day. With 13 lifters with totals above 2300, and five over 2500, our system has served us well.

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First wave light band—70 pounds of tension	325	10 sets	2 reps
	375	10 sets	2 reps
	415	8 sets	2 reps
Second wave med. band—140 pounds of tension	325	10 sets	2 reps
	375	10 sets	2 reps
	415	8 sets	2 reps
Third wave strong band—260 pounds of tension	325	8 sets	2 reps
	375	8 sets	2 reps
	415	6 sets	2 reps

You can switch bars to a 14 inch cambered bar, front squat, Manta Ray, or a regular squat bar for a 3-week wave, increasing bar weight or chain or band weight, or a combination.

For the strength speed cycle, a rule to follow is two weeks. To do this, use about 50% band tension and 50% bar weight. Joe Bayles did a two week wave for strength speed with 520 pounds of band tension and 505 pounds of bar

done 600 pounds plus 375 pounds of band tension to squat 900 and 905, respectively, at a meet. Phil's 905 was a world record at 181.

These results are very reliable. The math reveals that your contest squat is about one third higher than your box squat max with the suit straps down and no knee wraps. The results will vary about 3% either way. Greg Panora made a box squat with 645 plus 440 pounds of bands to squat 1000 at 238 and total



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In my 20 years of putting on meets, this was one of the best meets that we've ever had. Just about everything went as planned. We ended up with 191 lifters from four countries. We had some of the best equipment on the platform and in the warm-up area. We used the monolift for squats, Forza bench for the bench press, Ivanko bar for the squat and bench and the okie deadlift bar for the deadlift. We put on a monolift in the warm-up area and there were four warm-up stations for everyone to use. The venue was great with over 7,000 square feet of space and the Atlantic City casinos were 10 minutes away. The best spotters in the world did a fabulous job Steve, Kenny, John, Chris, Perry, and Adrian were great and again they are the best, catching each and every lifter, encouraging all lifters and loading and unloading the weights quickly all three days. We finished at 3:30 pm on Friday, 5 pm on Saturday and 4 pm on Sunday. Our judges did a good job calling the meet and there were some disputed calls and some inconsistency in the bench press and power curl events I must admit. This is something that we will definitely work on for future WNPF meets but overall they did a good job. One thing we've learned is that we must have a judges briefing before each WNPF meet so the judges are all on the same page. A few lifters emailed me and said that the officials were too hard on them and I'm not going to dispute this but this was the world championships. WNPF officials are easy at state meets, a little harder at nationals and they step it up a notch at worlds. One guy said that the WNPF and USAPL are the strictest leagues out there right now. Many of our judges are from the old school and they judge lifters of today the way they were judged years ago but guess what powerlifting is different now. Things are not the same in powerlifting from the equipment to the officiating so we will try to adjust to the new way of things. One thing I don't do is tell my officials to

# **15th WNPF World Championships**

*as told to POWERLIFTING USA by WNPF President, TROY FORD*



**Day Three - Best Lifters:** Jason Wood, Dean Nichols, Charles Slaybaugh, Matt Wanat, Buddy Cawley & Leo Monroe (Ford photo)

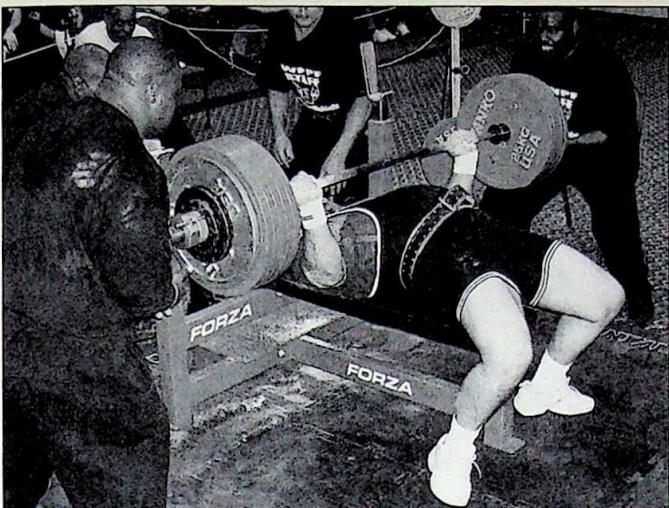
be overly strict and redlight everything no matter what like someone mentioned. Don't believe everything you read or hear because he just loves to stir up controversy and these are false statements. From this point on I will not respond to anything

that this person says because it's not important anymore and I'm just finished with the negative comments from this individual. Lister thanks for informing me about these comments but I do not care to know what is being said on these forums

**WNPF 15th World Championships**  
27-29 OCT 06 - Atlantic City, NJ

27-29 OCT '08 - Atlantic City, NJ		Lifetime	Monroe	418	(60-69)	Sharadze	152	(55-59)	Cline	628	
BENCH		Lara	369	Lehrer-!	512*	Sharadze	358	Ferris	114*	Adzima	152
123 lbs.		Lifetime	Darbouze	451	Police/Fire/Military	165 lbs.	(50-59)	Grossman	169	Scardana	512*
Open		Venturella-!	363*	Haley	435	Raw	Open	Raw	Askins	165 lbs.	
Benner-!		165*	Open	Casagrande	391	Ocampo	407*	Lara-!	174*	Police/Fire/Military	WOMEN
(40-44)		Venturella	363*	Loomis	314	Sharadze	358	Legg	82	Raw	165 lbs.
Benner		165*	Open	Lehrer	512*	(40-44) Raw	(50-59)	Jmukhadze	226*	Askins	(11-12) Raw
148 lbs.		(40-44)	Subs	Wanner	314	(50-54) Raw	(60-69)	Nelson	152	Scardana	Slagus
Lifetime Raw		Artur	341	Lehrer	512*	300 lbs.	181 lbs.	DEADLIFT	220 lbs.	545*	187*
Davish		104	(45-49)	Casagrande	391*	Chavchanidze	319	Robinson	130	Lifetime	MEN
181 lbs.		Venturella	363*	(40-44)	Haley	435*	Lifetime Raw	Open	Kenney	573	(40-44) Raw
Lifetime Raw		(50-54) Raw	Subs	300 lbs.	314	300 lbs.	Open	Spano-!	148 lbs.	Raw	Artur
Fink		137	Legg	203	Loomis	314	Cawley-!	Wilhelm-!	Caffrey	501	Open Raw
Moroni		126	181 lbs.	(45-49)	Darbouze	451*	518*	Ramos	180*	Subs	Artur
Open Raw		(20-23) Raw	Subs	314	Open Raw	518*	Wilhelm	180*	Casagrande	722*	507*
Fink		137	Silva	281	(45-49) Raw	518*	Wilhelm	180*	512*	198 lbs.	
Subs Raw		Lifetime	374	Mitchell	(40-44) Raw	Passman	180*	Spano	165 lbs.	Arment	McNinch
Fink		137	Ross	457*	(50-54) Raw	Cawley	180*	Slagus	303*	(40-44)	512*
SHW		Nemow	358	Lhota	358	518*	(70-79)	MEN	363*	Slaybaugh	(40-44) Raw
(13-16)		Subs	358	518*	Lifetime	Levesque	108	Lopez	303*	Haley	512*
Tompkins		165*	Ross	457*	(55-59) Raw	Cawley	108	132 lbs.	303*	Lopez	622*
Lifetime UNL		Glenney	308	Open	—	—	198 lbs.	(45-49) Raw	198 lbs.	Znaczko	319
(40-44) Raw		(60-64) Raw	Shales	—	(13-16)	Smith	(70-74) Raw	198 lbs.	358	220 lbs.	
Tompkins		198	Passman	347	Cawley	—	165 lbs.	Open Raw	220 lbs.		
MEN		(60-64) UNL	Davis	303	Passman	114*	(17-19) Raw	220 lbs.			
(45-49)		(60-64)	303	(40-44)	Cawley	114*	Debonis	325	242 lbs.		
123 lbs.		Johnson	347*	Shales	—	Gaglione	158*	407*	242 lbs.		
(20-23) Raw		(55-59) Raw	Police UNL	—	Lifetime UNL	Debonis	242 lbs.	(20-23) Raw	242 lbs.		
McDowell		154*	Cinelli	214	Shales	Open	Open Raw	242 lbs.			
Lifetime Raw		(65-69) Raw	—	Dupont	407*	Skinner	237*	Police/Fire/Military	242 lbs.		
Melton		176	Freed	314*	242 lbs.	Bettini	158	Raw	242 lbs.		
132 lbs.		(17-19)	Police/Fire/Military	314*	Open UNL	Legg	584	Finland	242 lbs.		
(70-74) Raw		Haybedian	380*	(40-44) UNL	Hashamiooyon	158	501	Maltezos	242 lbs.		
Smith		165*	Livolsi	325*	(50-59) Raw	Legg	325	Open Raw	242 lbs.		
Lifetime Raw		198 lbs.	Lifetime Raw	325*	Debonis	(40-44) Raw	242 lbs.				
(13-16) Raw		Maltezos	402	Cawley	677*	Scaranda	407*	Maltezos	242 lbs.		
Sam		270*	Passman	226	(45-49) UNL	125	Artur	600*			
Subs Raw		(20-23) Raw	Maltezos	402	(40-49) Raw	Open	584	Ocampo	600*		
Sam		270*	McDowell	286	Dupont	158	Police/Fire/Military	Edgerton	600*		
148 lbs.		Lifetime Raw	Hoffman	—	Skinner	158	4th-496*				
(50-54) Raw		Open	Lyons	424*	Bettini	158	Raw				
McCoy-!		391	Hoffman	—	Legg	158	275 lbs.				
Claypatch		248*	Bachmayer	374	SHW	158	Open Raw				
(55-59) Raw		(45-49)	Lifetime Raw	374	Marshall	158	Ocampo	275 lbs.			
Duff		242*	Bachmayer	281	(40-49)	Badurek	501	(20-23) Raw			
(65-69) Raw		275	Fasnacht	441*	Badurek	501	Fambrough	275 lbs.			
Bartlett		237*	Debsy	402	Howard	169	584	275 lbs.			
Ferris		187	Open Raw	402	Lifetime UNL	169	Open Raw				
165 lbs.		441*	Peshek	—	242 lbs.	584	275 lbs.				
(17-19) Raw		(45-49) Raw	402	Peshek	—	Lifetime Raw	275 lbs.				
Debonis		242	Kleinsmith	407	(17-19)	242 lbs.	275 lbs.				
Lifetime Raw		358	Hoffman	407	Haybedian	169	275 lbs.				
Lara-!		369	Bachmayer	374	407*	152*	275 lbs.				
Rosato		347	Police Raw	374	(70-74) Raw	(70-74) Raw	275 lbs.				
Greer		347	Bachmayer	374*	Lifetime Raw	152*	275 lbs.				
Legg		203	Ryan	468	407*	152*	275 lbs.				
Open Raw		275 lbs.	Bonga	314	407*	275 lbs.					
Lara		369	Subs Raw	(60-64)	POWER CURL	152*	275 lbs.				
Legg		203	Bachmayer	275	Ellinger	152*	275 lbs.				
Subs		(55-59)	Open Raw	—	Cage	152*	275 lbs.				
Lara		369	220 lbs.	(50-59)	152*	275 lbs.					
Legg		203	(17-19) Raw	325	Levesque	152*	275 lbs.				
Subs		325	Bachmayer	374	152*	275 lbs.					
Lara		369	Open Raw	374*	152*	275 lbs.					
Legg		203	Jafakhishvili	130*	152*	275 lbs.					
Subs		336	Ocampo	407	152*	275 lbs.					

from this point on. I always say that if people want to know something about the WNPF please contact me and I will tell you the truth I have no reason to lie or bash people like others do on forums. I have learned in life that some people will smile in your face and as soon as you turn sideways the knife is on it's way and when you make a complete turn it's in your back. I take full blame for any problems that we may have had at the meet which weren't many at all. These guys made the meet out to be a disaster and it was far from that. Our judges want everyone to make their lifts, they cheer for the lifters and try to help them by giving them tips and they try to explain why they received red lights. Some lifters understand and some just walk off and get angry. One thing the judges will do is give a lifter a lift before they take one away. Please lifters try and understand that these guys have a thankless job and they do make mistakes but lifters make mistakes also and you and your coaches cannot see most of the lifts from the coach's box, warm-up room and from the audience. Also all of these judges are former and current lifters too so they do understand the lifters side also. There were many happy lifters at the meet and they came up to myself, Lester, Tee, Ron Doamicis and others and told us so. Onto a happy note Lester Fields is healthy again and did a great job announcing along with Glenda and Denise keeping score. Thanks to Zach Rhodes an active duty Marine who has served in Iraq a few times and Adrian Locklear at the door along with Mons and Steve selling t-shirt at the table. We will be in Atlanta, GA in November, 2007 for the 16th WNPF World Championships. This will be the first time in 8 years the WNPF World will be in Atlanta. So make your plans to be there. The awards were awesome with Neils Andersen Atlas Sculptures, Hercules in Chains, 4' Swords and more. We held our annual banquet on Saturday night to honor the top WNPF lifters of the year. We also honored five



**Best Lifter Buddy Cawley:** benching 677 in the 300 lb. 40-44 group

new members to the WNPF Hall of Fame, John Wallace, Roy Maxwell, James Perry, Jim Sullivan and Jim Poinsett. All of the top lifters in the singlely division were new world records, singlely meaning singlely shirts that are closed in the back and lifters that squat with just a suit on and no briefs. More than half of the lifters in the meet were raw. I never thought I would see the day when the majority of the lifters would be lifting raw. We ended up with 15 women total and they all did great with no one bombing out. Janelle in the youth 11-12 division lifting in her first world meet set four new

world records in her class. Diana Roscoe also lifting in her first world meet and only her third power meet did very well in the 132 class. Maria Spano set new world master records in the 50-54 division and she deadlifted 363 pounds and she won best lifter in the deadlift. Jennifer Slagus set new records also and she also hit the 300 pound mark in the deadlift. This is a great feat for an eleven year old girl. She has reacquired celebrity status in her hometown getting interviews from both the newspaper and television people in her area. Denise Musser, battling injuries, almost totaled 800 lbs in the raw division

weighing 149 pounds. She was near 900 pounds few years ago. Olan and Cohn lifted well in the SHW divisions. Rich Ullman returned to the WNPF this year in the open division. I remember when he lifted in the teenage division almost 10 years ago. Big Nate Litowsky did well in the youth division. This kid is improving year after year and his dad Benny does a good job with him at every meet. Vernon defeated Foltz in the 132 lb. teenage division by almost 90 pounds. Brink won his first world title in the 148 class. Andre Ferreira set new records and also won his first title in the 148 lifetime raw division. Paul Zingone from Brooklyn defeated last years champ Lance Klaassen in the 165 teenage division and they both lifted well. Joe Rosato was on! He set new records in the 165 lifetime raw class and former IPF world champ Gary Hoxworth won the 55-59 raw division. Ciaccia, Ellis and Shultz battled in the 181 teenager raw division with Ciaccia winning the class and setting a new world deadlift record. Tony Williams from New Mexico and Peter Catino both won the masters divisions in the 181 class. Both of these lifters lifted in the first WNPF Worlds back in 1992 in Lancaster, Pa. Greg Wright from Florida took home his third WNPF title and another best lifter award. Tee Meyers was calling him an old man when he came up to the platform and Greg showed him how old he is with a 573 pound deadlift. Don Levesque won the masters 70-74 division and set all new World records. Luis Perez and Mike McIninch won the submasters and submaster raw divisions in the 198 class. Luis made his comeback after taking 11 years off. This was his third meet back this year and he has improved so much since July. Vic Scaranda won the 55-59 198 class and Jon Rock won his first WNPF equipped title. Jon would have totaled more but he missed a 600+ pound squat, jumping from 407 to over 600 pounds. Dan "Da Man" Caffrey won the lifetime raw division over Canadian Scott Marshall. Dave



**Jackie (Davis) Manzo:** got 2 World Records (171 BP, 363 DL) at the Worlds. Available for seminars, etc. you can call her at 646-739-5318 or [www.manzoinc.com](http://www.manzoinc.com)

Polis suffered an injury and had to take a token deadlift in the 220 master's class. Both Bill Schemel and John Phillip stock home a WNPF world title in the 220 masters classes. Dan Lobue hit a 600 squat and a 1500 lb. raw total in the junior division. Ed Debari won three titles in the 242 raw divisions.

(continued on page 42)

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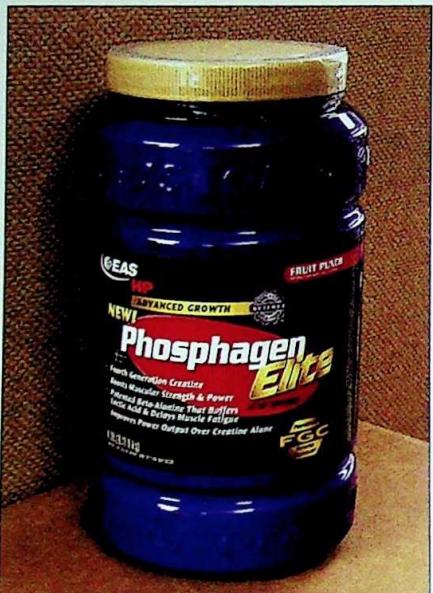
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**Joe Ceklovsky** just broke the all time world record in the bench press in the 148lb. class for the second time in his career with his 525 lb. effort at the Asylum Power Meet held on Oct. 14th, 2006, in Tribes Hill, New York.



**THE VISE** is for athletes who want maximum back support while training. It was created by Dinky Williams of the Big XII, who has 18 years experience as a lifter and 5 years as a strength & conditioning coach, who determined that 98% of all back injuries that occurred during strength training happened because of a lack of lower back support. For further information you can contact Coach Williams at [dinky.williams@yahoo.com](mailto:dinky.williams@yahoo.com).



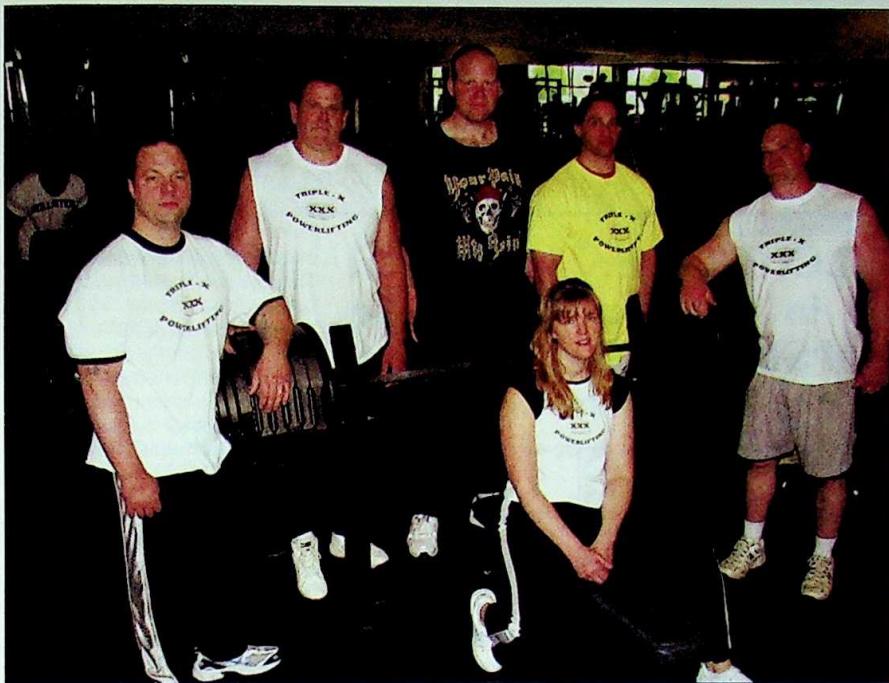
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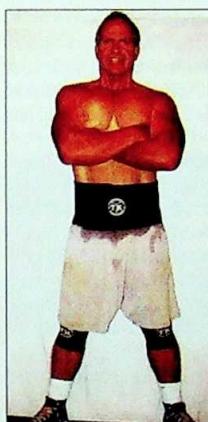
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**Five Over Five ! XXX-Powerlifting**, based at the Howell Fitness Center in Howell, Michigan, has produced 5 bench pressers who have benched over 500 pounds in sanctioned meets. From left-right: Jame Caporoso (600 @ 220), Joe Smolinski (570 @ 242, in the 50-54 age group), Bob Bierschbach (534 @ 308), Jammie Hanson (500 @ 198), Chip Tallman (720 @ 242), Cathy Tallman (center). Visit their team website at [www.xxxpowerlifting.com](http://www.xxxpowerlifting.com)



**Leo Falasco** loved powerlifting because he felt he could eat to his heart's content and still get big and powerful. At 50, and 316 lbs., he had a checkup and his doctor prescribed blood pressure medication, but Leo decided he wouldn't need it because he intended to drop 100 lbs. of bodyweight. He reviewed the Power Nutrition articles in PL USA for a good nutritional plan and began cardio exercises, and to protect his joints and burn fat he used the TK knee and waist bands which he recently brought to the market. In 7 months, his waist went from 44" to 34" and he lost that 100 lbs. His blood pressure is perfect, without medication. Leo says "Now, for the first time in my life, I have a good chance of benching double bodyweight .. and at a wiser age of 50!"



The McDermott Team won the Bench Press Team title for the 7th time since 1994, at the 2006 NASA World Cup, August 5-6 in OKC, OK. Left - right; back row - John Lynn Jr., Lee Elliff, Brian Hughes, Steve Cyranoski, Neil Miller. Front Row: John Lynn III, Heena Patel, Krysti Hughes, Alannah McTigue, Kevin Lasiter, and Jim McDermott (Coach). (from Patel)

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# POWER - RESEARCH

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

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

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

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

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

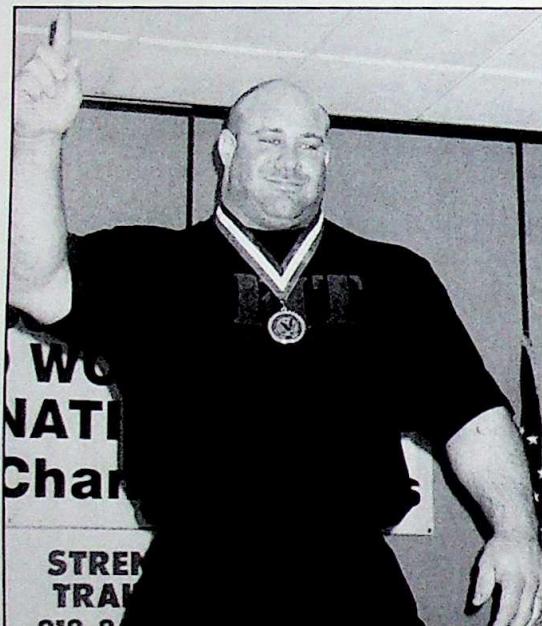
3) Acetylcholine binds to receptor sites on the muscle, recreating the electric action potential.

4) The electric current causes the release of calcium ( $\text{Ca}^{++}$ ) from the sarcoplasmic reticulum in the muscle.

5) The calcium contacts the contractile machinery of the muscle (actin and myosin), and muscular contraction

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

as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

occurs; the fibers in the tricep head slide over themselves in a ratcheting movement, shortening and extending the arms.

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

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

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron. In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

and most easily fatigued muscle groups, where each neuron must service larger numbers of muscle fibers (i.e. white type II-b fibers in the thighs, back, and other major groups critical to maximum lifts in strength sports).

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

Thomas Ingleton, president of Human Performance Specialists, a sports pharmaceutical

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

the market] helps everything fire faster. The power and speed it generates is like nothing I've ever tried."

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

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

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

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

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

At the time of this writing, there is only one patent-pending and tested neural accelerator on the market that contains these above three necessary components, sold in New Zealand, Japan, and now the USA as BodyQUICK.

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

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

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

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

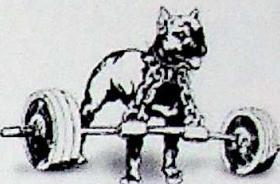
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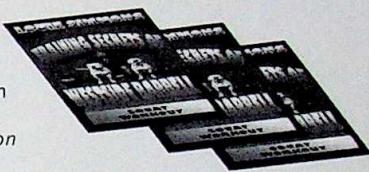
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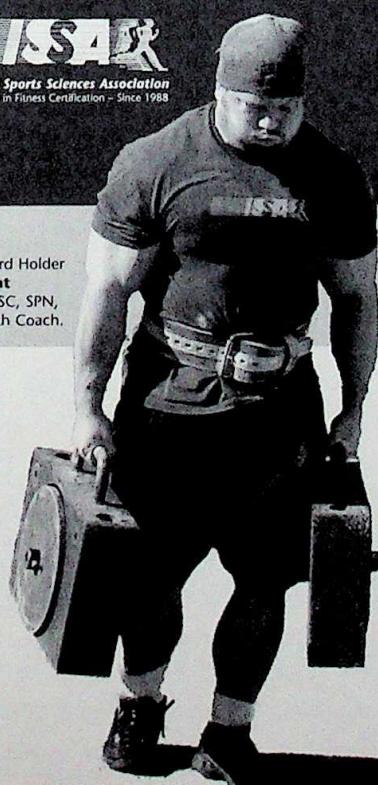
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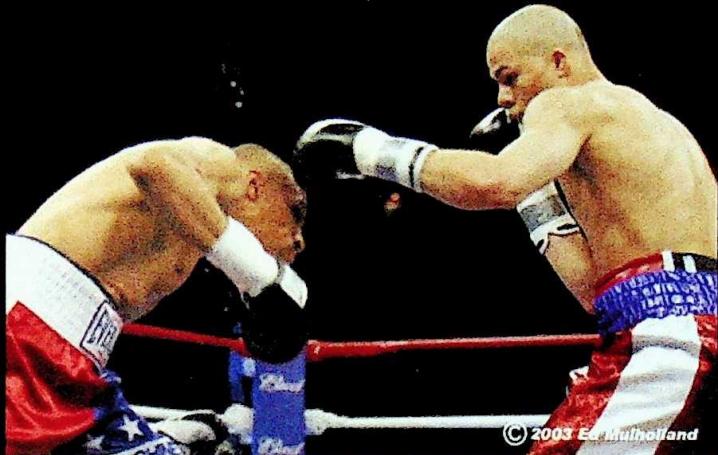
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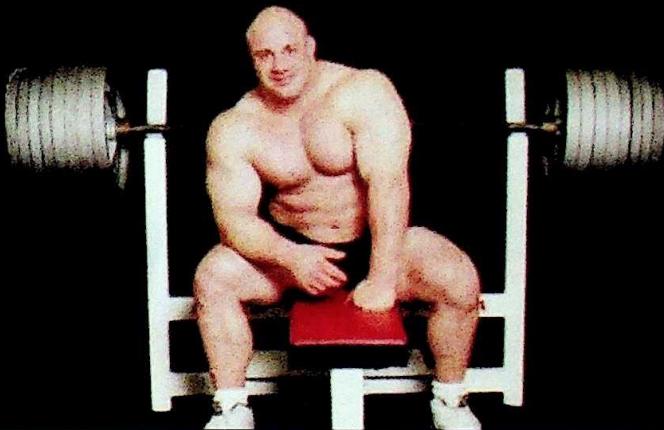
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Joe Pastore, Strength Coach, Team Cintron  
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Scot Mendelson, World's #1 Bench-Presser  
9 World Records in Powerlifting

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## DEADLIFT BASICS, PART ONE

*as told to Powerlifting USA by Doug Daniels*

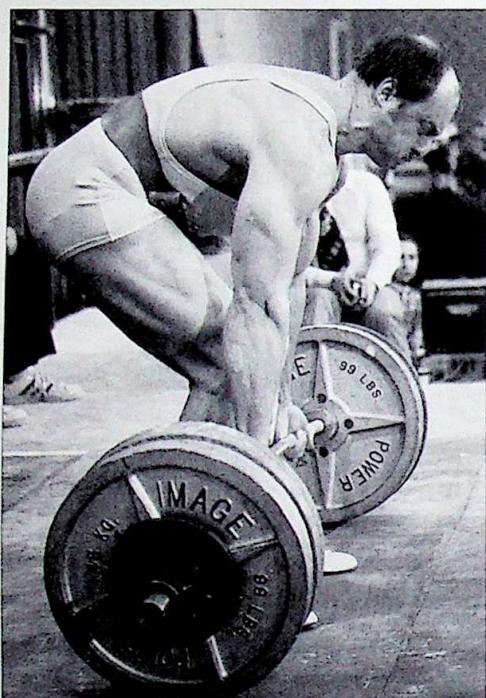
Knowledge of the fundamentals of any endeavor is necessary to produce the best results. There have been many articles on various aspects of the powerlifts, as well as many training routines, but not many articles encompassing the entire scope of a lift, from lifting technique to a competition routine. This comprehensive type of information can be critically important to a novice lifter who is starting from square one. In addition, more experienced lifters can often make good use of a review of the basics. This series will deal the basics of the deadlift.

The deadlift may be the ultimate barbell test of strength. The bench and squat permit momentum to come into play as well as a plethora of hi-tech supportive devices. With the deadlift, it's just you and that 'dead' weight lying in front of you, double dog daring you to haul it up into a fully erect posture. The deadlift also uses most of the major muscle groups of the body; the entire back structure, legs, hips, abs, biceps and forearms, not to mention a lot of guts!

Let's start with technique. There are two styles of deadlifting: conventional and sumo. The conventional style has the legs shoulder width apart between the hands on the bar while sumo has the legs positioned wider, outside the hands, just like the position sumo wrestlers take before they ram each other at the start of a match.. In this article, we will deal with the conventional style which I feel is the best choice for novices, though the routines, etc. can be applied to sumo deadlift training as well.

Line up with your shins not more than one inch from the bar. Being any further away from the bar will put you out of position for an efficient pull. There is a formula that states for every inch the weight is in front of you, that much more force has to be produced to accomplish the lift, so keep the bar close to the body. Position your legs about shoulder width apart. Bend down and grip the bar with an opposing grip; one hand with the palm facing your body, the other facing away. Which hand faces which way is totally up to you; do whatever feels best. Grip the bar with a slightly wider the shoulder width, just outside the legs on the knurling of the bar. Bend your legs to a half squat position and get your butt down. Keep your back flat and as erect as possible with your head forward or slightly up. Your elbows should be locked straight throughout the movement. This is the classic pulling position.

Involve your strongest muscles, the legs, as much possible, and strive to start the pull with your legs. Visualize pushing your legs through the floor. Another key to pulling the most is to not straighten your legs out too quickly at the beginning; use them throughout the lift. As the bar rises, concentrate on driving your hips



Startin' Up with his WR 870 DL @ 242, John Kuc.

forward toward the bar. At the top, draw your shoulders slightly back and be sure to keep your knees locked as you stand erect.

After completing the rep, lower the bar under control to the floor, do not drop it or let it go. Don't bounce any rep off the floor during your workouts. Stop at the bottom of each rep and properly reset your pulling position. This not only develops good technique, but it also decreases your chance for injury due to being out of position during the pull.

Next, let's examine lifting gear for the deadlift. First, deadlift in shorts or a wrestling singlet. By lifting in long sweats, the bar will drag up your thighs and the material of the pants will retard its movement. I also recommend wearing flat, thin-soled shoes. A raised heel will position you slightly forward, making the lift unnecessarily more difficult. Some lifters use wrestling boots or even thin house slippers. Cross-trainers will also work. Don't use lifting gloves in training. They're not allowed in competition and your hands must be rough and tough to withstand the rigors of the lift in a contest. Hard calluses must be developed over time and gloves will hinder their development. Without tough hands, the skin on your hands could tear and end your meet prematurely.

I also recommend not using a lifting belt on the sets of reps over 3. Using a belt basically substitutes for strong abs. By not using a belt, your abs and entire torso will strengthen under the stress of the lift. On reps 3 or less, use a belt.

You can refer to a past article of mine in PL USA for more on lifting belts. Also, don't use lifting straps while training the deadlift. Develop your grip strength by holding on to the bar unassisted. Just like lifting gloves, straps are illegal in competition. Since the deadlift is so strenuous, I suggest not training the deadlift more than once per week for best results.

Now let's map out an 8 week off-season routine for a deadlifter with a 1 rep max lift of 400 pounds. We will not end up with a max single in this stage, but will concentrate on increasing strength for competition training. You can adjust this routine to fit your own strength level by using simple math percentages. You'll notice that the weights are low at the beginning, but they increase as the weeks progress. Take 3-10 minutes rest between heavy sets. Also, take 2-3 days between this workout and your heavy squat day. If you squat twice per week, take your light squat workout after this deadlift workout.

Here is the routine:

- \* **Week 1** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 5, 285 x 5
- \* **Week 2** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 325 x 5, 295 x 5
- \* **Week 3** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 330 x 5, 305 x 5
- \* **Week 4** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 1, 345 x 3, 315 x 5
- \* **Week 5** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 315 x 1, 350 x 3, 315 x 5
- \* **Week 6** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 320 x 1, 355 x 3, 325 x 3
- \* **Week 7** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 325 x 1, 365 x 3, 335 x 3
- \* **Week 8** - 135 x 8, 185 x 5, 225 x 3, 275 x 2, 335 x 1, 375 x 3, 345 x 3

Lat and trap assistance work should be included. The deadlift and squat will do a super job of exercising your lower back or erector muscles so they do not need extra work. What I suggest is selecting two of the three types of back exercises and alternating their use every workout. The back musculature is complex and requires a variety of exercises, but massive quantities of exercise are not desirable or required.

The first of the three back exercises should be a pull-down or chinning movement. Pull or chin to the front of the body. Pulling behind the neck puts the lifter in a position where more abdominal power is used than desirable. The second exercise should be a pullback movement like a row or low cable pull. I prefer a one arm dumbbell row with your back supported. Some companies like Hammer and Eagle have effective seated row machines that don't stress the lower back. The third exercise would be shoulder shrugs. When shrugging, be sure to shrug all the way up and down; don't waste time shrugging back. You can use lifting straps on shrugs. Try to get 3-5 sets of 6-12 reps of two of the exercises. The next time, try a different combination of two, and so on. As I always stress, form is more important than weight used. No judge will ever ask you how much you can cheat shrug or give you more white lights if you only chin part way up in your workouts for 30 reps as opposed to 6 good ones.

Next time, we'll continue training the deadlift by covering competitive aspects and I'll layout a competition routine. I'll also provide numerous tips that can make the difference between success and failure. Until then, keep pulling.

# DR. JUDD

## THE PERFECT LIFT as told by Judson Biasiotto Ph.D.

*"Make your practices perfect and then play like you practice."*

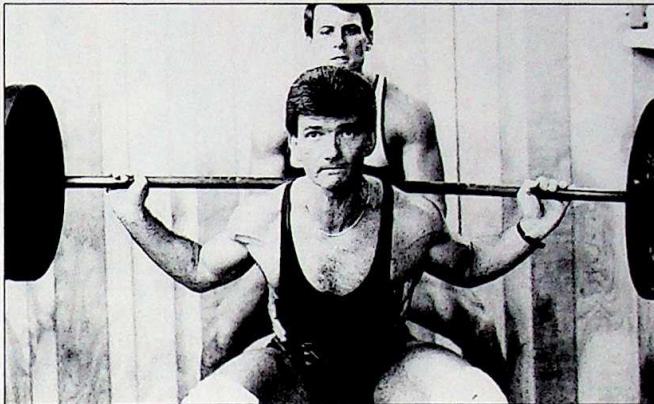
JOHN WOODEN

Fred Hatfield once referred to me as the weakest strong man in the world. The oxymoronic phrase he used to describe me was not only complimentary in backhanded manner, but it was extremely accurate. I certainly can't deny that when it comes to size and muscle mass, I'm not exactly Arnold Schwarzenegger. In fact, I'll be the first to admit that I don't look anything like a weightlifter. Most of the lifters I competed against were about five feet tall and five feet wide. They ate everything raw; they hated their mothers, and they had hair on the bottom of their feet. Well, I'm nothing like that. I'm fairly tall and lean. I love my mother; I cook my vegetables, and once a week, I shave the bottoms of my feet. So I don't exactly look like your typical world class athlete. As a matter of fact, I don't even look like an athlete. At best I have the body of an eleven-year-old stamp collector. My ex-girlfriend would say that my legs looked like Schwarzenegger's ... Maria not Arnold's. She would also say that my legs were so skinny that I looked like a pair of pliers in shorts ... that is why she is my ex-girlfriend.

Still, with a body that looked like it was developed at the International House of Pancakes rather than Gold's gym, I put up some fairly descent weight in all three lifts. I will say this too, there were a lot of athletes who had greater physical prowess than I had ... athletes who should have beaten me easily, but never could.

How did I beat athletes who were significantly stronger than I was? One such factor was the technical precision with which I executed my lifts. I realized early in my career that I didn't have the power of a Joe Bradley or a "Shorty Bear" Williams to "muscle up" heavy weight, so I had to learn to finesse the weight up. That's right. I finessed my way to success in a sport where brute strength was considered the ultimate factor for success. In short, I proved that might isn't always right.

Now, I don't want to brag, but — of course — you know I will. When I was competing, I honestly don't think that there was a lifter in the world who exhibited better biomechanics and/or form on the three powerlifts than I did. By perfecting the mechanical



Dr. Judd practicing his form in training with buddy Arnie Ferrando

efficiency of my lifts, I was able to enhance significantly the weight I lifted and consequently surpassed the efforts of many lifters who possessed greater physical strength. None of that happened by chance either, it was all calculated effort. In fact, I went to great lengths to ensure that I had perfect form in my squat, bench press and deadlift.

First, I hired Dr. William Spieth, a biomechanics expert, to construct a detailed biomechanical analysis of my three lifts. The first thing Spieth did was to take electromyographic readings while I experimented with different hand spacing in the bench and different foot spacing in the squat. He also tested me on various force platforms. I don't know exactly how he did it, but in less than a month, Spieth had put together a detailed biomechanical analysis for each one of my lifts.

What he found was amazing. From a biomechanical standpoint, I was doing just about everything wrong! I had to change my form from head to toe. Nothing was right — footspacing, hip position, grip, bar placement, even my toes had to be repositioned. I had to start all over again.

After he determined the biomechanics for each lift that would give me the greatest mechanical efficiency for my body structure, I practiced for months perfecting that form. During that time, I used light weight, approximately sixty percent of my maximum. Every one of the lifts that I made during training sessions were videotaped from three different angles. After each lift, the tapes were played back so that Spieth and I could analyze my mistakes. We spent a lot of time analyzing those films.

Once I had my form down pat,

I got John Ott, a time lapse photo expert from Disney World, to film my lifts. Ott set up a series of cameras to photograph my lifts from several angles. Once he had filmed me making the lifts with perfect form, I got Faye Reid, a cartoonist who also worked for Disney World, to replicate each frame of the film. After she completed the drawings for each lift, she went back to each picture, and with the help of Spieth and Ott, drew in the

have a biomechanics lab. With a little "sweet talk," some begging, and a "fifty spot," there's a good chance you can get one of the lab assistants to help you analyze your lifts. For a hundred bucks, you could most likely get the lab instructor. For two hundred bucks, you could probably get the president of the school and the head cheerleader for the night, no questions asked. If you don't have access to a biomechanics lab, there is always "self study." Get yourself a good biomechanics book and analyze your own lifts. Learn which muscles are used in each movement, how they insert, and how they innervate throughout the lift. Also, it might be a good idea to try and find yourself a reputable coach or a knowledgeable lifter to help you analyze your lifts. Remember, though, just because a guy is a great lifter doesn't mean he knows what he's doing. He might be great despite his ignorance.

Whatever you do, don't even consider starting your training until you have picture perfect form. In fact, don't do one set or a single repetition until you have mastered the exercise that you are going to perform. This will help you to get maximum development from each exercise and will help prevent you from getting injured.

I've seen numerous lifters, including world class lifters, who started training before they developed sound, technical form. Inevitably after two or three years of training, these lifters would either get injured or plateau due to the use of poor form. Consequently, they had to drop all the way back to "Square One," re-learn their form and start training all over again. Note that re-learning a skill can be more difficult than learning a new skill because of retroactive inhibition. Retroactive inhibition occurs when an athlete attempts to learn a new skill that is similar to a skill already "mastered" ... what happens is that the "cues" learned to perform the old skill interfere with the learning of cues for the new skill. Of course, it is also difficult from a psychological standpoint to start over. In fact, because of psychological reasons such as a fear of falling behind, or losing strength, many athletes will not start over even though they are aware that their "form" is mechanically inefficient and that their lifting ability is hindered. This is a mistake of significant magnitude because you will never be successful unless you build a firm foundation.

What all this boils down to is: if you don't perfect "top notch" form, you'll never come close to pushing your lift potential of which you are capable. Once again, don't start training until you have developed perfect form! This practice will not only save you time, energy, and a lot of physical abuse, but also your sanity. Best yet, proper form will allow you to be the best you can be. Isn't that what sports is all about?

The 2006 IPF Masters World Powerlifting Championship was held at the Killeen Civic and Convention Center in Killeen, Texas under the direction of Johnny Graham. Killeen is the home of Ft. Hood, the largest military installation in the free world. Lifters had the opportunity to tour the base and museum. 200 lifters from 27 countries began arriving in Killeen on Saturday, 30th of September. Everyone was graciously greeted by Johnny or one of his staff. Check-in was quick and efficient. Shuttle service to/from the venue/restaurants and breakfast was included in our room fees. The USA team had a good mix of old and new lifters. The venue was spectacular. The warm-up room had four separate platforms with their own weights. It was also larger than most lifting platforms and wrapping areas combined. There was plenty of room in the wrapping area. The venue had 25 foot drop down screens so that you could see the lifting and score sheet from anywhere in the room. Flags from all the nations were placed on either side of the lifting platform. Joe Marksteiner's computer program was used. This program projects the total with the deadlift attempt so it made it much easier calculating numbers in the heat of the meet. A DJ was at the meet all week to play music between lifts. Terry Brady was the announcer and can he announce those names. Johnny's spotters and loaders are some of the best. They did a great job preventing any one from getting hurt. And where would Johnny be without Lanette Lopez. Much of the credit goes to her. Lanette made sure everything was in place to run smoothly. The week began Monday night at the technical meeting. Going through the nominations, strategic moves were made moving individuals up or down a weight class. Tuesday morning began with the opening ceremony. Presentation of Colors was performed by our own military men and women. Our hats off to them for their service and a very big THANK YOU! After a couple of speeches, the Championship officially began. Tuesday was the ladies' day. There were 50 women lifting on Tuesday.

**WOMEN'S MASTER I:** In the 44 kg class was newcomer Barb Sieps. Barb was uncontested, but still gave us a scare. Barb struggled with her first two bench attempts. After making some adjustments she got the third one in and walked away with four golds around her neck. Barb will be competing next month on the Open team in Norway. We didn't have anyone in the 48 kg class. Vera Nelson, a past team member, took 4th in the 52 kg. Newcomer Jan Froeschl was another one that gave the coaching staff a scare. Jan also missed her first two bench attempts. She came back and got the third to take the silver in the 56 kg class. In the 60 kg class, bench press specialist, Angela Simons, gave her nemesis, Maria Brightwater-Wharf from New Zealand a run for her money. Angela came up a little short finishing second overall and a gold in the bench press. Former World Champion and all smiles Paula Houston was back on the platform in the 67.5 kg class. Paula took second against tough competition from Argentina. Laura Styrland and

# IPF World Masters Championships

by Gena Stepleton, Team Manager, Co-Head Coach



**Brad Gillingham** was spectacular, winning his World Masters title by a 300+ pound margin. "The meet went real good. I had a minimum goal of 2309 in mind. I should have squatted more. My 3rd was fairly easy. I got called on a 3rd bench with 617. Had this counted I would have won 832 on the second dead and tried 870 on the 3rd, but as it worked out I did not want to risk the 2309 total so 848 was the call and it went up pretty good. Overall I was very happy with the results. Hopefully the body will hold together for some big pulls next year. I think there has to be a 400KG left in the tank."

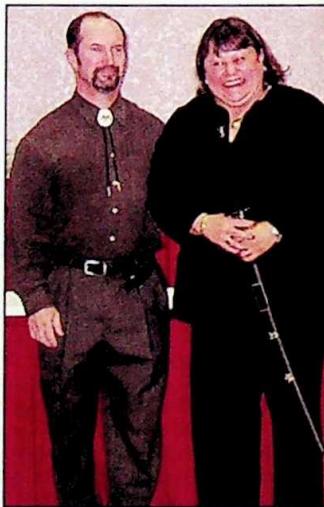
Rhonda Clark were our lifters in the 75 kg class. Just like at Women's Nationals, these two battled down to the last deadline. Laura took the silver and Rhonda got the bronze. Malinda Baum moved up from the 82.5 kg class to the 90 kg class. Malinda gave us a scare by not getting depth on her first two squats. After re-grouping, Malinda got her third squat and came away with the bronze medal. Another new face, Jill Arnou moved up to the 90+ kg class and competed against teammate and former World Champion Sue Hallen. Both ladies are a pleasure to have on the team. To bring up the end of the Women's Master I's, apparently Sue didn't want to be outdone, so she scared us all by missing her first two squat attempts on depth. Finishing first and second, Jill walked away with the overall gold and Sue with the bench press gold around her neck.

**WOMEN'S MASTER II:** Competing in the 44 kg class was former World Champion, little Donna Aliminosa. Donna was the lightest lifter weigh-

ing in at a whole 42.1 kg - I'm sure glad it wasn't windy, otherwise she would have blown away. Donna was uncontested and walked away with four golds around her neck. Coming back to the master's platform was Alaska's Sally Bowers in the 52 kg class. Sally went up against tough competition from Canada's own Jacqui Sandu. Sally received the silver medal. 56 kg Barb Zintsmaster struggled on the platform, only going 4 for 9. However, it was enough to win golds across the board. Making her comeback on the master's team was Ellen Stein in the 60 kg class. Ellen had an experience I'm sure she won't soon forget. Ellen arrived safely in Killeen, however, her luggage including her equipment didn't. Ellen spent much of her time on the phone with the airlines trying to locate her equipment. Her equipment arrived at 10:00 am Tuesday morning, just in time for equipment check. Even with all the worrying, Ellen finished with four golds. Ellen had her sights set on a world record squat, but it just wasn't in the stars for her. I'm sure she'll be back

to break it in the future. Long time world master's team member and former World Champion, Ruth Welding, found herself on top of the podium in the gold medalist place, with four golds around her neck. Joining her on the podium for the silver was team member, Rita Carlsson, who we strategically moved up from the 60 kg class. Returning team member, Terry Lee took the gold in the 75 kg's. Terry is so quiet you don't even know she is there. Overcoming a broken foot at women's nationals, Regina Hackney provided different drama missing her first two squats. Regina got the third and finished with the bronze medal. Newcomer and a very nervous, Margaret McLean, made her international lifting debut in the 90 kg class. Margaret took second. This girl has so much power and strength. I'm anxious to see her improve as she gains confidence. Harriett Hall, master's team member, World Champion, World Record Holder, mama bear. A pleasure to be around and an inspiration to us all. Harriett walked away with four golds on her neck and a big smile on her face. This was Harriett's last meet, as she is retiring. Harriett you will be greatly missed by all. I'll be looking forward to your comeback in a few years. Wednesday was the start of the men's competition.

**MEN'S MASTER I:** We didn't have any lifters in the 52 or 56 kg classes. Our first Master I lifter was newcomer, 60 kg Eric Kupperstein. Eric had a solid performance and walked away with the gold. I'm sure we'll see him on many more world teams. Also new to the team this year was Keith Scisney competing in the 67.5 kg class. At sub-



**Women's Best Lifter Harriet Hall** with the USAPL Prez Larry Maile

Stover-GER	507	358	617	1482
Timonen-FIN	496	374	523	1394
Norpila-FIN	474	374	529	1377
Lang-GER	518	374	440	1333
Bryant-CAN	468	352	451	1273
Kameyama-JPN	518	—	—	—
Wakushima-JPN	562	—	573	—
Terry-USA	650	—	700	—
220 lbs.				
Theuser-CZE	727	479	661	1868
Hagfors-FIN	606	457	639	1703
Svec-SVK	661	440	573	1675
Sicoli-FRA	683	330	617	1631
Gidney-CAN	595	407	600	1603
Larsen-DEN	650	385	562	1598
Salazar-COL	551	385	617	1554
Torres-PHI	—	—	661	—
Gerard-USA	518	562	—	—
Korvald-NOR	606	418	—	—
Flett-GER	540	573	—	—
242 lbs.				
Harris-USA	799	512	782	2094
Pamplin-USA	694	518	551	1763
Kalc-FRA	661	440	639	1741
Brown-CAN	595	440	666	1703
Charvoz-FRA	639	440	617	1697
Strong-CAN	584	407	617	1609
Naresh-IND	286	220	286	793
Kampl-AUT	606	380	—	—
Fontalvo-COL	650	308	—	—
Blankenship-PHI	275	463	—	—
275 lbs.				
Giffin-CAN	711	606	661	1978
Gonzales-USA	711	523	655	1890
Sardesai-IND	661	336	584	1581
Tsujimi-JPN	595	479	507	1581
Agnihotri-IND	496	286	440	1223
Hager-SWE	606	551	—	—

## IPF World Masters 2-8 OCT 06 - Killeen, TX

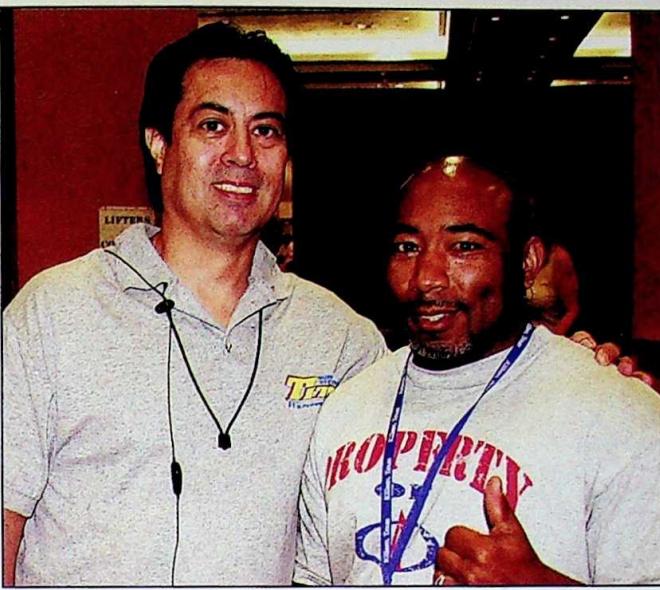
WOMEN Masters I	SQ	BP	DL	TOT
97lbs.				
Siems-USA	264	132	292	688
105lbs.				
Bechar-FRA	264	176	314	755
Tanaka-JPN	198	121	220	540
114lbs.				
Gascoigne-NZL	253	132	330	716
Takizawa-JPN	242	165	286	694
Lorenzo-PHI	220	126	292	639
Nelson-USA	237	121	253	611
123lbs.				
Gevers-AUS	341	176	314	832
Froeschl-USA	286	159	330	777
Ishiguro-JPN	286	137	308	733
132lbs.				
Brightwarter-NZL	325	176	352	854
Simons-USA	286	226	319	832
Ip Wing-HKG	198	148	275	622
148lbs.				
Frangi-ARG	463	231	209	1124
Houston-USA	380	226	402	1008
165lbs.				
Blasberg-GBR	363	231	413	1008
Styrland-USA	341	242	396	981
Clark-USA	341	198	424	964
181lbs.				
Pecante-PHI	418	259	446	1124
Moscianni-ITA	330	154	396	881
Glemstein-NOR	275	231	—	—
198lbs.				
Martinez-ARG	451	286	490	1229
Maton-GBR	396	253	407	1058
Baum-USA	363	231	424	1019
198+lbs.				
McLean-USA	237	159	352	749
198+lbs.				
Hall-USA	562	336	451	1350
MEN				

total, Keith was out of first place by 27.5 kilos. Keith out-pulled his opponent to tie with him and win the gold on bodyweight. Greg Page was also a first time Masters World Team member, competing in the 75 kg class. He gave the coaching staff a heart attack missing his first two benches. Greg was the last lifter on Wednesday night, pulling his last deadlift at 10:55pm. Greg ended the night on the podium with a gold around his neck. Representing the USA in the 82.5 kg class was returning team member and last year's Champion of Champions, Ron Garofalo. Ron continued his success and has another world title to add to his resume. Returning to compete in the 90 kg was Greg Jones. Greg has battled tough competition the last few years with Jon Gunnarsson (Iceland) and Jeff Becker (Canada). This year was no exception. Greg could only get his opening squat in and missed his first two bench attempts. However, only going 5 for 9, Greg was still able to capture the bronze medal overall and a gold in the bench press. Also lifting in this class was new team member Craig Terry. Craig was not able to get a bench press passed. Craig did get the gold in the deadlift. I'm sure he'll be back at Master's Nationals to redeem himself. Henry Gerard represented the USA in the 100 kg class. Henry had problems with depth and was unable to get a squat passed. With the IPF rule allowing an individual to continue, Henry was able to get the gold medal in the bench press. New to the team was Men's Open team member, Tony Harris all the way from Hawaii. Tony had an outstanding performance on the platform. He set a World Record in the deadlift and totaled 2,094 pounds in the 110 kg class. I'm sure Tony will be a member of the Master's Team for many years. Taking the silver was fellow USA member Gary Pamplin. This was Gary's first

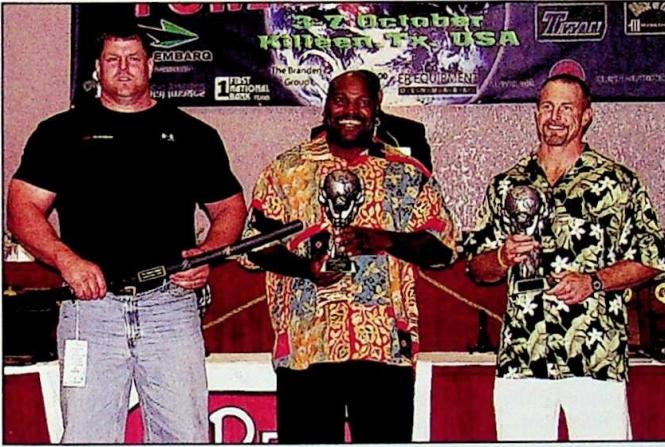
year on the team, but his last year in the M1 class. Look for Gary next year in the Master's II. Former team member, Dave Gonzales was on the platform for the 125 kg's. Dave was going against Canada's Mark Griffin. It was a tough battle and Mark came out on top. Dave walked away with the silver medal. 125+ - Brad Gillingham, Multi-World Champion, a gentle, quiet, class act - what can I say. Brad was a newcomer to the Master's World Team, but no stranger to the international competition. Brad did an easy 860 lb squat in a loose suit and an 849 deadlift. Brad set a world record total with 1047.5 kg/2309 pounds. Brad was on the podium listening to the National Anthem with four golds around his neck.

**MEN'S MASTER II** - Quiet Sam Meadows represented the USA in the 56 kg class. Sam only got 5 out of 9 lifts, but still took all four golds. Former 60 kg world champion, Jimi Kavarnos had a less than perfect day getting only one squat, bench, and deadlift passed. Jimi got the silver medal. Brendon Rohan was back on the international platform in the 67.5 kg class. Brendon is so quiet you don't even know he's there. Brendon got the gold medal in the bench press and fourth over-all. New to the team in the 75 kg class was Art Little. Art was battling Great Britain's, Steve Walker. Art was only able to get one bench passed. He got the gold medal in the squat and deadlift and a silver over-all. Look for Art on future world teams. The 82.5 kg members were returning team member, Aaron Byas, and newcomer, Randy Stone. The 82.5 kg was a very competitive class. Both Aaron and Randy were only able to get one squat passed. Aaron had difficulty in the bench press, missing his first two attempts. This class went down to the last deadlift, which was Aaron's. Aaron was not able to pull the

(continued on page 57)



**Titan's Pete Alaniz (left) who sponsors IPF World Masters Champ Keith Scisney (who supplied this photo, and who states "It has been an awesome two years for me, winning the 2005 USAPL Nationals, 2006 USAPL Masters & the 2006 IPF Masters Worlds")**



**Best Lifters - Masters I: Brad Gillingham, Tony Harris, Ron Garofalo**



**The USA Women's Team took home two IPF world team titles (photographs are courtesy of Gina Stepleton, except where noted.)**

Jaatinen-FIN	760	529	—	—	Anney-GBR	474	253	501	1229	Beauverger-USA	314	209	424	948	USA 60, 2. Japan 26, 3. New Zealand 24, 4. Argentina 24, 5. Great Britain 21, 6. Philippines 20, 7. Australia 12, 7. France 12, 9. Italy 9, 10. Hong Kong 8. Master I Champion of Champions Women: 1. Frangi Irene, Argentina 510, 2. Martinez Angela, Argentina 557, 5. Bechar Sylviane, France 342.5. Master II Team Championships (points) Women: 1. USA 72, 2. Canada 47, 3. Finland 32, 4. Great Britain 12, 4. Austria 12, 6. Philippines 8. Master II Champion of Champions Women: 1. Hall Harriet, USA 61.5, 2. Stein Ellen, USA 397.5, 3. Sandu Jacqui, Canada 357.5. Master I Team Championships (points) Men: 1. USA 72, 2. Canada 49, 3. Japan 37, 4. India 30, 5. Germany 28, 6. Finland 28, 7. France 27, 8. Czechia 18, 9. Norway 17, 10. Iceland 12, 11. Denmark 10, 12. Australia 9, 13. Slovakia 8, 14. Colombia 8, 15. Peru 7, 15. Great Britain 7, 17. South Africa 6, 18. Philippines 5, 19. Puerto Rico 4. Master I Champion of Champions Men: 1. Brad Gillingham, USA 1047.5, 2. Anthony Harris, USA 950, 3. Ronald Garofalo, USA 782.5. Master II Team Championships (points) Men: 1. USA 66, 2. Japan 53, 3. France 34, 4. Germany 31, 5. Canada 20, 6. Great Britain 14, 7. Italy 12, 7. Philippines 12, 7. Finland 12, 10. New Zealand 9, 10. India 9, 10. Spain 9, 10. Sweden 9, 10. Czechia 9. Master II Champion of Champions Men: 1. Hirofumi Isagawa, Japan 622.5, 2. Steve Walker, Great Britain 685, 3. Martti Kilpelainen, Finland 620. Master III Team Championships (points) Men: 1. USA 69, 2. Japan 36, 3. Finland 32, 4. France 26, 5. Great Britain 25, 6. Germany 17, 7. Sweden 16, 8. Canada 15, 9. Norway 12, 9. Hong Kong 12, 11. Italy 8, 12. Puerto Rico 7, 13. South Africa 5. Master III Champion of Champions Men: 1. Toshihiko Sato, Japan 595, 2. Toshio Kitano, Japan 630, 3. Robert Trujillo, USA 487.5. (courtesy IPF).
275+lbs.					Rossi-ITA	617	297	617	1532	Sato-JPN	507	297	507	1311	
Gillingham-USA	859	600	848	2309	Koenig-GER	578	363	551	1493	Russell-GBR	512	297	474	1284	
Hulbakviken-NOR	771	507	705	1984	Belmas-FRA	540	507	—	—	Zanetti-ITA	485	275	474	1234	
Lahteenmaki-FIN	628	385	595	1609	220lbs.					Yeats-USA	424	259	523	1207	
Blanchflower-GBR	589	628	—	—	Melzig-GER	628	413	694	1736	Burgoin-CAN	463	253	418	1135	
Master II					Maska-CZE	529	440	556	1526	Oppenheim-RSA	363	242	463	1069	
114lbs.					Mokadem-FRA	529	402	551	1482	Kitano-JPN	507	374	286	1388	
Kagawa-JPN	308	231	352	892	Buchs-FRA	628	330	507	1466	Mursu-FIN	451	308	485	1245	
123lbs.					Ocasio-PUR	336	562	—	—	Bouchakour-FRA	451	297	485	1234	
Meadows-USA	336	248	413	997	Givens-USA	—	—	—	—	Sundvall-SWE	440	264	485	1190	
Monohar-IND	264	154	308	727	242lbs.					Lyons-USA	424	253	407	1085	
132lbs.					Graham-USA	661	363	606	1631	Malkavaara-FIN	391	264	407	1063	
Isagawa-JPN	457	396	518	1372	Sindlar-USA	523	396	562	1482	DeGueroult-FRA	374	242	440	1058	
Kavarnos-USA	352	220	407	981	Ponrou-FRA	573	220	622	1416	198lbs.					
148lbs.					Platzer-GER	551	325	352	1229	Bower-USA	496	369	540	1405	
Kilpelainen-FIN	507	308	551	1366	Wainwright-USA	578	391	534	1504	Mattila-SWE	474	308	562	1445	
Mollina-ESP	534	319	71	1366	Olsson-SWE	352	264	463	1080	Ellender-GBR	440	319	551	1311	
Tada-JPN	474	308	507	1289	275lbs.					Rice-USA	479	248	551	1278	
Rohan-USA	429	325	518	1273	114lbs.					Chazelle-FRA	440	198	540	1179	
Ito-JPN	485	292	485	1262	Green-USA	672	507	639	1818	220lbs.					
Cuvelier-FRA	440	264	463	1168	Tau-NZL	628	242	529	1399	Helinich-USA	523	358	573	1455	
165lbs.					Wainwright-USA	578	391	534	1504	Bayer-USA	567	270	606	1444	
Walker-GBR	540	396	573	1510	Olsson-SWE	352	264	463	1080	Battisson-GBR	463	352	556	1372	
Little-USA	567	270	633	1471	232lbs.					Gregory-PUR	451	242	402	1096	
Guyon-FRA	507	308	518	1333	Oshiro-JPN	352	264	374	992	Puhakka-FIN	330	297	451	1080	
Nakane-JPN	507	352	463	1322	232lbs.					242lbs.					
Levesque-CAN	396	264	418	1080	Diepold-GER	363	242	352	959	Kristensen-NOR	540	341	507	1388	
181lbs.					Nivault-FRA	347	126	407	881	Farrison-USA	413	336	501	1251	
Dio-PHI	578	363	567	1510	148lbs.					275lbs.					
Marentette-CAN	529	385	589	1504	Cortes-USA	336	242	429	1008	Arrington-USA	501	336	512	1350	
Byas-USA	518	319	650	1488	Stockinger-CAN	330	226	435	992	Sandelin-FIN	429	319	435	1185	
Stone-USA	529	385	545	1460	Groll-GER	336	203	413	953	Heyman-USA	—	264	440	—	
Tanikawa-JPN	573	374	490	1438	148lbs.					Master I Team Championships (points) Women: 1.					
Greendige-CAN	485	402	490	1377	Cortes-USA	336	242	429	1008	Toshihiko Sato, Japan 595, 2. Toshio Kitano, Japan 630, 3. Robert Trujillo, USA 487.5. (courtesy IPF).					
Tachibana-JPN	485	407	468	1361	Stockinger-CAN	330	226	435	992						
Schuricht-GER	556	220	540	1317	Groll-GER	336	203	413	953						

**BODY SHOPPE NUTRITION  
YOUR ONE STOP SHOP!**

**Q:** I have started to incorporate many of the supplements you recommend into my nutrition plan. I will say that they all did what you said they would. It is so nice not having to waste money on something only to find out that it sucked in regards to the results. Anyway since I am using a lot more supplements, I wanted to know of an online distributor that carries the supplements you recommend and at the best price possible. Sincerely, Saul Walberg

**A:** You will see that I only recommend what works. If it doesn't provide results that you can see and feel then you can bet your last pair of knee wraps it won't have my name or Nutrition XP3 Seal of Approval on it. The supplements I recommend in my column are the same ones that I use with my world class athletes and even take myself. You can trust in my column because my reputation is too precious to tarnish by recommending garbage!

My company X-treme Power has joined forces with a supplement distributor that will take care of all your Powerlifting supplement needs. This company is Body Shoppe Nutrition. You can reach them on the web at [www.bodyshoppenutrition.com](http://www.bodyshoppenutrition.com). The Owners are Mike and Brian Fox.

You might wonder why my company and Body Shoppe Nutrition have teamed up. I needed to send my ever-growing clientele to a company that can take care of their needs. Body Shoppe Nutrition carries over 150 different brands of natural supplements. Most likely they have it or will get it for you. Next, I wanted to make sure that the company I deal with is on the ball. I want to know that my athletes as well as my readers are going to get the best service available. In addition, they have some of the best prices you will find on the net and on top of that they are always running sales to make the deal even sweeter. Just for a few of the items that I personally use I have saved over \$20 when compared to getting them down at my local mall. \$20 might not sound like a lot when you are buying one thing, but if you buy 7-10 items when placing an order it can sure add up. Even better, they give out discount code coupons that can also be used at different times of the month. Last but not least, these guys are powerlifters. Personally, there is nothing better than taking care of those that take care of you. Not only are they a part of the sport but they also sponsor both Powerlifting and Strongman shows and even Highland Game events. These guys are strength sport fanatics and that is why they cater to us and not the bodybuilding genre..

# NUTRITION

## Power Nutrition Q & A

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

Now to help out all my PL USA readers I muscled Mike around until he decided to run a special for all us powermongers. Next time, you are looking to get your monthly load of supplements send Mike an email and tell him I sent you. To get even a better deal give this code "PLUSUSA 10" when placing your order so you can save another 10% off some already great prices. To help out even more Mike went above and beyond with this offer. For the first 20 PL USA readers that order a BSN product they will receive a free BSN T-shirt and a goody bag of BSN products absolutely free. After the first 20 orders you will still get the goody bag on any BSN order. My client and good friend Bill Sindelar, Masters National Champion and Silver Medallist at this years Worlds better pay attention because he is a big BSN fan. Congrats again Bill...great job! Stay tuned on my forum at [www.nutritionxp3.com](http://www.nutritionxp3.com) to find out new monthly specials that Mike runs as well. Now that X-treme Power and Body Shoppe Nutrition have teamed up you can bet that you the powerlifter are going to be able to get all the supplements that you need at rock bottom prices. Finally a supplement distributor by powerlifters for powerlifters! Give them a call, you won't be disappointed!

### LAURA PHELPS THE FUTURE OF

#### WOMEN'S POWERLIFTING

**Q:** Your column always provides some great info, but I have one problem! Where's all the women profiles? All you do is profiles on men. My favorite lifter is Laura Phelps and I heard that she is working with you. I am dying to know what she eats and what supplements she uses. Let's hear it for the women, for once, otherwise I am going to have to get nasty the next time I run into you. Sincerely, Latasha "Big Bad Mama" Johnson

**A:** Ok, you are right in the fact that I don't do enough profiles on women. Even though I do work with some women I would have to say that 90% of the powerlifters that I do nutrition program design for are males. Since I don't want you to beat me down at the next Arnold Classic I am going to do a nice profile on your favorite



**Anthony Ricciuto ..... this is the Man Behind NutritionXP3.com**

powerlifting superstar .... Laura Phelps. Hey, all you had to do was ask. For those of you who don't know who Laura is then dust yourself off from the rock that you crawled out from under and welcome to the sport of powerlifting. I will give you a brief synopsis of just a few of her credentials.

- **July 9, 2005** APF Summer Bash II (Chicago, IL) - 551 squat, 303 Bench, 451 deadlift, 1305 Total @ 165 lbs.

- **August 6, 2005** APF Grandhaven Meet (Grandhaven, MI) - 580 squat, 315 bench, 135 (token) deadlift @ 165 lbs.

- **October 29, 2005** WPO Semi-Finals (Chicago, IL) - 683 squat (WR), 352 bench, 468 deadlift, 1504 Total @ 165 lbs.

- **January 20, 2006** APF Ohio State Meet (Fremont, OH) - 725 squat (WR), 135 (token) bench, 135 (token) DL @ 173 lbs.

- **March 3, 2006** WPO Finals (Columbus, OH) - 705 squat (WR), 402 bench, 473 deadlift, 1581 Total (WR) @ 165 lbs.

- **July 29, 2006** APF Middletown Meet (Middletown, OH) - 725 squat, 415 bench, 510 deadlift, 1650 Total @ 164.6 lbs. (WR and 1st American Woman to Total 10x bodyweight)

- **September 16, 2006** APF Leave No Record Unbroken Meet (Fremont, OH) - 465 bench @ 178 lbs. (WR)

\*All WR's are All-Time WRs

Laura holds the world record in the 165 pound class with an amazing squat of 725. Can you imagine that! Now we have a woman that can duke it out with the

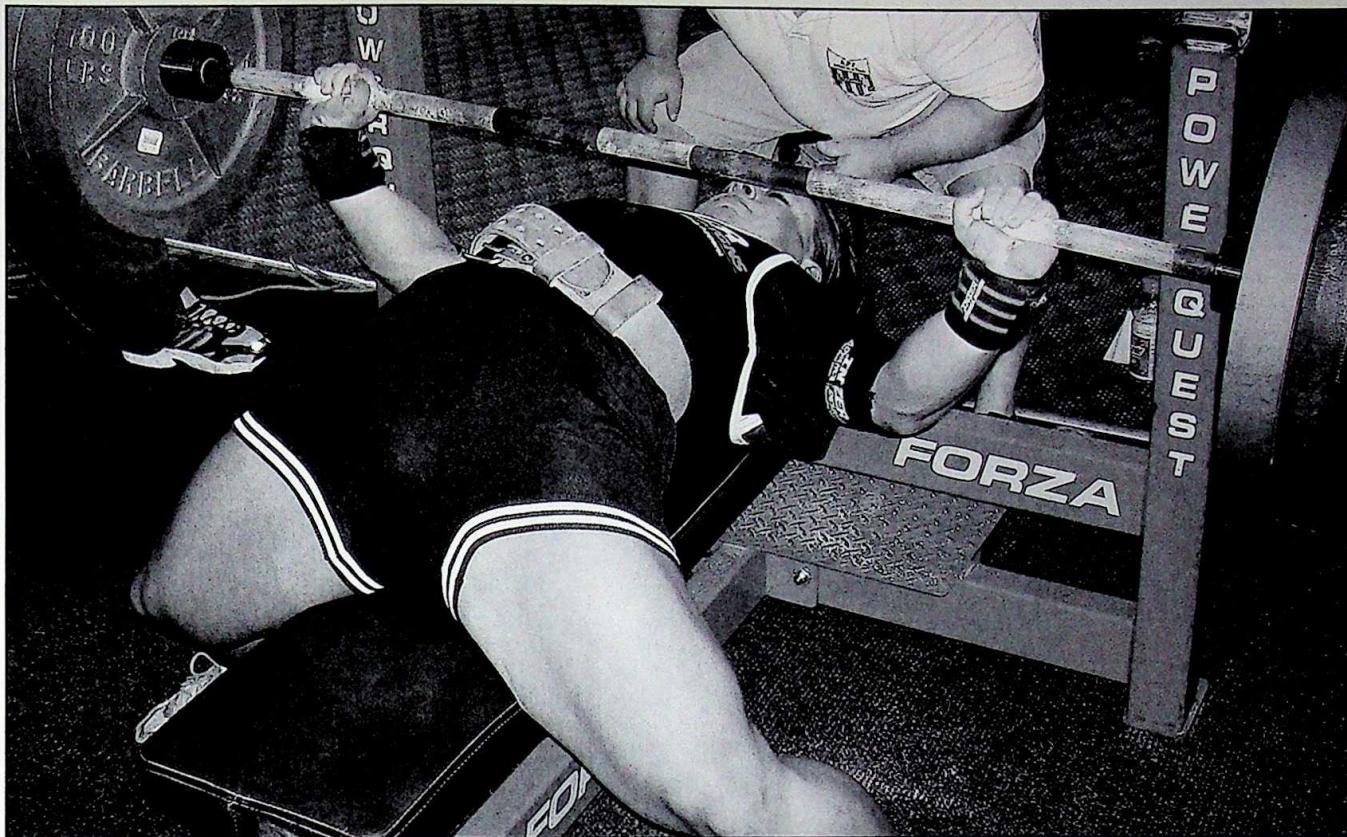
best of men. Wow, how the sport has progressed! That is not all. She also holds the world record in the total and holds the bench press record as well with a mind boggling 465. I know men at her weight that would love to do that! She is a powerhouse, who is only going to get better with me on her team. Laura is the future of the sport of powerlifting for women and she is going to re-write the record books and take a lot of titles before she is through.

Laura is one of the most gifted strength athletes I ever had the pleasure to work with. She is by far not only one of the nicest to deal with, but she is dedicated to her nutrition plan like a real trooper. There a lot of women whom I work with that complain like there is no tomorrow when I start cutting out junk food and pare down on their portion sizes. The men aren't much better, though they don't complain, they just don't listen! This is not the case with Laura and that is why she is setting the powerlifting world on fire. She is just as dedicated to her eating as she is with her training. I am going to let you in on all her secrets ... well, maybe not all of them, but you are going to be glued to that issue for sure! If you want to know what she eats, then you can be sure that you are going to find out. You want to know what supplements she uses, well, it will all be there. Hold on to your horses, take a deep breath, don't hurt anybody and just wait, because in the new year I am going to have you one super profile that you are going to love.

### RATING THE ANTIOXIDANTS

**Q:** You have mentioned antioxidants in your column a few times before. I was wondering if you could give me some insight into what the best foods are in regards to the highest amount of antioxidant protection? How is a food rated in regards to this? I would like to know more about antioxidants since cancer runs in my family and I want to protect myself. Please let me know what you would rank as the best vegetables and fruits. Please keep up the good work since the powerlifting community needs someone like you in our corner. Yours truly, Vito Paolicci

**A:** I am actually planning an article series on antioxidants and the powerlifter so stay tuned to find out more info. For some of our readers who aren't in the know about antioxidants let's take a look at what they are. Antioxidants are chemical compounds that can eliminate oxidative damage through different processes. This oxidative damage is caused by a slew of different free radicals that can wreak havoc on our long-term



**Laura Phelps** bench pressed an historic 465 lbs. in the 181 lb. class on September 16th (photograph provided courtesy of Chuck Venturella) health.

Scientists have designed a test to see how beneficial each food type is, antioxidantwise. This test is known as ORAC (Oxygen Radical Absorbance Capacity). This test score will help you chose the best sources of fruits and. With powerlifters, their concern for antioxidant information is very low, even though it shouldn't be. They don't have an inkling of truly how important fighting free radical production is for their long-term health and disease prevention from life altering conditions like cancer. Since weight training can actually increase free radical production it is even more important for the powerlifter to make sure that he is protecting his health.

Here is a chart that I have designed to help you understand the ORAC rating for the top 10 best fruits and vegetables. I have laid out a chart assuming a portion size of about 7 ounces or the equivalent of just under 1 cup. Let's take a look at some of the items that you should be eating in plentiful amounts to help keep you healthy.

	Red Bell Peppers	1,420
	Onions	900
	Corn	800
	Eggplant	780

#### TOP 10 FRUITS FOR ANTIOXIDANT PROTECTION

Fruit	ORAC
Prunes	11,540
Raisins	5,660
Blueberries	4,800
Blackberries	4,072
Strawberries	3,080
Raspberries	2,440
Plums	1,898
Oranges	1,500
Red Grapes	1,478
Cherries	1,330

When you are trying to optimize your antioxidant protection these are your best choices. I try to get all my lifters to take in at least 3-4 cups of veggies per day minimum. Believe me, you will feel better, have more energy, and suffer from fewer health conditions by incorporating them into your nutrition plan. If they are good enough for Garry Frank, Travis Mash, Phil Harrington, and my newest female superstar Laura Phelps, then you can be sure they will be good enough for you.

Kale tops the veggie list but to tell the truth it is not the most popular vegetable in the world even though it should be. Spinach ranks number two with a bullet. You are probably thinking how could this nutrition guy be recommending

spinach after the horrific Ecoli scare that just occurred. Once those alerts are over and it is safe to eat spinach, I would recommend putting it back into your plan. Before the scare, I used to eat spinach daily, at least 2 cups worth. I put it in my eggwhite omelet in the morning and then made another spinach salad later in the day. Broccoli is another big veggie in my plans. Peppers and onions are a must in omelets and also salads. Lifters don't eat much eggplant, but I have it at least twice a week.

For the fruits, prunes take the lead by a whopping margin. Personally, I always use some type of berry in my oatmeal or cream of wheat in the morning. They can really spice up a bland breakfast. Oranges are lower on the list but they can make a nice addition as well. Cherries come in last but also have a lot of other health benefits that most people are not aware of. One of them is anti-inflammatory properties that can make a huge difference for those that suffer from these conditions. They are not always in season but when summer time comes around you can be sure to find them in my fridge.

A lot of lifters only think about a bigger total. Being focused on your sport is a great thing. Without it you won't go far. On the other side of the coin, if you neglect the many variables that keep you healthy and injury free then you truly aren't as focused as you may

think you are. You will understand this firsthand when a major injury hits you, or you suffer a health condition that you were not expecting. Type II Diabetes is one ailment that is a perfect example. Many lifters just eat whatever they want year after year not thinking of how what they put in their mouth will affect their health in times to come.. The reason why preventing oxidative stress caused by free radicals is so important is that they can increase your chances for some nasty diseases. Oxidative stress can be a major factor for conditions like heart disease, arthritis, Alzheimer's disease, and even the Big "C" (cancer)! In the end I am not the bad guy you think I am because I try to force all those horrible vegetables down your throat. I am looking out for your best interests and I want you to take full advantage of the information that I present to you each month. This way you can see and feel how much a difference eating clean can have on your performance, physique and long term health.

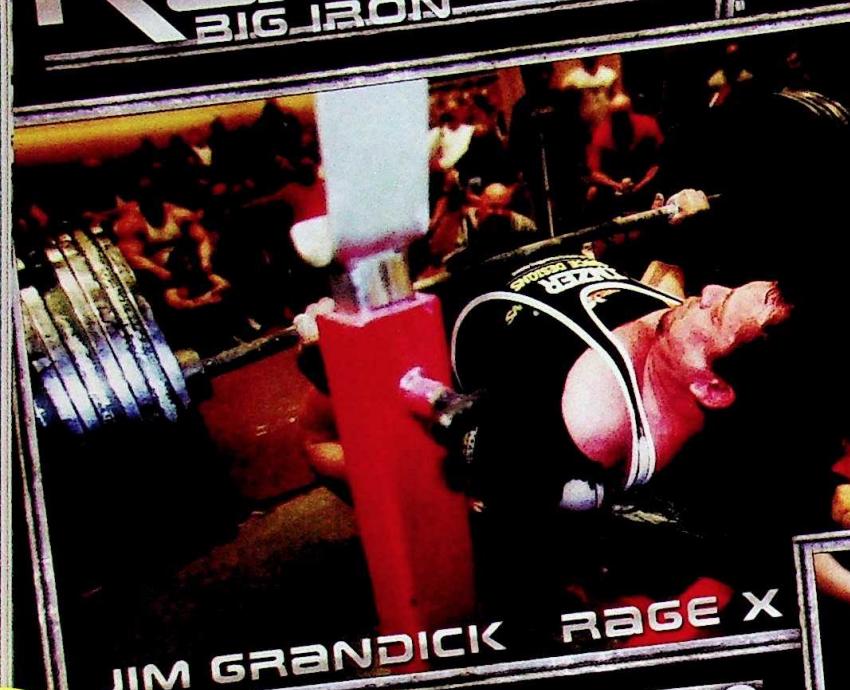
If you have any questions free feel to write me at:  
[Ariccuto@nutritionxp3.com](mailto:Ariccuto@nutritionxp3.com)  
 Or check out my website  
 and forum at:  
[www.NutritionXp3.com](http://www.NutritionXp3.com)

#### TOP 10 VEGETABLES FOR ANTIOXIDANT PROTECTION

Vegetable	ORAC
Kale	3,540
Spinach	2,520
Brussels Sprouts	1,960
Alfalfa Sprouts	1,860
Broccoli	1,760
Beets	1,680

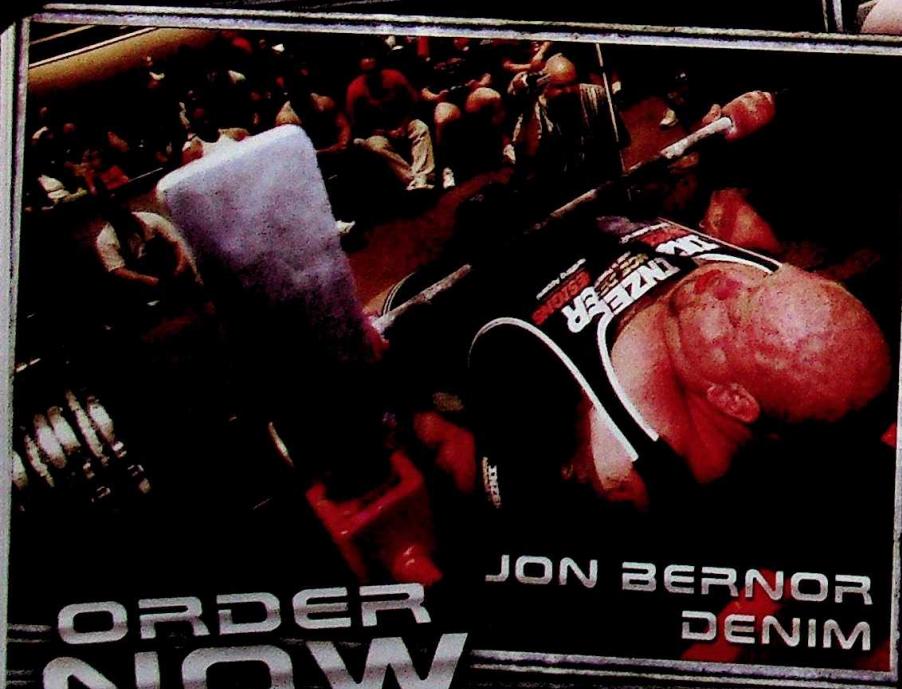
# IRON GLADIATORS

RAGE X  
BIG IRON



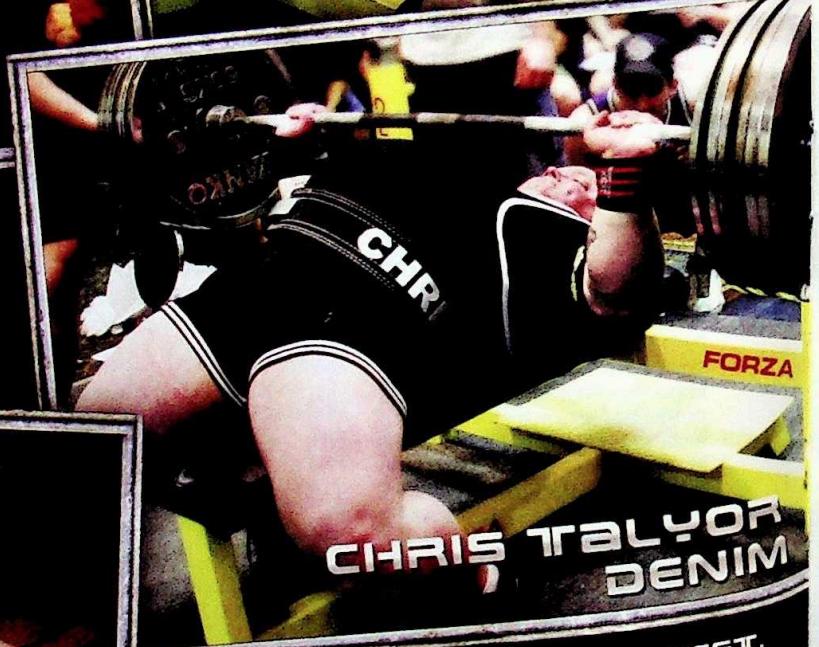
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# ASK THE DOCTOR

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

**Q:** I hope you have time for a brief question about the Anabolic diet. I have purchased the Anabolic Solution for Powerlifters and am having quite a bit of success with it. I have successfully dropped 15lb in the past month while at the same time getting stronger with all of my lifts going up. I was reading a diet forum (1st mistake! :)) talking about Cyclic Ketogenic Diets (CKD) and I referred to your diets as being a CKD. Another poster referenced an interview with you. They have you saying that the Anabolic Diet/Metabolic Diet that's part of your Anabolic Solution does not rely upon 'ketosis' and therefore the poster says they're not CKD. My interpretation from reading your book and articles is that your diets are 'ketogenic' but that after a period of adaptation the dieter is not in a state of ketosis i.e. spilling excess ketones into the urine, breath, blood, etc. I think that basic fat metabolism in the fat adapted dieter is basically ketogenic, but I'm beginning to get influenced by others and may be far off the mark. Are there other mechanisms at work that replace the production of ketones for energy in the fat adapted dieter? Any information would be greatly appreciated. If you don't have the time and can send me some references, I can slog through them myself. Kind regards, Will

**A:** The reasoning behind the Metabolic Diet is much more complex than most of the low carb and ketogenic diet people are aware of. That's one of the reasons I started the MDNCC ([www.mdncc.com](http://www.mdncc.com)). I'll give you a short take here as I'm off to Italy tomorrow to give my first MDNCC seminar and don't have a lot of time. Basically you're right about ketones being formed with the low carb part of the diet (actually ketones are always formed regardless of macronutrient intake or number of calories in the diet - like many other processes including gluconeogenesis, ketone formation ramps up under certain conditions), and in fact they may spill over until the body has adjusted its energy metabolism to reflect the macronutrient intake. As the body adapts to the low dietary carbs it learns to utilize fatty acids more efficiently in most tissues so that ketone production is decreased since it's not needed in many tissues. The body also learns to conserve glucose so that it can be used most by the tissues that need it, along with producing what it needs through glycogenolysis and gluconeogenesis - with some of the glycogenolysis occurring from glycogen that has in turn come from glucose secondary to gluconeogenesis, and that mostly from amino acid carbon skeletons. To get a little more technical it's the rate of production of acetyl-CoA and its combination with oxaloacetate to form citrate that are two of the determining factors of ketone production. After an initial acclimatization phase several things happen that decrease the amount of runaway ketone production. Most of the tissues in the body increasing use fatty acids directly and have less need of ketones to produce the acetyl-CoA. The body uses the carbon skeletons of various glucogenic amino acids (as against the ketogenic ones, which also come into play under some circumstances) to increase 4 and 5 carbon unit TCA cycle intermediates. This anaplerotic process provides the oxaloacetate (which in turn combines with acetyl-CoA to form citrate - and the ability to form citrate is one of the modulating factors for ketone production), both directly through TCA cycle flux and indirectly through the malate/PEP/pyruvate/oxaloacetate shuffle or through the use of glucose secondary to gluconeogenesis and glycogenolysis (which in a low carb diet comes mostly from amino acids in one way or another). Most people believe that oxaloacetate comes solely from pyruvate by the action of pyruvate carboxylase and that all of this is carb driven. But they're wrong. There's a lot more to it than this but it's a start for you. I'll be putting some

information from the MDNCC manual that I'm in the process of writing on my sites so keep checking [www.MetabolicDiet.com](http://www.MetabolicDiet.com) and [www.MDNCC.com](http://www.MDNCC.com) over the next several months for new articles and announcements.

**Q:** I got peer pressured into using steroids from my friend. I didn't really know much about them and what they can do to you. I found out the hard way I used anabolic steroids when I was 19 years old. I only used them for 2 months. I used testosterone injections 200 mg. And I went up to 400 mg a week. My testicles shrunk a lot when I was on them so I got scared and just stopped taking them. My testicles never came back to normal size. I have had nothing put problems since then. I have sleeping issues, anxiety, high cholesterol and high blood pressure since taking steroids. Which I never had before using the steroids. I never tried to get my levels back to normal with medications that you mentioned in your article. I went to my doctor and they just treat me with anti-depressants and sleeping medication. Its not helping because I can't stop thinking about what I did to my body. I am currently 31 years old my sex drive has never been the same. I have no sex drive and it's hard to maintain an erection at times. I have been to doctors and they say that nothing is wrong. Is it too late to try to get help with trying to increase my natural production of testosterone the way you mentioned it in the article you wrote with using LH, or HCG. If you can write back and let me know if there is any hope to try to fix my problems. Thank You, Martin.

**A:** Sorry for the late response but I've been away. I assume that the reason your doctors say that there is nothing wrong is because your testosterone and other values are in the low normal range, which isn't likely normal for you since you likely have reset your levels to below what they once were with the use of the anabolic steroids.

I've attached an article I did a few years ago about the problems you've run into, the reasons why it happens and some of the ways of dealing with them. Over the past few decades I'm dealt with hundreds of athletes who have run into the same problems you have, basically because the use of the exogenous steroids shut down their natural testosterone production and that production never came back to normal.

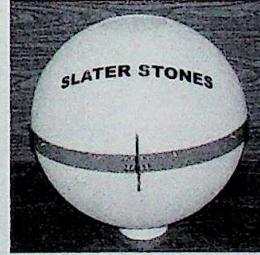
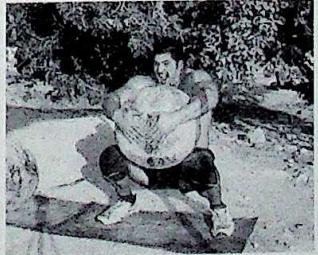
The bottom line is that there are several ways to address this problem. The first would be to try something natural to try and boost endogenous testosterone production. For this purpose I would use TestoBoost (look it up at [www.mdplusstore.com](http://www.mdplusstore.com) - make sure you read the PDF info file), 4 tablets in the AM and 4 tablets before bed. This regimen has helped some people reset their levels as well as increase sex drive, improve the erectile dysfunction, and help deal with several of the problems you describe. You'll have to continue for at least 2 months although you should start feeling better within a few weeks.

Once you've taken the TestoBoost for 2 months, have your testosterone levels checked. This time get total and free testosterone, LH and estradiol levels done. Send these to me and I'll let you know what I think and depending on the results what the next step should be.

Don't hesitate to email me with periodic progress reports and any questions and concerns you might have.

Mauro Di Pasquale M.D.

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or [www.marunde-muscle.com](http://www.marunde-muscle.com)

Also available at [www.totalperformancesports.com](http://www.totalperformancesports.com)

• Make spherical concrete stones continuously in a multitude of sizes

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

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

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

• Place stones in your gym to attract new members.

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

ST120 8" Diameter apx weight 23lbs.....\$50.00

ST120 10" Diameter apx weight 42lbs.....\$55.00

ST120 12" Diameter apx weight 72lbs.....\$59.00

ST140 14" Diameter apx weight 116lbs.....\$79.00

ST160 16" Diameter apx weight 175lbs.....\$99.00

ST180 18" Diameter apx weight 240lbs.....\$109.00

ST200 20" Diameter apx weight 335lbs.....\$135.00

ST210 21" Diameter apx weight 354lbs.....\$149.00

ST220 22" Diameter apx weight 400lbs.....\$169.00

ST210 24" Diameter apx weight 476lbs.....\$169.00

# THE RAGE



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

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

# RAGE X

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



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

SEE MORE SELECTION AT [INZERNET.COM](http://INZERNET.COM)

**INZER**  
**ADVANCE DESIGNS**  
The World Leader in Powerlifting Apparel

# PHENOM

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



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

# RADICAL DENIM

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



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

# ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

**SEE MORE SELECTION AT INZER.NET.COM**

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**Inzer Advance Designs Logo T-Shirts**

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

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

**Warm Up**

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

\$14.95



**Camo T-shirts**

Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00

**Tank Tops**  
Quality summer weight Tank Top with two color logo. Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

\$10.00

**Hoodie**

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

\$19.50



**Gym Bag**

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

\$25.00



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

\$12.95



**Beanies**

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

\$10.00



**Fitting Gloves**

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

\$4.95



**Suit Slippers**

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

\$19.95



**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



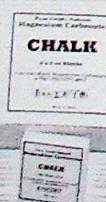
**Gym Chalk**  
Essential for workouts and competitions, magnesium of carbonate block chalk.

\$10.00



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

\$5.95



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

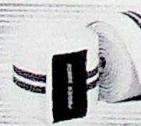
\$4.95



**Power-Surge Red Line Wrist Wraps**

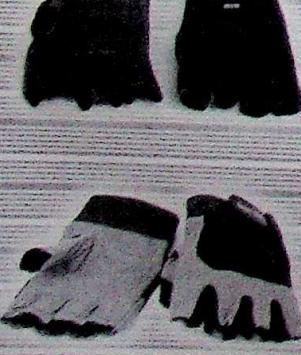
Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$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

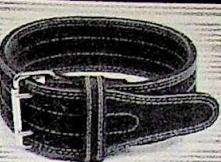
SEE MORE GEAR



#### **Forever Lever Belt 13MM**

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

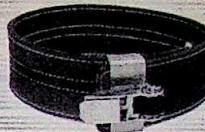
\$70.00



#### **Forever Buckle Belt 13MM**

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

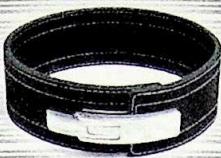
\$70.00



#### **PR Belt**

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

\$140.00



Forever Belts™  
are guaranteed  
forever!



#### **Forever Buckle Belt 10MM**

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

\$60.00



#### **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.

\$26.00

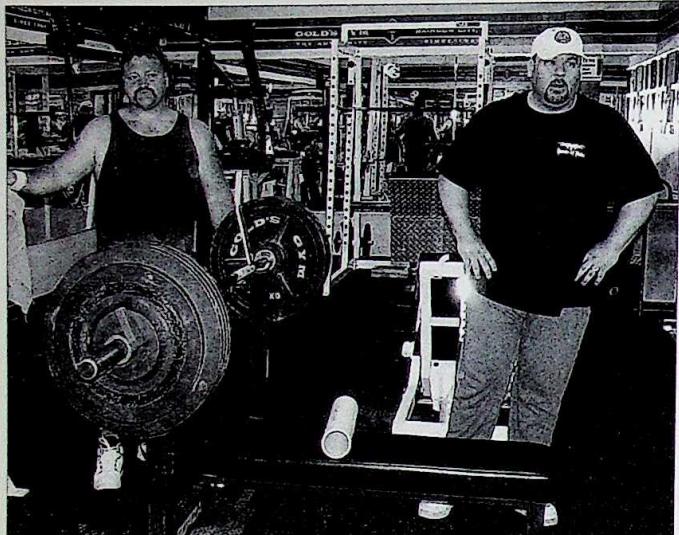
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# HARD CORE GYM #60 THE DUNGEON

(With A Forward to offend everyone)

told by Rick Brewer, House of Pain



Bobby "House" Driskill (left) and Ken Overby in the Dungeon(McKee)

Last month I said that Tim Bruner might be a Texas-sized A%\$#ole, but he is still The People's Champion! Plus, he's got a Texas-size personality! No, no—not a good personality; just a great big defective personality. At some point you simply have to honor serious nut-cases for their eccentricities. Otherwise, they think no one is watching and they become serial killers. That's what happened to Charles Manson, Ted Bundy, and Son of Sam. I didn't write an article about them; they felt slighted, and the next thing you know someone's head is on the back of the middle shelf in the refrigerator. Right next to the Mountain Dew. Why do you think Muslims cut the heads off people on TV? They want the coverage (read that: attention) most of all. With the right magazine article – we can all sleep safe.

Batman kept Gotham City safe, and when he fought – it went KAPOW! Last month we referred to that – mentioning that this month we expected to visit a gym that rhymed with Kapow. But, I lied. We never got a critical piece of info on that gym, so we hafta save that gym for another month.

Instead, this month we're going to The Dungeon! Buddy likes to call himself Buddy 'Meanness' McKee and he trains at an interesting place in Alabama. Anybody that calls themselves 'Meanness' (and is over the age of 6) deserves to tell their own story. Take it away Buddy:

"The Dungeon is very unusual in that it is a hardcore powerlifting

gym housed in the back room of an ultra-modern Gold's Gym in Rainbow City, Alabama. The powerlifters co-exist well with the bodybuilders and general fitness members. The owner/manager of the gym, Stace Beecham, has proven one can support all facets of the weight sports and fitness clients in the same gym successfully. We have our own room with our hardcore powerlifting equipment such as: Monolift, Forza Bench, Texas Power Bars, Excalibur Squat Bar, Oakie Deadlift Bar, Deadlift Platform, Reverse Hyper Machine, Power Rack, 55-150 lb. DBs and an Icarian Leg Press that holds 5245 lb. (approx 2500 lbs.) plates. Yes, Ronnie Coleman, I've done 8 reps at 52 plates with no knee wraps! Not 50 plates at 8 reps with knee wraps! Come over to Alabama sometime and we will go head-to-head for bragging rights (Much respect for Ronnie)!

We do all of our heavy work on the power lifts in the Dungeon. We have our own sound system separate from the rest of the gym. We are free to get loud, use chalk and talk (as long as we are reasonably neat and not terribly rude), and bang weights. Wow, in Gold's Gym! We are also free to use the regular work out area. We are just a little more civilized out in the front areas! The Dungeon has every pull down, row, calf machine, and every other machine known to man. The hardcore bodybuilders are welcome to come

in the Dungeon and train with us on their basics. The Dungeon is more like the original Gold's Gym in Venice, where serious powerlifters and bodybuilders respected each other. In fact, our spotting crew that spots/loads at our meets are mostly bodybuilders and they are, in my opinion, the best crew in the United States!

The Dungeon is home to two state chairmen: APF Chairman, Buddy McKee (myself), and WABDL Chairman, Brant Bishop. The APF and the WABDL are not rival organizations, so this is a great relationship. The APF is powerlifting and WABDL is a specialist federation.

Here at Gold's Gym in Rainbow City, Alabama our powerlifting team is known as the "East Coast Clique". The team consists of: Buddy McKee (myself), a two time WPC Pro World Champion, seven time AWPC/WABDL Amateur World Champion with 13 World and American records; Rick Hagedorn, a four time WABDL Champion with 5 World and American records; Bobby "House" Driskill and Richard Anderson with multiple WABDL World Championships and each have world record lifts; Cam Clayton a Teen World Champion with three World and American Records; Ken Overby, Josh Nelson, Jonathan Leftwich, Brant Bishop (WABDL AL Chairman), Derrick Thomas, Adam Hix, Richard Champion III, Patrick Nelson, Darryl Hoard, Emery Burns, William Hamilton, James Carter, Alex Cone, Chris McDuffy, and Eric Roberts all hold multiple state records. We have a new member, Chris Samford, who is prepping for his 1<sup>st</sup> meet.

The team has also hosted some "guest members" who travel in frequently to visit and train. Among them are World Champions Brent "Sgt. Rock" Howard, Tiny Meeker, Tony Caprari, Richard Hawthorne and others. The "Clique" home members boast a 700 bencher, a 650 bencher, two 600+ benchers, and four 500+ benchers with most of our other members well into the 400s. We have an 850+ squatter, four 700+ squatters, three 600+ squatters, and several 500+ squatters. We have a 700+ deadlifter, two 650+ deadlifters, and most others in the 500 category.

Along with the team trophies won by the "East Coast Clique" the Dungeon is the permanent display of the Team USA's 1<sup>st</sup> place

trophy won at the '05 W.P.C. Worlds in Helsinki, Finland. I, Buddy McKee, was on Team USA and chosen by my teammates to walk out and receive the trophy for the US. The Executive Officers of the W.P.C. decided the Team USA would rest at my home gym. Gold's Gym told me they are very honored to be chosen for the trophy's permanent home!

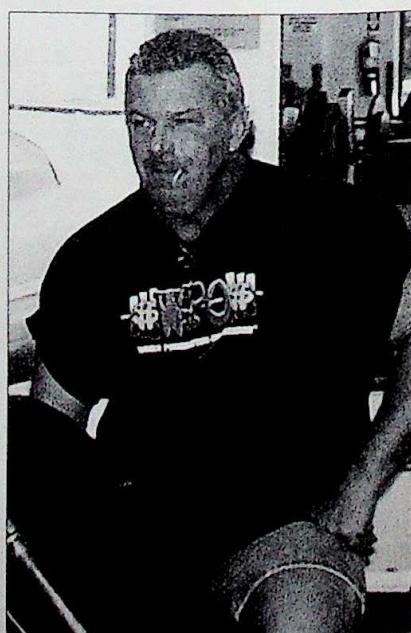
If you find yourself in Northeast Alabama and need to get a serious hard core training session in, come over to the Gadsden/Rainbow City area and visit. If you are serious about your training, the Dungeon inhabitants will welcome you to our house. Don't worry about special equipment; we have chains, bands, and board aplenty. NO EXCUSES...JUST LIFT IT! Thanks again to Stace for being bold enough to run a gym right!!!

Congrats to Stace for running a cool place to train – a real Hard-Core Gym in Alabama. I know there are tons of strong folks in Alabama, because I've been to some great Powerlifting meets in Gadsden! Are you interested in Alabama trivia? If so; do you know how University of Alabama football players get girls in their dorm rooms? (Answer: they just grease her hips and push real hard!) No offense to all you Alabama folks – we love ya!

This Saturday, I'll lift in a little BP meet (wish me well). Next month, we'll visit West Virginia and learn about real hillbillies. Maybe learn some more offensive jokes. Until then, load the bar and have fun!

Comments:  
[Rick@houseofpain.com](mailto:Rick@houseofpain.com)

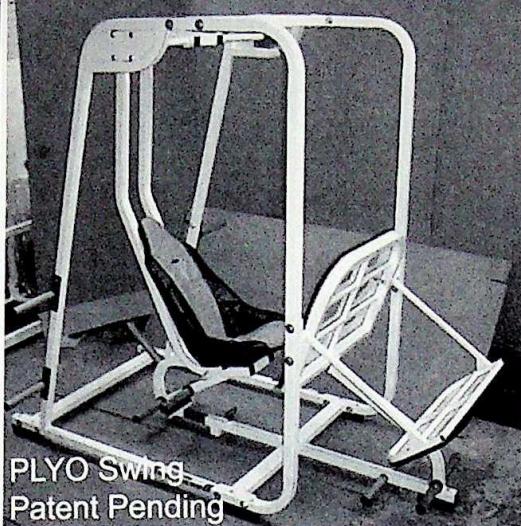
Note: no hillbillies were harmed in the making of this article.



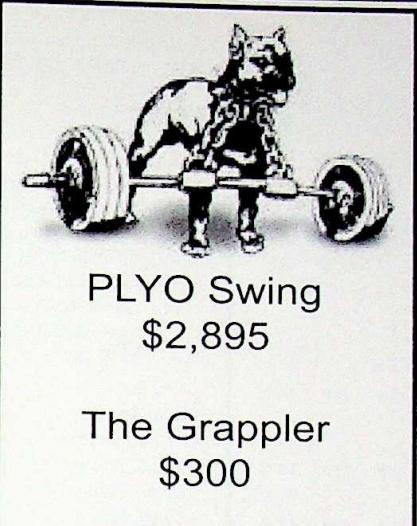
Buddy "Meanness" McKee at Gold's Gym

# LOUIE SIMMONS' PRESENTS

## "Often Imitated, But Never Duplicated"



PLYO Swing  
Patent Pending



PLYO Swing  
\$2,895

The Grappler  
\$300

Pro Roller Hyper  
Machine  
\$1,868

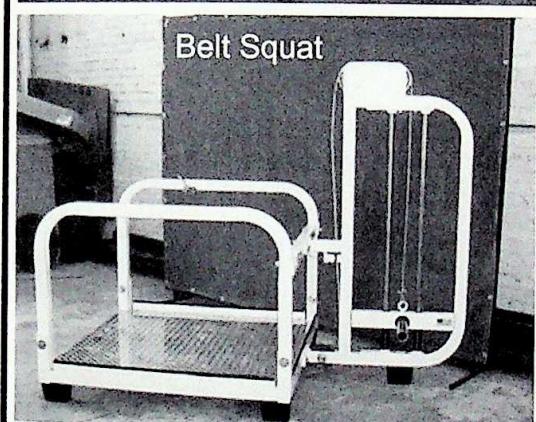
Freak Bar  
\$385

Safety Squatbar  
\$379

Tread Sled  
\$1,495

Belt Squat Machine  
\$2,800

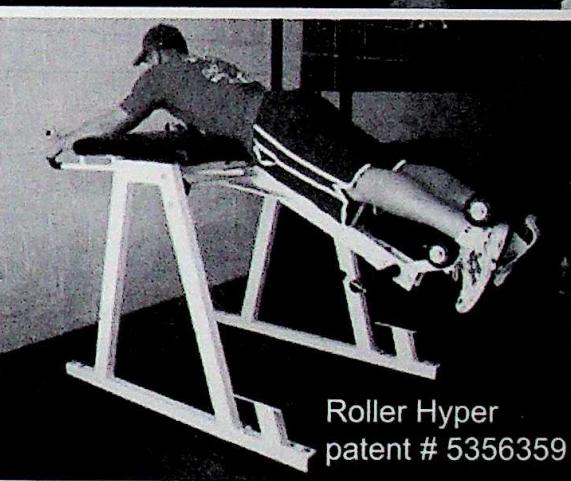
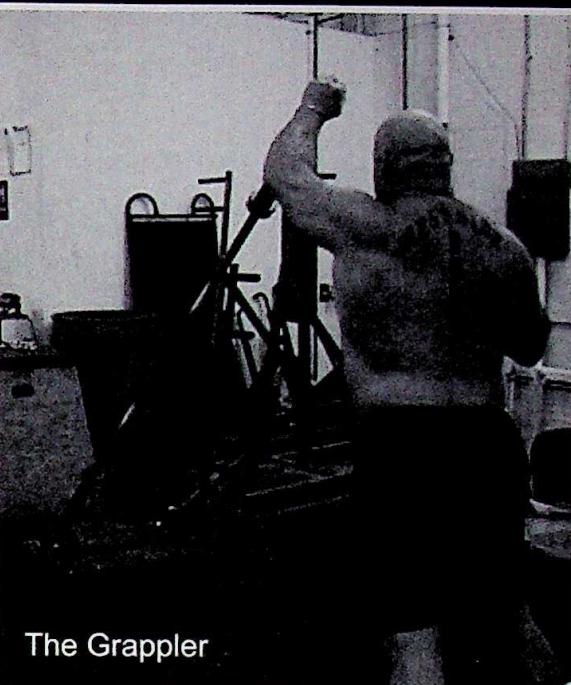
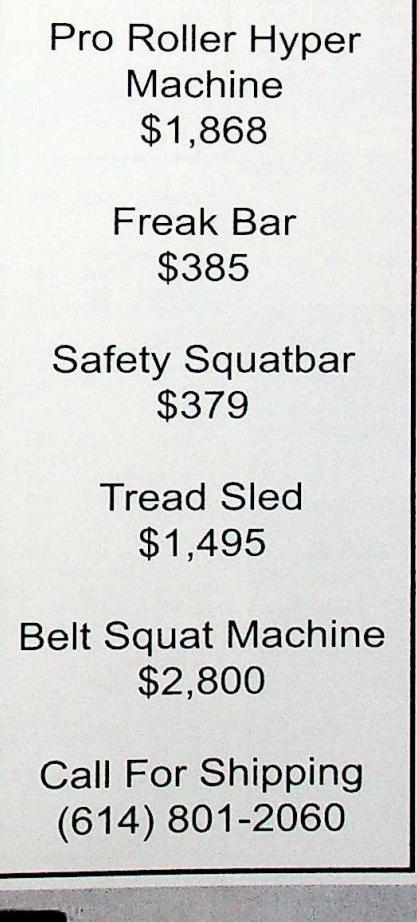
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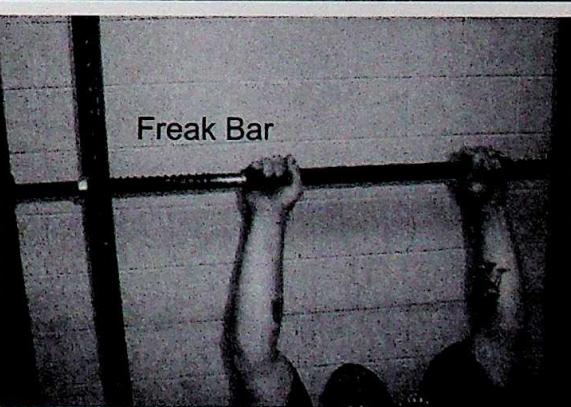
Tred Sled



Safety Squat Bar



Roller Hyper  
patent # 5356359



Freak Bar

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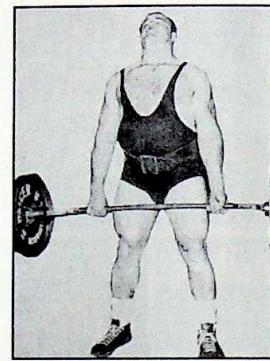
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**APF Iron Battle on Mississippi II**  
12 AUG 06 - Dubuque, IA

			MALE				
BENCH	Submaster	220 lbs.	Open				
APF	M. Grimm	363	T. Hubbard	562	716	1278	
FEMALE	T. Frank	551	Junior	424	523	948	
114 lbs.	Master I		T. Nelson				
Open	M. Hennessey	584	242 lbs.				
T. Putchio	203	Master II	Open				
UNL	R. Ryan	639	E. Czerwin	424	501	925	
Submaster	308 lbs.	R. Luyando	782	617	1399		
R. Nutter	352	Open	Submaster				
MALE	D. Welch	—	M. Dullum	374	451	826	
181 lbs.	Dan Gross	606	275 lbs.				
Open	J. Biewer		Open				
T. Runde	—	R. Goldstone	P. Arroyo	540	622	1162	
198 lbs.	SHW		J. Biewer	683	672	1355	
Open	APF	SQ	BP	DL	TOT		
A. Sanders	490	C. Kadrik	FEMALE				
Junior	A. Gassman	562	123 lbs.				
L. Lacy	—	DEADLIFT	Open				
Master I	APF	M. Anderson	226	137	270	633	
R. Hennigar	463	FEMALE	148 lbs.				
Master II	114 lbs.	Junior	A. Bryant	—	—	—	
J. Hussey	358	High School (13-15)	MALE				
220 lbs.	A. Quatrocchi	214	165 lbs.				
Open	165 lbs.		Open				
R. Jennings	363	Open	D. Valenza	595	518	479	1592
Open	N. Troy	286	T. Runde	804	—	—	—
S. Webb	551	MALE	T. Ramos	760	540	578	1879
Master I	181 lbs.		198 lbs.				
J. Berding	440	Open	J. Power	705	512	523	1741
242 lbs.	D. Brubaker	424	A. Siemore	606	440	529	1576
Open	220 lbs.		Submaster				
B. Carpenter	—	High School (18-19)	T. Quatrocchi	512	352	463	1328
R. Luyando	782	D. Garrels	M. Hibbing	540	303	429	1273
R. Briggs	733	Open	R. Hennigar	501	463	440	1405
J. Prazak	—	T. Hubbard	220 lbs.				
M. Magnum	573	242 lbs.	Open				
Master II	Master I		D. Hogan	551	363	485	1399
D. Murphy	474	M. DenBeste	Master II				
275 lbs.	275 lbs.						
Open							
C. Truitt	501	R. Simnick					
C. Hudson	611	650					
Ironman	BP	DL	TOT				
APF							
FEMALE							
148 lbs.							
Junior							
A. Bryant	159	303	463				

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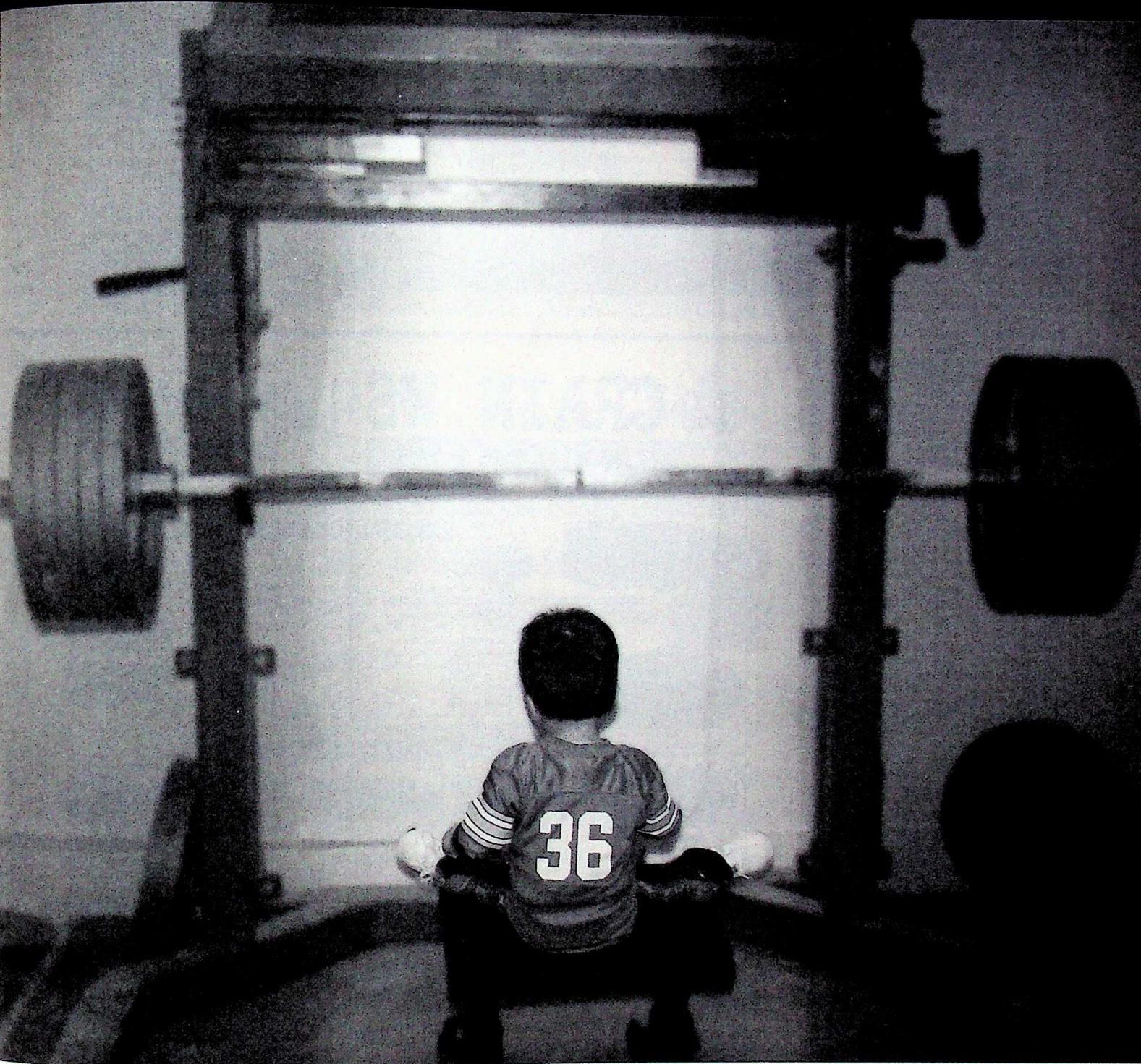


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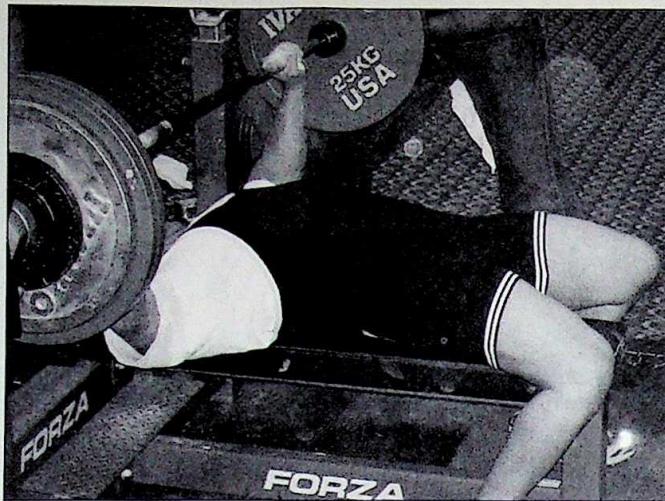
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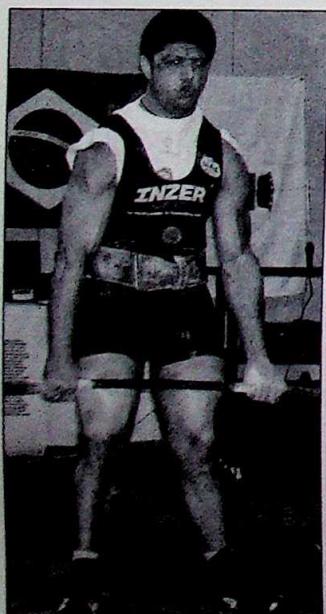
(continued from page 19)

Mike Vernon lifted well and was looking forward to meeting and getting some tips from Jeff Diegan at worlds. Jeff is the best 242 lb. raw lifter in the WNPF but he did not attend this year's championships. Big Dave Cooper won the lifetime 242 class with a 1700+ total and Jeff Fambrough won the junior raw division and made all of his squats look so easy. Jason Wood from Arizona is built like a tank with huge thighs and calves. I told him before the meet to go for the big 800 pound squat and don't worry my spotters will be there for him. He hit an easy 733 then an easy 771 and then 804 was next. He came out ready and walked up to the bar and set up, went down and was on his way up and he dropped his head and the lift was over. He knew what he did after and was upset with himself. Jason will squat 800+ in the very near future in the WNPF. Jason will also be the new WNPF Arizona state chairman and put on a meet or two in 2007. Ostrom from Michigan and Brad Lovejoy won their classes in the 275 master's divisions. Rich Lukian totaled over 1650 in the masters 300 class. Big Matt Wanat all 6'6", 300+ pounds defeated Jmukhadze from the Republic of Georgia. In the SHW raw division and Martin "Eclipse" Nelson took home his first WNPF title and he improved so much from the Pan-Am Championships in Orlando in May, now onto the World Bench Press Championships. Bonnie Benner won the 123 open and masters divisions and also took home the best lifter award with a 165 lb. bench press. Bonnie is just coming back after a 10 month layoff due to her son battling cancer in the hospital. Last year she benched 190 raw and now she's up to 165 pounds with a shirt on. I think she is a better raw lifter than shirted lifter. Jill Daivish, Adrienne Fink and Tompkins from Indiana won their first world titles in the WNPF. Tim McDowell won the 123 junior division, Josh Melton in his second meet won his class. Steve Smith, not the Carolina Panther wide receiver but the famous Steve Smith won the 13270-74 class with a 165 pound bench. Smith Sam from Delaware came back in 2006 after a 4-5 year layoff won both the open and submasters division with a 270 lb. world record bench. Wayne Claypatch set a new record and won his class in the 148 lb. division and Tom Duff won the 55-59 division. Cody Bartlett defeated John Ferris in the 65-69 148 class with a 237 lb. bench. In the 165 lifetime division we had a battle going on with Ralph Lara, Joe Rosato and Beau Greer. We were hoping Jason Burns would have made it but he had some personal problems and couldn't attend. Jason the WNPF will be waiting for you when you return. Ralph took home the gold with a 369 bench. Joe Rosato and former WNPF world champ Beau Greer tied at 347 with Joe winning on bodyweight. Chuck Venturedella defeated Carlos Artur from Brazil in the open 165 class. Bill Ross won the 181 lifetime and subs divisions with a 457 bench. Allan Passman won the



Ralph Lara: Best Raw Lifter, benching 369 in the 165 pound class.

masters raw division and first timer Chris Johnson from Canada won the masters equipped division. Stan Freed and Chris Livolsi won their classes and they both set new world records. McDowell won the juniors and Mike McCoy won the lifetime division and best lifter. Mike took a few years off and came back in July to qualify for worlds. Mike Bachmayer won the masters and police divisions with a 374 bench. Leo Ryan came to bench over 500 pounds and he had trouble setting up and just couldn't get it together. Then on his last attempt with 468 he adjusted the rack for him and he rammed up 468 so easy. Leo will be back in 2007 and he will bench 500+ in the 198's. Troy Lehrer won both the open and lifetime divisions with a 512 bench. He went up to 556 and missed it but he came very close to getting it. Phil Darbouze set a world record in the masters as well as N.J. state chairman Glen Haley. Glen needs some time off, he did so many meets this year and it showed. He still locked out 435 pounds in the bench for a new world record. Lhota, Glenney, Mitchell and Davisall won their classes in the master's divisions. Jake Haybeida from PA. hit a 380 new world record in the teen division. I heard this was his last WNPF meet, good luck Jake wherever you decide to lift. Kelly Fasnacht won his first title with a 441 bench. Nick Maltezos



Evandro Casagrande: pulled 722

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**Jason Wood:** squatted 771 @ 275

one of the old WNPF veterans won two classes in the bench. Bill Bidinotto made one attempt to stay in the meet in the over 60 class. Bryan Hoffman from Indiana started out in the high 400's and missed all three attempts. He locked out his left arm but couldn't lock out his right arm due to an injury. I spoke with him after and just told him not to lock out either arm so both arms can come up evenly and this would look a lot better than his lopsided lockout. We have two lifters, Larry Davis and Pete Catina that can't lock out either arm and

we just told them to go as high as possible with their lockouts and we will count their lifts. Hopefully Brian will come back in 07 and get a lift in and become a champion. The oldest competitor in the meet Ray Romero hit 209 at 77 yrs. of age. Ray is an ex-Philadelphia Eagle football player. In the 300's and Supers we had several lifters that were attempting big, big lifts. Buddy Cawley hit 518 in the raw division and 677 in the unlimited division; Buddy won both best lifter awards in the raw and equipped divisions. Jeff Pesek tried an all time high 804 lb. bench but missed it twice, he stated that he just didn't have it today. He promised me that in 2007 at worlds he will hit 804 or more. Andy Shaffer from PA benched 600 raw at the PA states and was hoping to set an all time high raw bench at the world championships. He tried 611 three times and could not lock out the weight at the top. Now onto the World Deadlift Championships, Adam Debonis was so happy to beat his first world championship and he showed out with a 407 lb. deadlift and world record. Carlos Artur from Brazil made a 584 deadlift raw in the 165 class and won best lifter. Bob Legg set a world record in the police division and John Badurek won both the open and submasters divisions. Darren Nemow could compete in two sports powerlifting and bodybuilding, this guy is put together. He deadlifted 622 lbs. in the 181 lifetime open division. Dick Jenkins and Don Levesque both 70+ years of age battled with Dick coming out ahead with a 441 deadlift. Dick would like to be the first 70+ yr. old to deadlift 500 pounds in the WNPF. Speaking of old lifters, Tee "Skinny Man" Meyers couldn't wait to hit the platform. He just turned 50 yrs. old and he wanted to hit an all time high for a 50 yr. old in the 198 class and guess what he did it. He hit a 733 deadlift and made history becoming the all time highest deadlifter in the 198's in the 50-59 age group. This was the most weight lifted ever in powerlifting history in this class. Tee said to look it up if you don't believe him. I must mentioned because one person said that Tee is a deadlifter judging the bench press and his press signal was too long on Friday. Tee was also a full meet lifter years ago and he sustained an injury and he has trouble doing full meets now. He has totaled over 1,800 in the 198 class so he is more than qualified to judge any lift. He did not give a quick press signal on Friday because the bar was still moving on some of the lifters chest and he waited until the bar stopped to give the signal. I'll tell you many of you missed a show on Saturday with flight three of the deadlifts. These guys showed out! Meyers with 733, Sadiv with 650, Casagrande with 722, Chet Slaybaugh with 650,



**Jennifer Slagus:** pulled 303 pounds in the 11-12 year, 165s.

Lopez with 622 and Nemow with 622. Charles Slaybaugh lifted 633 in the 242's and Charles said he is the good looking twin brother to you. Mike Spahr set another world record and Teddy Finland hit a 606 and is good formore but he injured himself on one of his attempts. Big Dean Nichols hit 683 and hurt his back in an attempt to hit over 700 pounds. Dean and Tee went at it in Atlanta in July, they both hit of 730 and went back in forth talking junk until Dean lifted more than Tee and became the crowd favorite. Tee has a knack for getting lifters to push themselves to the end. He will get in their face and talk so much mess that these guys will push themselves past their limits and then they realize that Tee is a great guy once they get to know him and not the loud mouth that people think he is. Onto the Powercurl Worlds Javakhishvili from the Republic of Georgia curled 136 pounds in the 132 class. Ralph Lara curled 174 pounds in the 165 class and set another world record. Mark Wilhelm set another world record and took home another best lifter award. Andy Skinner from Canada came up to me before the meet and was just hoping to place to receive one of the smaller Atlas awards. I told him that you never know what will happen you may place first and guess what he did? He placed first in both the open and masters divisions. There was a three way tie in the 198's with Skinner placing first, Bettini placing second, and McDowell placing third. Doc Hashaniyo started too high and did not make a lift in the curl and he was the favorite to win. Mike Slagush hit a 180 and then a WR 185 in the masters 40-49 division. We had four guys curl over 200 pounds, Ellinger 215, Monroe 240, Ocampo 231 and Jmkhadze 226. Onto the World Squat Championships, Carlos Artur from Brazil hit a 507 raw squat in the 165's. Mike McNinch set a new WR at 512 in the 198's raw. Mike Kenney hit 573 in the 220 class for a new WR. Nick Maltezos set records in both the open and lifetime divisions with a 600 raw squat. Jim Edgerton hit a 496 raw squat in the 242 masters class and Jason Wood hit 771 in the 275 class. Onto the World Ironman/Ironman Championships. Former top USAPL women's lifter Jackie Manzo lifted in the 123 class and set records in both the bench and deadlift. Stephanie Rivers did an outstanding job for only her second meet. Crawford and Askins both lifted well in the ironman division. Eric Winter bombed out in the squat but he came on strong in the bench and deadlift to win his class and the best lifter award in the ironman. Crawford and Corliss our two special Olympian lifters lifted well and both of these gentlemen set new world records also. I want to thank everyone that supported the WNPF Worlds this year. We appreciate you! We are in the business to put on quality meets and to make sure you have fun, although we didn't accomplish that with everyone we hope to do so in the near future. Before you listen to people bashing us and talking about us please come and check us out and then judge us for yourself. Again we're not perfect and never claim to be and no lifter or federation is either so please be smart and say to yourself there must be another side to this. We're going to try our best to improve on our mistakes and make things better for all of us. Everyone enjoy your holidays, put your family first and stay healthy and we hope to see you next year. Also thanks to Powerlifting USA and Mike Lambert for supporting us. (Thanks to Troy Ford for these meet results)

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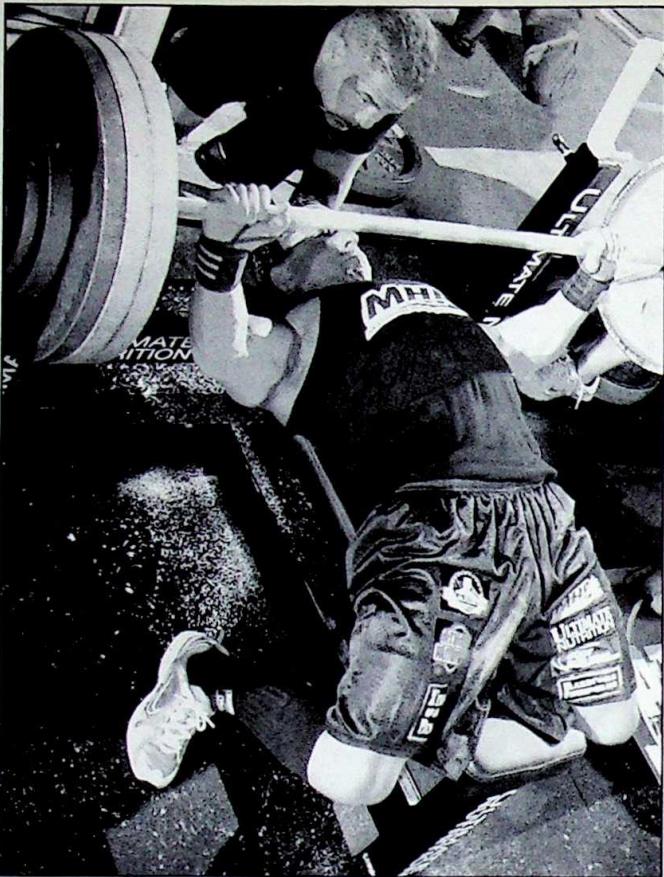
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Held at the Mr. Olympia Expo. No bench shirts allowed, only wrist wraps and powerlifting belts. Power Benching Climbs Mount Olympus! By Sean Zilla Katterle of www.HardcorePowerlifting.com. As I'm sure many computer literate iron hoisters know, the internet is a great opportunity to get a bird's eye view of the sport and to anonymously interact with people, debating, applauding and criticizing what you see and read online. Most big time promoters and many die hard fans have their own site now and you can check out contest results and spend hours flipping thru video clips and photo galleries of the lifting almost the week after it unfolded on the platform. Normally, what I read and watch gets to me on a minor level from time to time but in the Spring of this year, the results and claims of the current crop of contenders really started to leave me unsettled. With the latest generation of super shirts and suits/briefs combos it seemed that a 400 pound bench was nothing and that the 700 pound barrier was something that the junior heavyweights were expected to try and break. Many seemed to accept that the majority of powerlifters were now "squatting" 200-400 pounds more than they could deadlift (which doesn't have the ring of truth when looking at body mechanics.) The usual suspects would roll out to proclaim "he didn't break parallel!" or "he's a belly bencher!" or whatever no-so-clever-anymore jab they chose to take and then everyone would yawn and move on to the next news note. It used to be that the world cared who was the strongest amongst them (the strongest being the person who lifted the most weight.) Then, as the gear got more extreme, it was the powerlifting community that held itself together with self interest and people felt like it was a cult sport that was only appreciated by its members. Now, even the powerlifting community doesn't seem to care much,



Detective Joe Mazza tied Joe Luther in the Lightweights with 420.

unless it's a friend or family member doing the lifting, when a record gets broken (on paper) or a championship gets one. Everything I've written so far has been said before and in various ways and levels of seriousness. So why the rewrite? Because this year became the year for retro powerlifting and a move was finally made on a world stage. The Olympia competition was created by Joe Weider when he

realized that the sport needed an ultimate championship to determine who really was king of the mountain that year in bodybuilding. The Mr. America and Mr. Universe contests were both in existence but the same person didn't always win them both and in the 1960s Larry Scott had and Weider needed a new competition for Scott to again rise above his challengers and make cover worthy news. Weider had

the foresight to recognize that the sport of bodybuilding would never reach its potential without an opportunity for athletes to compete and make a living doing so. The builders who have won the Olympia, more than once, over the years are the names that everyone in the iron game knows about; Larry "The Legend" Scott, Sergio "The Myth" Oliva, Arnold "The Oak" Schwarzenegger, Franco Columbu, Frank "The Chemist" Zane, Lee "Totaled Awesome" Haney (Reporter's Note: by this time, the mid-80s, the total prize money had already reached \$100,000 dollars!), Dorian "The Shadow" Yates and Ronnie "The Unbelievable" Coleman. This year, the Mr. Olympia awarded the Men's Division over \$500,000 in total prize money! Over half a million dollars on the line and up for grabs by the best of the best after just forty one years of promoting. And where was powerlifting after it's forty plus years of promotion? The pinnacle of the sport would make enough to cover their travel, gym fees and nutritional supplements for the year if they were lucky. A few had videos out that might bring them a few hundred per month in royalties. Most had to make their living working outside the sport or as personal trainers and sports coaches (and some are in the pharmaceuticals import and distribution business.) Not one person in the world (unless there's still an Eastern European nation out there who fully sponsors their non-Olympic lifters!) can make a living being a powerlifter full time. Why such a difference between the two gym sports? An aficionado could speculate about that in writing for pages but to summarize from my point of view, Bodybuilding was as raw as you could get in the sense that it's a man standing out on stage, with nothing but his privates covered, flexing for all he's worth and showing what he'd built and chiseled after months of heavy training and highly disciplined dieting. There was no smoke and mirrors. Aside from some professional stage lighting and tanning methods there was no way to artificially inflate your physique and bodybuilding accomplishment. The sheet was pulled off the statue and your human sculpture was on display in front of thousands of screaming fans, dozens of snapping cameras and for the television audience to judge and marvel at home. If you won the Olympia, you won the world championship! And what of powerlifting? How many layers was his gear? Did he really break parallel? Who

## PL USA BACK ISSUES

Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s

Sep/93... ADFPA Men's Nats., NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s

Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s

Dec/93 ... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. 2, Nick Theodorou Interview, Louie on Reverse Hypers, TOP 100 148s.

Jan/94... IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.

Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg War BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s

Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tarnara Grimwood, TOP 100 198, ADFPA TOP 20 123s

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP

100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPB Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s

Jun/94... NASA Natural Nats., WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points, TOP 100 275s, ADFPA TOP 165s

Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s

Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

Sep/94... ADFPA Men's, USPF Men/Women's Sis., Relieve Pain With Aloe, Box Squats, Phytochemicals, TOP 100 123s, ADFPA TOP 20 220s.

Nov/94... WDFPF Worlds, Goodwill Games, Is PL a Mockery of Strength?, Craig Tokarski Interview, Isometrics, TOP 100 148s, ADFPA TOP 20 275s.

Dec/94... Jon Cole, Asian Championships, Conjugate Training, USPF BP Nationals, Euro Jrs/Women's, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Peaking Routine, TOP 100 181s

Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood BP Routine, TOP 100 220s

Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm, L.M.W. Compounds, TOP 100 242s.

Jun/95... Antonio Krastev, USPF Collegiates/Bench Nats., Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

Jul/95... IPF Women's Worlds, Nick Lavalita Deadlift Workout, Pec Tear Nightmare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights

Sep/95... Triple SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessore Interview, Women & the Success Syndrome, TOP 100 132s

Oct/95... Jamie Harris Interview, Successful Deadlift Strategies, Elite Level Supplements, AAU Jr. Olympics, New Training Devices, TOP 100 148s.

Dec/95... Walter Thomas Interview, IPF World Bench Press, Trainers of Tomorrow, Leo Stern Profile, 6 Week Peaking Routine, TOP 100 181s

Jan/96... IPF/WPC/WDFPF Worlds,

Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

Mar/96... TOP 20 Women/Masters/Teen Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Jul/96... AAU Men's, USPF Jr's., DHEA, '65 vs. '95 Top Ten, "Chain Reactis" by Louie S., Rob Wagner, TOP 100 114s

Aug/96... ADFPA Men's, APF Sr. Nats., "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.

Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s

Nov/96... APF Can-Am, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s

Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Nats., Formula for Success, Making Weight, USPF Biography, TOP 100 220s

Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.

May/97... Dream Team Pt. 1, Kick Start Your Squat, Ken Ufford 800 lb. Deadlift Workout, Pyruvate, the Art of Winning, Deadlift Primer, TOP 100 275s.

Jun/97... J.M. Blakley, Dream Team Pt.



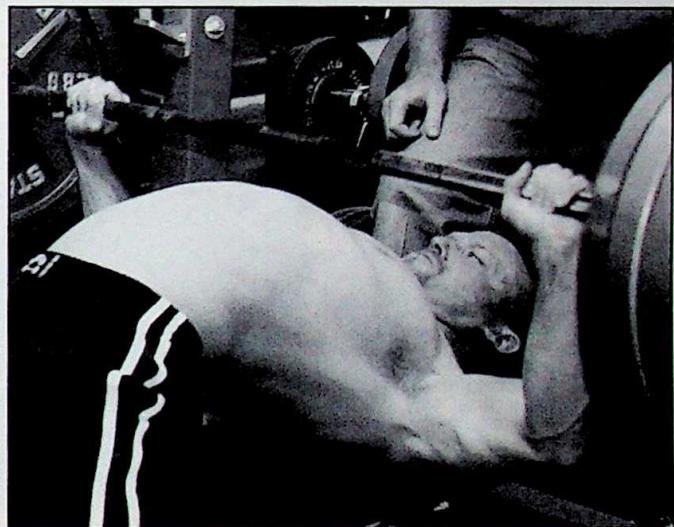
*Guest Card Girl Becca Swanson with Jason McElroy of Gearman*

were the officials? Was their shaky camcorder footage of the lift? Who conducted the drug testing? Was he using a new age super shirt? What federation was the lift done in? Did he really lock it out? And on and on to the point that there's over 20 federations in the USA alone all claiming national champions, national record holders and or world champions and record holders. No one really buys into any of it and most people can't make out what to be amazed or annoyed at when they read today's headlines. So, how to get back on track? How to get back to really finding out who the strongest really is? How to again find our true Samsons, Hercules, Thors and Atlases? The answer? Tear down the curtains! Knock down the smoke machines and mirrors, strip off the layers of armor and again do battle where it's man vs. iron! For months I did my research, calling lifters and promoters, posting up questions on the forums, talking to the federation officials and expo organizers and asking the general gym public what they all thought should be the outline for this ultimate bench challenge. It quickly became apparent to me that the production costs were going to be high and that organizing the event and keeping the audience entertained and in attendance was going to be a challenge worthy of a first rate team of

promoters (thankfully I was able to enlist such a group to guide me along the journey.) The drafting board finally read as such; 3 Weight Divisions, No Bench Shirts, 24 Hour Weigh Ins, Quality Platform Set Up, World Stage, Very Limited Roster, Realistic, Action Oriented Judging Standards and A Full On Rock N Roll Stage Presence! And who would the iron gladiators be? It wasn't much of a surprise when the shirt technicians shied away from the opportunity and the lifters who generally avoided a true open class wanted nothing to do with the event as well. We were taking away every safety net that they had and their claims to fame were in jeopardy. Who answered the call was some of the sport's current champs that most recognized as truly being, or on their way to being, greats in the iron game. With our support base in place, the Olympia stage made available for our battle and the prize money secured were ready to head to Las Vegas to make history and move the sport one step closer to the professional status it so very much deserves. Friday afternoon, September 29th, on the main expo stage of the Las Vegas Convention Center the platform crew hustled back and forth getting everything in place, the benchers labored in their warm up lifts and the crowd started to gather to see the best of the best battle it out for the press and the internet audiences watching on pay-per-view. In the lightweights it was down to a two man show. When the shirts are taken away only a few men in the world, under 165 pounds, can bench the required 400+ required max bench. It was to be an east coast vs. west coast match up and both contenders were very eager to see how the cards fell when it was simply muscle against muscle. Joe "The Benching Machine" Luther would be the first to open with a conservative 385 pounds. Luther, sponsored by GearMan Nutrition and O.L. Luther Company, hailed from the west coast's Outlook, Washington, a spot off the highway halfway between Spokane and Portland. At 5'7 and a ripped 165 pounds Luther looked all business with sculpted abs, corded arms and a 20° wrestler's neck sprouting from his tank top. The lift went up with authority and the contest was underway! Answering was New Jersey's Joe "The Bench Bustin Detective" Mazza. Mazza, representing MHP, Inzer Advance Designs and Nazareth Barbell broke into the 400 club with an easy 400 opener. Both of these guys were seasoned pros, with both of them having competed at

BenchAmerica and the WPO Arnold Classic not to mention dominating the amateur federations whose ladders they climbed to get to the pros. In round two Luther took the lead with a 405 only to be passed up by Mazza's 420. For the third, Luther went for the tie with a 420 which he got but which definitely tested his metal that day. Mazza again tried to pass with a 435 which he couldn't get locked out but which he unsuccessfully tried again, for a WPO Raw Record on his fourth. The Kings of the Bench would start out with two 165 & Under Lightweight Division Champions and now it was known that a challenger better be able to bench well over 400 pounds before stepping up to war with these two belt holders. When Jeremy Hoornstra signed up to compete in the middleweights, the phone stopped ringing. At the NERB, Hoornstra broke MacDonald's long standing raw bench record by benching a miraculous 605 pounds at 242 pounds body weight. Who would go against this Titan? The only taker I found was Matt Kroczaleski, the current Arnold Classic WPO Middleweight Powerlifting Champion. Kroczaleski was a force to be reckoned with in the 3 lift but he didn't mind facing the against

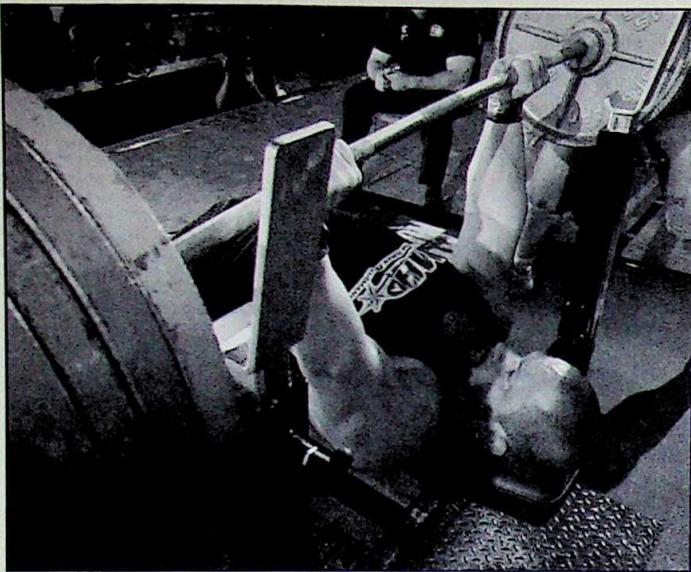
him odds by squaring off with Hoornstra even if meant almost certain 2nd place fate. Days out from the show I decided that I needed one more middleweight bencher so that there would be "competition" in that division (Hoornstra, at this point, competes against himself for records) so I asked my stage co-manager, Levi Van Dyke to change hate and bench rather than spotter/load. Van Dyke had been dieting down from his latest mass phase (he's an APF Senior Nationals bench champ) and he hadn't lifted heavy in weeks but for the sake of adding some drama to the contest he agreed and started force feeding himself and working with 400+ pound weights on the bench to get his nervous system prepared. Levi was the 1st of the middleweights to open up and he chose what should have been a safe opener of 450 pounds (which he's benched in the gym around the peak of each training cycle.) But Van Dyke had flown in that morning and, having a severe phobia of air travel, he was still under the effects of the anti-anxiety medication he'd taken to deal with the trip. The mix of pre-flight relaxants and pre-contest stimulants had him getting sick back stage and he looked like he was ready



*Warming Up - Joe Luther - Lightwt. Champ. (Josaitis/Winsorphotos)*

- 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP 100
- Jul/97...** Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPPF Europeans, The Warmup Room, TOP 100 114s.
- Aug/97...** Power of Color, How to BP 500 Easy by Louie S., ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
- Sep/97...** USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotates, Progressive Overload, TOP 100 132s.
- Oct/97...** Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
- Nov/97...** U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
- Dec/97...** Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
- Jan/98...** IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
- Mar/98...** Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st
- Worlds, Brad Gillingham backstage
- Apr/98...** Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
- Jun/98...** Mark Henry, Ernie Milian, Olympic Cycle, Louie on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
- Jul/98...** Kirk Karwoski, Angelo Berardinelli, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
- Aug/98...** USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
- Sep/98...** APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
- Oct/98...** A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
- Dec/98...** IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
- Feb/99...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
- Apr/99...** The ED COAN Book, Why

- Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
- May/99...** LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
- Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs.
- Aug/99...** the Rubber Band Man, the "MuscleTown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
- Sep/99...** USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
- Oct/99...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
- Nov/99...** Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
- Dec/99...** IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
- Jan/00...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons,
- Feb/00...** WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s
- Mar/00...** USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons
- Apr/00...** Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
- May/00...** Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
- Jun/00...** Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
- Jul/00...** WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
- Aug/00...** USAPL Men's, APF SRs. Pt. 1, AAPF/APF Natls., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
- Sep/00...** USPF SRs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie, Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
- Oct/00...** Positive Illusions, Tako not



**Jeremy Hoornstra** breaks the all time record with a 615 @ 240 bwt.

to fight but fighting with a rippin hangover handicapping him. The 450 didn't pop off his chest the way it normally would have and he posted the first red lighted bench of the day. Kroczaleski, representing Elite Fitness Systems and APT Pro Wrist Straps, was nursing a muscle tear and so he picked a opener that he felt didn't put himself at too great a risk. He blew up 475 pounds and was on the board. Jeremy Hoornstra, a fire fighter and college senior from Tallahassee, Florida wanted to show the world that he wasn't fooling around and he opened with a weight that only two men in history (himself included) had been capable of benching. He blasted up 600 pounds with fury and it became apparent to everyone watching that it was Hoornstra against the record books that day. Van Dyke got his head in the game for round two by throwing up a bunch of times in a trash can and then

chugging a Gatorade and he nailed the 450 on his second run at it. Kroczaleski changed his benching style (probably in an effort to protect himself) and the unfamiliar technique caused him to miss with 505.



**Levi "The Magical Liger" Van Dyke** with 450.

Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

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

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

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

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

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

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

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

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

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

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

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

**Oct/01** ... World Games, TomManno, Jamie Harris Interview, John Corcello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.

**Nov/01** ... Nance Avigliano, USAPL BP

Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s

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

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

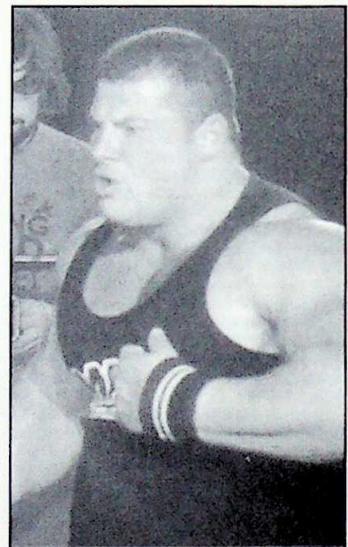
**Feb/002** ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s

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

Hoornstra moved forward to rewrite the record books by destroying 615 pounds in old school, medium grip, power benching style reminiscent of Bill Kazmaier. In round 3, Van Dyke would miss with 475, Kroczaleski would revert to his practiced method and get the 505 and Hoornstra would finally miss an attempt with an insane 635 (which he tried for a 4th as well but only got halfway again.) Lumbering out to represent the heavyweights was two of this century's legend killers. "Benchpress Brian" Siders had burned a path through the USPF, USAPL and IPF leaving dead records and wiped out legacies in his wake. Under the strictest of conditions (that still allow the artificial boosting of powerlifting gear) he'd put up 2500+ pound totals and with his deadlift getting into the mid 800s he really didn't have any more chinks in his armor. On top of that Siders was already adapting to compete in pro strongman by way of two impressive outings at the Arnold Classic. Nick "Hoosier Daddy" Winters had two of the best gyms in the country in his training corner; Ed Coan and Quad's Gyms and Louie Simmons and Westside Barbell and it showed as he was as thick as he was wide from the many hours he'd spent working with these two legendary task masters. Both gargantuans picked the same opening attempt so Siders, being a good sport, started out with the 600 pounds and he pressed it easily to completion. Winters responded by doing the same, putting himself in second place based on body weight. Again, both lifters picked the same attempt with 625 (hoping

to win off the other's miss!) and this time Siders got red lighted for poor form and Winters hopped into the lead with a bar bending mastery of the load. Being a seasoned pro, Siders went for the win by returning to get the 625 on his third attempt and that left it all up to Winters to get his needed 3rd attempt for the W. Nick had admitted that possible over training and previous competitions had left him not feeling 100% but all the same he went for his current PR by upping the weight to 650. He got that with certainty at the NERB but today was not to be his day and Siders would earn the heavyweight crown for this inaugural event. Immediately following the Max Bench contest we moved into a Set Weight Rep Off

which the crowd loved as it was something that a bodybuilding audience could really relate to. The 165 Pound Division reped out with 225 pounds and Luther rocked it for 30 reps followed by Mazza who scored 29 reps. After 20 some reps Mazza had to stop his momentum when the platform crew had to fix the lock on the plates so Luther, being a warrior of honor, took the win that was rightfully his but split the winner take all, reps contest prize money with Mazza 50/50. The Middleweights went at it with 315 pounds and Hoornstra went wild hitting 27 reps followed by Van Dyke (who I give a lot of credit to for continuing with the match as he was very ill and feeling more like returning to his hotel room to sleep it off than benching) with 17 reps. Kroczaleski wisely sat the reps show out as he was now focused on recovering and competing with a chance for the max bench win in 2007. In the heavyweights, runner-up Nick Winters jack hammered 405 pounds for 14 reps and so Siders (this time, rightfully asking to go second) set his mind to passing that mark which he did with 16 reps of his own. None of this would have



**Kroczaleski** showed some heart.

"Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.

**Mar/03** ... Brad Gillingham Comeback, Men's 300 kg & Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists

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

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

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

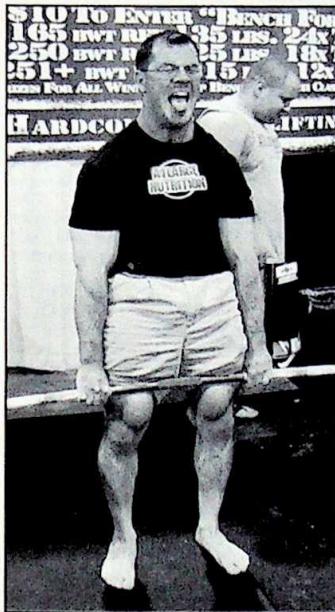
**SEP/03** ... USAPL Men's Nats, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s

**Oct/03** ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back, TOP 100 132s.

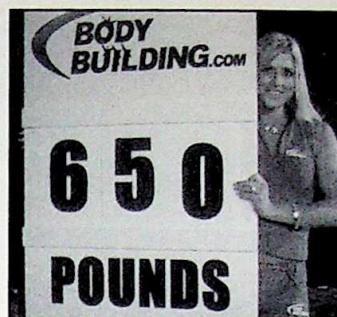
**Dec/03** ... WPO Finals, Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s

**Jan/04** ... IPF Worlds, WPC Worlds, IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader, TOP 165s

been possible without the steadfast support of the sponsors, magazines and co-promoters that backed this event. These companies believe in old school, hardcore, real deal powerlifting and I hope that you take the time to check them out so that they benefit from their sponsorship and so the Kings of the Bench grows in popularity and prize money at the Olympia Expo just like the Men's Bodybuilding does at the Olympia Theater. Imagine a bench contest with \$100,000 in prize money! Imagine reporters from all the major muscle magazines coming to cover the competition. Imagine being famous in gyms all over the world for your benchpressing! This can happen if the iron community supports it and I'll do everything that I can to make sure that it does happen. So please visit these website and if you see products that interest you, try them out and thank these companies for



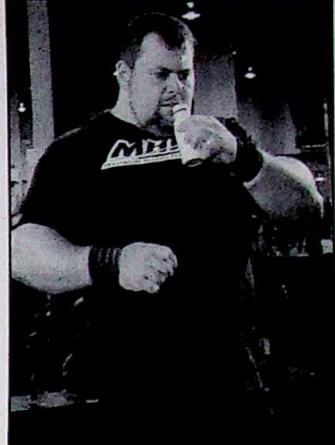
**Chris Mason** of At Large Nutrition plays with 600 in the promo booth



**Fawnia Mondey** - official card girl

sponsoring the 1st annual Kings of the Bench! Thanks to BOSS (www.BOSSTOnline.net), At Large Nutrition (www.AtLargeNutrition.com), MHP (www.maxperformance.com), GearMan Nutrition (www.GearManNutrition.com), Ultimate Nutrition (www.UltimateNutrition.com), Bodybuilding.com (www.Bodybuilding.com), Power Block (www.PowerBlock.com) for putting up a total amount of over \$16,000 in sponsorship funds and prizes and to BSN (www.BSNOnline.net) for coming on board at the trade show by adding an additional \$2,100 worth of product gift certificates! Thanks also to BodyTalk Magazine (call 1.800.666.8870 for a free issue), IRONMAN Magazine (www.IronManMagazine.com), Southern Muscle Plus (www.SouthernMusclePlus.com) and to Powerlifting USA for the media support that this contest so greatly needs. And on a final thank you note for this contest, I wanted to admit that I knew that I was diving into deep waters when I undertook this project on a "from the starting gate" rush schedule. Since this was the 1st time the Olympia Expo had ever hosted an official, sanctioned, bench press contest, the negotiations and talks went on for weeks and when the papers had finally

been signed we only had 90 days to get the project off the ground and professionally dialed in. Believe me when I say that it wouldn't have happened if not for the help of my friends! So, thanks to my Hardcore Powerlifting crew members Leon Josaitis (co-owner and photographer), Tyler "The Fu" Fouche (camera man) and Josh Winsor (photographer) and to our officials Mark Swank (owner, Sin City Barbell of Las Vegas), Greg Jurkowski (owner, GearMan Nutrition) and Chris Mason (owner, At Large Nutrition). My gratitude also goes out to Kenny "86'D" Dinolfo (stage manager) and Collin "Pooh Bear" Rhodes (spotter/loader) and to Becca "The Iron Maiden" Swanson (Guest Card Girl) and Mike "Mule" Miller (Security Manager), Fawnia Mondey and the other Bodybuilding.com Official Kings of the Bench card girls and to Sarah "DJ Lucifina" White (DJ) and to all the people who jumped in to help and whose names I'm forgetting to mention. And it's important to note that this show would have been less than amazing if not for the marketing support of Christa Patterson of AIM Marketing, Robin Chang and Craig Arthur of Weider Publishing, Jim Rainey of BOSS, Armand D'Andrea of Northern Insurance, Ltd, Kevin Silva of Image Imprint, Fast Signs in NW Portland, Craig Renard of Litigation Document Group and to Kieran



**Brian Siders** hits the ammonia before a packed Olympia crowd.

Kidder (Founder, World Powerlifting Organization), Joe Mukite (Founder, BenchAmerica) and Bruce Derosier (Founder, New England Record Breakers) for honestly and openly spending hours on the phone with me, discussing their hits and misses in the pro promotion game and what they would have done differently. I could not have pulled this off without your help and I wanted to tell the world how excited I am to finally see real deal, old school, hardcore powerlifting regain its place on an international stage. The Kings of the Bench II will take place at the 2007 Olympia Expo and we'll work to arrange for a qualifier or two in 2007 for benchers who think they've got what it takes to make it with their will and power. Stay Strong. (results provided by Sean Katterle, Co-Owner of Hardcore Powerlifting)



**Nick Winters** inclined 535 at Gold's Gym, Las Vegas

**Feb/04** ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs, TOP 100 198s

**Mar/04** ... USAPL Women's Nats., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s

**Apr/04** ... Frank Goes 2706/28051, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s

**Jun/04** ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.

**Jul/04** ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s

**Aug/04** ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Time SQ/TOT, TOP 100 SHWs

**Sep/04** ... IPA Worlds, Mountaineer Cup, Becca Swanson, Shrugs for a Big BP, Advanced System for Beginners by Louie Simmons, TOP 100 114s

**Oct/04** ... WPO Finals, Recuperative Modalities, Optimal Eccentrics by Louie S., Shrugs, Never Quit!, Cognitive Control, All Time Squats, TOP 123s

**Nov/04** ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker

Squat Workout, TOP 100 132s. **Dec/04** ... Rychlak BPs 1005, IPF Worlds, Siders Interview, Louie on DL Training, Women's/Men's All Time BPs, Scott Lade BP Workout, TOP 100 148s

**Jan/05** ... WABDL Worlds, IPF World Masters, General Physical Preparedness by Louie, Jo Walker DL Workout, All Time Squats/Totals, TOP 100 165s

**Feb/05** ... Mike Miller's 1200 lb. Squat, IPF BP Worlds, Louie on "Prepare to Bench", IPA Sr. Nationals, 400 Kilo DL Club, All Time DLers, TOP 100 165s

**Mar/05** ... Mendelson BP Classic, Louie S. on Accommodation, Mikesell SQ Workout, 1st Hawaii Record Breakers, All Time BP/DL lists, TOP 100 198s

**Apr/05** ... WPO Arnold Classic BP & PL, USAPL Women's Nationals, Karwoski Re-Emerges, Jim Kilts Interview, 800# Drug Free DL Workout, TOP 100 220s

**Jun/05** ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s

**Jul/05** ... Roger Estep Passes, APF Seniors, IPF Women's Worlds, Louie on BP Training WSM Super Series, Scott Mendelson Profile, TOP 100 275s.

**Aug/05** ... Louie Simmons on the Pendulum Wave, 1000 lb. Squat Club, Marc Bartley (1058 lbs.) Squat Workout, Best Master Lifters, TOP 100 SHWs.

**Sep/05** ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive

Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s. **Oct/05** ... Deadlift Training by Louie Simmons, Raw Benching Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s

**Nov/05** ... Kettlebells for PLers, Tony Conyers' 2033 total @ 165, Raw Squatting by Jim Wendler, Fan Fanaticism, Seguin Fitness, TOP 132s.

**Dec/05** ... WDFPF Single Lift Worlds, Bench America, WPO Semis (1201 squat!), AAU Push/Pull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s

**Jan/06** ... WPC Worlds - 970 DLL, IPA Naitonals, AAU World Push Pull, Louie S. on Isometrics, Ted Arcidi, Tiny Meeker Interview, Herb Stroke, TOP 100 165s

**Feb/06** ... WABDL Worlds, WDFPF Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest for the 2000 Total, TOP 100 181s.

**Mar/06** ... Mendelson BPs 1008, Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis Interview, WNPF Worlds, TOP 100 220s

**Apr/06** ... WPO Finals/Bench Bash, USAPL Women's Nats, Louie Simmons Squat Workout of the Month, PLer at the Olympics, Gunda Von B., TOP 220s.

**May/06** ... Ryan Kennelly, More with Bands, Tales from the Olympics, Nick Minetti Interview, 2005 TOP 20 Women, Teenage, and Masters Rankings.

**Sep/05** ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive

Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A Successful Meet, TOP 100 242s.

**Jul/06** ... APF Seniors, Louie on 'the Lightened Method', Brad Gillingham Interview, John Stafford Interview, Quest American, NERB, TOP 100 242s.

**Aug/06** ... APC Nats., George Frenn, Westside's Top BPers, Bill Gillespie, Priscilla Ribic, Brent Howard Interviews, Singles Training, TOP 100 Superheavies

**Sep/06** ... Mike Wolfe - IPF's Detlev Albring - Wade Hooper Interviews, Shawn Frankl - Janet Farone Profiles, Louie on Kettlebells, TOP 100 114s.

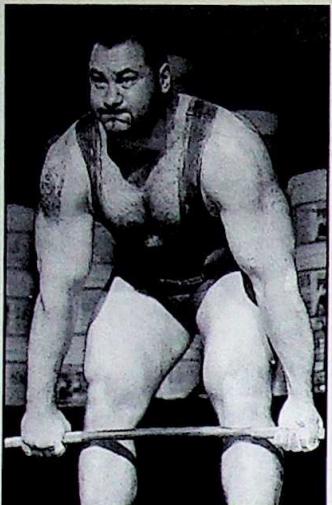
**Oct/06** ... Scott Weech Interview, Training the Posterior Chain, USPF Srs., USAPL Men's, RAW Nats., ADAU Nats., AAU Jr. Olympics, TOP 123s.

**Nov/06** ... WPC Europeans, IPA Worlds, Otis Brown, Iran at the Asian BP, Louie on Explosive Strength, Jennifer Thompson Interview, TOP 100 132s

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

BMS Cup					
22 OCT 06 - Stuttgart, GER					
Lightweight (up to 90 kgs.)					
Kutcher-77	859	529	760	2149	
Soloviov-81	771	485	661	1918	
S. Sterle-82	—	—	—	1829	
N. Stoll-87	—	—	—	1785	
Middleweight (up to 110 kgs.)					
Pratschkr-100	848	578	683	2110	
M. Weiler-110	881	463	639	1984	
Heavyweight (110+ kgs.)					
Yarymbash-124	1036	771	832	2640	
Moser-121	1069	639	815	2524	
C. Poppe-120	881	551	705	2138	
A. Zaidlin-135	859	540	716	2116	

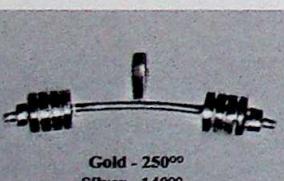
Yarymbash of the Ukraine broke the AWR of Ron "Scott" Yard. Sergei Moser became the first German 2500 lb. Club member. Yarymbash also beat O. Kutcher for the overall title. This was one of the most successful powerlifting events in Germany with an overall prize money of 10,000 Euro. This event was sponsored by BMS Nutrition, there were approximately 1000 spectators, and was perfectly organized by Matthias Epple and his crew. (thanks to Thomas Klose for these results)



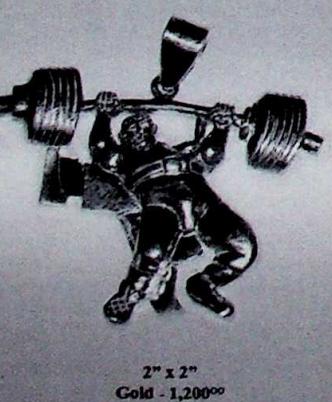
Serge Moser became the first German lifter to total over 2500 at the BMS Cup (photo of Thomas Klose)

### New Mexico Regional 2 SEP 06 - Rio Rancho, NM

BENCH		PURE	R. Kahle	600	198 lbs.	R. Keen	363
MALE	165 lbs.	Raw			Master III		
Intermediate	A. Mantes	303	FEMALE		Push Pull	BP	DL
181 lbs.		123 lbs.	FEMALE			TOT	
Junior			Submaster Pure		165 lbs.		
N. Vance	385	T. Adelmann	192	Master III			
198 lbs.			E. Waugh	93	231	325	
Open			MALE				
A. Wolf	485		132 lbs.		220 lbs.		
220 lbs.			Master IV		Novice		
High School			M. Hudson	71	B. Koski	314	424
J. Mitchell	363		Pure		308 lbs.	738	
242 lbs.			B. Koski		Novice		
Novice			Master II		308 lbs.		
J. Salmon	534		E. Keen	110	242 lbs.		
Pure			MALE		Master I		
J. Salmon	534		181 lbs.		Push Pull		
Submaster I			N. Eddins	474	644	1118	
J. Salmon	534		Master IV		R. Anttila	429	518
Submaster Pure			154	308 lbs.	948		
J. Salmon	534		PS BENCH		Intermediate		
Intermediate			M. Hietala	281	501	782	
D. Gonzales	507	R. Keen	181	Pure	M. Hietala	281	501
275 lbs.			MALE		Powerlifting	SQ	TOT
					BP	DL	



Gold - 2500  
Silver - 1400



2" x 2"  
Gold - 1,2000  
Silver - 5000

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or call 760-371-7998 (Bar-5pm PT) M-F

FEMALE						PURE				
132 lbs.	Master I	S. Timaul	253	148	297	700	R. Romero	319	187	413
148 lbs.							181 lbs.			920
Novice		C. Thibodeau	198	126	253	578	Junior			
		Submaster Pure					N. Vance	407	336	507
		C.. Thibodeau	198	126	253	578	198 lbs.			1251
MALE							Pure			
148 lbs.							A. Pickrell	429	286	529
Submaster Pure							Submaster Pure			1245
A. Flemming	463		264	501	1229		A. Pickrell	429	286	529
165 lbs.							220 lbs.			1245
Master I							Novice			
N. Lewis	518		325	507	1350		B. Koski	385	314	424
Submaster Pure							Pure			1124
M. Garcia	407		237	385	1030		B. Koski	385	314	424
Novice							275 lbs.			1124
E. Finley	176		115	99	391		Junior			
181 lbs.							I. Gonzales	523	385	578
Master I							308 lbs.			1488
P. Sambula	501		352	479	1333		Intermediate			
198 lbs.							M. Hietala	485	281	501
Master II							Pure			1267
E. Duran	440		325	501	1267		M. Hietala	485	281	501
220 lbs.							Power Sports			1267
Master I										
B. Hawkins	429		363	485	1278		MALE			
165 lbs.							165 lbs.			
Submaster Pure							Pure			
B. Hawkins	429		363	485	1278					
242 lbs.										
Master I										
N. Eddins	606		474	644	1725		Novice			
R. Anttila	507		429	518	1455		B. Koski	165	314	424
165 lbs.							Pure			903
S. Striepeke	512		380	511	1404		B. Koski	165	314	424
308 lbs.							FEMALE			903
Novice							97 lbs.			
E. Kostin	407		292	463	1162		Junior			
Raw							A. Romero	55	55	71
FEMALE							105 lbs.			181
97 lbs.							Pure			
Junior							T. Herrera	49	88	126
A. Romero	55		55	71	181		123 lbs.			264
105 lbs.							Open			
T. Herrera	104		88	126	319		T. Adelmann	99	192	292
123 lbs.							Submaster II			584
T. Adelmann	226		192	292	711		T. Adelmann	99	192	292
165 lbs.							198+ lbs.			584
Master III							Master II			
E. Waugh	154		93	231	479		C. Kahle	77	115	248
Master II										440
E. Keen	159		110	237	507					
MALE										
M. Hietala	165 lbs.									

Master I (50-54)					
220 lbs.					
T. Boyer	480				
Raw					
C. Miner	165				
Junior					
132 lbs.					
Oesterriter	120				
4th-135					
MALE					
Open					
220 lbs.					
J. Adams	555				
242 lbs.					
J. Watson	480				
Push Pull					
MALE					
Junior					
220 lbs.					
Z. Whalen	335				
Open					
259 lbs.					
S. Nagle	455				
275 lbs.					
M. Mellon	230				

(results courtesy Mike & Teale Adelmann)

SPF Kentuckiana					
19 AUG 06 - Louisville, KY					
BENCH					
FEMALE					
Open					
148 lbs.					
C. Miner	165				
Junior					
Raw					
132 lbs.					
Oesterriter	120				
4th-135					
MALE					
Open					
220 lbs.					
J. Adams	555				
242 lbs.					
J. Watson	480				
Push Pull					
MALE					
Junior					
220 lbs.					
Z. Whalen	335				
Open					
259 lbs.					
S. Nagle	455				
275 lbs.					
M. Mellon	230				

Walker's Gym BP Classic					
14 OCT 06 - Hopewell, VA					
Open					
242 lbs.					
C. Rowsey	425				
Shw					
P. Battle	525				
Raw					
165 lbs.					
M. Lilly	435				
Teen					
J. Preskar	225				
242 lbs.					
M. Wilson	235				
D. Mason	375				
Master (40-49)					
275 lbs.					
C. Taylor	205				
S. Kuzma	500				
G. Pavela	375				

(Thanks to Jesse Rodgers for the results)

(Thanks to Barry Walker for the results)



Gold - 2700  
Silver - 1600



# 2007 USAAPL

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March 30th - April 1st  
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**Meet Director - Duane Urbina  
Phone: (337) 363-4663**

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**MEET DIRECTORS ... a listing here is a FREE service to publicize your contest to thousands of potential entrants. Send details, preferably at least 3 months prior to your competition, to 'Coming Events', Box 467, Camarillo, CA 93011 in order to obtain proper advance notice. You will be reaching MANY people who may be interested in your meet.**

**30 DEC (New Date), SLP "The Last One"** BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**13 JAN, SPF North Georgia (Open, Raw, PP/BP/DL/SC, BP Reps - City Club Gym, Lafayette, GA)** Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

**13 JAN, USAPL Nor Cal Winter Classic (PL/BP)** Jason Burnell, 2327 Alva Ave., El Cerrito, CA 94530, 510-364-0197

**13 JAN, SLP Central Illinois Winter Open BP/DL (Athena, IL)** Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**13 JAN, APF/AAPF Jersey Open (all divisions - Carteret, NJ)** Henri Skiba, 732-598-9369, astroboy252@mac.com

**13 JAN, USPF Virginia BP Record Setters (Open, Teen, College, Masters, Police, Fire)** Jake Heglar, 22 Zerkel St., Luray, VA 22835, 540-743-2925, support@virginiapowerlifting.com, www.virginiapowerlifting.com

**13,14 JAN, APF/AAPF Lexen Xtreme Open, Dan Dague, 3665 Garden Ct., Grove City, OH 43123, 614-554-8824**

**20 JAN, 100% Raw Midwest PL/BP, Mt. Vernon Fitness, 329 S. 9th, Mt. Vernon, IL, 618-292-6451**

**20 JAN, APF Space City BP Extravaganza (Houston, TX)** tom\_mccullough@texaspowerscene.com, 713-907-8129

**20 JAN, SLP One Way PL Open BP/DL (Aurora, IL)** Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**20 JAN, Iron Boy SC State BP (Spartanburg, SC)** Keith Payne 336-766-3347, keith@ironboypowerlifting.net

**20 JAN, Powerbody Push Pull Meet (O'Fallon, MO)** Don Gaines, www.usaplnationals.com

**20 JAN, SPF Blue Ridge Classic (Open, Raw, PP/BP/DL/SC, BP Reps - Bristol Fitness & Aerobic Gym, Bristol, TN)** Jesse Rodgers 423-255-3672, www.southernpowerlifting.com, or Ray at Bristol Fitness 423-764-2028

**20 JAN, PPL Augusta Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com.**

**27 JAN, USAPL Wisconsin Open, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210**

**27 JAN, USAPL Wisconsin State, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210**

**27 JAN, APF Orlando Barbell BP & DL Classic (BP, DL, Ironman, Teen, Subs, Masters)** Brian Schwab, Orlando Barbell,

# COMING EVENTS

(Open, Raw, PP/BP/DL/SC, BP Reps - National Guard Armory, Bolivar, TN) Jesse Rodgers 423-255-3672, www.southernpowerlifting.com

**10 FEB, SLP Meador's Gym Open BP/DL Classic (Lawrenceburg, IN)** Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**10 FEB, WNPF South Georgia PL & BP/DL/SC (Warner Robins, GA)** Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

**11 FEB, 5th West Lafayette Classic (BP/DL - Blackstone's Gym, W. Lafayette, OH)** John Blackstone's Gym 70-502-4964 or 740-502-3790

**16-18 FEB, USAPL Women's Nationals, Paul Fletcher, 17735 Creek Hollow Rd., Baton Rouge, LA 70617, 225-753-8586**

**17 FEB, APF Indiana State PL/BP -**

Hawg Farm Open (Plaza Hotel, Evansville, IN) Larry Hoover, 812-385-9932, quad4hoov@peoplepc.com

**17 FEB, Lewiston Red Brick Bench Press (Assist, Raw, all weight and age divisions - Lewiston Red Brick School, Lewiston, NY)** This is a benefit for our troops overseas and their families back here. Last year we had 75 competitors. Help us get to 100 this year. Dennis Brochey, 205 N. 5th St., Lewiston, NY 14092, 716-200-3533, cdbrochey@adelphia.net

**17 FEB, WABDL Penn-Ohio-New York Regional BP/DL Championships (World Qualifier - Beaver Falls, PA)** Charles Venturella 724-654-4117

**17 FEB, APF/AAPF Candyazz Classic (PL, single lift - Iron Asylum Gym, Tribes Hill, NY)** Sand or Zane McCaslin, 518-858-7002, www.ironasylumgym.com

**17 FEB, Valentine Strongman & Wife Carrying Contest (Woodlands, TX)** donpbaker@gmail.com, http://

## APF/AAPF/WPO Schedule

**13 JAN, APF/AAPF Jersey Iron**

**13-14 JAN, APF/AAPF Lexen Xtreme Open**

**20 JAN, APF Space City Extravaganza**

**27 JAN, APF Orlando Barbell BP & DL CClassic**

**27 JAN, APF/AAPF Buckeye Open**

**27 JAN, APF Michigan State BP Championships**

**17 FEB, APF Indiana State PL/BP-Hawg Farm Open**

**17 FEB, APF/AAPF Candyazz Classic**

**17 FEB, APF Gulf Coast States**

**FEB, APF/AAPF Illinois State**

**17-18 MAR, APF/AAPF Alabama Open PL/BP**

**18 MAR, AAPF/APF Snake River**

**24-25 MAR, APF/AAPF Illinois State**

**14 APR, APF Junior Open Nationals**

**5-6 MAY AAPF Nationals**

**5-7 MAY, APF Master, Submaster, Jr. Nationals**

**12 MAY APF Summer Bash**

**JUN, APF/AAPF Chicago Summer Bash**

**JUN 5, IPF/NAPF North American Championships**

**AUG 4, APF Florida State BP/Ironman**

Dates subject to change Call 386-734-3128 for info.  
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**17 FEB**, APF Gulf Coast States (Houston, TX)  
[tom\\_mccullough@texaspowerscene.com](mailto:tom_mccullough@texaspowerscene.com),  
713-907-8129

**17 FEB**, Eastern Missouri & Southern Illinois High School Bench Press (Creve Coeur, MO) Harold Gaines 314-805-2044,  
[www.usapnations.com](http://www.usapnations.com)

**17 FEB**, SLP Brickyard Open BP/DL (Milwaukee, WI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,  
[sonlight@netcare-il.com](mailto:sonlight@netcare-il.com),  
[www.sonlightpower.com](http://www.sonlightpower.com)

**17-18 FEB**, NASA Ohio State High School & **Teenage Nationals** (PL/BP/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164,  
[www.vhepower.com](http://www.vhepower.com)

**24 FEB**, SLP Hester's Kentucky Open BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429,  
[sonlight@netcare-il.com](mailto:sonlight@netcare-il.com),  
[www.sonlightpower.com](http://www.sonlightpower.com)

**24 FEB**, WNPF All Raw World Cup PL, Bench, Deadlift, Strict Curl (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

**24 FEB**, USAPL US Naval Academy Open, Will Spears, USNA, Box 11878, Annapolis, MD 21412

**24 FEB**, ADAU Virginia State PL/BP (Raw, Drug Free, Drug Tested, Full/BP) Dean Griffin, 412 Betsybell Rd., Apt. #103, Staunton, VA 24401, 540-849-8472, [deangriffin06@adelphia.net](mailto:deangriffin06@adelphia.net)

**24 FEB**, USAPL SD PL & BP, Jeff Blindaer, 5912 W 56th St., Sioux Falls, SD 57106, 605-201-2411

**FEB**, APF/AAPF Illinois State, Ernie Frantz/Amy Jackson, 630-896-7309, [amyjackson@aol.com](mailto:amyjackson@aol.com)

**FEB/MAR**, USAPL Florida State Powerlifting Championships (Miami or Ft. Lauderdale, FL) Robert Keller, 954-790-2249, [rkh@verizon.net](mailto:rkh@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**2-4 MAR**, Arnold Classic BP/WPO (Columbus, OH), 614-431-3600, [www.arnoldclassic.com](http://www.arnoldclassic.com)

**3 MAR**, SPF Tennessee State (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**3 MAR**, SLP Memphis Open BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**3 MAR**, NASA Bench Press Nationals & Midwest Power Sports & Push Pull Championships (Kansas City, KS) NASA, Box 735, Noble, OK 73068, 405-527-8513, [sqbpd1@aol.com](mailto:sqbpd1@aol.com)

**3 MAR**, Fulton Football Club Push/Pull (open to high school athletes, 9-12, boys & girls - Fulton, NY) Dave Eddy, 315-598-3029, [shush5@twcnvrr.com](mailto:shush5@twcnvrr.com)

**3,4 MAR**, CPC Canadian Championships (Okotoks, Alberta) 403-938-3067

**10 MAR**, 100% Raw Powerlifting Federation Teen, High School, Junior, Collegiate Nationals (Cherry Hill Park, College Park, MD) Jim Roberts, 301-875-2544, [mrd@rawpowerliftn.com](mailto:mrd@rawpowerliftn.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com), [www.cherryhillpark.com](http://www.cherryhillpark.com)

**10 MAR**, USAPL Military Nationals, John Pena, 2065 S. Aliso Spring Ln., Tucson, AZ 85748, 520-312-2110

**10 MAR**, NASA Missouri State High School & Open State Championships (PL/BP Only/PS/PP - Joplin, MO) NASA, Box 735, Noble, OK 73068, 405-527-8513, [sqbpd1@aol.com](mailto:sqbpd1@aol.com)

**10 MAR**, Walker's Gym Bench Press for St. Jude's Hospital (Raw/open, men, women, teen, masters, military, police/fire - Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918

**10 MAR**, USA Raw BP Federation Spring Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**10 MAR**, Missouri State & Ozark Open (PL/BP - Creve Coeur, MO) Harold Gaines 314-805-2044, [www.usapnations.com](http://www.usapnations.com)

**17 MAR**, 100% Raw Ironman Nationals, Deadlift Nationals, US Open Bench Press (Zion Crossroads, VA) John Shifflett, Box 941, Stanardsville, VA 22973, [lifting@aol.com](mailto:lifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**17 MAR**, SLP Lift for the Lord BP/DL (Scottsville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**17 MAR (NEW DATE)**, NASA Police, Fire, Military Nationals (Kansas City, KS) Jim Duree, [jduree7086@aol.com](mailto:jduree7086@aol.com)

**17 MAR**, NASA Tennessee State (PS/PL/unequipped, BP/PP - Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513, [sqbpd1@aol.com](mailto:sqbpd1@aol.com)

**17-18 MAR**, 3rd APF/AAPF Alabama Open PL/BP (Econolodge Conference Center, Attala, AL) Buddy McKee 256-442-4002 or 256-613-2753 or Stacie

Beacham at Gold's Gym 256-413-0055 or [mastermonster@comcast.net](mailto:mastermonster@comcast.net)

**18 MAR**, ISS March Money BP, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155

**18 MAR**, AAPF/APF Snake River (PL/BP/DL - Idaho Falls, ID) Michael Higgins 208-521-3434, [snakeriver@yahoo.com](mailto:snakeriver@yahoo.com)

**24 MAR**, USAPL MA High School Open, Eric Cordeiro, 35 Berkeley St., Watertown, MA 02472, 617-923-7062

**24 MAR**, SLP the Body Building Open BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**24 MAR (date assigned)**, AAU Oklahoma Open/BP/DL State PL, Rickey Dale Crain, 405-275-3689, 800-272-0051, [rcreain@charter.net](mailto:rcreain@charter.net)

**24 MAR**, NASA KY State (PL/BP/PS/PP - Paintsville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, [www.vhepower.com](http://www.vhepower.com)

**24 MAR**, AAU East Coast BP, Triple Crown Classic, Virginia State, Police/Fire, 804-559-4624, [vapowerlifting@aol.com](mailto:vapowerlifting@aol.com)

**24,25 MAR**, APF/AAPF Illinois State (Bolingbrook H.S.) Amy Jackson & Emie Frantz, 630-896-7309, [amyjackson@aol.com](mailto:amyjackson@aol.com)

**25 MAR**, WNPF Youth, Teen, Junior

Nationals & American Cup PL & BP/

DLC/SC (Philadelphia, PA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

**25 MAR**, WNPF Ohio PL & BP/DL/SC (Youngstown, OH) Ron 330-792-6670, [powerl103@aol.com](mailto:powerl103@aol.com)

**25 MAR**, USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, [uspf-ri@cox.net](mailto:uspf-ri@cox.net), [www.nipl.org](http://www.nipl.org)

**25 MAR**, USPF Rhode Island High School PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, [www.rpl.org](http://www.rpl.org)

**25 MAR**, USPF Rhode Island Police & Fireman PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, uspf-ri@cox.net, [www.rpl.org](http://www.rpl.org)

**25 MAR**, 8th Pittsburgh Monster BP & DL (men, women, all divisions, all classes, cash prizes - Holiday Inn Airport, Pittsburgh, PA) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412-264-9996

**30 MAR - 1 APR**, USAPL High School Nationals (Alexandria, LA) Duane Urbina, 337-363-4663, [www.highschoolnationals.com](http://www.highschoolnationals.com)

**31 MAR**, 44th Great Lakes PL (ADAU National Qualifier) Joe Orenja, 4319 W. 26th St., Erie, PA 16506, 814-833-3727

**31 MAR**, USAPL NJ State High School BP, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 9008-874-5843

**31 MAR**, Battle of the Great Lakes X PL/BP (Cleveland, OH) Gary Kanaga, 440-7 1 7 - 9 6 2 4 , [gary.kanaga@nordoniaschools.org](mailto:gary.kanaga@nordoniaschools.org)

**31 MAR**, SLP Harvey's Gym Open BP/DL (Tullahoma, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-

## UPCOMING WNPF MEETS DRUG FREE POWERLIFTING (Raw, Single Ply, Unlimited)

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website - [members.aol.com/wnpf](http://members.aol.com/wnpf)

## UPCOMING COMPETITIONS

**13 JAN**, SLP Central Illinois Winter Open BP/DL (Athens, IL)

**20 JAN**, SLP One Way PL Open BP/DL (Aurora, IL)

**27 JAN**, SLP Flex Fitness West Michigan Open BP/DL (Holland, MI)

**3 FEB**, SLP Black Iron Gym Open BP/DL (Beech Grove, IN)

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5429, sonlight@netcare-il.com, www.sonlightpower.com  
**31 MAR-1 APR**, Iron House Classic IPA PL & BP (Newark, OH) Mike Maxwell 740-704-4747, www.ironhousezeanesville.com

**31 MAR-1 APR**, NASA High School Nationals (Un-equipped, PL/PS - Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

**MAR**, WNPF Ralph Peace Memorial North Carolina PL & BP/DL/SC (Charlotte, NC) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

**MAR**, NASA Power Sports Nationals & Unequipped PL (PL/BP/PS/PP - Russellville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

**1 APR**, WNPF Upstate NY PL & BP/DL/SC (Buffalo, NY) Ron 330-792-6670, powerl103@aol.com

**7 APR**, Iron Gladiator Classic BP, DL, PL (Mirabeau Park Hotel, Spokane, WA) Brent Mikesell, 509-475-7341 or brent@irongladiators.com

**7 APR**, SLP Primetime Fitness BP/DL (Crestwood, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**7 APR**, USAPL Richmond Open PL/BP (open to out of state lifters - sculptured awards - Mechanicville, VA) Phillip Battle, PO Box 9713, Richmond, VA 23228, 804-301-2196

**13-15 APR**, USAPL Collegiate Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

**14 APR**, SLP Ultimate Body Fitness Open BP/DL (Chicago, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**14 APR**, Wisconsin's Best Bench Press (Independence, WI) Glen Woychik, N34146?? Mogar Rd., Independence, WI 54747, 715-985-2608, www.wisconsinbestbench.com

**14 APR (new date)**, APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-0594, thestone@chicagopowerlifting.com

**14 APR**, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, www.northernvarawpower.com

**14 APR (new date)**, NASA The HUGE One (Milwaukee, WI) Job Hou-Seye, statechairman@wisconsinpowerlifting.com

**14 APR**, APC Georgia State PL/BP, L.B. Baker, 770-713-3080, www.irondawg.com

**21 APR**, PPL Georgia Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com.

**21 APR**, Dungeon Powerworks Drug Free Bench Slam & Deadlift, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 269-506-5386 or 269-435-7586

**21 APR**, SLP John Ware Memorial PL/BP/DL Classic (Kirksville, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**21-22 APR**, Power Palooza IX (full power, BP, DL - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823

**27,28 APR**, WDFPF European Single Event Championships (Horgen, SWI) www.wdfpf.cc

**28 APR**, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.rawpowerlifting.com

**28 APR**, NASA New Mexico PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelmann, 505-891-1237 or mike@liftinglarge.com

**28 APR**, SLP National BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, sonlight@netcare-il.com, www.sonlightpower.com

**28 APR**, WNPF Western Pennsylvania PL & BP/DL/SC (Beaver Falls, PA) Ron 330-792-6670, powerl103@aol.com

**APR**, WNPF BP/DL/SQ/SC Nationals (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, wnpf@aol.com, http://members.aol.com/wnpf

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**20 MAY**, ISS Big Bench Challenge, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, 262-960-2155

**MAY**, USAPL Florida State High School Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rkh@verizon.net, [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**2 JUN**, Pete Lanzi Memorial V, (Cleveland, OH) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org

**2 JUN**, WNPF Submasters, Masters & Police/Fire/Military Nationals & Powerfest 2K7 (Biloxi, MS) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnfp@aol.com](http://members.aol.com/wnfp), <http://members.aol.com/wnfp>

**3 JUN**, "We Don't Need No Stinkin' Drugs" Raw BP and Deadlift for Reps, Joe Oregia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727

**9 JUN**, SLP Superman Classic BP/DL (Metropolis, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [solight@netcare-il.com](mailto:solight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**9 JUN**, USAPL NJ State High School, Mark Salandra, 5 Thompson Close, Hillsborough, NJ 08844, 908-874-5843

**9 JUN**, ADPPF Open Powerlifting (single, strongman, unequipped - Washington

Square Mall, Evansville, IN) Dick Conner, Meet Director, [www.adppf.org](http://www.adppf.org)

**9 JUN**, NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, [jduree7086@aol.com](mailto:jduree7086@aol.com)

**9-10 JUN**, USAPL Teen/Jr. National, Tod Miller, 73 N. Pine Rd., Plainwell, MI 49080, 269-664-4814

**16 JUN**, ADPPF Single Event Nationals (Century Center, South Bend, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, [jrcsmoker@hotmail.com](mailto:jrcsmoker@hotmail.com)

**16 JUN**, SPF Nationals (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)

**23 JUN**, USA Raw BP Federation Summer Nationals (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [solight@netcare-il.com](mailto:solight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**23 JUN**, WNPF All Raw National PL & BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnfp@aol.com](mailto:wnfp@aol.com), <http://members.aol.com/wnfp>

**30 JUN**, 100% Raw Freedom USA BP, John Shiflett, Box 941, Stanardsville, VA 22973, [valifting@aol.com](mailto:valifting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)

**JUN**, WNPF New York State PL & BP/ DL/SC & Wnfp New York Police/Fire/Military Bench & Deadlift (Long Island, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnfp@aol.com](mailto:wnfp@aol.com), <http://members.aol.com/wnfp>

**JUN**, APF/AAPF Chicago Summer Bash 4 (Velocity Sports, Willowbrook, IL) Eric Stone, 630-794-0594, [thestone@chicagopowerlifting.com](mailto:thestone@chicagopowerlifting.com)

**JUN**, NASA USA Nationals, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, [sqbpd1@aol.com](mailto:sqbpd1@aol.com)

**JUN**, 5th IPF/NAPF North American Powerlifting Championships (Guatemala City, Guatemala) Robert Keller, rkh@verizon.net, 954-790-2249

**7 JUL**, SLP Samson's Gym Open BP/DL (Hamilton, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [solight@netcare-il.com](mailto:solight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**12-15 JUL**, USAPL Men's Nationals, Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

**14 JUL**, ANPPC World Cup PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [solight@netcare-il.com](mailto:solight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**22 JUL**, SLP Oklahoma Summer Open BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [solight@netcare-il.com](mailto:solight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

**28 JUL**, Vermont State Open Raw BP, Rick Poston, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068/3167, [allamericanfitnessvt@yahoo.com](mailto:allamericanfitnessvt@yahoo.com)

**29 JUL**, WNPF Drug Free Nationals (Youngstown, OH) Ron 330-792-6670, [powerl103@aol.com](mailto:powerl103@aol.com)

**JUL**, WNPF Arizona PL & BP/DL/SC (Tucson, AZ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnfp@aol.com](mailto:wnfp@aol.com), <http://members.aol.com/wnfp>

**JUL**, APC Nationals & America's Cup PL/BP, L.B. Baker, 770-713-3080, [www.irondawg.com](http://www.irondawg.com)

**JUL**, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, [rkh@verizon.net](mailto:rkh@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**JUL**, USAPL/USOC Tropical Games Championships (BP, DL - West Palm Beach, FL) Robert Keller, 954-790-2249, [rkh@verizon.net](mailto:rkh@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

**JUL**, AAU Junior Olympics and BP (Knoxville, TN) [www.aausports.org](http://www.aausports.org)

**JUL/AUG**, AWPC Worlds (Chicago, IL) Amy Jackson and Ernie Frantz, 6 3 0 - 8 9 6 - 7 3 0 9 , [amyljackson@aol.com](mailto:amyljackson@aol.com)

**4 AUG**, ADAU Single Lift Nationals (SQ, BP, DL - Men/Women - all age divisions, Joe Oregia, 4319 W. 26th St., Erie, PA 16506, 814-833-3727

**4 AUG**, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, [www.northernvarawpower.com](http://www.northernvarawpower.com)

**4 AUG**, APF Florida State PL/BP/Ironman (Boca Raton, FL) Bob Youngs, Ed Rechtenwald, Lance Mosley, 561-718-9877, [southsidebarbell@hotmail.com](mailto:southsidebarbell@hotmail.com)

**4 AUG**, WNPF New Jersey PL & BP/DL/

**December 9, 2006** 53rd Cal. Ironman, Fresno, Ca.

**April, 2007**, Georgia State Pl, Athens, Ga.

**July 13, 14, 15, APC Nationals, Atlanta, Ga.**

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5 AUG, WNPF Delaware BP/DL/SC & Delaware vs Maryland (Newark, DE) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

5 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

12 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

18 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

25 AUG, SLP Kentucky State Fair BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

25 AUG, WNPF 4th Southern USA BP/DL/SC (Warner Robins, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>

AUG, USAPL Deadlift Push Pull Nationals, Jim Hart, Box 82264, Lincoln, NE 68501, 402-47-3672

8 SEP, NASA New Mexico Regionals PL, PS, PP, BP (raw & equipped - Rio Rancho, NM) Mike and Teale Adelmann, 505-891-1237 or [mike@liftinglarge.com](mailto:mike@liftinglarge.com)

- Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>  
**SEP**, WNPF Upstate NY II (Clyde, NY) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>  
**6 OCT**, SPP Worlds (Open, Raw, PP/BP/DL/SC, BP Reps - Holiday Inn, Sun Spree, Gatlinburg, TN) Jesse Rodgers 423-255-3672, [www.southernpowerlifting.com](http://www.southernpowerlifting.com)  
**6 OCT**, SLP Tennessee State BP/DL (Lexington, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**12-14 OCT**, AAU 3 lift World, Single BP, Single DL, Push-Pull (Disney World, Orlando, FL) vapowerlifting@aol.com, 804-559-4624  
**13 OCT**, SLP Oklahoma State BP/DL (Tulsa, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**20 OCT**, PPL Nationals Drug Free (PL, BP, BP reps, DL, P-P, Posedown), Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, [pythongym@aol.com](mailto:pythongym@aol.com)  
**20 OCT**, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, [sqpd@sqpd@aol.com](mailto:sqpd@sqpd@aol.com)  
**20 OCT**, SLP Chicago Open BP/DL (Chicago, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**27 OCT**, ANPPC National PL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**OCT**, WNPF Palmetto Bench, Deadlift & Strict Curl (Greenville, SC) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>  
**OCT**, WNPF Single Lift Nationals & WNPF North Americans (Atlantic City, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>  
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**OCT**, WDFPF Single Event World Championship (Montesilvajo, Italy) [www.wdfpf.cc](http://www.wdfpf.cc)  
**3 NOV**, Northern VA Raw PL/BP (Sterling, Virginia) John James, 703-475-9885, [www.northernvarawpower.com](http://www.northernvarawpower.com)  
**3 NOV**, NASA Kansas City Regional (Kansas City, KS) Jim Duree, [jduree7086@aol.com](mailto:jduree7086@aol.com)  
**22 SEP**, SLP The Body Building Open II BP/DL (Van Wert, OH) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**22 SEP**, WNPF Alabama PL & BP/DL/SC (Birmingham, Montgomery or Bessemer, AL) Troy Ford, Box 142347,
- 17 NOV**, 16th WNPF World PL & BP/DL/SC (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>  
**17 NOV**, SLP Kentucky State BP/DL (Louisville, KY) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**NOV**, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, [rkh@verizon.net](mailto:rkh@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)  
**NOV**, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, [rkh@verizon.net](mailto:rkh@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)  
**1 DEC**, SLP Tennessee Christmas for Kids BP/DL (Memphis, TN) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**8 DEC**, SLP Arkansas Christmas for Kids BP/DL (Glenwood, AR) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**9 DEC**, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**15 DEC**, 100% Raw Christams Classic BP, John Shifflett, Box 941, Stanardsville, VA 22973, [valifiting@aol.com](mailto:valifiting@aol.com), [www.rawpowerlifting.com](http://www.rawpowerlifting.com)  
**29 DEC**, SLP The Last One! BP/DL (Tuscola, IL) Dr. Darrell Latch, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)  
**DEC**, WNPF Sarge McCray BP/DL/SC (Bordentown, NJ) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>  
**DEC**, WNPF Florida PL & BP/DL/SC (TBA) Troy Ford, Box 142347, Fayetteville, GA, 30214, 678-817-4743, [wnpf@aol.com](mailto:wnpf@aol.com), <http://members.aol.com/wnpf>  
**DEC**, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, [rkh@verizon.net](mailto:rkh@verizon.net), 954-790-2249  
**17-19 FEB 08**, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779  
**28-30 MAR 08**, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814  
**7-11 MAY 08**, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249  
**MAY '08**, WDFPF European Single Event Championship (Como, Italy) [www.wdfpf.cc](http://www.wdfpf.cc)  
**13-14 JUN 08**, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044  
**OCT/NOV '08**, WDFPF Single Event World Championship (Belgium) [www.wdfpf.cc](http://www.wdfpf.cc)

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**At the SLP Olympic 24 Hour Fitness Classic:** Phil Hardy, Carrie Johnson, Joe Carter, Mark Evans, and Keith Johnson (photograph provided by the courtesy of Meet Director Dr. Darrell Latch)

#### SLP Olympic 24 Hour Fitness

17 JUN 06 - Clarksville, TN

BENCH	K. Johnson	500
FEMALE	275 lbs.	
Junior	J. Carter	520
123 lbs.		
C. Johnson	110*	MALE
MALE	Master (50-54)	
Master (45-49)	148 lbs.	
181 lbs.	M. Evans	420*
P. Hardy	355*	Open
Master (50-54)	148 lbs.	
148 lbs.	M. Evans	420*
M. Evans	235*	275 lbs.
Open	J. Carter	650
242 lbs.		

\*=Son Light Power Tennessee state records. The Son Light Power Olympic 24 Hour Fitness Bench Press & Deadlift Championship was held at the fitness club in Clarksville, Tennessee. Thanks to owners Jules Hewitt and Keith Johnson for sponsoring this event. In the bench press competition first time lifter Carrie Johnson did well, taking the junior women's 123 class with a new Tennessee state record of 110. Philip Hardy broke his own state record at 45-49/181 by five pounds, ending with 355. For the 50-54/148 class it was Mark Evans with a new state record of 235. Keith Johnson, still recovering from a shoulder injury of six months ago, took only two attempts, finishing with 500 at 242 open. Also in the open division was 275 winner Joe Carter. Joe, who works in construction, had a tough week at work, so was only able to make his opener of 520. In the deadlift competition Mark Evans won both the 50-54 and open 148 class, setting new state records in both as well. Mark finished with 420, just missing a final attempt of 445. Not bad at a 139 bodyweight! And fifty years old! Joe Carter continued to have energy problems, again just making his opener of 650, after 730 failed just off the ground. Thanks to Keith Johnson, Donnell Bailey and Jules Hewitt for their help loading and spotting. (Meet results from Dr. Darrell Latch)

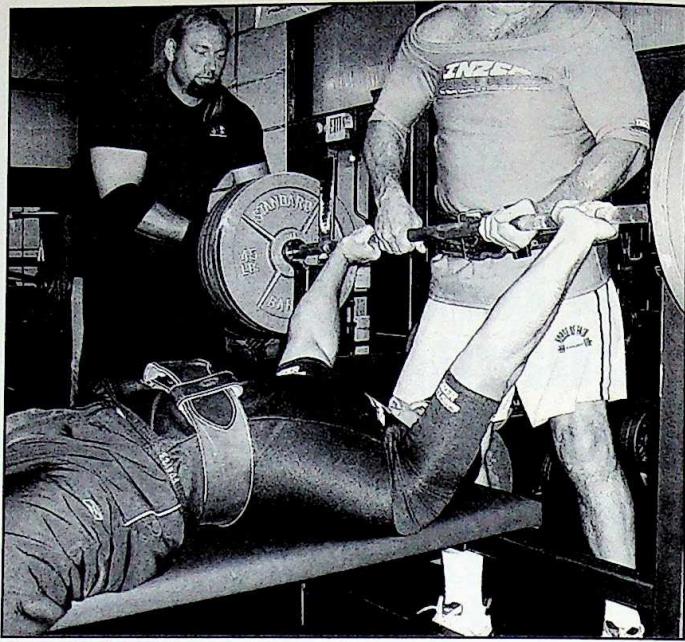
#### Dungeon Gym BP Challenge

16 SEP 06 - Galt, CA

BENCH	242 lbs.	
MEN	J. Thomas	405
Open	275 lbs.	
198 lbs.	R. Metz	500*
K. Harrison	425*	Master (45-49)
220 lbs.	220 lbs.	
M. Knight	585*	M. Knight
L. Mills	405	585*

\*=Personal Records. The Dungeon Gym Bench Press Challenge was held on Saturday. In the Open 198 class, Kevin Harrison benched a new PR 425. Mike Knight, age 48 (weighing 285 about 5

months before this meet, and in a meet here on 7/15/06) benched a PR 675 weighing 240), dropped all the way down to the 220 class, winning a weight-loss belt with his wife and benching a PR 585 in the process. He dedicated the lift to his wife, Paty, who was celebrating her birthday on this day as well. In the 242 class, Jim Thomas benched a big 405, just missing 455 at lockout, he'll get it next time. In the 275 class, Roger Metz PR'd with a huge 500 bench press. I'd like to thank the spotters, loaders, and judges that made this event possible, Joe Weiss, Darryl Skeva, and Robert Davis. Thank you Powerlifting USA Magazine. (Results provided by courtesy of Kurt Heath)



**Roger Barker with 500 @ 242 at the Express Fitness meet (D. Latch)**

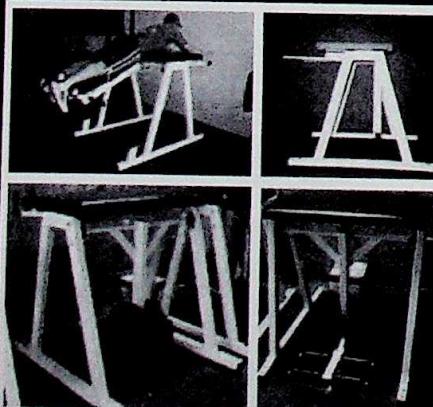
#### SLP Express Fitness Open

24 JUN 06 - Benton, AR

BENCH	J. Duckett	375*
FEMALE	Open	
Teen (13-15)	242 lbs.	
198 lbs.	R. Barker	500
M. Dickinson	95*	DEADLIFT
MALE	MALE	
Novice	Master (60-64)	
220 lbs.	242 lbs.	
R. White	345	A. Harris
Master (55-59)/Raw	Police/Fire	365*
242 lbs.	(60-64)	
Washkowiak	350*	242 lbs.
Master (65-69)	A. Harris	365*
275 lbs.		

\*=Son Light Power Arkansas state records. The first annual Son Light Power Express Fitness Open Bench Press & Deadlift Championship was held at Express Fitness in Benton, Arkansas. Thanks to owners Roger Barker, Dennis Washkowiak and D.D. Nichols for hosting this event. In the bench press competition first-timer Molly Dickinson won the teenage women's 13-15/198 class with a new Arkansas state record of 95. At age fourteen Molly is already a several-time state arm wrestling champion, who also finished fourth in the open women's nationals last year! At novice 220 it was Richard White for the win with a new personal record of 345. This was within five pounds of the existing state record! Dennis Washkowiak won at 55-59/242 with a new state raw record of 350, but was unable to get more than his opener. Jimmie Duckett also struggled, making just his opener of 375, but which was still good enough for a new state record at 65-69/275. The biggest lift of the meet came from Roger Barker who settled with 500, though he is definitely capable of much more. Roger took the open 242 class. Our lone puller was Arkadelphia Chief of Police Al Harris. Making just his opener, Al broke both the 60-64/242 and police & fire/60-64 records with his 365. Thanks again to our hosts at Express Fitness, the lifters, helpers and spectators who attended the competition. See you all again next year! (Dr. D. Latch)

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#### APA Eastern Seaboard

14 OCT 06 - Rehobeth, DE

BENCH	FEMALE	
MEN	165 lbs.	
Open	Open	
J. Dohring	J. Dohring	110
Master	MALE	
L. Dische	198 lbs.	
181 lbs.	Open/DT	
Master	242 lbs.	
S. Brown	200*	Master II
MALE	Master	170!
Master I	J. Bosley	
T. Taylor	DEADLIFT	
R. Marsh	435	
220 lbs.	FEMALE	
Open/DT	380	
R. Marsh	165 lbs.	
J. Hamer	Master	
Open	L. Dische	215
S. Beam	315	Open/DT
CURL	M. Burns	
S. Beam	450	525
	Open	
	S. Beam	500

!=World Records. \*=State Records. Best Bench Press: Shawn Beam. Best Deadlift: Mike Burns. Best Curl: Dean Pusey. Meet Site: Gold's Gym of Rehobeth. (Thanks to Scott Taylor for providing these results)

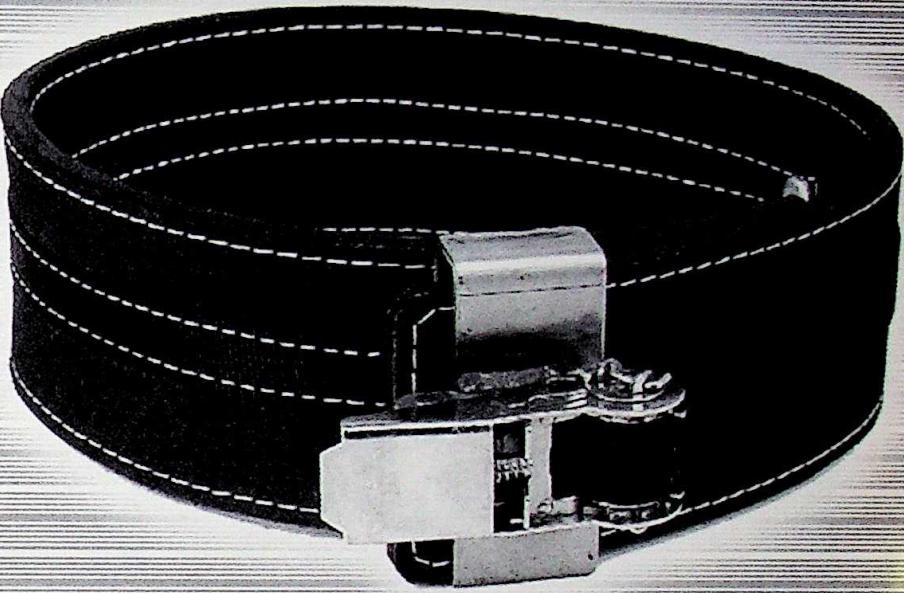
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4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.



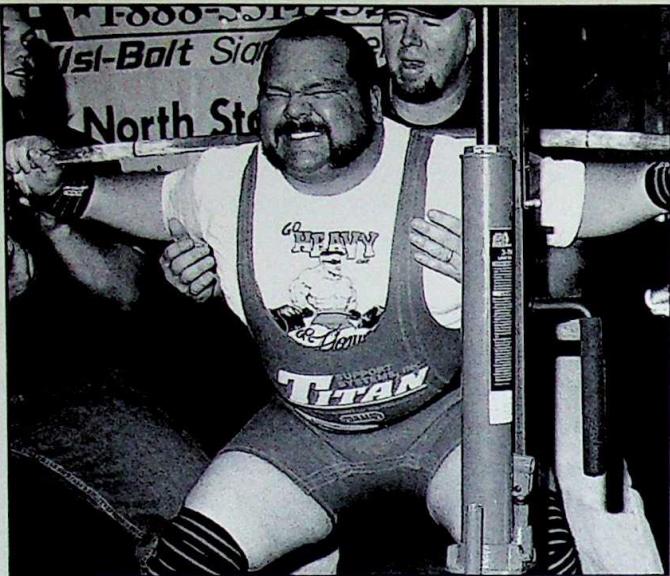
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- Very secure. The belt automatically locks until you manually release it.
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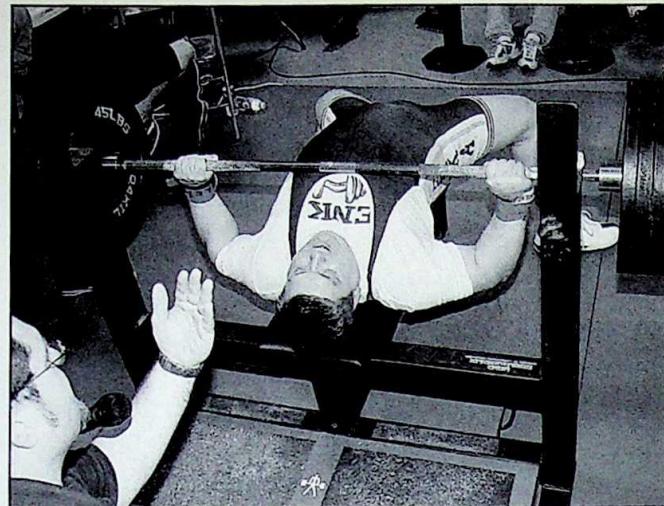
**Sean Anderson** squatted 735 at the Carolina Classic (Keith Payne)

**IBP Carolina Classic  
7 OCT 06 - Shelby, NC**

BENCH	148 lbs.
165 lbs.	Intermediate
Intermediate	Patton-Gooch 275
Allah	335 Open
198 lbs.	Patton-Gooch 275
Master (50-54)	198 lbs.
S. Durham	410 Open
Raw	E. Shelton 325
114 lbs.	Submaster
Teen (12-13)	E. Shelton 325
B. Etringer	115
132 lbs.	SQ BP DL TOT
S. Warren	300 270 415 985
165 lbs.	Intermediate
Teen (16-17)	M. Belk 700 560 665 1925
T. Childress	370 225 370 965
181 lbs.	Master (40-44)
D. Pierce	450 330 450 1230
Submaster	4th-DL-475
S. Maxson	405 260 500 1165
198 lbs.	Master (40-44)
B. Nichols	660 430 570 1660
Open	
B. Nichols	660 430 570 1660
242 lbs.	Junior
Junior	
M. Harris	585 360 585 1530
Master (45-49)	
K. Hall	540 400 550 1490
308 lbs.	Intermediate
S. Anderson	735 505 630 1870
308+ lbs.	
Junior	
C. Martin	615 640 500 1715
Raw	4th-SQ-640
114 lbs.	
Teen (12-13)	
B. Etringer	165 115 220 500
132 lbs.	
Teen (12-13)	
T. Payne	160 175 200 445
4th-SQ-175	
Teen (16-17)	
C. Ladd	215 150 305 670
181 lbs.	
Teen (16-17)	
T. Lowery	310 210 400 920
198 lbs.	4th-SQ-325
Intermediate	
S. Carringer	— — — —
Open	
S. Carringer	— — — —
J. Fey	495 250 525 1325
4th-DL-550	
Teen (16-17)	
J. Marrow	350 300 405 1055
4th-BP-305	

Teen (18-19)	
T. Gordy	455 340 440 1235
G. Marrow II	385 280 540 1205
Master (55-59)	
L. Brodie	280 305 405 900
4th-BP-315	
220 lbs.	
Master (40-44)	
B. Jones	415 315 450 1180
Master (50-54)	
B. Strauss	400 270 400 1070
Novice	
L. Marrow Jr.	235 200 335 770
Teen (18-19)	
B. Hill	340 205 385 930
275 lbs.	
Intermediate	
M. Belk	700 560 665 1925
4th-DL-680	
Master (40-44)	
G. Marrow Sr.	425 335 430
1190	
Master (50-54)	
G. Potoka	415 265 380 1060
4th-DL-400	
Junior	
C. Edmunds	410 395 510 1315
198+ lbs.	
Master (40-44)	
L. Marrow	300 190 320 810
Junior	
A. Marrow	275 185 340 800
4th-DL-350	
Open Outstanding Lifter Female:	
America Marrow	
Master Outstanding Lifter Female:	
Leontyne Marrow	
Open Outstanding Lifter Male:	
Michael Belk	
Teen Outstanding Lifter Male:	
TC Gordy	
Master Outstanding Lifter Male:	
Buddy Nichols	
Outstanding Team:	
Project Lift.	
(Thanks to Keith Payne for these results)	

IBP Oconee County Bench Blast 28 OCT 06 - Seneca, SC	
BENCH	132 lbs.
FEMALE	Open
Raw	S. Warren 275
132 lbs.	181 lbs.
Teen (12-13)	
T. Payne	160 175 200 445
4th-SQ-175	
Teen (16-17)	
C. Ladd	215 150 305 670
181 lbs.	
Teen (16-17)	
T. Lowery	310 210 400 920
198 lbs.	4th-SQ-325
Intermediate	
S. Carringer	— — — —
Open	
S. Carringer	— — — —
J. Fey	495 250 525 1325
4th-DL-550	
Teen (16-17)	
J. Marrow	350 300 405 1055
4th-BP-305	
MALE	308 lbs.

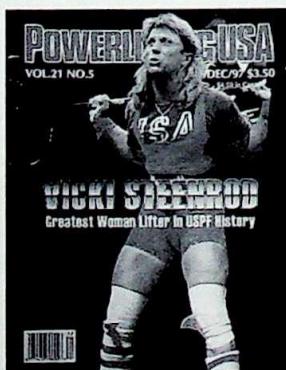


**Keith Mackey** benched 510 raw at the Ocnee County Bench Blast

Master (40-44)	Teen (12-13)	R. Stovall	315 242 lbs.
E. Paul	405	198 lbs.	Open
Master (55-59)	4th-205	S. Barnmore	495
T. Heyne	—	K. Harmon	345 4th-505
SHW	Teen (18-19)	Teen (18-19)	Intermediate
C. Martin	485	B. Vaughn	215
Raw	Intermediate	165 lbs.	
88 lbs.	C. Cummings	135	
Youth (8-9)	Teen (14-15)	Z. Harmon	135
B. Carraway	75	Teen (18-19)	
114 lbs.	J. Todd	125 lbs.	
Novice	181 lbs.	R. Doiron	320 Police/Fire/Military
B. Etringer	135	S. Simpson	285 K. Mackey 510
Open	Intermediate	Teen (16-17)	
W. Brothers	305	J. Greer	280
B. Etringer	135	Male Teen Outstanding Lifter: Jermaine	
Novice	Novice	Todd. Male Master Outstanding Lifter: Phil Horn. Male Open Outstanding Lifter: Phil Horn. Female Teen Outstanding Lifter: Tiffany Sisk. Female Master Outstanding Lifter: Patty Burnett. Female Open Outstanding Lifter: Amy Caldwell. (Thanks to Keith Payne for providing these meet results)	
R. Stovall	315 242 lbs.		
198 lbs.			
Master (55-59)			
K. Harmon			
Teen (18-19)			
B. Vaughn			
165 lbs.			
Intermediate			
C. Cummings			
Teen (14-15)			
Z. Harmon			
Teen (18-19)			
J. Todd			
125 lbs.			
R. Doiron			
S. Simpson			
Teen (16-17)			
J. Greer			
Male Teen Outstanding Lifter: Jermaine			
Todd. Male Master Outstanding Lifter: Phil Horn. Male Open Outstanding Lifter: Phil Horn. Female Teen Outstanding Lifter: Tiffany Sisk. Female Master Outstanding Lifter: Patty Burnett. Female Open Outstanding Lifter: Amy Caldwell. (Thanks to Keith Payne for providing these meet results)			

## BACK ISSUE OF THE MONTH

December 1997 - Vicki Steenrod is on the cover and inside Marty Gallagher's article chronicles her career achievements to justify the declaration that she's the greatest woman lifter in USPF history. Rick Brunner, of Atletika, enumerates the protein requirements of top lifters and tells how functional protein powders satisfy those needs. Pennsylvania drug free star Willie Croner was interviewed by Dr. Larry Miller, and we had an awesome photo that Bill Kazmaier sent us of him pressing a 173 lb. Inch Dumbbell replica in Perth, Australia. The idea was just to deadlift it, but Bill was able to put it over head and press it. Louie Simmons talks "Squat" in his training article, where we have a photo of one of the all-time Westside Greats, the late Matt Dimel. Walt Austen, who has deadlifted over 800 lbs. in the 242 lb. class, revealed his training routine. Herb Glossbrenner produced a list of the USPF 25 All-Time Best Women Lifters. The giant of Polish powerlifting, Andrzej Stanaszek, was interviewed by Stephen Korte. He set many world records in the IPF, while standing only four feet tall. On our Top 100 list for the 181 lb. class the



top squatter and totaler was Ray Rosales with 771 and 1862. Dave Waterman had the top bench press at 600, and Chris Turner had the best deadlift at 716. Elsewhere on the list, among lifters who are active today: in the squat, Greg Buffington was 98th with a 562. In the bench press, Jim Klostergaard was 88th with a 407. In the deadlift, Joe Ongria was 79th with a 585, and Greg Zangl was 92nd in the total with 1470. For information on how to order this back issue, and the many dozens of others that are still available, see our listing on pages 44-47 of this issue of PL USA.

(continued from page 29)

307.5 needed to win the class, but did put forth great effort. Aaron was the bronze medalist and Randy finished right behind him in fourth. Randy and Aaron battled for the spot on the team at Master's Nationals and I expect another battle again next year. Both are great lifters. Returning World Champion Floyd Givens represented the USA in the 100 kg class. Floyd had a disappointing day as he had depth issues with his squat and was unable to get one passed. Look for Floyd to be back next year. Johnny Graham not only ran the meet, he also competed in the 110 kg class. Johnny lost weight the week of the meet and weighed in at a light 234. I don't know if I have ever seen Johnny look that slim. Also, lifting in this class is the ever-likeable, cattle baron, Bill Sindelar. It's tough to coach these two lifters. They are both great people and you want to see both of them in the gold medal spot on the podium. For this coaching dilemma, the next best thing is a gold and silver medalist. That is exactly how these two performed, Johnny winning the gold and Bill taking the silver. Johnny also got the gold for his accordion squat and Bill got the gold in the bench press. Good ol' southern boy Curtis Wainwright was the USA's 125 kg member. I think Curtis brought all of his family with him - what a cheering section with his lovely wife Leslie and Mama Wainwright leading them all. It was neat to see all the red, white, and blue in the audience. Curtis had a disappointing experience last year in South Africa, but redeemed himself this year. Curtis found himself on the podium with four golds around his neck. Newcomer Steve Green was our 125+'er. Steve gave the coaching staff a scare missing his first two bench press attempts. Steve finished as the gold medalist and received golds in all the disciplines.

MEN'S MASTER III - Robert Trujillo was the Mill representative in the 60 kg class. Robert had a solid performance going 9 for 9. He also set the World Record in the bench. Robert went home with four golds. Former multi-team member and Multi-World Champion, Robert Cortes was back with us once again in the 67.5 kg. What a joy to see a man of his young age, 76, lifting the weights that Robert does. However, Robert was not the oldest in his class. The oldest lifter was Joe Stockinger,

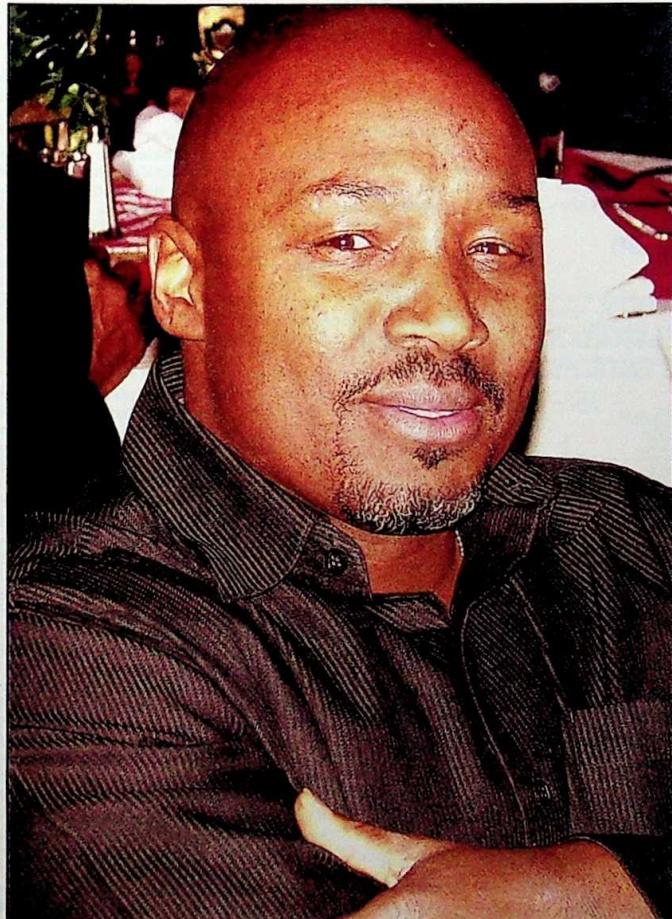
from Canada at 77 years young. And what a battle there was between these two lifters. Robert finished as the gold medalist and Joe was the silver medalist. What an inspiration to us all. Master's team member Jim Yeats dropped weight to make the 75 kg class since we didn't have anyone in this class. Jim still exemplified perfect form, but told me it was a disappointing day. Jim finished fourth. Watch for Jim on future teams. 82.5 kg master

team member Jim Lyon had a tough day. In the warm-up room, after he checked his equipment and weighed in, Jim discovered his lifting suits were not in his gym bag. It appears they had mistakenly been picked up by someone else. Jim had to scramble to find gear and get it approved. You know this rattled Jim as he missed two benches and two deadlifts. Jim finished fifth in his class. In the 90 kg class, we welcomed back former team member Bud Bower and newcomer Fred Rice. Budman has been training hard. Squats and benches looked the best I have ever seen them. Bud got the gold for the squat, bench press and overall. Fred got a silver for squat, bronze for deadlift and fourth overall. I expect Fred's lifts to improve as he gains confidence and experience. The USA's lifters in the 100 kg class were multi-team member and Multi-World Champion Bill Helmich and newcomer Thomas "Bugs" Bayer. I have to say Bill was the hardest working member of the team. Bill was helping all his team members from start to finish everyday (except the day before he lift and the session he lifted) either in the warm-up room, wrapping, etc. Bill and Bugs battled at Master's Nationals and the World was no exception. Bill had trouble with his benches and deadlifts, getting only one lift each passed. Bugs pulled a hamstring and was only able to get one squat passed. At the end of the session Bill and Bugs finished first and second respectively. These two will continue to battle in the future as both are great lifters. In the 110 kg was newcomer Curt Garrison. Curt made the team when a team member had to pull out due to family health issues. Curt was so anxious to be on the team, I received everything I asked for within two days. Curt is a new lifter and did well in his first international competition. Curt was the silver medalist. Curt is another lifter that I expect to see his lifts improve with experience and confidence. A strategic move was made to move Thomas "Arnold" Arrington up to the 125 kg class. After all nominations were made at the technical meeting, Arnold was lifting uncontested. Arnold got the gold with a near perfect 8 for 9 day. Returning team member Harry Heyman was the USA lifter for the 125+ kg class. Harry had been experiencing some knee issues and was unable to get a squat in. I'm sure he'll return to the platform to redeem himself.

With lifting finishing on Saturday, it was now time to relax, unwind, and spend time with old and new friends. The banquet was an all you can eat BBQ and music by the DJ that had provided the music all week long.

After everyone ate, it was time for the awards ceremony. Speeches were given by Johnny Graham, Alan Ferguson, Larry Maile, and John Stephenson. John Stephenson is speaking of retirement. I hope it isn't true as he would be greatly missed. Now time for the awards. I'm proud to say the USA made a clean sweep of all the team awards; Women's Master I, Women's Master II, Men's Master I, Men's Master II, and Men's Master III. This is the first time ever we have won all five team awards. First place of the Women's Master II Champion of Champions went to USA's Harriett Hall and second place went to Ellen Stein. Regina Hackney received third in the Women's Mill Champion of Champions. Another first in history in the Men's Master I Champion of Champions as the USA swept all three spots with Brad Gillingham (1st), Tony Harris (2nd) and Ron Garofalo (3rd). Robert Trujillo received third place in the Men's Master III division. Men's Master 4 Champion of Champions went to Robert Cortes. I would like to say "Great job to each and everyone of you. I'm proud of you!" It was my pleasure and honor to work with you. I hope this experience will be one of your fondest memories. Thanks to everyone for helping each other. This is one of the Masters' strongest strengths - we are FAMILY. To the family and friends - thanks for your support. Thanks to everyone for making this a great journey. I will be watching to see you on the platform again. Maybe our paths will cross again one day. Take care!

Gina Stepleton, World Master's Team Coach and Team Manager



Greg Page is one of several incoming strong US prospects for IPF World Masters Championship Gold Medals in the years to come.

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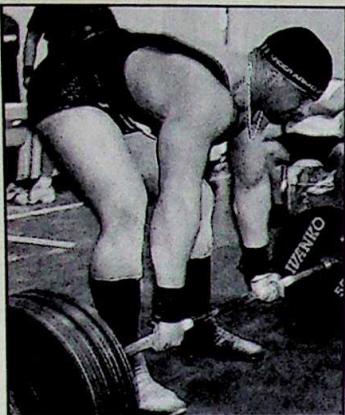
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Entries will be accepted on a first-come, first-serve basis.

**For more information contact:**  
Steve Woods or Judy Wood  
VPA - AAU Powerlifting Association  
P.O. Box 4054-0424  
Fax: 407-824-7242  
[VAPowerlifting@gmail.com](mailto:VAPowerlifting@gmail.com)

**For additional qualification information visit:**  
[www.aaupowerlifting.org](http://www.aaupowerlifting.org), click on Information, then Qualifying.

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**Mike Schwanke** with a 705 DL at the NCAPF Clayton Fitness meet. (photo provided by Joey Smith)

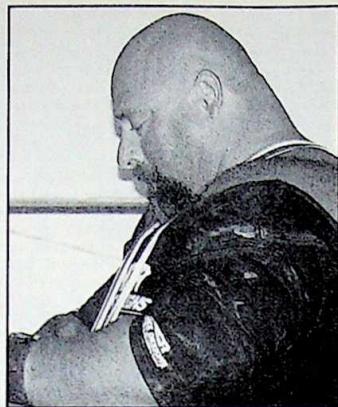
**APF Clayton Fitness  
28 JAN 06 - Raleigh, NC**

BENCH	G. Butia	589	BENCH	242 lbs.
MALE	275 lbs.		FEMALE	Junior
165 lbs.	J. Smith	661	A. Szeps	560
J. Gupton	D. Everhart	650	Open	275 lbs.
Master Allah	C. Rabon	628	R. Kilts	190
181 lbs.	P. Holz	600	MALE	Open
S. Eason	K. Dowd	—	S. Burns	700
C. Smith	308 lbs.	—	J. Farina	605
198 lbs.	A. Coleman	655	Open	505
B. Williams	SHW	—	J. Ceklovsky	—
220 lbs.	C. Cooke	—	Submaster	165 lbs.
C. Smith	650		R. Tonini	480
First Flight	SQ	BP	Masters (55-59)	Open
FEMALE		DL	B. Levers	540
148 lbs.	—	TOT	181 lbs.	SHW
D. Lemon	170	—	Open	Open
165 lbs.			R. Hillyard	355
H. Johnson	275	209	198 lbs.	Master (45-49)
R. Lupton	418	264	Open	D. Carbone
MALE			J. Malta	500
165 lbs.			J. Kilts	—
M. Huntoner	424	336	Teen (16-17)	Raw
181 lbs.			N. Fox	350
J. Sheffield	479	440	Teen (18-19)	84 lbs. (Age 11)
R. Herring	501	352	J. Sylvia	340
198 lbs.			Junior	181 lbs.
L. Hodges	622	474	T. Morris	Teen (16-17)
220 lbs.			455	220 lbs.
T. Mitchell	600	540	B. Henderson	275
B. Bleau	573	286	Junior	308 lbs.
242 lbs.			J. Bonilla	405

**APF Backyard Bench Meet  
5 AUG 06 - Tribes Hill, NY**

C. Hendrix	639	474	589	1703	Masters (40-44)	B. Godden	365
275 lbs.					B. Minnaugh	410	SHW
C. Dennis	540	402	540	1482	Masters (50-54)	Open	
R. Schinnerer	385	242	501	1129	V. Vardine	485	T. Barbaccio
308 lbs.					This meet was held at Iron Asylum Gym. Who in their right mind holds a bench meet in August? Hey, they don't call it the Asylum because we are all playing with a full deck. It was hot, and it was hot, and just incase I didn't mention it was hot! We had plenty of cold drinks and the grill was fired up immediately. Why Backyard Bench Meet? Well, we figured it's ever going to be called a backyard meet, then we wanted to do it first. In reality, it was anything but that. We charged a \$25 entry fee which included all food and drinks. We're hoping this will be an annual event as an act of appreciation to our lifters. A sanctioned bench meet with food for \$25 is a great deal. We gave out custom certificates along with medals for prizes, and some awesome Outstanding Lifter awards as well. Thanks to all who came out for the official Backyard meet. We had about 30 lifters and many spectators. Thanks to those who came to help out and support the meet as well. Mike Ferlito was happy as hell to step up and volunteer, and he ended up spotting both flights. John Poremba and Ted Morris did a good share of spotting. Billy Minnaugh pitched in a bit on the bigger benches too. Also, Justin Bonilla and Henri Skiba and Buster Godden, and Sebastian Burns. I sure hope I don't miss anyone. A lot of people have said that Zane and I are good meet directors. That's kinda bologna as you are only as good as your support network, and we have a great network of friends. Janis Godden stayed at the head table with me and helped me run the meet, and helped print out certificates and frame them. I really appreciate Janis a lot, she knows the head table and is a real asset to have there. Robin Kilts has been through hell lately with personal issues, and still came down, not only to compete in only her second meet, but she brought down a huge salad to share, and was actually picking up after the meet. The things that make a meet are that great people. My brother and his wife worked the food all day, and working the grill on a hot August day is no easy task. They are not even lifters, they just do this to help out. I'd like to give a big thanks to Southside Barbell. They brought up a nice group of lifters, and it was great to see them. I love recruiting new lifters into the Asylum. Hopefully they all liked it enough to return. Now, how about some results from the meet. We like to offer a division to raw lifters, because it brings out a lot of first time competitors, and most of the time they end up in a shirt and once in a while we get a good training partner out of it. Young Danny Levers kicked thing off. At 84 lbs. and 11 yrs old, he benched 85 lbs. Robin Kilts, in her second meet ever, benched 190 at 118. She was our only female competitor. Jimmy Kiernan benched 260 raw at 180 lbs. Ben Henderson, definitely part of the asylum crew, benched 275. He had to get through the meet without his training partner, and he did a great job. Anthony Manatrizio benched 305 and was fortunate enough not to see "the angry me". Nathan Fox came in from Vermont. With his incredible set up, he benched 3 for 3 ending with 350. Durell Cull came in from Rome to do his first meet ever. He's a strong raw lifter and put up 340 at 179. Jesse Sylvain put up a nice 340 in the 198 teen division. Rudy Hillyard came up from Tioga, PA to compete. It's always good to see Rudy on the platform. Justin Bonilla, from Burlington, VT, benched a flawless 405. He even pulled out his bench shirts and did a workout after the meet (and pr'd there too). I'm looking for him to hit something good in October. Buster Godden, another regular at the asylum, benched raw for this meet. He came up in his RV and enjoyed the weekend with his wife. Brent Addenbrooke didn't have the best day, but when he fixes a few issues with his form, he'll do some damage on the bench. Teddy "Road Head" Morris of Collingswood, NJ, benched an awesome 455 at 198. The incredibly sexy Billy Minnaugh benched a raw 410 and left the women weeping. To see this man in a singlet is something every woman should have the pleasure of atleast once in her life. Tony Barbaccio benched 505 RAW, typically he is a gear whore, but he gets caught up in a whizzing contest now and then. Vinnie Vardine benched a raw 485 at 50 yrs old. Nice masters lift. James Malta, also from Vermont, benched 500 at 198. Rob Tonini, graced our platform as a full power lifter in May, came back for the Backyard Bench and hit a nice 480 bench. Barry Levers, after watching his son's display of strength, benched an awesome 540 at 55 years of age. Danny was right there at the platform. It was quite the sight. Joe Ceklovsky tried opening with 500, but just didn't have it on this day. I think he's gonna have some big surprises for us all in October. Also hailing from CT, Joe Sylvia benched a very clean 505, while 46 year old Dino Carbone hit his first 600 (and let me tell you, Dino was very pleased). Adam Szeps, in his first ever benched an amazing 560 in the Juniors division. Jim Farina, who also trains at the asylum, benched 605. He will surpass that easily later in the year. Jim Kilts, a very impressive lightweight lifter, attempted to bulk up to the 198 class and take a shot at the all time record. John Galligan entered the meet, but wasn't happy with his warm-ups, so he passed. Sebastian Burns of Queensbury, NY, benched 700 on his opener. He got 750 to the top, but one arm		

(Thanks to Joseph P. Smith for the results)



**Dino Carbone** got his 1st 600 BP at the Iron Asylum meet (photograph courtesy of Sandi McCaslin)

return. Now, how about some results from the meet. We like to offer a division to raw lifters, because it brings out a lot of first time competitors, and most of the time they end up in a shirt and once in a while we get a good training partner out of it. Young Danny Levers kicked thing off. At 84 lbs. and 11 yrs old, he benched 85 lbs. Robin Kilts, in her second meet ever, benched 190 at 118. She was our only female competitor. Jimmy Kiernan benched 260 raw at 180 lbs. Ben Henderson, definitely part of the asylum crew, benched 275. He had to get through the meet without his training partner, and he did a great job. Anthony Manatrizio benched 305 and was fortunate enough not to see "the angry me". Nathan Fox came in from Vermont. With his incredible set up, he benched 3 for 3 ending with 350. Durell Cull came in from Rome to do his first meet ever. He's a strong raw lifter and put up 340 at 179. Jesse Sylvain put up a nice 340 in the 198 teen division. Rudy Hillyard came up from Tioga, PA to compete. It's always good to see Rudy on the platform. Justin Bonilla, from Burlington, VT, benched a flawless 405. He even pulled out his bench shirts and did a workout after the meet (and pr'd there too). I'm looking for him to hit something good in October. Buster Godden, another regular at the asylum, benched raw for this meet. He came up in his RV and enjoyed the weekend with his wife. Brent Addenbrooke didn't have the best day, but when he fixes a few issues with his form, he'll do some damage on the bench. Teddy "Road Head" Morris of Collingswood, NJ, benched an awesome 455 at 198. The incredibly sexy Billy Minnaugh benched a raw 410 and left the women weeping. To see this man in a singlet is something every woman should have the pleasure of atleast once in her life. Tony Barbaccio benched 505 RAW, typically he is a gear whore, but he gets caught up in a whizzing contest now and then. Vinnie Vardine benched a raw 485 at 50 yrs old. Nice masters lift. James Malta, also from Vermont, benched 500 at 198. Rob Tonini, graced our platform as a full power lifter in May, came back for the Backyard Bench and hit a nice 480 bench. Barry Levers, after watching his son's display of strength, benched an awesome 540 at 55 years of age. Danny was right there at the platform. It was quite the sight. Joe Ceklovsky tried opening with 500, but just didn't have it on this day. I think he's gonna have some big surprises for us all in October. Also hailing from CT, Joe Sylvia benched a very clean 505, while 46 year old Dino Carbone hit his first 600 (and let me tell you, Dino was very pleased). Adam Szeps, in his first ever benched an amazing 560 in the Juniors division. Jim Farina, who also trains at the asylum, benched 605. He will surpass that easily later in the year. Jim Kilts, a very impressive lightweight lifter, attempted to bulk up to the 198 class and take a shot at the all time record. John Galligan entered the meet, but wasn't happy with his warm-ups, so he passed. Sebastian Burns of Queensbury, NY, benched 700 on his opener. He got 750 to the top, but one arm

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Check the box that applies below

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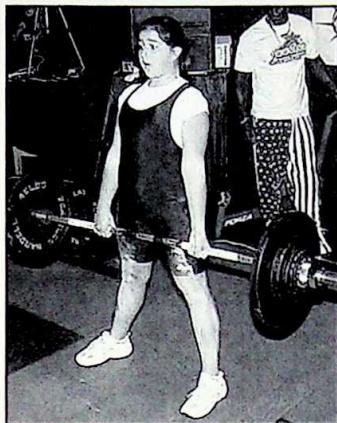
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MO	DAY	YEAR	
AGE	SEX	US CITIZEN	
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I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF		SIGNATURE X	

IF UNDER 18,  
HAVE PARENT  
INITIAL

I CERTIFY THAT THE ABOVE ANSWERS ARE  
CORRECT AND THAT I AM ELIGIBLE IN  
ACCORDANCE WITH THE RULES OF THE  
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just refused to lock out. Shawn Lattimer surprised a whole lot of people. Many thought his benching days were over. He opened with 715, and made all of his attempts including 865. Of course he about knocked himself out after he jumped for joy and had a bit of trouble with his landing. That's alright, it made for a pretty hardcore pic. Thanks once again to all involved in this meet. Hopefully we will see you all back here in October. Our full meets are February, May, and October, and our bench meet is in August. For pictures and videos from this meet and many others on the east coast, check out [www.ironasylumgym.com](http://www.ironasylumgym.com). We have many upcoming events listed there as well. (Thanks to Sandi McCaslin for the results)



**Tiffany Sisk was the Outstanding Teenage Lifter at the AAU National Push Pull Championships (photo by courtesy of Keith Payne)**

**AAU National Push Pul  
26 AUG 06 - Mocksville, NC**

BENCH	Master (50-54)			
MEN	W. Ferguson	355		
148 lbs.	4th-357			
Open	WOMEN			
R. Foxx	255			
Master (40-44)	198 lbs.			
R. Foxx	255			
181 lbs.	Open			
Master (45-49)	J. Langdon	150		
P. DeMarchis	320			
308+ lbs.	J. Langdon	150		
DEADLIFT	C. Edmunds			
Open	308+ lbs.			
MEN	Open			
M. Neal	660	148 lbs.		
Raw		Master (40-44)		
165 lbs.		R. Wess	460	
Master (60-64)		220 lbs.		
T. Newnam	317	Master (65-69)		
181 lbs.		T. Coble	535	
Submaster		Raw		
S. Anthony	330	165 lbs.		
220 lbs.		Teen (18-19)		
Master (50-54)		D. Wilcox	—	
S. Whitten	320	Open		
242 lbs.		D. Wilcox	—	
Master (45-49)		198 lbs.		
R. Cameron	415	Master (40-44)		
308 lbs.		T. Bowen	330	
MEN	BP	DL	TOT	
148 lbs.				
Master (40-44)				
R. Wess	265	460	725	
181 lbs.				
Submaster				
S. Maxon	285	475	760	
Master (60-64)				
J. Shoaf	265	365	630	
Master (50-54)				
J. Walters	350	475	825	
198 lbs.				
Submaster/Lifetime				
B. Clark	340	570	910	
Submasters				
B. Clark	340	570	910	
Open/Lifetime				
B. Clark	340	570	910	
Open				
T. Storie	305	—	305	
Master (40-44)				
B. Nichols	425	540	965	
M. Sunter	350	365	715	

220 lbs.				
Master (75-79)				
M. Brantham	250	420	670	
Law/Fire				
C. Smith	300	505	805	4th-DL-515
242 lbs.				
Open				
E. Gordy Jr.	550	550	1100	
B. Smith	360	500	860	
Junior				
C. Wichtl	375	590	965	
275 lbs.				
Submaster				
B. Shaw	470	500	970	
Open				
G. Staley	475	630	1105	
Master (50-54)				
W. Alsup	370	650	1020	
Law/Fire/Military				
W. Alsup	370	650	1020	
308+ lbs.				
Junior				
C. Martin	475	600	1075	
Raw				
105 lbs.				
Youth (10-11)				
C. Rhymer	205	220	295	
114 lbs.				
Teen (12-13)				
B. Etringer	120	180	300	
123 lbs.				
Teen (14-15)				
A. Nelson	160	300	460	
148 lbs.				
Teen (16-17)				
C. Ladd	145	310	455	
165 lbs.				
Teen (14-15)				
J. Synder	135	300	435	
J. Miller	125	220	345	
181 lbs.				
Teen (18-19)				
T. Gordy	325	435	760	
Open				
W. Brothers	305	350	655	
Master (70-74)				
J. Lynn	215	250	465	
T. Lowery	200	370	570	
Open				
R. Mabe	275	375	650	
198 lbs.				
Junior				
L. Bullins	430	500	930	
242 lbs.				
Submaster				
R. McMillan	310	490	800	
275 lbs.				
Junior				
C. Edmunds	390	500	890	
308+ lbs.				
Open				



- This is a membership application form. Complete all areas and return Part One to the address shown.
- For information on registration and program, call 1-800-AAU-4USA.
- AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs. Specific details on coverage can be obtained from your local AAU Association.

**ANNUAL MEMBERSHIP DUES**

	Regular Fee	"AB" Fee	
Youth Athlete	10.00	12.00	
Coach	12.00	14.00	
Volunteer or Official	12.00	Not Available	
Adult Athletes in the Following Sports:	10.00	12.00	

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c/o The Walt Disney World Resort  
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Lake Buena Vista, FL 32830

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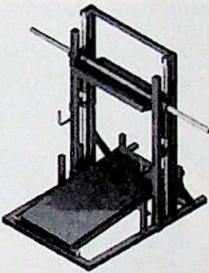
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**J. Gentry**      405      630      1035

**WOMEN**

**132 lbs.**

**Master (40-44)**

**P. Burnette**      175      270      445

**181 lbs.**

**Raw/Teen (12-13)**

**T. Sisk**      112      220      332.5

**4th-DL-230**

**Outstanding Lifters 198 and Under: Open**

**Outstanding Lifter (Male): L.B. Bullins**  
**Master Outstanding Lifter (Male): Buddy Nichols**  
**Master Outstanding Lifter (Female): Patty Burnett**, **Teen Outstanding Lifter (Female): Tiffany Sisk**. **Outstanding Lifters 220 and Over: Open Outstanding Lifter (Male): Eddie Gordy**, **Master Outstanding Lifter (Male): Wayne Alsup**. (Thanks to Keith Payne for these results)

**ASSOCIATION OFFICE COPY**

**Regular Fee**

**"AB" Fee**

**Adult Athletes in the Following Sports:**

**23.50**

**Baseball, Basketball, Basketball, Broomball, Cycling,**

**20.00**

**Kayak, Gymnastics, Modern Pentathlon, Multi-Events**

**25.00**

**(Decathlon, Pentathlon), Physique, Softball,**

**20.00**

**Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting**

**25.00**

**Adult Athletes in the Following Sports:**

**Not Available**

**Field Hockey, Flag Football, Hockey (Ice and Roller),**

**25.00**

**Rugby, Soccer, Water Polo and Wrestling**

**25.00**

**Adult Athletes in the Following Sports:**

**Not Available**

**Chinese Martial Arts, Judo, Ju-Jitsu, and Karate**

**25.00**

**Adult Tae Kwon Do Athletes**

**20.00**

**Adult Powerlifting Athletes**

**30.00**

**Not Available**

**35.00**

**CHECK ONE: \_\_\_\_\_ Athlete \_\_\_\_\_ Coach \_\_\_\_\_ Official \_\_\_\_\_ Volunteer**

**CHECK ONE: \_\_\_\_\_ Youth Program \_\_\_\_\_ Adult Program \_\_\_\_\_ Added Benefit \_\_\_\_\_ Yes \_\_\_\_\_ No**

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**ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? \_\_\_\_\_ Yes \_\_\_\_\_ No**

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that 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.

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

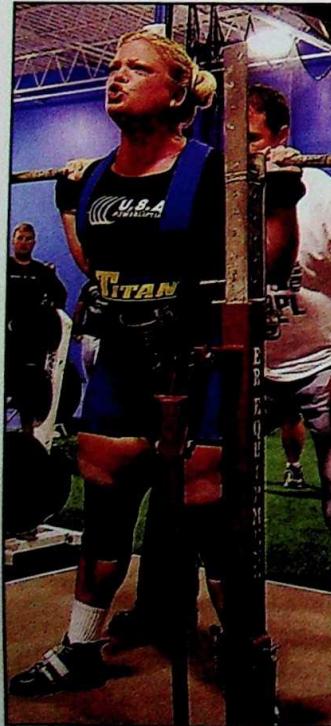
**Member's Signature \_\_\_\_\_**

**Parent/Guardian Signature \_\_\_\_\_**



**Southern OH Team Champs:** Dark County Y-Brian Westfall, Charles Jones, Brenda Centers, Ashley Centers, and Coach Mark Ridgeway

3rd Southern Ohio PL/BP 19 AUG 06 - Centerville, OH			275+ lbs.		D. McGlothen 350		
BENCH	Raw	FEMALE	SQ	BP	A. Fails	DL	TOT
WOMEN	J. Luis	225	148 lbs.				
FEMALE	148 lbs.		Master				
181 lbs.			K. Zur	270	125	305	700
Master	D. Hostetter	195	P. Horn	185	135	225	545
J. Mcwhirt	165	198 lbs.	Open				
Teen I			K. Zur	270	125	305	700
A. Centers	165	R. Huey	365	181 lbs.			
198 lbs.			Raw				
Open			J. McWhirt	230	165	315	710
J. Koenig	150	J. Hall	500	Master			
198+ lbs.			B. Centers	115	115	250	480
Junior			198 lbs.				
R. Hecht	245	S. Tanner	525	Master			
MALE			J. Koenig	—	150	300	450
123 lbs.			J. Koenig	—	150	300	450
		G. Kanaga	135	198+ lbs.			
			Open				
			J. O'Donnell	570	390	510	1470
			Junior				
			R. Hecht	425	245	300	970
			Raw				
			G. Kelly	225	125	255	605
			MALE				
			132 lbs.				
			Raw				
			C. Small	220	155	325	700
			148 lbs.				
			Teen III				
			N. Keenan	400	245	400	1045
			Raw				
			S. Lewis	315	260	385	960
			165 lbs.				
			Master				
			F. Kozub	340	290	435	1065
			Open				
			G. Simmons	235	325	315	900
			J. Kozub	200	150	300	650
			Junior				
			J. Gloyd	290	—	—	—
			181 lbs.				
			Raw				
			Z. Miller	395	305	515	1215
			198 lbs.				
			Master				
			J. Hare	510	350	575	1435
			Open				
			J. Hare	510	350	575	1435
			Raw				
			M. Porvaznik	420	350	530	1330
			R. Dues	420	350	450	1220
			220 lbs.				
			Master				
			M. Willet	600	450	600	1650
			Open				
			M. Willet	600	450	600	1650
			Junior				
			A. Harrod	590	400	515	1505
			Master				
			C. Jones	440	385	500	1325
			Teen III				



**Jessica O'Donnell** squatting 570 pounds at the USAPL Southern Ohio Championships (Meet Director Dave Ricks photographs)

L. Wall	485	325	475	1285
W. Mance	365	285	455	1105
242 lbs.				
Junior				
B. Westfall	525	425	550	1500
Teen III				
D. Kuck	440	370	435	1245
Raw				
J. Valpatic	405	275	500	1180
Master				
K. Paxton	500	—	455	—
275 lbs.				
Raw				
R. Dixon	425	295	430	1150
275+ lbs.				
Raw				

class. He finished with a 600 pound squat on his third attempt. He benched 450 pounds and pulled a 600 pound deadlift for a combined total of 1,650. This is more impressive considering Mike had broken his foot several months prior to this event. The lifters ranged in age from teenage to folks in their 40's. We also had mother and daughter lifting together (Ashley and Brenda Centers) and father and son combination (Francis and Jessie Kozub). The team award went to the Dark County YMCA which was composed of Jay Luis, Jeremy Gloyd, Brian Westfall, Charles Jones, Brenda Centers, Ashley Centers, & their coach Mark Ridgeway. Again thanks to all the lifters who participated and everyone who helped to make this a great event. (Thanks to David Ricks, Meet Promoter, for results)

#### APF Gulf Coast Classic

9 SEP 06 - New Port Richey, FL

BENCH		Master	(50-60+)
MALE		220 lbs.	
Special Olympic		R. Douglas	385
181 lbs.		242 lbs.	
N. Cafaro	281	Churchman	429
Master (40+)		E. Fitzpatrick	435
165 lbs.		R. William	385
D. Viars	380	308 lbs.	
181 lbs.		B. McKee	600
R. Cowser	485	Open	
242 lbs.		165 lbs.	
F. Goldberg	474	D. Viars	380
R. Hoover	440	198 lbs.	
		J. Williams	413
FEMALE	SQ	BP	DL
Open		123 lbs.	TOT
J. Rotisinger	407	198	363
R. Moore	237	181	259
132 lbs.		126	677
M. Kirkland	429	220	391
B. Reardon	242	126	598
148 lbs.		242	628
M. Flesh	292	93	628
MALE			
Master (40+)			
181 lbs.			
D. Agostini	573	413	540
B. White	551	363	485
198 lbs.			
S. O'Malley	628	358	501
Master (50+)			
198 lbs.			
M. Hamburg	501	303	429
Master (60+)			
148 lbs.			
D. Whitney	463	231	485
Junior/Teen			
181 lbs.			
J. Land	551	479	440
275 lbs.			
N. Castellano	650	523	551
308 lbs.			
T. Nelson	705	501	562
Open			
R. Blunschi	440	49	429
181 lbs.			
B. Tincher	766	518	622
J. McElroy	622	369	655
198 lbs.			
D. Flesh	749	523	584
J. Williams	650	413	551
K. Kirby	666	336	573
S. O'Malley	628	358	501

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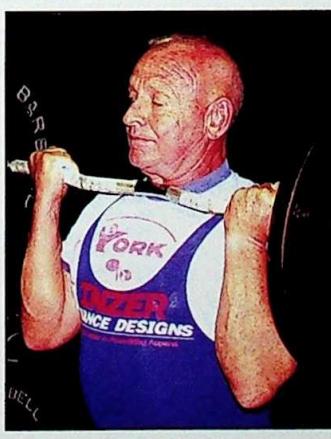
**The Iron Boy Best Lifters:** Mark Sunter, Jamie Langdon, T.C. Gordy

220 lbs.				
J. Banning	578	352	501	1433
242 lbs.				
R. Weinstein	677	501	578	1758
N. Tatum	551	468	551	1570
S. Johnson	622	402	529	1554
275 lbs.				
R. Tinney	876	545	727	2149
D. Favre	804	551	600	1956
308 lbs.				
B. Phillips	733	485	600	1818
Out				
165 lbs.				
T. Conyers	700	—	—	700
198 lbs.				
R. Paras	738	501	—	1240
J. Wisenbaker	—	—	—	—
220 lbs.				
L. Barry	—	—	—	—
242 lbs.				
D. Blue	159	—	—	159
275 lbs.				
J. LaComb	—	—	—	—
G. Jurkowski	804	—	—	804
Best Lifter Master:	Dean Whitney			
Best Lifter Lightweight:	Brian Tincher			
Best Lifter Heavyweight:	Ryan T. Tinney			
Team Award:	Orlando Barbell			
Thanks to Pamela Clayton for providing these meet results				

**APA Arizona Open**  
8 JUL 06 - Tucson, AZ

BENCH	Open/DT			
MALE	B. Schultz	350		
181 lbs.	308 lbs.			
Master III	Submaster			
J. Gallegher	255	J. Filas	405	
242 lbs.	Open/DT	J. Filas	405	
MALE	SQ	BP	DL	TOT
132 lbs.				
Teen (13-15)				
K. Judd	180	105	255	540
148 lbs.				
Teen (13-15)				
J. Gillette	245	150	255	650
Teen (18-19)				
P. Tucker	410	300	400	1110
181 lbs.				
Master III				
D. Judd	285	145	375	805
198 lbs.				
Teen (18-19)				
K. Chayka	435	290	465	1190
Master III				
J. Ellis	350	215	405	970
Open/DT				
A. Haggerty	565	365	585	1515
220 lbs.				
Open/DT				
L. DeAlva	560	430	365	1355
275 lbs.				
Teen (16-17)				
E. Jett	550	315	510	1375
Open				
J. Lanier	—	—	—	—

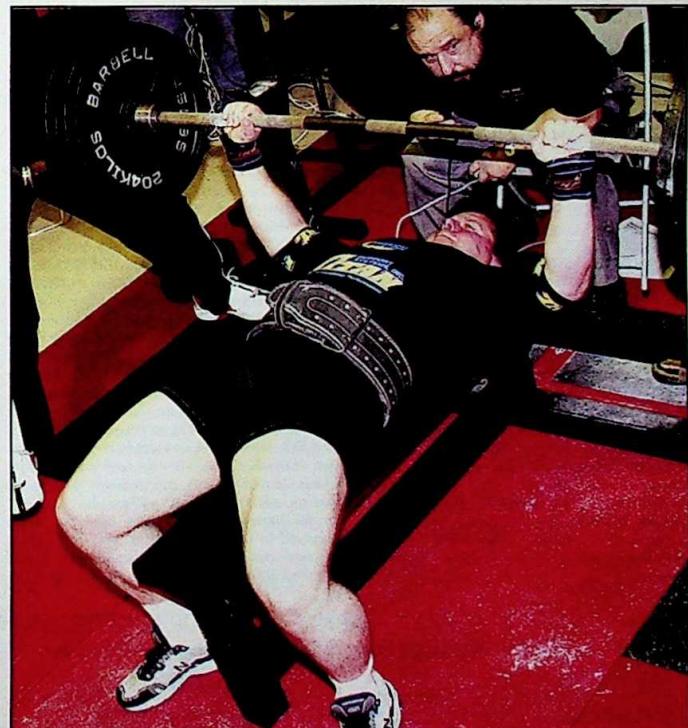
Best Lifter Powerlifting: Aaron Haggerty.  
Best Lifter Bench Press: John Filas. (Thanks to Scott Taylor for providing the results)



**Jim Shoaf** curled 110 at the Iron Boy. (Keith Payne photographs)

Junior	Submaster	J. Walsh	120	W. Ferguson	135
H. Claypatch	315	181 lbs.		FEMALE	
205		Master (45-49)		198 lbs.	
242 lbs.		B. Upchurch	120	Intermediate	
148 lbs.		160	Master (60-64)	J. Langdon	80
Master (40-44)	225	4th-170	J. Shoaf	110	
Master (50-54)	225	Master (50-54)	308 lbs.		
W. Claypatch	245	V. Sherard	380	Master (50-54)	
165 lbs.		Open		Outstanding Female Open Lifter: Jamie	
Teen (18-19)		W. Claypatch	245	L. Bearden	235
C. Martin	230	165 lbs.		Master (75-79)	T.C. Gordy
181 lbs.		198 lbs.		G. Jones	290
Intermediate		198 lbs.		275 lbs.	Lifter: Mark Sunter. (courtesy Keith Payne)
R. Mabe	275	198 lbs.		Junior	
Master (50-54)	275	198 lbs.		C. Edmunds	385
W. Ferguson	350	198 lbs.		Norfolk Powerlifting BP/Triathlon	
Master (45-49)	320	198 lbs.		9 JUL 06 - Norfolk, MA	
B. Upchurch	320	198 lbs.		Allard	250
Open		198 lbs.		Raw	225
R. Mabe	275	198 lbs.		D. House	310
Master (50-54)	275	198 lbs.		(18-25)	(36-40)
E. Goode	250	198 lbs.		FEMALE	
Teen (18-19)		198 lbs.		Rudolph	280
T. Gordy	335	198 lbs.		Rogers	315
J. Pennell	300	198 lbs.		Holloman	350
220 lbs.		198 lbs.		Power	285
Master (40-44)	180	198 lbs.		Delacruz	340
M. Wall	350	198 lbs.		Heil	255
Police/Fire	75	198 lbs.		Simon	350
K. Hubbard	315	198 lbs.		Triathlon	Reps
Open		198 lbs.		Rodriguez	16

(Thanks to John Keegan for these results)



**Edward Duane Barker** got a 4th attempt 440 pound bench press in the masters 40-44 age group/242 lbs. at the Iron Boy Bench Classic

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**Chris Rayner** got all new WPA Teenage (16-17) World Records in the SQ, BP, DL, and TOT at the APA Summer Classic (photograph by the courtesy of Rodney Wood)

APA Summer Classic 1 JUL 07 - West Plains, MO					
	SQ	BP	DL	TOT	
123 lbs.					
Submaster					
S. Wood	242	147	285	675	
165 lbs.					
Open					
S. Hudson	145	110	165	420	
MALE					
148 lbs.					
Open					
J. Ernst	230	160	325	715	
165 lbs.					
Master (40-44)					
S. Hawkins	265	150	375	790	
181 lbs.					
Teen (13-15)					
K. O'Conner	275	175	325	775	
Teen (16-17)					
C. Raynor	622	335	507	1464	
Teen (18-19)					
J. Hawkins	450	300	500	1250	
198 lbs.					
Open					
M. Elmore	475	300	455	130	
Master (40-44)					
J. Neef	460	305	420	1185	
220 lbs.					
Open					

J. Girdley	500	350	600	1450
Master (40-44)				
G. Pitts	—	405	510	915
Junior				
Z. Talbot	620	250	545	1415
Teen (16-17)				
B. Behning	435	—	—	435
242 lbs.				
Open				
J. Wantland	—	—	—	—
Master (45-49)				
S. Hazen	—	—	—	—
Teen (16-17)				
E. Metcalf	365	260	405	1030
275 lbs.				
Open				
J. Svoboda	645	—	—	645
308 lbs.				
Open				
J. Davis	730	530	650	1910
Powerlifting Grand Champion: Jarod Davis.				
Powerlifting Runner-Up: Chris Raynor.				
Powerlifting Second Runner-Up: Jarrod Girdley.				
Single Event Championship Grand Champion: Justin Wantland.				
Single Event Championship Runner-Up: Josh Svoboda.				
Single Event Championship Second Runner-Up: Glenn Pitts.				
The Firm Health and Fitness Club hosted the second annual Missouri APA Summer Classic.				
We would like to thank Craig Harrison, the owner of The Firm, for allowing us to host Powerlifting meets at The Firm. The Firm is one of the best Powerlifting friendly gyms in America and a great venue for a meets. We started the meet on Saturday night, with four ladies competing in the full powerlifting meet. The overall winner was Stephanie Wood, with a state record in the squat, bench, deadlift and total. In less than an hour and half she had added 75lbs. worth of PRs and had the meet of her life. After Stephanie kicked the meet off to such a great start, the guys followed it up on Saturday by continuing to set records and PRs all day long. The Grand Champion in the Powerlifting Division was big Jared Davis who PRed in the squat, bench and total. Jared is only 24 years old and it will not be long until we see a 2000 lb. total from him. The second runner up in Powerlifting meet was Chris Raynor out of Tulsa, OK, who competes in the Drug Free Division. Chris is trained by Terry Putman and was very well prepared for the meet, and he turned in a very impressive performance. His squat was an open and teenage class World and American Record, bench deadlift, and total teenage World American record. For a 16 year old young man, Chris shows great poise and technique during all of his lifts. Chris has a very bright future ahead of him and we look forward to seeing him lift in the APA again. Second runner up was new comer Jarod Girdley in only his second meet and after				

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six months of training pulled 600 lbs. for the runner up award and the open class state record. In the single event championships we had some great performances as well. The grand champion came down to a vote of the judges between a great bench press and squat. The Grand Champion award went to Justine Wantland, who after finding a tear in his bench shirt borrowed own and set a new state record in the bench press, with a very impressive performance. The second runner up went to Josh Svoboda out of St. Louis, MO, with a very impressive squat in only a set of knee wraps and briefs. Once Josh puts on the squat suit he will be well on his way to some big 700 lb. squats. Second runner up went to masters lifter Glenn Pitts who set a state record and once he learns how to use a good bench shirt will put up some very big numbers. A special thanks goes out to judges Ed Finnel, George Helene, Mike Elmore, and Joe Humbryd. Some of the judges lifted and judged at the same time. Thanks to Maddie Talbot for running the spread sheet and keeping the meet on track for me. Also special thanks to Chad Walker and NAS Strongman Kevin McNease for spotting and loading all day long. I would like to thank all the lifters in the meet because everyone help spot, set up, clean up and make for a great day for everyone. (Thanks to Rodney Wood, Meet Director and MO APA Chair, for results)

**Bay State Meet**  
30 SEP 06 - Norfolk, MA

148 lbs.    SQ    BP    DL    TOT  
C. Torres    —    220    450    —

165 lbs.  
R. Bachelder 355    210    375    940  
Monteagudo 555    340    530    1425  
D. Wilson 400    270    400    1070

181 lbs.  
M. Goulet 385    255    25    1065  
220 lbs.  
R. Bent 400    300    455    1155

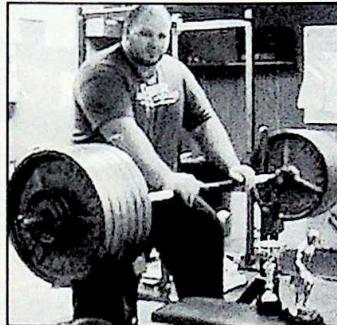
R. Cirignano 395    355    520    1270  
J. Davenport 345    245    450    1040  
M. Hurd 405    315    525    1245

W. Hussey 400    290    510    1200  
R. Seymour 475    310    415    1200  
E. Traeger 385    300    500    1185

275 lbs.  
R. Messina 500    —    —    —  
M. Young 375    400    550    1325

Best Lifter: Monny Monteagudo, Best Raw Lifter: Nick Cirignano. Best Master Lifter: Richard Seymour. It was a perfect day for a powerlifting meet, and the meet went on without a hitch. There were 14 lifters all trying to out lift Manny Monteagudo, the meets Best Lifter, lifting in the 165's. Manny set a personal best in the squat with an amazing 555 lb. squat. In the 148's, Chris Torres should of won his class, being the only lifter, but opened his squat over his max and was unable to get on the board. Chris received the Titanic Award (splash). However, Chris did pull a 450 lb. dead lift easily. New comers, Michael Goulet, and Ed Traeger, put up some amazing numbers for only training four months. They both just missed 400 lb. squat, settling for a 385 lb. Just four months earlier, they were barely squatting 300 lbs. They also destroyed their deadlift lifting 425 lbs. and 500 lbs., respectively. Also, new member, Jack Davenport, in his first meet surprised everyone totaling 1040 lbs. and pulling a crowd cheering 450 lb. dead lift. In the 220's, Best Raw Lifter, Nick Cirignano out lifted a field of seven lifters. Marcus Hurd won 2nd place in the 220's, coming just off

a hernia operation, so watch out Nick, Marcus is coming back! Best Master Lifter, 57 year old Dick Seymour, PR'ed his squat and total, finally breaking the 1200 lb. total barrier he has been chasing for years. Ron Bent PR'ed his squat, lifting raw, pushing 400 lbs. up with a few pounds to spare. Walter Hussey, in his second meet made all his lifts and put up some great lift numbers, 400 squat and 510 deadlift. In the 165's, Bobby "Bezzie" Batchelder just missed his 400 lb. deadlift that would have taken him over the top and make his numbers. Even though the team razzes Bobby about his numbers, a lot can be learned from Bobby's determination and dedication to the sport of power lifting. In the 275's, Marcel Young won without any competition from Rich Messina. Rich Messina, lifting raw, after squatting 500 lb., miss judged his bench and deadlift opener and fell off the board. Rich was awarded the Nagasaki Award (Boon). Special thanks to Head Judge Dennis Montenbault for his help and advice in the sport of powerlifting. Also, special thanks to all the spotters, loaders and referees for doing an awesome job throughout the day. The power Team would like to thank the Superintendent of Bay State Correctional Center and his Recreational Officers for making this event possible. (Thanks to Mike Eagles and Jesse Keller for results).



**Andy Shaffer** benched the most weight raw in the WNPF with 600 at the Pennsylvania State meet on September 10th (from Troy Ford)

#### WNPF Pennsylvania 10 SEP 06 - Ephrata, PA

BENCH WOMEN	Open Raw	
123 lbs.	Shaffer!	600
Open-Single Ply	181 lbs.	
Benner	160*	Open
(40-44)-Single Ply	Colordrillo	22
Benner	160*	(40-44)
165 lbs.	Passman	28
(50-54) Raw	POWER CURL	
Cox	145	181 lbs.
MEN		(40-49)
181 lbs.	Passman!	160
(40-44) Raw	Open	
Passman	340	Colordrillo
198 lbs.		140
(13-16) Raw	242 lbs.	
Passman	200	(40-49)
220 lbs.	Johnson	170
Open-Single Ply	Open	
Bray!	450	Parillo
(45-49) Raw		150
Smith	280	Bosley
(45-49)	275 lbs.	
Smith	315	(50-59)
(60-64) Raw	Grossman	160
Davis	300	300 lbs.
242 lbs.	Schoekoph	150
(4-44) Raw	DEADLIFT	
johnson	181 lbs.	
(45-49) Raw	Open	
Kleinsmith	375	Neiman!
(50-54)		525
Harman	400	220 lbs.
(55-59) Raw	Open Raw	
Bonga	—	Jensen
300 lbs.	Novice	500
(60-64)		
Schoekoph	310	Arment
SHW	(35-39)	525
WOMEN	Arment	
132 lbs.	SQ	Police/Fire
	BP	Arment
	DL	525
	TOT	

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148 lbs.	Rambo	315	265	370	950	!Best Lifters. (results courtesy Troy Ford)

Lifetime Raw	Leisey	110	90	175	375	APF Summer Slam
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MEN	80 lbs.	23 JUL 06 - Concord, NH				
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(9-10) Raw	Yoas	75	60	125	260	BENCH
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148 lbs.	Stipa	415	265	420	1100	MALE
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Lifetime-Single Ply	Stipa	415	265	420	1100	Open
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Open-Single Ply	Stipa	415	265	420	1100	165 lbs.
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165 lbs.	(13-16) Raw	230	180	280	690	A. Eason
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Lifetime Raw	Stratton	230	180	280	690	350
--------------	----------	-----	-----	-----	-----	-----

Crowe	470345	550	1365	181 lbs.	242 lbs.	P. Kulas
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181 lbs.	(17-19) Raw	355	185	440	980	MALE
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Shultz	Catina	455	235	440	1130	Open
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220 lbs.	Lifetime Raw	—	—	—	—	165 lbs.
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Jensen	—	—	—	—	—	A. Eason
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Open Raw	—	—	—	—	—	350
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Jensen	—	—	—	—	—	280
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242 lbs.	(20-23) Raw	410	285	450	1145	181 lbs.
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Smith	410	285	450	1145	181 lbs.	280
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Open-Single Ply	505	460	550	1515	181 lbs.	280
-----------------	-----	-----	-----	------	----------	-----

(40-44) Raw	Stoudt	405	350	440	1195	181 lbs.
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300 lbs.	300 lbs.					181 lbs.
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Also competing in the 181 lb. class was Joel "Grand Ma-Ma" Smith. Joel represented the Masters class by setting another state record with a 280 lb. bench. Keep up the good work Joel. The 198 lb. class was won by Antoine Welch who benched 410 lbs. Paul Kulax was awarded first place in the 220 lb. class. Paul found his groove with a 430 lb. lift. Shane Thompson took second place in the 220 lb. class with a nice 420 lb. push (it should be noted that Shane did this while nursing an injury). We are expecting bigger numbers from Shane in the future. Also in the 220 lb. class was Jim Lampert who took first place in the junior class with an impressive 335 lb. lift. Next up was the 242 lb. class. It was easily won by new comer Moe Tweedie. We finally got to watch Moe in action, and he didn't disappoint us. He didn't just take first place in his debut performance, he set a new state record in the sub-masters class with a 460 lb. press. Moe also had the second highest Schwartz of the day. Great job Moe! Second place in the 242 lb. class went to Tobey Ladd who benched 265 lbs.! The 275 lb. class was dominated by Brian Reynolds. Brian showed us what hard work and a strong heart can produce when he crushed the old state record by 130 lbs., with a jaw dropping 640 lb. bench. It should be said that and just missed 675 lbs. on his next lift. We expect 700 lbs. plus from him at the upcoming November meet. Fantastic results "B", keep up the great work. Reynolds also received best overall lifter. (Thanks to Norman Franks for the results)

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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.

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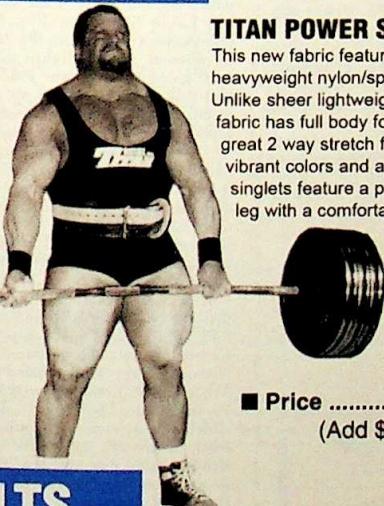
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Designed & manufactured exclusively for powerlifting. Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; lateral strap (7) Avg. width & standard heel  
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This new fabric features the highest quality, heavyweight nylon/spandex fabric available. Unlike sheer lightweight lycra fabrics, our fabric has full body for great coverage, great 2 way stretch for maximum comfort, vibrant colors and a beautiful sheen. All singlets feature a power cut and full-length leg with a comfortable spandex leg band,

Colors: Black, Royal Blue, Red, Gold, and Silver.

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**COMPETITION buckle belts;** feature stainless steel seamless roller & full leather buckle foldover. \$89.95

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All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

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Box of 10	\$4.00
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4 x 2 1/2"	\$32.95
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USAPL T's:	
3 color logo	\$15.00

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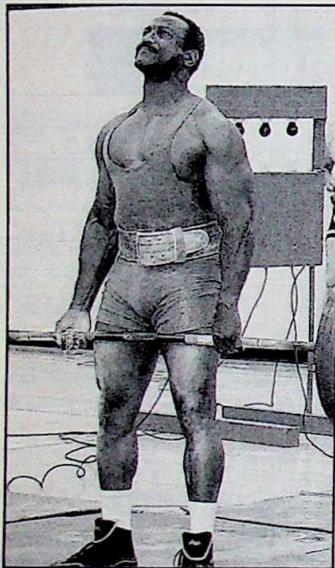
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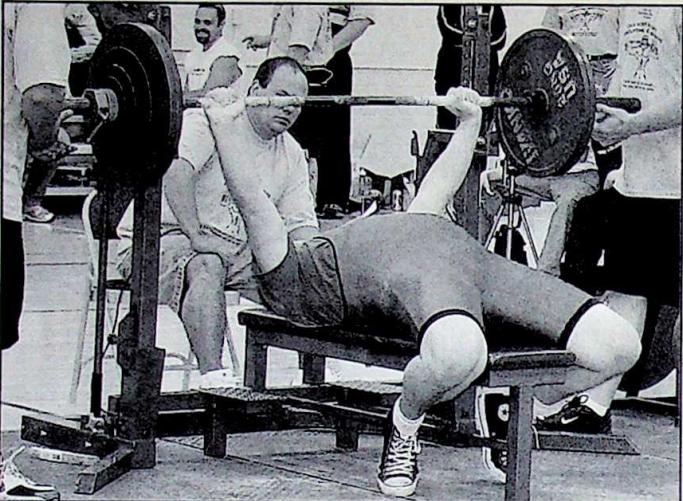
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**100% RAW Nebraska State  
9 SEP 06 - Omaha, NE**

BENCH	242 lb.
FEMALE	Open
181 lb.	E. Todd 374
Open	(35-39)
K. Sharp 170	S. Peterson 363
MALE	(40-44)
97 lb.	E. Horwitz 187
(16-17)	(55-59)
J. Henkel 170	B. Sindelar 336
198 lb.	275 lb.
Open	(40-44)
M. Cole 385	T. Westfall 192
220 lb.	SHW
(40-44)	(35-39)
J. Probasco 363	R. Vincent 380
G. Rhoades 314	
FEMALE	BP DL TOT
Open	
181 lb.	
K. Sharp 170	358 529
MALE	
Open	



Ronnie Powell pulled 501 pounds at Master 55-59/220 lb. at the 100% RAW Omaha competition.



Jesse Jobe of Iowa benched 303 in Omaha (photos from Paul Bossi)

198 lb.	Open
C. Kenkel 253	451 705
Master (45-49)	132 lb
J. Harvey 242	402 644
Master 55-59	165 lb.
R. Cavalieri 237	347 584
220 lb.	181 lb.
(30-34)	R. March 479
T. Prati 347	363 330 385 1080
Master (55-59)	242 lb.
R. Powell 341	501 843
242 lb.	B. Hegemann 363 292 391 1047
Open	97 lb.
J. Jobe 303	473 777
275 lb.	J. Henkel 259 170 165 595
(30-34)	220 lb.
J. Bangs 363	507 870
Master (40-44)	G. Melnick 352 259 479 1091
T. Westfall 192	181 lb.
SHW	132 lb.
Junior (20-24)	C. Svoboda 248 165 314 727
I. Edsill 270	518 788
(30-34)	Junior (20-24) SHW
R. Vincent 380	407 270 518 1196
FEMALE SQ	Submaster
Open	165 lb.
K. Sharp 314	170 358 843
Master (65-69)	242 lb.
B. Bishop 137	99 159 396
MALE	B. Sindelar 446 336 523 1306
	Master (65-69)

**100% RAW Powerlifting Federation**

Membership Application

LAST NAME: \_\_\_\_\_ FIRST NAME: \_\_\_\_\_ INT. \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY / STATE / ZIP: \_\_\_\_\_

AREA CODE / TELEPHONE: \_\_\_\_\_ DATE OF BIRTH: \_\_\_\_\_

AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

**REGISTRATION FEE**

\$25 - ADULTS

\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW  
139 MARLAS WAY, CAMDEN, NC 27921

NOTE: Your 100% RAW Membership Will Expire  
One Year From The Date of Application.

LIFTERS SIGNATURE: \_\_\_\_\_

PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION: \_\_\_\_\_

(This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

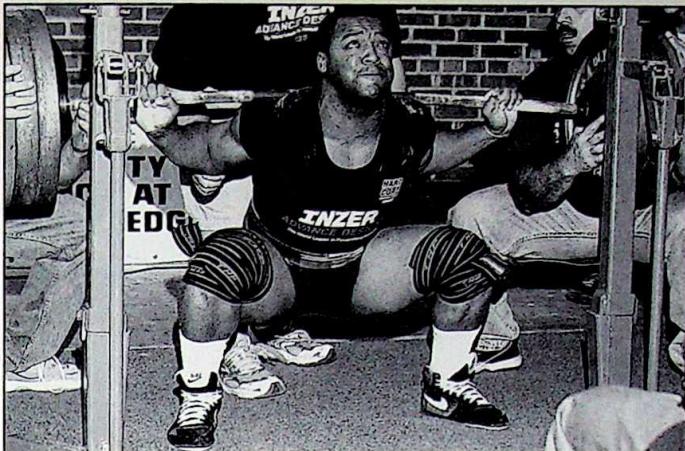
[www.RAWPOWERLIFTING.com](http://www.RAWPOWERLIFTING.com)

132 lb.  
T. Bishop 203 154 303 661  
Meet Director: D.J. Satterfield Sponsor  
Director: Richard "Vince" Vincent. The  
100% RAW Powerlifting Federation Ne-  
braska State Championships were held at  
the A.V. Sorenson Recreation Center in  
Omaha. This was the first time 100% RAW  
had been to Nebraska and it was a success-  
ful debut. We had 28 lifters from 3 states  
(NE, IA, and MO), ages 16-69, with 13  
competing in the full meet. The meet was  
completed in four hours, thanks to great  
help. Only a belt and chalk were allowed  
and the competitors loved it. I would like  
to send a huge thank you to our local  
sponsors: MaxMuscle Nutrition, Omaha  
Sports Physical Therapy, Brumbaugh &  
Quandahl Law Office, Dave's Auto Body,  
J-Birds Food & Spirits and Dr. John  
Lukasiewicz from Back, Neck and Pain  
Relief Center; our national sponsors: Egg  
Whites International, Ironmind and Strong  
Magazine. These companies helped make  
for some great awards and prizes for the  
lifters. Also, I want to thank Shawn Baier,  
Bill Purcell, Tom Young, Judi Satterfield,  
Dan Gross, Kris McNeil, Tonya Satterfield,  
Pramote Khamsanit, T.J. Martin, Bret  
Carter, Sandy Vincent, Bill Sindelar, Don  
McElravy, Howard Huffman, Paul Bossi,  
Shawn Lyte, Nicole Melnick, Brittny  
Clemons, Cody Peters and Rob Blair. With-  
out all of you, this meet would have never  
run as smoothly. I want to give a special  
thank you to Keith Machulda, for guiding  
me along with my first meet and my  
partner, Richard "Vince" Vincent, for all  
he did trying to keep me calm. The meet  
started at 10:00a.m. and had some impres-  
sive lifts. In the full meet, 97 lb. 16-17 yr.  
old division, 16 yr. old Jason Henkel put up  
a 594 total with the highlight being his 258  
squat, the 132# 18-19yr. old division had  
Chris Svoboda with a 726 total and 69 yr.  
old Tom Bishop with a 660 total including  
a 303 deadlift, in the 165 submaster division,  
Brian Terry totaled 990 with an impres-  
sive 523 deadlift, the 181 open division had  
Ryan March going deep on a 479 squat only  
to miss his bench press, the women's side of the  
181 lb. division had 66 yr. old Buellah Bishop  
putting up a 396 total with a lot more left in  
the tank and 20 yr. old Kacie Sharp totaling  
841 with an impressive 314 squat, in the 181 Master 55-  
59 division, Randy Hraban put up a 1,045  
total going 9 for 9, the 198 open division  
had Ben Edwards putting up a 1,078 total,  
in the 220 16-17 yr. old division had Glenn  
Melnick getting a 1,089 total with a nice  
479 deadlift, in the 242 open division,  
Brian Hegemann totaled 1045 going 9 for  
9 in his first meet, in the 242 Master 55-59  
division, Bill Sindelar totaled 1303 with a  
nice 523 deadlift, the SHW Junior 20-24  
division had Idsac Edsill putting up a 1193  
total. In the Push/Pull competition, the 198  
Open division had Corey Kenkel going 6 for  
6 with a 704 total, the 198 Master 45-49  
division saw Jeff Harvey go 6 for 6 with a  
643 total and 198 Master 55-59 Rick  
Cavalieri total 583 in the 220 Submaster  
Division, Terry Prati totaled 847 and 220  
Master 55-59 Ronnie Powell total 841 with  
an impressive 341 bench, the 242 open  
division had Jesse Jobe putting up a 775  
total, in the 275 submaster division, Jason  
Bangs totaled 869 and the 275 Master 40-  
44 saw Tom Westfall put up a 500 total, in  
the SHW submaster division, Richard  
"Vince" Vincent went 6 for 6 with a 880  
total. The Bench competition had 198 open  
division lifter Mario Cole pushing up a 385  
bench, in the 220 Master 40-44 division,  
John Probasco put up a 363 bench edging  
out fellow 220 Master 40-44 competitor  
Gregg Rhoades, who had a 314 bench, the  
242 lb. open division had Eric Todd putting  
up a 374 lb. bench, the 242 lb. submaster  
division saw Shane Peterson benching 363  
lb. and 242 lb. Master 40-44 Ed Horwitz  
putting up a 187 lb. bench. Outstanding  
Full Meet: Bill Sindelar. Outstanding Push/  
Pull: Terry Prati. Outstanding Bench: Mario  
Cole. Once again I would like to personally  
thank everyone that was involved in any  
way with the 100% RAW Powerlifting  
Federation 2006 Nebraska State Cham-  
pionships. It was because of all of you, that  
this meet turned out to be a success.  
(thanks to D.J. Satterfield for these results)

### USAPL River's Edge

14 OCT 06 - Granite City, IL

BENCH	220 lbs.
FEMALE	M. Metheny 363
Open	242 lbs.
132 lbs.	R. Biggiam 529
V. Schaefer	77 Open/Master I
181 lbs.	275 lbs.
J. Lovelass	126 M. Porter 463
MALE	275+ lbs.
Open	S. Hopkins 407
181 lbs.	D. Garris 562
C. McDaniel	314 D. Rhodes —
198 lbs.	Master II
Hepperman	380 198 lbs.
FEMALE	D. Quevreaux 209
NO	SQ BP DL TOT
114 lbs.	
L. Sutter	66 33 99 198
Open	
132 lbs.	
M. Hall	187 71 209 468
C. Sandoval	148 77 226 451
165 lbs.	
S. Farrance	— 126 242 369
181 lbs.	
S. Coughlin	170 121 226 518
MALE	
Novice Open	
114 lbs.	
J. Croghan	— 88 203 292
198 lbs.	
Z. Ogden	88 93 264 446
Teen	
114 lbs.	
A. Jacobsen	— 104 — 104
132 lbs.	
J. Sutter	253 132 314 700
148 lbs.	
Z. Timmons	352 237 308 898
C. Harris	297 176 132 595
165 lbs.	
J. Ogden	330 192 380 903
B. Cuvar	264 220 363 848
181 lbs.	
G. Croghan	352 264 429 1047
198 lbs.	
E. Leitman	501 341 556 1399
A. Winkle	— 226 451 1113
225 lbs.	
E. Kern	429 363 451 1245
Open/Teen	
165 lbs.	
D. Montieth	341 242 352 937
181 lbs.	
C. Motsinger	380 203 418 1003
198 lbs.	
J. O'Neill	308 214 341 865
Master I	
225 lbs.	
R. Burgess	363 297 413 1074
Open/Master I	
165 lbs.	
R. Bertel	363 226 429 1019
225 lbs.	



Tyson Green's opening squat of 584 pounds was a good lift at the USAPL River's Edge meet in Granite City, Illinois (Tramanphotograph)

D. Keen	551	418	485	1455
Master II				
181 lbs.				
M. Lambert	—	198	402	600
C. Gabbart	—	325	501	826
Open				
132 lbs.				
N. Crago	270	242	396	909
148 lbs.				
J. McNeil	347	253	413	1014
Schoonover	253	220	264	738
181 lbs.				
T. Scagliarini	540	341	485	1366
G. Meyerkord	—	281	474	755
198 lbs.				
T. Green	628	424	644	1697
R. Wood	639	451	545	1636
W. Lemire	584	446	573	1603
A. Odenwald	540	418	573	1532
K. Richardson	551	363	507	1422
L. Haddad	402	231	369	1003
B. Croghan Jr	275	226	380	881
220 lbs.				
M. Tuley	523	391	584	1499
S. Welch	501	347	518	1366
B. Chaney	330	363	407	1102
B. Coghan Sr.	275	231	418	925
242 lbs.				
B. Stewart	479	418	545	1444
McClelland	523	413	501	1438
P. Ostrander	501	330	501	1333
257 lbs.				
T. Robbins	578	402	639	1620
J. Newsome	600	330	600	1532
P. Buss	468	490	501	1460
S. Bales	418	391	518	1328

Before it was decommissioned in 1998, the Army used this place to store its supplies

of war. But on this day it was being used as a stage for the biggest war of iron to ever hit Granite City, Illinois. 60 lifters, from 4 states were gathered to set state records, PRs, and for some, participate for the first time in a huge meet. Rookies paired with veterans and the place was abuzz with the exchange of knowledge and the passion for moving big iron. Champion lifters like Jeff Lewis, and USA Masters Team member Randy Stone, joined the audience to watch. With 4 warm-up platforms, every time the plates clanked on the floor the echo was heard a dozen more times. There was a constant din of grunts, bangs, and flurries of dust as the lifters prepared themselves to change this place from a place of war power to a palace of raw power. Since this was an unheated warehouse and the outside temperature was in the low 50's spectators were all snuggled up in their stadium blankets and the line for brats and coffee never died down. Meet Director Rick Fowler pulled out all the stops and had this place ready for spectacular lifting. Results were kept on a custom designed spreadsheet and were displayed real time, on an 8 ft x 8 ft video screen. A huge sound system helped Van Halen and Metallica rock the cavernous complex. Al Siegel's lifting racks were used along with calibrated York kilo plates on a carpeted lifting platform. The spotters and loaders were seasoned vets, and included pro football player, Chris Janek back spotting during squats. The professional camera of Shawn Traman provided flashes of white light as he chronicled the event. The

judges were dressed in the USAPL blue blazers and this looked more like a national meet than one might have expected. Great entertainment was provided by Brad Manion who wowed the audience by bending metals spikes into odd shapes. Manion, a great bender himself, is a master at engaging the spectators by using his bare hands to tear telephone books and decks of cards in half. The event opened with MC and former champ, Pat Rankin on the microphone. Pat has a natural gift and if he ever decided to would make a great football announcer. Seven women entered and for most of them it was their first or second meet. Newcomer Cassandra Sandoval qualified for the Teen Nationals with an easy total of 205k. Sandoval was probably good for another 15-20 kilos over her final deadlift of 102.5k. Female Best Lifter was taken by 14 year old, Megan Hall of southern Illinois with a Wilkes total of 239.4k. In the Women's Bench Press, three competed and Best Lifter honors were garnered by Jane Loveless for the second time in only her second contest. The teen turnout was fantastic with 13 athletes. The division was won by Eric Leitman of St. Peters, MO with a total of 635k. Second was Caleb Motsinger, son of USAPL Illinois State Chair Mark & wife, Suzanne. 17 year old Gus Croghan rounded out the top three hitting 3 for 3 in the deadlift for a best deadlift of 195k. Local favorite Ben Cuvar had several PRs going 7 of 9 for a total of 385k at a body weight of 155 lbs. There were 3 Master lifters in the 40-49s. Dan Keen edged out Rick Bertel of Paris, MO for first place and Ron Burgess of Florissant, MO rounded out the field. The powerlifting Masters 50+ was unusually small with only 2 athletes, Mike Lambert and Claude Gabbert. However the grand story for masters was 74 year old bender Dave Quereaux. Quereaux, in his second contest, went 2 for 3 with a best of 95k. In the Open class there was a battle of the 198's between strongman Rodney Wood of West Plains, MO, and young man Tyson Green of O'Fallon, MO. Wood, 47, totaled 742.5k but missed his third deadlift. 23 year old Green surged ahead with a big third deadlift for a total of 771k taking first place. In the 275 lb. weight class there were some big names like Justin Newsome, Shaun Bales, and Perry Buss. In the end it was the lightest man in that class winning the day. 30 year old Tim Robbins gathered first place honors with a 735k total. Tyson Green won Male Best Lifter in powerlifting while SHW Donovan Garris won Male Best Bencher. It was a well run meet in unique facility. I can't wait to see what to see how big the River's Edge grows next year. I wonder if the cobwebs will still be there? (Thanks to Harold Gaines for the results)

### USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 248-4879 fax • [www.adfpa.com](http://www.adfpa.com) • [www.usapowerlifting.com](http://www.usapowerlifting.com)

**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 requiring 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.

**SIGNATURE:** \_\_\_\_\_ If under 21 yrs., Parent Initial: \_\_\_\_\_ Date: \_\_\_\_\_ Prior Reg. # \_\_\_\_\_

Name: \_\_\_\_\_ Phone: (\_\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Date Of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ USAPL Registered Club Represented: \_\_\_\_\_

**Membership Prices:** (please circle one) • Adult - \$40.00 • High School Division (Full year) - \$30.00 • Special Olympian - \$10.00 • Youth (10-13) - \$15.00  
• High School Seasonal (6 mo. Only good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

**Competing Divisions:** (please circle all that apply) Open Youth (10-13 yrs.) Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up)  
Collegiate Military Police & Fire High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May 31 Special Olympian

**USAPL Merchandise:** (please circle choices) • T-Shirt - \$15.00 (size \_\_\_\_)(qty. \_\_\_\_)(colors: Navy and black, gray) • Sweatshirts (Crewneck, zipper or hooded)- see e.store  
• Women's T-Shirt - \$18.00 (size \_\_\_\_)(qty. \_\_\_\_)(colors: Black, gray and white) • Kids T-Shirts and hooded sweatshirts - see e.store on website  
• White Referee Designation Polo - \$30.00 (size \_\_\_\_)(qty. \_\_\_\_)  
• Logo Patch - \$5.00 (qty. \_\_\_\_)(Shpg for patch. .50) • Tanks - see e.store on website  
• Lifter Classification Patch - \$5.00 (qty. \_\_\_\_)(must provide meet results) • Singlets - see e.store • Caps and Beanies - \$15.00 (qty. \_\_\_\_)(colors: Navy)

Check/Money Order # \_\_\_\_\_ Credit Card: Visa-Mastercard-Discover Exp. Date: \_\_\_\_\_ Card # \_\_\_\_\_ Cardholder Signature: \_\_\_\_\_

All memberships expire 12 months from date of purchase.



Membership Price: \$ \_\_\_\_\_

Merchandise Total: \$ \_\_\_\_\_

Merchandise Shipping: \$5.85

Total Purchased: \$ \_\_\_\_\_

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

**Mike Wolfley's MACC Bench Meet**  
**26 AUG 06 - Beaver Springs, PA**

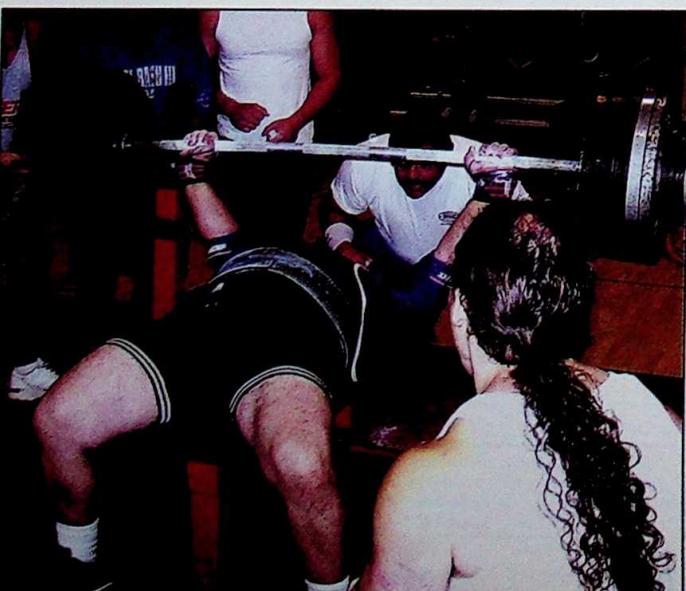
BENCH	M. Major	420	
FEMALE	S. Wilson	370	
148 lbs.	Masters I		
Open	L. Reese	355	
J. Furniss	225	Masters II	
MALE	B. Shafer	365	
148 lbs.	R. Crowl	310	
Open	242 lbs.		
B. Rouzer	240	Open	
Teen	C. Kitchen	500	
A. Clarke	235	S. Boop	430
165 lbs.	J. White	385	
Open	Masters I		
B. Crowe	435	D. Stahl	475
Blattenberger	425	275 lbs.	
Masters I	Open		
Blattenberger	425	T. Shartz	485
E. Armstrong	290	L. Livermore	475
181 lbs.	M. Bordner	245	
Open	Masters II		
F. Permattei	485	P. Simpson	575
M. Stahl	255	308 lbs.	
198 lbs.	Open		
Open	D. Johnston	455	
S. Kuhns	425	Masters II	
M. Blackburn	340	B. Godden	455
Teen	C. Carmack	365	
M. Holdren	335	SHW	
220 lbs.	Open		
Open	Pultynovich	500	
D. Stahl	515		

Well we headed down to Beaver Springs for the annual MACC Bench Meet, hosted by Mike Wolfley. Mike had a great meet, about 30 lifters. Everything ran smooth. The judging was great. The spotters were awesome. We got to spend Friday night with Weas. Jen has been away for a while, so he snuck us in. He put us up in the spare bedroom, or as Zane calls it, "Weas' Jimmy Legs room". We are always taken well care of when we head down to the annual Beaver Springs meet. There was a garden variety of lifters. Jules Furniss has been out of her shirt for a while, but she still managed to put up a 225 bench. Brian Rouzer benched 240 at 136, just 5 pounds more than Aaron Clarke put up in the Teen division. There was some great action in the 165s with Brian Crowe benching 435, Dave Blattenberger benching 425 in the Masters and Eric Armstrong doing 290. In the 181 division, Fred Permattei benched 485 and new to the scene, Matt Stahl put up 255. Someone showing great improvement and much strength would be Sam Kuhns, at 198, Sam benched 425 flawlessly. Mickey Blackburn, also benching in the 198 class benched 340. Mark Holdren benched 335 in the Teen division. The 220 division was rocking, with Dave Stahl Jr. (Plug) benching 515 for the win. Real nice bench for Plug. Mike Major came in second

*The First Man in the World to Bench Press 1000 lbs. (1005) Gene Rychlak, with Sarah McCaslin, came out to judge the MACC Bench meet and talk to lifters. (photographs courtesy of Sandi McCaslin)*

with a 420 and Shawn Wilson third, with a 370. The Masters I was won by Larry Reese with a 355 bench and the Masters II was taken by Barry Shafer with 365. Rex Crowl came in second with 310, Rex chose to lift raw. In the 242 class Chris Kitchen came in first with a 500 bench, with second going to Steve Boop with a 430. Jesse White came in third with his raw bench of 385. In the Masters, Dave Stahl Sr. prevailed with a 475 bench. Tom Shartz lead the 275 class with his 485 opener. He locked out 515 twice, but was red lighted on technicalities. Larry Livermore came in second with his 475 bench. Michael Bordner came out to the meet with Brian Crowe. He benched 245 and they guy really seemed to enjoy himself. Palmer Simpson wowed us all in the 275 Masters with a 575 bench. What an awesome display of strength and tenacity. Great work Palmer. Darren Johnston headed up the 308 class with a 455 bench. The Masters division went to Buster Godden with a 455 bench and second went to Buck Carmack with his 365. Another impressive lift of the day would have to be

Stosh Pultynovich's 500 raw at 312. This was an easy close grip bench. My oldest daughter Sarah was celebrating her 15th birthday this weekend. We got her a laptop/printer and photo setup. She printed 8x10 pics off of any of the lifters who wanted them. What a great kid I have. She works really hard with me at the meets the quality of our website has much to do with her hard work. Mike Wolfley gave out many outstanding lifter award, acknowledging both raw and equipped lifters. Mike does a great job with this meet. He personally trains many of the guys who come into the Middlecreek Area Community Center, from teens to masters, Mike has coached many. With his training partner Weas Oburn, they have made quite the name for themselves in the lifting scene. Always a great meet and always a great time. Can't wait to do it again Mike. After the meet, we all headed up to the hunting camp. Yeah right...hunting camp. A huge house, with professional kitchen equipment (grills, deep fryers), there is a pavilion outside. It's really awesome. Carl Seeker strapped on the apron and handled the grill quite well. Zane and I stuck to Dr Pepper as we had to drive home Saturday night. We had an auction on Sunday. It was a long drive home, but we actually didn't even get tired, made it with no problems at all. Wish we could have stayed, it was great. Maybe next year we'll be able to make an auction adjustment. Zane even made a comment about moving the asylum to PA, since we spend so much time there anyhow. I got lost of great video and pics, thanks to Sarah, she works very hard at the meets and doesn't get nearly enough credit for what she does. All of the pics and videos can be seen at [www.ironasylumgym.com](http://www.ironasylumgym.com). We have many meet results there and lots of upcoming information as well. (Thanks to Sandi McCaslin for providing these meet results)



*Palmer Simpson bench pressed an awesome 575 pounds at 275 lbs. Master II age group at the Backyard Bench Meet in Beaver Springs.*



Open	275 lbs.
165 lbs.	J. Hall 435
E. Carter	305
181 lbs.	R. Blaser 285
J. Green III	375
A. Wegerski	195
198 lbs.	Master (40-50)
E. Carter	350
J. Fiorella	350
J. Brothers	325
220 lbs.	Master (50-60)
C. Hoplight	460
J. Conte	375
242 lbs.	Submaster
N. McCAith	275
D. Brochey	290
J. Green Jr.	345
A. Jackson	345
J. Hall	435

Push-Up Challenge Winners: Youth-Mike Pariso, Teen-James Wozniak, Men-James Williams. Women's 55 lb. Reps Bench Press Contest Winner: Marissa Wizner. Men's 225 lb. Reps Bench Press Contest Winner: Vince Pipparo. The Battle of the Bench III was a great success. The contest was promoted by WNPF National Powerlifting Champion Al Lewis, along with the Jewish Community Center. Starting the contest off was 8 year old Mike Pariso who had benched 80 lbs. and later did 40 push ups in the youth push up challenge. This kid was amazing. Falls Fitness Factory took first place in the team award. The team had some strong raw and equipped lifters. Rae Ann Miller had won female best lifter with a bench press of 225 lbs. Andre Jackson had won lightweight best lifter with a 345 lbs. bench press weighing 137 lbs. Craig Hoplight had won Heavy weight best lifter with a 460 lb. bench press. Other good lifts were Vince Pipparo. The meet's guest lifter who had benched 450 lb. raw like it was a piece of cake. Master lifter Dennis Brachey had benched 290 lb. weighing a little less than 148 lbs. The meet's biggest lift was Jeff Miller who had benched 500 lbs. Thanks to the following that made the contest possible. The Jewish Community Center, Mark Becht and Mrs. Becht, Tony Evans, David Fiorio, Pat Dick, Dewayne Lowery, Jason Fiorio, and Falls Fitness Factory. (Thanks to Al Lewis for providing the meet results)

**Champs Fitnss/Susquehanna**  
**16 SEP 06 - Shamokin Dam, PA**

BENCH	MALE	WOMEN	BP	DL	TOT
148 lbs.	A. Catlin 105	J. Snyder 175			
Open	Special Olympics				
181 lbs.	J. Zigler 90				
K. Walker	75	205	280		
MEN					
148 lbs.	L. Davis 75	175	250		
165 lbs.					
Open	R. Hillyard 405	—	405		
181 lbs.					
L. Osman 195	300	495			
G. Scholl 160	315	475			
D. Antal 85	175	260			
198 lbs.					
Teen	M. Holdren 385	455	840		
220 lbs.					
D. Osman 190	350	540			
J. Hess 185	225	410			
242 lbs.					
N. Kalcich 165	350	515			
275 lbs.	M. Bordner 240	520	760		
J. Barsh 185	255	440			
R. Herron 105	225	330			
Champs Fitness Center, along with the Central Susquehanna Area Special Olympics, and Champs Powerlifting Team sponsored another great special Olympic competition. It featured 14 special Olympic athletes, two guest lifters, and a big crowd of family and powerlifting fans. This competition would not have been possible without the help of the Folio Family, Bud Wolfe, Mac MacFadden, Sara Bierly, Palmer Simpson, Joe Brown, Robin Rudy, Eric Lennartz, Lynn Fatoor, and the families of all the special athletes. I would like to give a big thank you to Champ Fitness Center for allowing us to train in a powerlifting friendly gym all these years. (Thanks to Brian Crowe for providing these results)					

**Battle of the Bench III**  
**22 OCT 06 - Buffalo, NY**

BENCH	Open	
WOMEN	148 lbs.	
Open	J. Wozniak 250	
132 lbs.	J. Bruney 175	
J. Pedulla 95	Teen (15-18)	
181 lbs.	148 lbs.	
R. Miller 225	J. Wozniak 250	
Teen	165 lbs.	
M. Wizner 85	T. Wilkinson 240	
MEN	A. Ferchen 225	
Youth	220 lbs.	
M. Pariso 80	J. Stephenson 305	

**LNPS Nationals**  
13 MAY 06 - Tuscola, IL

BENCH	C. Weihmeir	235*
FEMALE	181 lbs.	
Teen (18-19)	C. Weihmeir	235*
114 lbs.	Master (55-59)	
C. Morgan	65*	198 lbs.
MALE	R. Carlson	320*
Teen (18-19)	Open	
198 lbs.	242 lbs.	
K. Minnaert	D. Walker	660*
Master (40-44)	DEADLIFT	
275 lbs.	MALE	
M. Hinkston	460*	Master (45-49)
Master (45-49)	165 lbs.	
165 lbs.	C. Weihmeir	325*
MALE	SQ	BP DL TOT
Teen (18-19)		
181 lbs.		
K. Mattis	450*	360* 500* 1310*
220 lbs.		
R. Terry	380*	275* 420* 1075*
Master (45-49)		
165 lbs.		
C. Weihmeir	245*	235* 325* 805*



Dave Walker (Best Lifter Bench Press), Mike Strom (Best Lifter - PL) and Mark Hinkston with awards at the LNPS Nationals in Tuscola.



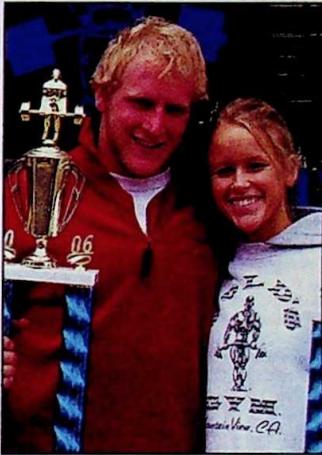
Mike Strom -- 590 @ 181/Open

Master (55-59)	
198 lbs.	
R. Carlson	425* 320* 445*
1190*	
Open	
181 lbs.	
M. Strom	590 525* 530
1645*	
242 lbs.	
T. Wilke	550 405* 500 1455

\*LNPS National Records. Best Lifter Powerlifting: Mike Strom. Best Lifter Bench Press: David Walker. The Lifetime Natural Powerlifting Society Nationals were held at Son Light Power Gym in Tuscola, Illinois. Thanks to my son Joey and grandson Daniel for helping with the event. In the powerlifting competition we had two great teenage lifters in the 18-19 age group, both of which set new national records for their respective classes. At 181 it was Kris Mattis with a big 450 squat, followed with a 360 bench and a great 500 pull for a 1310 total. Ryan Terry won at 220 with 380-275-420-1075. This was

Ryan's first competition. For the master men's 45-49/165 class it was Chris Weihmeir with a 245 squat, a 235 bench and a 325 deadlift for an 805 total. All were new national records for Chris, who will soon go under the knife once again for his back. We all wish him the best in his upcoming surgery, for it was, quite apparent to everyone the pain he was feeling with each lift! Moving up to the 198 class for the 55-59 age division was Richard Carlson. Setting all new national records for the class, Richard finished with a 425 squat, a 320 bench and a personal best 445 pull for a 1190 total! In the open division Mike Strom successfully defended his title at 181 with a new national records for the bench (525) and total (1645). This also gave Mike his first Elite total in powerlifting, which included a 590 squat and a 530 pull. At 242 it was Tim Wilke with a 1455 total, via his 550 squat, 405 bench and 500 pull. On his final attempt, Tim broke the existing record in the bench with 405! In the bench press

event newcomer Courtney Morgan set the mark for the women's 18-19/114 class with 65!. Gee, it was nice to have at least one good looking lifter in the meet! For the men's 18-19/198 class it was boyfriend Kale Minnaert with a new national record 375 bench. Mark Hinkston also got a new national record for his class, 40-44/275, with his 460 final attempt. Chris Weihmeir got the records at 45-49/165/181 with 235. Then at 55-59/198 it was Richard Carlson with his national record 320. David Walker had some problems with his OLD shirt, getting a slight tear with his second attempt, but came back with 660 to make that weight convincingly for a new national record at 242. Our single competitor in the deadlift event was Chris Weihmeir, who garnered another national record at 45-49/165 with 325. Best lifter for the powerlifting event was Mike Strom, while the best lifter for the bench press event was David Walker. Thanks again to all the competitors and spectators. See you again next year! (Thanks to Dr. Darrell Latch for the meet results)



Kale Minnaert & Courtney Morgan (photos by Dr. Darrell Latch)

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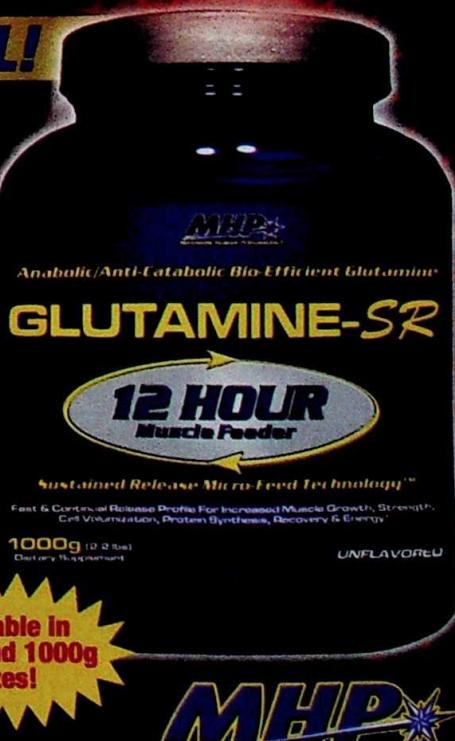
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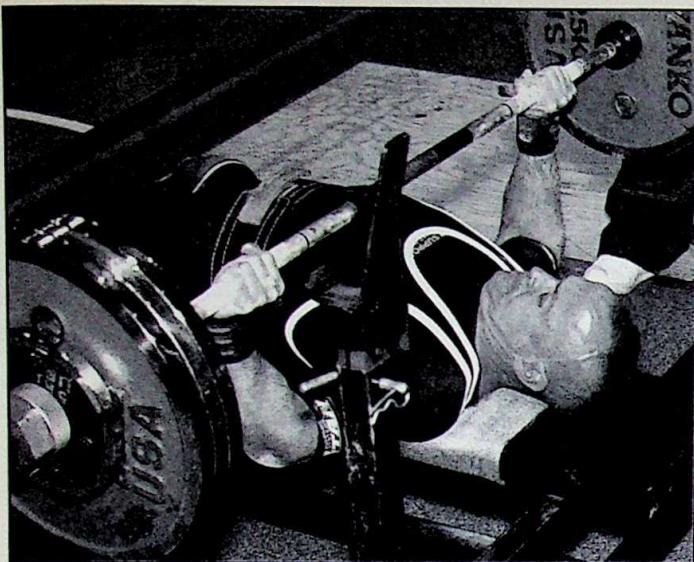
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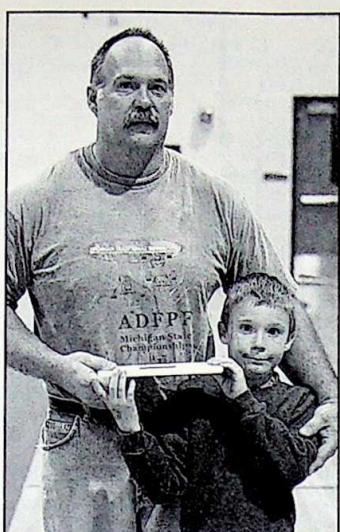




Scott Hazelton benched 407 lbs. at 165 at the ADFPF Michigan State.

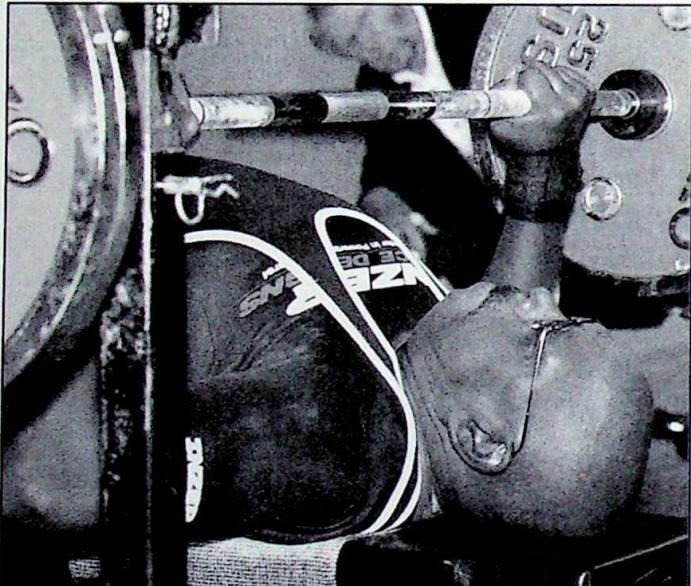
220 lbs.					
Open/Master II					
B. Bolyard	363	314	529	1207	
242 lbs.					
Open/Master II					
A. Diaz	463	433	463	1361	
275 lbs.					
Master II					
G. Ostrom	407	352	507	1267	
319 lbs.					
Teen III					
M. Arman	600	402	567	1570	
Raw					
138 lbs.					
Master II					
C. Burr	220	159	314	694	
181 lbs.					
Open/Master II					
C. Polena	352	292	501	1146	
M. Waller	369	259	418	1047	
220 lbs.					
Master III					
D. Burr	303	253	407	964	
275 lbs.					
Open/Master II					
M. Lee	407	418	—	—	

Thirty lifters representing 3 states (Illinois, Michigan & Ohio) along with families, friends, officials and work crews merged onto the Lansing Community College Campus for the Michigan State Open Powerlifting & Single Event Champion-



Greg Ostrom and son and trophy

ships. The ADPF lifters were looking forward to another crack at establishing or breaking ADPF American & State Records. Many were successful as goals were achieved; some goals had to be postponed for a future competition. By the time the last deadlift was ripped off the floor, the 30 lifters had set 25 American powerlifting records and 16 American Single event records. The Michigan State records took a beating as 38 new powerlifting and 17 new single event records replaced what had been on the books since 2005. Many thanks to the Lansing Community College Athletic Administrator, Lynn Savage, Lead Support Staff Sarah Parkhos, Kenjiro Buchin, Barb & Jack Bowen, announcer Greg Brubyn, J.D. Buchin, and assorted workers were well prepared for the influx of guests and lifters whose hopes were focused on doing their best. Much appreciation for Meet Director Jeff Buchin and for the dozen young men recruited from LCCs weight training classes to assist with spotting and loading. They did an excellent job! How do we thank our ADPF Photographer Jack Stevens with lovely wife & assistant Violy? Once again, they honored us by flying in from Florida armed with cameras, large quantities of film, business cards and enthusiasm. Joining the film crew was son John, a past ADPA & WDFP Teenage Champion. Jack and Violy were busy throughout the meet getting pictures with names, loads on the bar, event, division, category, etc., while son John assisted lifters who arrived without a coach and



George Washington of Lansing, Michigan competed in the 242 class.

#### AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: [www.adpf.org](http://www.adpf.org)

**ADPF Mission Statement:** To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADPF as well as all ADPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

**Conditions of Membership:** As a condition of ADPF membership, I commit to obeying all ADPF 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 ADPF and/or WDFP drug testing procedures as stated in their rules. I understand that my ADPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADPF/WDFP 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 ADPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADPF/WDFP. 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 ADPF and the WDFP 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 ADPF and WDFP so choose.

Signature \_\_\_\_\_ If Under 21 yrs., Parent Initial \_\_\_\_\_ Date \_\_\_\_\_ Prior Registration No. \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

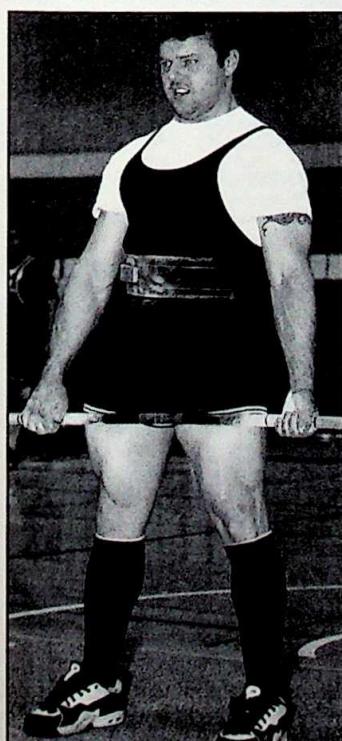
Date of Birth \_\_\_\_\_ Gender \_\_\_\_\_ U.S. Citizen? \_\_\_\_\_ ADPF Registered Club Member \_\_\_\_\_

Refer Ranks & Organizations \_\_\_\_\_

Active ADPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADPF MONEY ORDER made out to the ADPF. The ADPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officials who want to join the ADPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-active ADPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADPF MONEY ORDER made out to the ADPF. All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADPF are non-refundable.

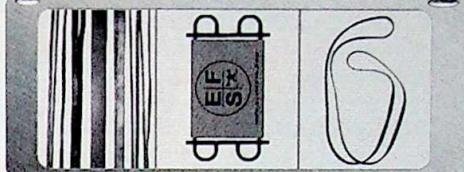
when needed, John moved in to work as a back-up spotter. Anyone wanting to see the array of meet photos should contact Jack: k7kjack@yahoo.com. The ADFPF lifters had their choice of competing in the unequipped and/or the equipped division of powerlifting and/or single events. Lifters had the option of competing in seven different lifting categories depending on their specific age (date of birth) on 9-30-06 (the day of the competition); the Police/Fire/Military category can be entered by lifters who are employed full time as Police/Fire/Military personnel. Because the ADFPF is the U.S. affiliate to the World Drug-Free Powerlifting Federation, many lifters have qualified to compete in the 2006 World Championships. ADFPF members are encouraged to check the Powerlifting International Qualification Totals listed in their ADFPF Condensed Rulebooks. Qualification for participation in the 2006 Single Event World Championships is via posting a Total in an ADFPF sanctioned event. The following is our 2006 international schedule (our website includes all meet information with entry forms): [www.adfpf.org](http://www.adfpf.org). The 2006 Single Event World Championships will be held in Bendigo, Australia on October 20 (Squat event); 21 (Bench Press Event) and 22nd (Deadlift Event). The 2006 Powerlifting World Championships will be held in Kinsale, Ireland on November 11th (Unequipped Division) & 12th (Equipped Division). There were many meet highlights as evidenced by the records set and the meet results listed below. The experience and ages of the participants ran the gamut. The state of Ohio with only two entries represented the youngest and the oldest lifters in the Single Event Competition; Eric Schiauch at 19 years of age and Charles Lee at 86 years of age. Those two residents of Lima, Ohio completed the Unequipped Division Bench Press competition with Ohio State and American records. Charles will be one of the ADFPF members representing the USA in the WDFPF Single Event World Championships held in Bendigo, Australia on October 20, 21 & 22nd. In the Equipped Division of Powerlifting, was another 19 year old, Matt Arman of Newaygo, MI who re-wrote the record book with an impressive 712 kilo total qualifying him for the 2006 Powerlifting World Championships in Kinsale, Ireland! Read on for the meet results, WDFPF



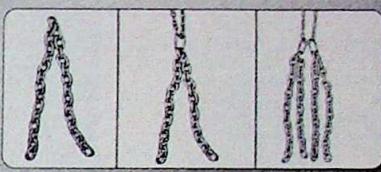
**Brandon Bolyard pulled 529 lbs.**

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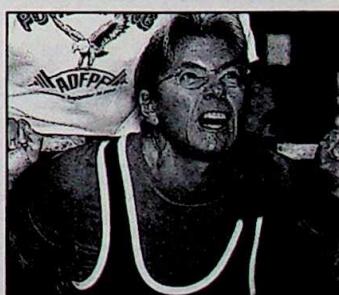
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Qualifiers and more info for athletes entering drug free international competition. Two ADFPF members qualified to enter the World Drug Free Powerlifting Federation's 2006 Powerlifting World Championships via their total in the Unequipped Division of Powerlifting: Carol Burr and Chris Polena. Congratulations to these lifters who now have a spot secured on the U.S. Team traveling to Kinsale, Ireland to compete on November 11th. One ADFPF member qualified for the 2006 World Powerlifting Championships held in Kinsale, Ireland on November 12th. Congratulations once again to 19 year old Matt Arman for winning a slot on the Teenage U.S. Team traveling to Kinsale, Ireland. All the ADFPF lifters who totaled in either the Unequipped or the Equipped Division of the Single Event Bench Press Qualified for the 2006 Single Event World Championships held in Bendigo, Australia on October 20, 21 & 22nd. Lifters who would like to take advantage of this incredible opportunity to travel to Australia, contact Judith M. Gedney immediately. All the Championships Information is posted on the ADFPF website at [www.adfpf.org](http://www.adfpf.org). The ADFPF has a travel agent who may be able to get good prices for the lifters on our U.S. Teams. Please phone the following toll free num-

ber and ask for Margaret 877-837-4711. Congratulations of all our ADFPF lifters and special thanks to our Meet Director Jeff Buchin, wife Kenijo, and brother J.D. Also, thanks to Dick and Jan Van Eck, Jack and Barb Bowen who not only brought in the meet equipment but set it up, officiated, and even competed in the meet! Potential Meet Directors are encouraged to contact us via the ADFPF website. Bid Specification forms are available upon request. We would like to set up our National and International events A.S.A.P. (Thanks to Judy Gedney for providing these results). P.S. 30 lifters competed, the following 3 lifters were tested: Matthew Arman, Amador Diaz, and Todd Greenman; all tested were negative - per Judy Gedney



**Carol Burr squatted 220 @ 63 kg.**

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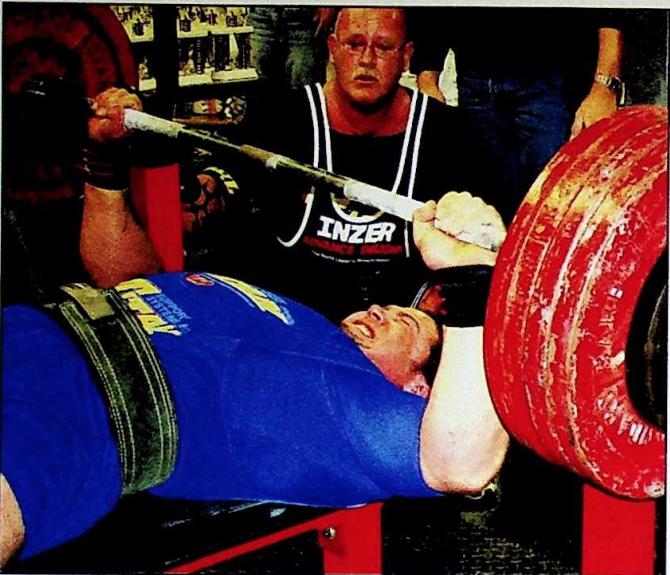
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

**USPF Regional**  
22 OCT 06 - Martinsville, WV

BENCH	Master (40-49)		
MALE	J. Potts	—	
181 lbs.	Open		
Submaster	S. Modesitt	529	
J. Taylor	440	308 lbs.	
Open		Junior (20-23)	
M. Gehrig	270	A. Grass	242
Master (50-59)	DEADLIFT		
M. Fox	391	FEMALE	
198 lbs.	181 lbs.		
Open	Master (40-49)		
K. Baker	385	S. Strozza	325
220 lbs.	MALE		
Open	181 lbs.		
J. Bennett	418	Master (50-59)	
242 lbs.	E. Snider	529!	
Junior (18-19)	Guest Lifter		
M. Byrd	352	M. McCae	617
Master (40-49)	308 lbs.		
M. Modesitt	545	Junior (20-23)	
275 lbs.	A. Grass	485	



**Josh Stottlemire** deadlifted 551 at the USPF Regionals in WV.



**Shane Modesitt** benched 529 in the Open 275s at the USPF Regional in New Martinsville (photographs by courtesy Venturella)

FEMALE	SQ	BP	DL	TOT	D. O'Brien	352	303	396	1051
148 lbs.					181 lbs.				
Junior (18-19)					Master (40-49)				
V. Baker	—	154	264	418	Throckmorton	380	319	446	1145
Master (40-49)					Master (40-49)				
T. Mullett	176	148	248	572	R. Billiter	380	281	424	1085
165 lbs.					220 lbs.				
Junior (18-19)					Open				
J. Porter	347	259!	380	986	J. Stottlemire	507	435	551	1493
181 lbs.					Junior (20-23)				
Master (40-49)					Christopher	562	352	644	1558
S. Strozza	—	110	325	435	Open				
Open					J. Adams	578	512	622	1712
L. Pierce	—	181	297	478	242 lbs.				
MALE					Junior (20-23)				
132 lbs.					D. Westfall	473	440	551	1464
Junior (18-19)					=American Records. Best Lifter Female:				
A. Herrick	347	192	352	891	Jessica Porter. Best Lifter Male: Jason				
165 lbs.					Adams. (results courtesy of Matt McCase)				
Junior (20-23)									



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

Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)
			<input type="checkbox"/> Y <input type="checkbox"/> N	

Street Address	Club Name
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City	State	Zip	Area Code/Telephone
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Current USPF Classification	Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1 Cat. 2 Nat. State	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N

Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Y <input type="checkbox"/> N	/ /	<input type="checkbox"/> M <input type="checkbox"/> F	/ /	

Registration Fee \$25.00

Make checks payable to and Mail to:  
**UNITED STATES POWERLIFTING FEDERATION**  
**NATIONAL HEADQUARTERS**

P.O. Box 650  
Roy, Utah 84067

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

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

If Under 18 have Parent Initial \_\_\_\_\_

Signature \_\_\_\_\_

**USAPL Rocky Mountain State**  
5-6 AUG 06 - Colorado Sprgs, CO

BENCH	Master II
FEMALE	T. Cencich
Master	T. Able
123 lbs.	Master IV
J. Harnis	159
Open	M. Gabriel
148 lbs.	226
K. Graeppler	159
Teen	G. Duggan
181 lbs.	347
J. Keele	66
MALE	C. Doggett
181 lbs.	314
A. Glenn	330
242 lbs.	369
T. Hatch	187
Master I	S. Pena
198 lbs.	507
R. Roberto	352
MALE	M. Windom
SQ	529
BP DL TOT	
Teen	
148 lbs.	
J. Herstein	—
165 lbs.	214 429 —
C. Tyson	347 192 374 914
198 lbs.	
L. Dappen	418 237 424 1080
275 lbs.	
V. Armijo	— 303 363 —
Junior	
165 lbs.	
E. Acosta	512 275 617 1405
181 lbs.	
B. Beikmann	584 220 500 1306
220 lbs.	
B. Cassidy	556 385 589 1532
Master I	
165 lbs.	
T. Ricket	330 363 308 1003
181 lbs.	
O. Fehn	402 264 435 1102
242 lbs.	
C. Colchado	551 380 551 1482
Master II	
275 lbs.	
R. Geller	540 501 429 1471
275+ lbs.	
O. Sanchez	540 457 578 1576
Master III	
198 lbs.	
R. Keele	424 281 479 1185
220 lbs.	
C. Bradley	501 270 507 1278
242 lbs.	
K. Rutledge	451 286 435 1173
M. Sampson	507 286 463 1256
Master VII	
165 lbs.	
W. Lesiw	132 104 203 440
242 lbs.	
D. Smith	203 181 242 628
Open	
148 lbs.	
B. Montefolka	501 374 501 1377
A. Leiker	330 242 352 925
181 lbs.	
D. Hartobey	507 286 551 1344
198 lbs.	
E. Espinoza	501 336 534 1372
R. Robson	— — — —
B. Rowe	— — — —
220 lbs.	
S. Pena	479 507 501 1488
275+ lbs.	
M. Windom	573 529 435 1537
(Thanks to the USAPL for these results)	

**7th Power Works Gym Push Pull**  
5 AUG 06 - Perham, MN

FEMALE	BP	DL	TOT
114 lbs.			
Open			
M. Shuttleworth	200	265	465
132 lbs.			
Junior			
J. Kraska	180	285	465
MALE			
148 lbs.			
Teen			
D. Yanke	200	420	620
Junior			
J. Kluver	275	135	410
Open			
P. Wong	375	500	875
165 lbs.			
Master			
B. Mayo	300	350	650
181 lbs.			
Junior			

D. Hessie	245	425	670
198 lbs.			
Teen			
T. Katka	295	530	825
198 lbs.			
Master			
T. Hagenmiller	305	480	785
Open			
J. Icenhour	320	600	920
Junior			
R. Trappen	305	405	710
220 lbs.			
Teen			
T. Richter	255	465	720
Open			
C. Davis	330	450	785
Junior			
M. Neels	350	575	925
Master			
M. Edelstein	430	660	1090
242 lbs.			
Master			
B. Hudyma	850		
J. Milnes	335	485	820
Master (72)			
D. Jacobson	190	325	515
275 lbs.			
Open			
R. Kolbeck	435	600	1035
J. Harvey	460	515	975
275+ lbs.			
Open			
B. Madvig	460	700	1160
Rep Your Bodyweight			
M. Shuttleworth	24		
J. Kraska	15		
J. Kluver	39		
R. Trappen	18		
D. Yanke	14		
D. Hessig	22		
J. Icenhour	21		
P. Wong	49		

After the meet was the Farmer's Walk, with a pair of 125 lb. dumbbells, won by Joe Icenhour, 2-3/4 times around the property. Next we had the bench press your for reps. Peter Wong, a 148 lb. lifter, won an amazing 49 times. This was Power Works Gym all time record. Also, Maura Shuttleworth, 110 lb. female lifter, lifter her bodyweight 24 times. Judges were Tim Cahill, Tom Hines, Jane & Aaron Welburn. Also, Jesse Kluver, a 148 lb. Junior, did 2 tours in Iraq, left me a note after the meet saying, "Thanks for the great competition. It's people like you who motivate me to do the things I do." (Thanks to Tom Hagenmiller, owner of Power Works Gym, for providing these contest results)

#### ISS Bench Press Championships 16 SEP 06 - Kenosha, WI

BENCH	Junior/Raw	
MALE	B. Troia	300
242 lbs.	Open/Raw	
Open	T. Johnson	335
S. Corbett	485	220 lbs.
Raw	Open/Raw	
165 lbs.	J. Dietrich	305

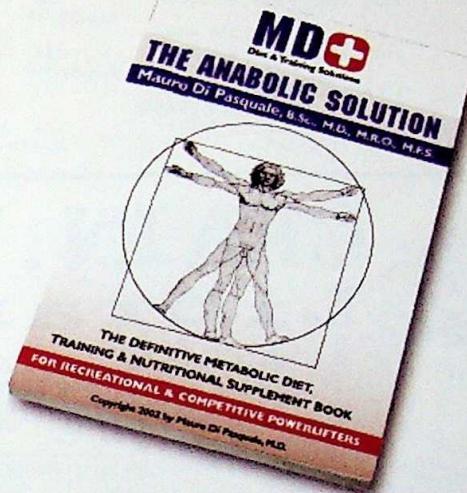
Raw Best Lifter: Travis Johnson. Equipped

Best Lifter: Sean Corbett. (courtesy Mike)



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The Holy Grail Of Diets for Powerlifters

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Contact: Bill Carpenter 563-599-1390

#### USPF Rhode Island High School 26 MAR 06 - Cranston, RI

BENCH	E. Valerio	190		
148 lbs.	198 lbs.			
B. Cieciolska	220	M. Gordon	310*	
165 lbs.		Y. Sane	205	
WOMEN	SQ	BP	DL	TOT
165 lbs.				
R. Fonseca	110	100	195	405
BOYS				
132				
R. Langlios	175	135	280	590
148 lbs.				
D. Jacintho	265	175	305	745
165 lbs.				
H. Degrace	250	200	305	755
181 lbs.				
B. Cox	155	135	235	525
198 lbs.				
N. Morgan	380	295	440	1115
242 lbs.				
D. Braccio	450	325	455	1230
R. Perry	315	165	335	815

\*=RI State Records. As always, I would first like to thank all my sponsors, Spine Tech, what our youth of today can do. Hope Gym, TJI Construction, Coventry Physical Therapy & Sports Medical, Inc., Elmwood (Results by Ted J. Isabella, USPF RI State Countertop, Allendale Auto body & Sales, Chairman, USPF Executive Committee)

**AAU North Americans**  
24, 25 JUN 06 - Vista, CA

BENCH	M (45-49)	347	RLM (60-64)	M. Vogt	347	RLM (40-44)	Mathews Jr.	—	181 lbs.	RawDL-254	RM (60-64)	J. Naftel	176
FEMALE	M. Long	363	Raw-347	Push Pull	BP	RM (40-44)	S. Collins	—	—	—	RLM (45-49)	T. Hendron	363
105 lbs.	RM (60-64)	97 lbs.	FEMALE	MALE	DL	—	—	—	—	—	198 lbs.	—	540
M (45-49)	W. Hill	308	97 lbs.	MALE	TOT	148 lbs.	RHS (16-17)	—	—	—	Life	286	Raw-DL-369
K. Fujisaki	159	LM (65-69)	RLM (65-69)	H. Tropp	104	203	181 lbs.	J. Mathews	203	402	606	K. Shaw	413
Raw-163	M. Rau	281	114 lbs.	148 lbs.	104	308	148 lbs.	A. Hornung	192	396	589	R. Life	551
Open	242 lbs.	Life	RLM (75-79)	RT (16-17)	203	348	148 lbs.	A. Hornung	192	396	589	J. Golec	964
K. Fujisaki	159	R Open	114 lbs.	Novice	132	216	165 lbs.	RT (16-17)	203	396	589	M (65-69)	336
Raw-163	C. Stiebel	407	114 lbs.	M. Watts	132	216	165 lbs.	RT (18-19)	192	396	589	G. Homer	529
Raw Open	RLM (40-44)	Novice	114 lbs.	M. Watts	132	216	165 lbs.	A. Martinez	214	336	551	Rm (50-54)	331
K. Fujisaki	159	Mathews Sr.	114 lbs.	M. Watts	132	216	165 lbs.	RLM (75-79)	214	336	551	J. Thomas	363
Raw-163	RM (55-59)	Open	114 lbs.	E. Collins	—	348	165 lbs.	J. Selby	115	253	369	220 lbs.	695
RLM (45-49)	—	114 lbs.	M. Watts	M. Watts	132	216	165 lbs.	Raw-BP-319	—	—	—	RM (40-44)	—
K. Fujisaki	159	RLM (40-44)	114 lbs.	R. Life	132	216	165 lbs.	R. Gallan	314	352	666	R. Koffler	275
Raw-163	K. Reinart	—	114 lbs.	M. Watts	132	216	165 lbs.	Raw-BP-319	314	352	666	R Sub	413
RM (45-49)	RM (40-44)	Open	114 lbs.	R. Novice	132	216	165 lbs.	M. Mathews Jr.	358	440	799	M. Thomas	226
K. Fujisaki	159	M. White	114 lbs.	R. Open	132	216	165 lbs.	RLM (40-44)	176	363	540	M (55-59)	385
Raw-163	308 lbs.	114 lbs.	M. Watts	132	216	165 lbs.	R. Gallan	314	352	666	W. Jones	611	
114 lbs.	M (45-49)	114 lbs.	D. Smith	132	216	165 lbs.	J. Naftel	176	363	540	RLM (60-64)	275	
Life	114 lbs.	114 lbs.	RLM (60-64)	110	110	220	114 lbs.	—	—	—	M. Vogl	380	
M. Watts	132	DEADLIFT	114 lbs.	L. Naftel	110	110	220	114 lbs.	—	—	—	R Open	655
Novice	FEMALE	114 lbs.	M. Watts	L. Naftel	110	110	220	114 lbs.	—	—	—	K. Chafferdine	—
M. Watts	132	97 lbs.	114 lbs.	110	110	220	114 lbs.	—	—	—	RM (40-44)	—	
Open	RM (65-69)	114 lbs.	H. Tropp	110	110	220	114 lbs.	—	—	—	K. Chafferdine	—	
M. Watts	132	114 lbs.	R Life	110	110	220	114 lbs.	—	—	—	242 lbs.	—	
M. Watts	132	Life	D. Selby	93	253	347	114 lbs.	—	—	—	RLM (40-44)	—	
R Novice	M. Watts	214	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M. Watts	132	Raw-216	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
R Open	M. Watts	214	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M. Watts	132	Novice	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
114 lbs.	Raw-216	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
Open	M. Watts	214	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
J. Harrison	380	Raw-216	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RLM (75-79)	123 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
J. Mathews	203	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RT (16-17)	N. Bloomfield	226	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
V. Hill Jr.	203	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RHS (16-17)	R Open	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
A. Horning	192	J. Sanchez	237	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RLM (75-79)	115	RLM (45-49)	237	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
J. Selby	115	RLM (45-49)	237	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
165 lbs.	D. Selby	254	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
Life	M. Watts	254	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
K. Nunez	297	D. Selby	254	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
Open	R Sub	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
K. Nunez	297	C. Blunt	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
Submaster	—	181 lbs.	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
K. Nunez	297	RM (50-54)	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RT (16-17)	G. Slover	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
D. Murdoch	220	198+ lbs.	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
181 lbs.	R Open	114 lbs.	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M (65-69)	J. Godfrey	270	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
R. Lozano	380	MALE	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RT (16-17)	123 lbs.	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
Mathews Jr.	358	RLM (45-49)	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
LM (50-54)	M. Schultz	358	RLM (45-49)	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
R. Branch	343	RM (45-49)	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M (50-54)	M. Schultz	358	RLM (45-49)	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
R. Branch	343	RHS (16-17)	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RLM (40-44)	P. Perez	270	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
E. Matsura	319	148 lbs.	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RM (40-44)	RLM (75-79)	402	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
E. Matsura	319	J. Mathews	402	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M (55-59)	RHS (16-17)	402	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M. Drake	304	A. Horning	396	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RO	RT (16-17)	396	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M. Drake	303	A. Horning	396	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
Raw-304	RLM (75-79)	396	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RLM (55-59)	J. Selby	253	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M. Drake	303	181 lbs.	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M (65-69)	RT (16-17)	440	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
J. Lopez	275	Mathews Jr.	440	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RM (70-74)	RM (45-49)	440	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
S. Gim	270	T. Hendron	286	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RM (45-49)	RM (40-44)	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
T. Hendron	214	J. Walker	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RLM (45-49)	R Sub	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
T. Hendron	—	R Open	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
198 lbs.	C. Kaminski	424	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
LM (45-49)	220 lbs.	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
B. Weiss	319	RT (16-17)	534	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M (45-49)	S. Emeson	534	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
B. Weiss	319	R Open	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
RM (75-79)	D. Gustafson	463	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
J. Dimarco	237	R Sub	—	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
M (40-44)	D. Gustafson	463	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
B. Dunham	—	RM (50-54)	463	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.
220 lbs.	M. Miller	446	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.	114 lbs.

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**CRAIN.WS**

**SHIPPING MINIMUM \$7.00**

**ALL SALES FINAL**

**NO EXCHANGES OR RETURNS ON BOOKS AND VIDEOS**

**ALL**

M. Mathews Sr.	374	501	876	RHS (14-15)	H. Daniels	—	—	—	Raw-DL-216	165 lbs. LM (60-64)	R. Scott	385	187	463	1036	C. Meier	451	402	584	1438
275 lbs.				132 lbs.	—	—	—	—	RHS (16-17)	S. McLeod	286	187	341	815	A. Funtainilla	501	424	507	1433	
R. Life	319	551	870	RHS (16-17)	M. Hesley	187	132	303	622	RHS (14-15)	D. Moodie	242	165	319	727	Sub Life				
W. Pack				148 lbs.	RHS (14-15)	—	—	—	RT (16-17)	E. Owen	214	143	319	677	A. Funtainilla	501	424	507	1433	
LM (45-49)				RHS (14-15)	M. Davis	—	—	—	RHS (14-15)	R. Holcomb	253	176	319	749	RHS (16-17)					
J. Dentice	391	518	909	Raw-DL-520	165 lbs.	—	—	—	RLM (45-49)	RLM (45-49)	—	—	—	—	D. Campbell	385	303	429	1118	
Rm (40-44)				RLM (45-49)	D. Selby	121	93	253	468	D. Kinoshita	—	—	—	—	M. (75-79)					
S. Hamilton	380	485	865	Raw-DL-520	165 lbs.	—	—	—	Raw-DL-254	J. Dunn	—	—	—	—	W. Leedy	308	237	413	959	
Powerlifting	SQ	BP	DL	TOT	RLM (45-49)	—	—	—	Raw-DL-254	R. Open	—	—	—	—	Mil					
FEMALE					D. Selby	121	93	253	468	T. Rodriguez	429	281	501	1212	D. West	330	385	402	1118	
114 lbs.					Raw-DL-254	—	—	—	Raw-DL-254	LM (50-54)	463	343	443	1250	RM (55-59)					
LIFE						—	—	—	Raw-DL-254	R. Branch	463	343	443	1250	E. Lewis	—	—	—	—	
M. Watts	166	132	214	513	R. Life	—	—	—	Raw-DL-254	RLM (55-59)	—	—	—	—	S. Landry	523	391	661	1576	
Novice				Raw-DL-216	V. Stephens	—	—	—	Raw-DL-254	M. Drake	143	303	286	733	E. Berleaux	385	352	501	1240	
M. Watts	166	132	214	513	181 lbs.	—	—	—	Raw-DL-254	Raw-BP-304	—	—	—	—	Mil					
Open				Raw-DL-216	R. Open	—	—	—	Raw-DL-254	Raw-BP-304	—	—	—	—	W. Kisse	485	374	501	1361	
M. Watts	166	132	214	513	S. Garrahy	203	93	214	512	Raw-BP-304	—	—	—	—	K. Mattison	556	402	485	1444	
R. Life				Raw-DL-216	A. Alfred	115	44	170	330	Raw-BP-304	—	—	—	—	Mil					
M. Watts	166	132	214	513	MALE	—	—	—	Raw-BP-304	Raw-BP-304	—	—	—	—	K. Mattison	556	402	485	1444	
R. Novice				Raw-DL-216	123 lbs.	—	—	—	Raw-BP-304	Raw-BP-304	—	—	—	—	J. Hess	303	308	402	1014	
M. Watts	166	132	214	513	RLM (45-49)	—	—	—	Raw-BP-304	Raw-BP-304	—	—	—	—	Mil					
R. Open				Raw-DL-216	M. Schultz	231	198	358	788	198 lbs.	Mil Jr	—	—	—	—	E. Eagan	259	192	352	804
M. Watts	166	132	214	513	RM (45-49)	—	—	—	Raw-BP-304	P. Brown	451	308	622	1383	RLM (55-59)					
R. Open				Raw-DL-216	M. Schultz	231	198	358	788	Life	—	—	—	—	J. Sepp	248	259	319	826	
M. Watts	166	132	214	513	148 lbs.	—	—	—	Raw-BP-304	C. Meier	451	402	584	1438	J. Sepp	248	259	319	826	
				Raw-DL-216	J. Selby	148	115	253	518	Sub Life	—	—	—	—	R. Open	—	—	—	—	



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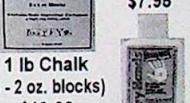
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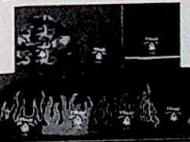
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D. Moodie 242 165 319 727  
RT (16-17)

RT (16-17)  
D. Campbell 385 303 429 1118  
M. (75-79)  
W. Leedy 308 237 413 959  
Mil

D. West 330 385 402 1118  
RM (55-59)  
E. Lewis 220 lbs.  
RM (40-44)  
S. Landry 523 391 661 1576

E. Berleaux 385 352 501 1240  
Raw-DL-502

Mil  
W. Kisse 485 374 501 1361  
M (40-44)  
K. Mattison 556 402 485 1444

Mil  
K. Mattison 556 402 485 1444  
Open  
K. Mattison 556 402 485 1444  
Mil  
K. Mattison 556 402 485 1444

Mil  
J. Hess 303 308 402 1014  
Mil

E. Eagan 259 192 352 804  
RLM (55-59)  
J. Sepp 248 259 319 826  
RM (55-59)

J. Sepp 248 259 319 826  
R Open  
T. Pete 242 lbs.  
R Sub

B. Blackwood 402 352 501 1256  
R Open  
C. Stiebel 407 407 501 1317  
Mil

D. Roman 424 341 463 1229  
275 lbs.  
R Sub

A. Watson 501 463 529 1493  
LM (45-49)

J. Dentice 424 391 518 1333  
Raw-DL-520

M (45-49)  
J. Dentice 424 391 518 1333  
Raw-DL-520

308 lbs.

RHS (18-19)

A. Spouts 242 lbs.

(Thanks to Martin Drake for the results)

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MALE E. Clark 610

148 lbs. DEADLIFT

E. Patton 280 MALE

242 lbs. Open

L. Edwards 575\* L. Edwards 715

D. Minks 425 D. Minks 600

MALE BP DL TOT

Teen (13) L. Zirlinski 120\* 125\* 200\* 445\*

Teen (18-19) J. Dement 385 275 425 1085

220 lbs. Master I

J. Blackstone 530 275 550 1355

242 lbs. Open

L. Edwards 900\* 575\* 715\* 2190\*

S. Breen 700 550 600 1850

242 lbs. Submaster

E. Clark 780 610 570 1940

J. Weigant 600 505\* 500 1630\*

275 lbs. Open

R. Burnes 825 525 650 2000

T. Vaughn — — — —

Master I

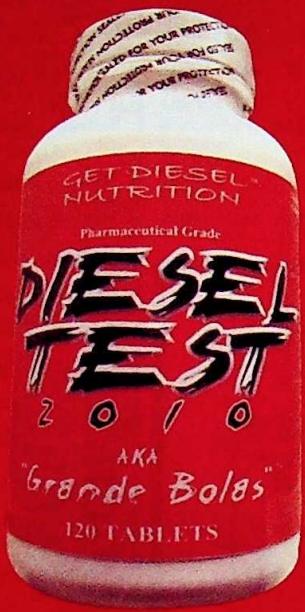
R. Burnes 425 525 650 200

Submaster

C. Beck 530\* 415\* 550\* 1495\*

\*=Indiana State Records. (Thanks to Larry Hoover for providing these meet results)

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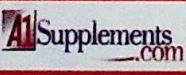
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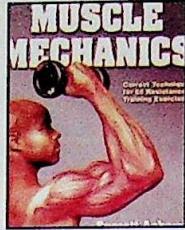


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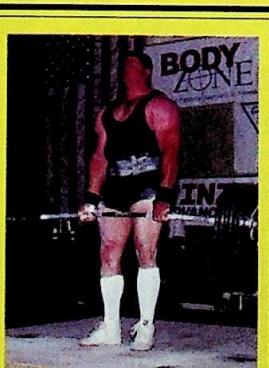
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### FOR REVIEW ...

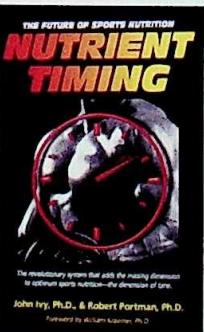
*Muscle Mechanics, 2nd Edition*, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He has won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved in the movement is superimposed, in an artist's color rendition, upon the photographic image. The purpose of this is to



provide a visual connection between the human anatomy within the body and the external movement in question. The effect is profound because you actually develop a kinesthetic 'feel' for what you're doing and why positioning your body in one mode or another might lead to better performance in the exercise. These renditions show skeletal features and the actual muscles, how they attach, and where they attach. It's a concept that provides an intuitive feeling, from the visual aspect, on what you're doing in the exercise relative to your body structure. Many of these exercises are directly applicable to powerlifting, and some of them may well should be. Throughout the book, even in the non-exercise demonstration sections, the line drawings are very effective in showing the principals involved. For example, on page 42, in an elegantly simple manner, they compare body positions that are high risk and reduced risk, for different exercise movements, such as cable rows, or simply picking up an object. What this book can bring to the reader is an enhanced perception of what is involved in the physical movements they're undertaking, which could easily result in greater performance, enhanced safety, and more effective training sessions. This book will be available through Powerlifting USA for \$19.95, plus \$4 shipping and handling. Send your check to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, or order by Visa or MasterCard by calling 1-800-448-7693.



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WADE HOOPER

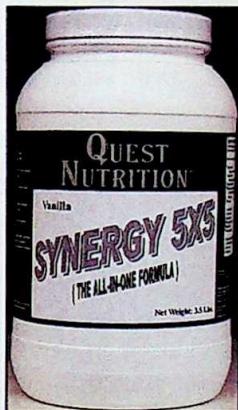
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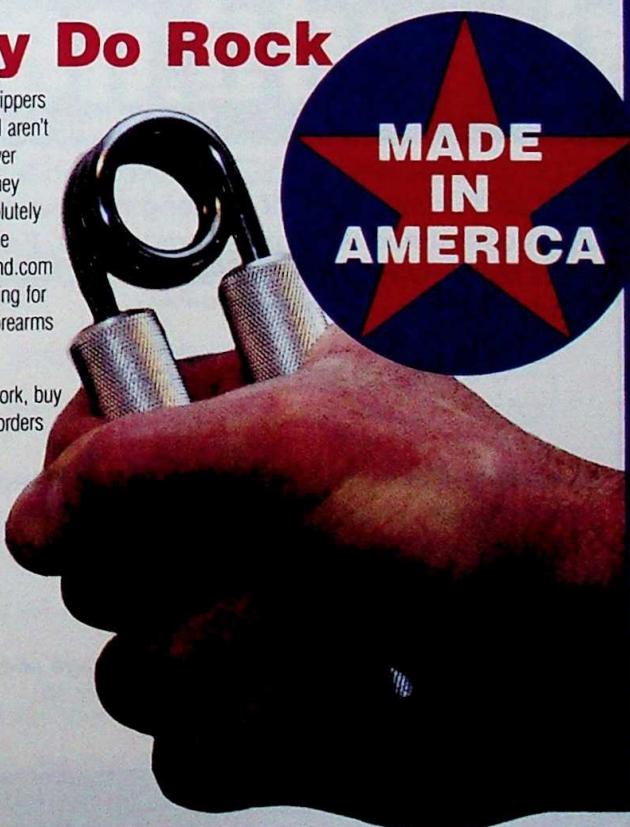
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BENCH	275 lbs. FEMALE J. Wagner 355					
Open/Raw	Master (40-49) 198 lbs.					
A. Mitchell	195 181 lbs. MALE A. Bailey Jr. 375					
Open	Master (70-79) 198 lbs.					
M. Jones	415 181 lbs. 308 lbs. L. Atkinson 135					
C. Stephenson	475 198 lbs. Master (40-49) A. Mitchell 60					
Raw	308 lbs. MALE					
Open	Master (50-59) 114 lbs. J. Bosley 165					
J. Turner	215 181 lbs. 198 lbs. Master (70-79)					
B. Denny	355 181 lbs. A. Cohn 260 Open					
C. Junirs	242 lbs. 198 lbs. Master (40-49) A. Cohn 115					
IronMan/Woman	198 lbs. BP DL TOT					
FEMALE	275 lbs. Open					
A. Mitchell	195 285 695 198 lbs. MALE					
Master (40-49)	275 lbs. Marmalyukov 90 60 135 285					
M. Herczak	390 455 845 165 lbs. Master (70-79)					
181 lbs.	L. Atkinson 135 280 415 220 lbs. Open					
198 lbs.	M. Jones 415 575 990 315 260 375 950					
A. Cohn	260 375 635 220 lbs. FEMALE					
SQ	BP DL TOT					
S. Hartwig	123 lbs. 198 lbs.					
A. Mitchell	360 230 345 935 220 lbs. MALE					
Open	215 195 285 695 220 lbs. Judges: Robert Shanks, Kenneth Davis, Calvin Tucker, and Brian Washington. Spotters and Loaders: Larry Walker and					

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FEMALE	165 lbs.	Open	R. Lupton	420*	270*	405*
198 lbs.	165 lbs.	MALE	165 lbs.	Submaster	M. Luttrell	310 230 360 900
A. Mitchell	195	Master (40-49)	198 lbs.	Open/DT	P. Melby	365 255 460 1080
MALE	Master (70-79)	Open	220 lbs.	Submaster	M. Grizzard	305* 195 355* 855*
Open	181 lbs.	198 lbs.	Teen (18-19)	Teen (18-19)	J. Smith	705! 475 530 1710!
198 lbs.	181 lbs.	198 lbs.	Open	Open	B. Chavez	650 400 550 1600
M. Jones	415	L. Atkinson	198 lbs.	Open/DT	D. Finkenstadt	355 305 380
308 lbs.	CURL	FEMALE	198 lbs.	1070		
C. Stephenson	475	Open	242 lbs.	242 lbs.		
Master (40-49)	198 lbs.	198 lbs.	J. Bosley	Open/DT	N. Tsourounis	645 450 605 1760*
308 lbs.	MALE	Master (50-59)	165 lbs.	Open	B. Blankenship	405 375 460
C. Stephenson	475	Open	181 lbs.	1240		
Raw	242 lbs.	198 lbs.	Youth (10-12)	275 lbs.		
Open	242 lbs.	198 lbs.	66 lbs.	Open/DT	M. Williams	640* 525* 545* 1710*
198 lbs.	198 lbs.	198 lbs.	Master (60-69)	Master II	R. Beuch	405 425 405 1235
A. Mitchell	195	285	R. Hutchison	165 lbs.	SHW	Open
MALE	285	695	300 215 415 930	Open/Master I	K. Baird	225* J. Graube 600*
Master (40-49)	285	695	181 lbs.	Master II	225* J. Graube 600*	
275 lbs.	275 lbs.	275 lbs.	181 lbs.	DEADLIFT	198 lbs.	FEMALE
M. Herczak	390	455	165 lbs.	Open/DT	Teen (18-19)	SHW
Master (70-79)	390	455	300 215 415 930	Open/DT	S. Goodrich	405* 242 lbs.
181 lbs.	181 lbs.	181 lbs.	181 lbs.	Open/DT	S. Rivers	325 Open/DT
L. Atkinson	135	280	150 135 280 565	Open	Open	335*
Open	198 lbs.	198 lbs.	198 lbs.	MALE	P. Crop	635* 242 lbs.
198 lbs.	198 lbs.	198 lbs.	198 lbs.	DEADLIFT	M. Bosnick	35 225 405 945
M. Jones	415	575	315 260 375 950	Open/DT	B. Bilyeu	260 D. Cooper 705*
A. Cohn	260	375	220 lbs.	Push Pull	BP DL TOT	
FEMALE	SQ	BP DL TOT	J. Bosnick	FEMALE		
Open			J. Bosnick			
123 lbs.			J. Bosnick			
S. Hartwig	360	230	365 275 475 1115			
198 lbs.	198 lbs.	198 lbs.	Judge: Robert Shanks, Kenneth Davis, Calvin Tucker, and Brian Washington. Spotters and Loaders: Larry Walker and			
A. Mitchell	215	195	285	695		
MALE	215	195	285	695		
Open						

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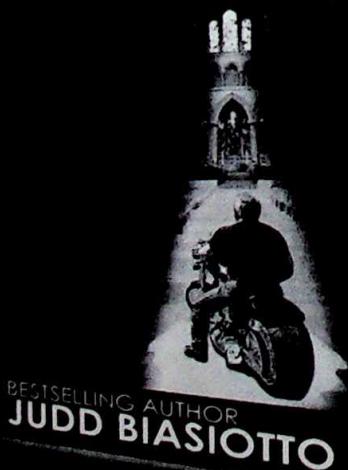
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**USA Raw BP Summer Nationals**

11 JUN 06 - Mattoon, IL

BENCH	K. Minnaert	365
FEMALE		4th-370
Teen (18-19)	Submaster	
114 lbs.	181 lbs.	
C. Morgan 75*	D. Matlock	325
Master (40-49)		4th-330
242 lbs.	Master (40-49)	
C. Muessman 205*	SHW	
4th-210*	Wojciechows 475	
MALE	Open	
Novice	181 lbs.	
181 lbs.	B. Hanrahan 380	
T. Hague 340	SHW	
Teen (18-19)	Wojciechows 500	
198 lbs.		

\*=USA Raw Bench Press Federation National Records. Best Lifter Bench: Jacob Wojciechowski. The USA Raw Bench Press Federation Summer Nationals was held at Cross County Mall in Mattoon, Illinois. Thanks again to the Mall Association for promoting this event. In the teenage women's 18-19/114 class it was Courtney Morgan with a new personal and national mark of 75. Also getting a new personal, along with a new national record was Carolyn Muessman, winner at 40-49/242. Carolyn finished with 205, but returned to the platform for a successful fourth of 210! New lifter Trey Hague won at novice 181 with a new personal best of 340. Trey also took the junior 181 class as well. For the men's 18-19/198 class it was Kale Minnaert with 370, upping his previous best by five pounds. In the submaster division it was Derek Matlock with 325, followed by a 330 fourth. John Wojciechowski looked strong at 40-49/ shw as he worked through his attempts, finishing with 475. Brian Hanrahan got a strong 380 at a 181 bodyweight for the open 181 title. Our final lifter was open shw and best lifter Jacob Wojciechowski who won his class with an easy 500. All of these lifters are now qualified for the USA Raw Bench Press Federation World Championship to be held November 4! Thanks to my son Joey and others who helped out. (Thanks to Dr. Darrell Latch for providing these meet results)



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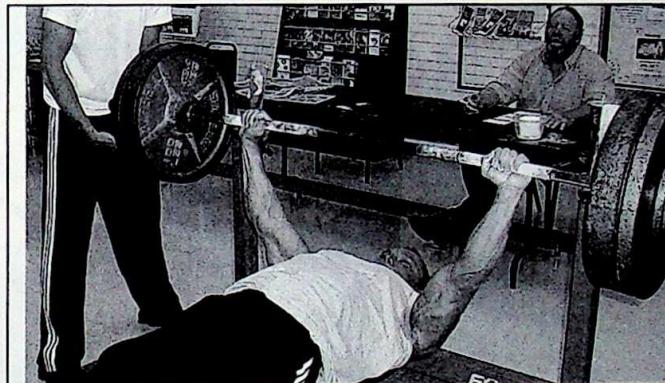
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I agree to submit to any drug testing procedure, either in meet, or out of meet without any prior notice, deemed appropriate by the A.D.A.U. rule book.  
NOTE: Parent/Guardian signature required if member under 18 years old.

Member's Signature \_\_\_\_\_  
Parent/Guardian Signature \_\_\_\_\_

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**Brian Hanrahan** with 380 bench pressin the open 181 lb. class at the USA Raw BP Summer Nationals (Dr. Darrell Latch photograph)

### WNPF Upstate New York

23 SEP 06 - Clyde, NY

BENCH	198 lbs.
MALE	Lifetime
Equipped	B. Mornoi 270
220 lbs.	Natural
(65-69)	S. Shales 360*
S. Shales	470*
Lifetime	220 lbs. (45-49)
C. Hoplight	455*
Raw	J. Mitchell Jr. 375*
DEADLIFT	DEADLIFT
MALE	
181 lbs.	181 lbs.
Lifetime	(75-79)
K. Moroni	130*
MALE	VanBuskirk 345
148 lbs.	198 lbs.
(65-69)	(40-44)
C. Bartlett	E. Shill 475*
Ironman	235*
BP DL TOT	

J. Sarratori 525\* 340\* 505\* 1370 \*=State Records. Best Lifters: Ken Beatty, Joe Sarratori, and Scott Shales. The W.N.P.F. upstate New York II was once again a great meet with some excellent lifting and as always a lot of fun. Thanks to Rich and the gang at the Lancaster Party Center, along with Steve and Michelle Rogers and their crew, this meet is always a great time. In the powerlifting events, new state records were set by Ken Beatty and Mark Burne in their divisions with Ken taking home best equipped lifter with a great total at 132 lbs. In the raw divisions father and son Dan and Jim Brault entered their first meet and did a great job with

both setting all new state records. Teen lifter Andrew Ciaccia also competed for the first time setting new state records with a strong total at 165 lb. Kevin Dineen turned in a nice total for a newcomer winning the 198 lb. junior class and Joe Sarratori returned after a few years off to put up some strong numbers in the 220 lb. class and also taking home best raw lifter. It was good to see Joe return. In the Ironman event, old iron horse Maurice Harling returned to set a new record in the heavyweight division. In the bench only divisions, new state records were set by father and son Scott and Scott Jr. Shales with both also taking home best lifter awards. Cody Bartlett, Craig Hoplight and James Mitchell Jr. also set new state records in their divisions and husband and wife team of Brian and Kelly Moroni did some strong lifts with Kelly setting a new state record. In the deadlift long time lifter Robert Marsh set a new state record as did Ed Shill in their divisions, and Owen Vanbuskirk tied his own record but is looking forward to breaking it at the WNPF Worlds. All lifters qualified for the W.N.P.F. World Championships that will be held in October in Atlantic City. Thanks to all the lifters and crew for another great meet. (Thanks to Meet Director Ron Deamicis for providing these results to POWERLIFTING USA).



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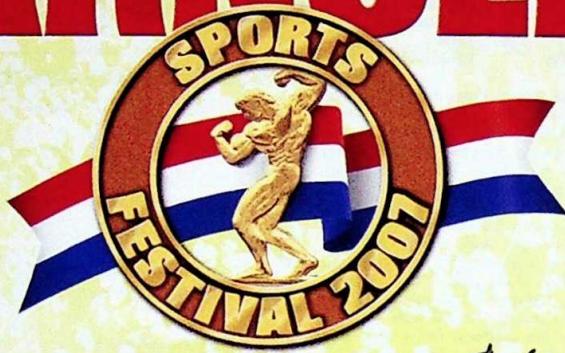
### Application for Registration

Office use only, do not complete

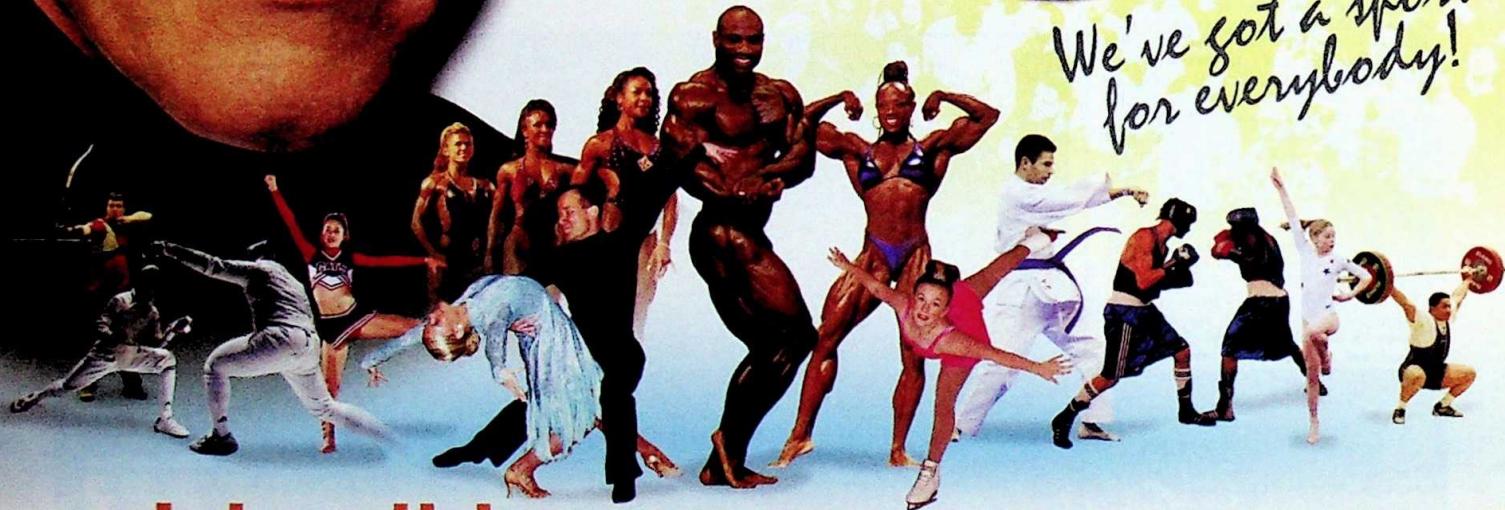
Last Name	First	Initial	New Member	Renewal	Exp. Date
Street Address	City				
State or Providence	Zip Code	Country			
Telephone	Email Address	Date of Birth	Age	Sex	
Sign if above answers are correct. Parents sign if under 18 years. Date					
Registration Fee: Adult \$30 ~ High School and Special Olympics \$25					
Payment is accepted in the form of cash or money order. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404					

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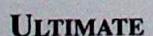
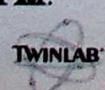
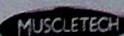
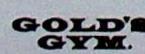
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Youth DanceSport Classic ■ Bench Press Challenge ■ WPO Championships ■ 5K Pump & Run  
Weightlifting Championships ■ Fencing Classic ■ Table Tennis Challenge ■ Archery Competition  
Strength Training Summit ■ Fitness Training Seminar ■ Armwrestling Challenge ■ Boxing ■ Figure Skating  
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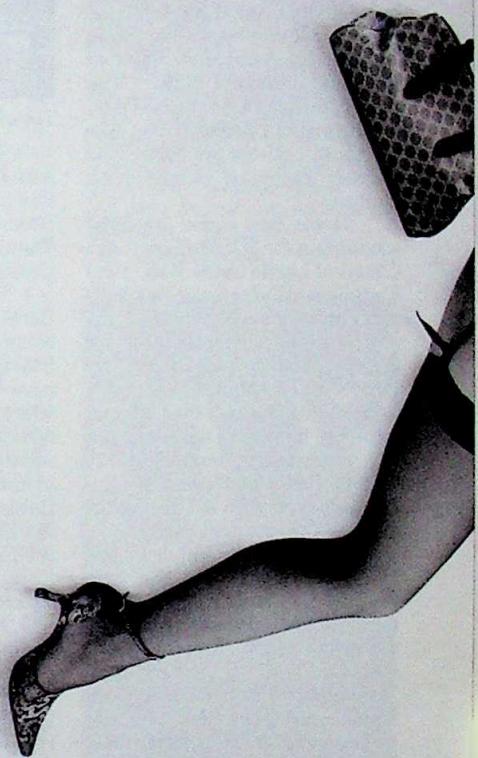
## MARCH 2-4, 2007

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S1\*



(continued from page 7)

pull no more and Shawn took the Gold. Corey Akers with balanced lifts took the Bronze. Toledzhon Kholnaz of Tajikistan had the heaviest deadlift with a fine 749.

If you look at the overall results you will see the USA lifters are dominant in the two lifts that benefit most from the equipment. The foreign lifters have, with a few exceptions, not yet mastered the use of equipment. In the deadlift the reverse is true, the foreign lifters are more dominant. When they become more proficient in the use of equipment things will really get interesting.

A perfect illustration of this is the 242 lb. Class. Justin Redding of the USA had the biggest squat 902, and biggest bench 561, and had a 44 lb. Lead at sub-total, yet ended up losing by 88 lbs. Rufat Aghayev of Azerbaijan squatted 891 and benched 528. The deadlift is Rufat's Ace in the Hole, and he pulled a strong 759 to take the Gold. Justin got Silver and Andrey Sizov of Russia took Bronze.

There was some big time squatting in the 275 lb. Class. Ivars Cirulis of Latvia made 946. Ano Turtainen of Finland, another WPO veteran, made 1003. Ano is tall and quite lean, so he must really go down a long way to squat. The USA's Jim Grandick got 1024. Evgen Yarymbash of the Ukraine, a foreign lifter who has mastered the equipment, made 1041. Charlie Bailey of Florida had the highest squat with a 1058, after missing it on the previous try.

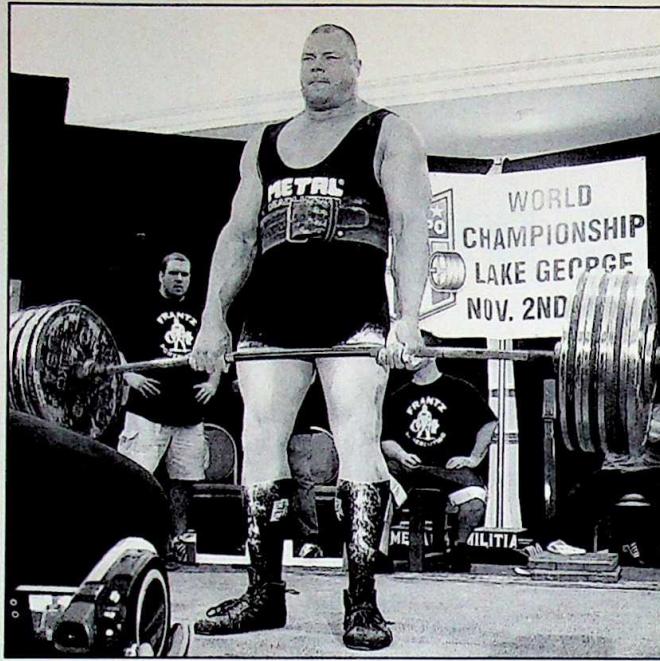
In the Bench Grandick took top honors with a 788. Ano, with his long arms, had to settle for 600, and dug quite a hole for himself. At sub-total Ano was last, and Grandick had a 5 lb. Lead over Yarymbash. Once the deadlifting began you could easily see the contest was over. Yarymbash pulled 837 and took the Gold and Best Lifter Award by 100 lbs.

The heaviest deadlift of the class belonged to Ano with an easy 859 and a close attempt at 901.

A.J. Roberts of the USA was the only 308 lber to total and took the Gold with a 2287.

In the Super Heavy Weight Class Chris Clark of the USA beat Tibor Meszaros of Hungary. Chris had balanced lifts and totaled 2309.

Saturday also had the WPO Middleweights, Heavyweights and Super Heavyweight Classes. In the middle weight class the USA took the 1<sup>st</sup> six places. Michael Cartinian and Chris Mason had a class battle for 5<sup>th</sup>, with Chris's 666 deadlift being the difference. Tyson Hubbard was 4<sup>th</sup> and Larry Hook 3<sup>rd</sup>, neither of these lifters entered the open. Carroll was 2<sup>nd</sup> and Frank took the Gold.



*He's BAAACK! ... Ano Turtainen pulled an 859, but only came in 3rd!*

The WPO Heavyweight Class had the same top three as the Open, Yarymbash Gold, Grandick Silver, Turtainen Bronze. Greg Panora of the USA was 4<sup>th</sup> and Canada's Allan Mehan was 5<sup>th</sup>.

In the WPO Super Marc Bartley and Andy Bolton were the lightest at 299 and Jeff Lewis at 540 the heaviest. You know the rumors about Bolton were true when he took only 2 light squats without equipment. After that the squat got really heavy. Chad Aichs of the USA made 1101. Marc Bartley made 1123 and Jeff Lewis did 1195. Jeff is so big his squats are tough to judge, and he squats faster than most lifters do today, which makes it even tougher.

In the Bench, 749, which Jeff has made in the past, would not go, and he was out. Bolton opened his Bench with 396. He was working with Bill Crawford on the use of equipment. He then took a 265 lb. jump for his 2<sup>nd</sup> attempt. He was successful with 661 for a new British Record. Chad Aichs had the heaviest Bench with 821, which gave him a substantial lead at sub-total.

Matt Smith of the USA was third at sub-total, but injured his quad squatting and made only a token deadlift. Under normal conditions Matt would have been right in there.

The deadlift was the Andy Bolton show. His opener looked like 315, it was so easy. The crowd kept getting closer and closer to the lifting platform, everyone wanted a picture of history. Andy passed his second attempt, which even excited the crowd more.

When everyone else was done, the call was made and the bar was loaded to 1003. With the music blasting Andy approached

the bar, set himself and began to pull. The pull was strong and steady, not terribly slow. The bar was locked and the down signal was given. A good lift, two whites and one red. I had the same view as the side ref and I would have passed it. There was an article in Muscular Development about thirty years ago predicting a 1000 lb. deadlift. It finally happened!

The fact Andy took only a token squat, he had to settle for 5<sup>th</sup> along with his place in history. Todd Greninger of the USA was 4<sup>th</sup> with a 2353 total. Mike Brown with 2425 took the Bronze. The Silver Medal went to Marc Bartley with 2563. Chad Aichs, with a 2629 Total was the Gold Medal Winner.

The meet ended with Andy's pull, and Kieran Kidder, who is no

FRIDAY					
FEMALE					
Junior (20-23)					
198+ lbs.					
Dudley-USA 650	380	496	1526		
Open					
105 lbs.					
Kuznetso-UKR 369	203	352	925		
Barnes-USA 286	—	—	286		
123 lbs.					
Kirkland-USA 435	198	380	1014		
J. Burkley-USA—	—	—	—		
148 lbs.					
Hartnett-USA 501	248	523	1273		
Silbert-USA 463	—	—	463		
165 lbs.					
Povolots-RUS 551	259	485	1295		
Krupinsk-USA 451	303	429	1185		
181 lbs.					
Widdis-USA 584	308	523	1416		
K. Ford-USA 589	270	501	1361		
MALE					
Junior (20-23)					
132 lbs.					
A. Smith-USA 407	198	413	1019		
165 lbs.					
Trentin-AUS 468	363	507	1339		
Grenon-USA 523	352	429	1306		
181 lbs.					
Mehmel-USA 578	501	523	1603		
Fedorenk-RUS 705	424	661	1791		
Tretyak-UKR 606	429	595	1631		
226 lbs.					
J. Jursich-USA 562	402	435	1399		
242 lbs.					
Priakhin-RUS 771	457	672	1901		
275 lbs.					
Goldston-USA —	—	—	—		
WPO Lifters					
148 lbs.					
Schwab-USA 727	—	—	727		
165 lbs.					
Kutcher-UKR 870	540	705	2116		
Tincer-USA 760	507	606	1873		
Berardin-USA 777	501	551	1829		
Kokorev-RUS 716	485	622	1824		
McElroy-USA 722	380	562	1664		
Talmant-USA 650	380	584	1614		
181 lbs.					

lightweight, was announcing when Andy completed the lift. Kieran jumped up and over the scoring table, quite a feat by itself.

The pluses of this meet by far outweigh the negatives. Tighten up the judging in the squat, do a better job of crowd control around the platform, and no one would complain.

The fellowship at this meet was outstanding. Everyone seemed to get along, and competitors rooted for each other. APF/WPC/AWPO, a job well done. The WPC World Bench Press Championships were held Sunday November 5, 2006. This was a separate contest from the 3 lift championships. There were 115 entries, with 14 no shows. Powerlifters who lifted Thursday, Friday or Saturday, and wanted to compete in the Bench Press Championships had to weigh in again and lift again on Sunday. The Saturday lifters made weight, ate and then gained weight, which is normal, and then had to make weight again or move up a weight class.

In the Men's Teenage Division there were four entries, and in the Women's there were three. In the Men's 132 Lb. Class, 13 to 15 age group, Levon Sargsyan of Russia was the winner. In the same age group, at 220 lbs, Yuriy Khandzyan, also of Russia, took the Gold.

In the Mens 18 to 19, 165 lb. Class, the Ukraine's Vadym Mysak took gold. At 220 the Ukraine's Vadym Dovganyuk, who had taken the Gold in the Powerlifting Championships, improved his bench by 33 lbs. in the Bench Press Championships, and captured the Best Teenage Bencher Award.

In the Women's Division all three benchers were from the USA. Amanda Harrison in the 52 KG, Erin Fitzpatrick in the 75 kg, and

Ashton Lineham in the 90Kg were the winners. Amanda took the Best Bencher Award.

There was only one entry in the Women's junior and Women's Master, both benchers from the Ukraine, Ulyana Pikhunyuk and Alevtyna Skrypka. There were six women in the Open Bench with five finishing. In the 48 kg class Taisiya Kuznetsova of the Ukraine beat Lynne Barlow of the USA's 198 lb. to 176 lb. In the 56 kg class, Janet Faraone of the USA took the Gold, and won the Best Bencher Award with a 303. In the 90 kg. Class, Kate Radon of the USA topped Tarja Rantanen of Finland.

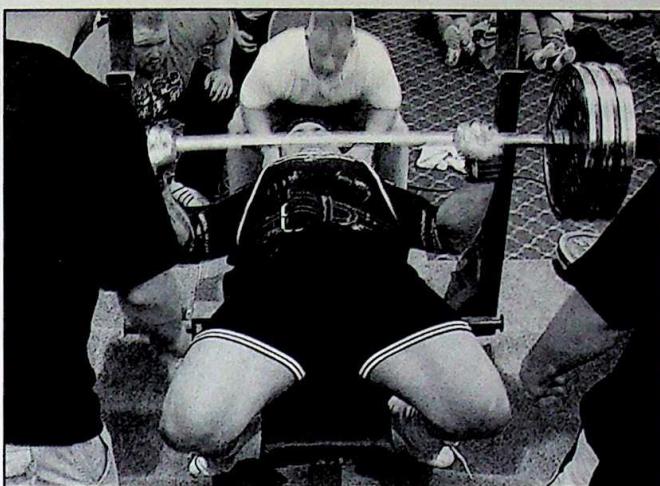
Anatoly Nefedov of Russia won the gold in the Masters 40 to 44 Age Group 148 lb. Wt Class. At 165 Daryl Boyington of the USA won Gold with a 363 Lb Press. Daryl had also won the three lift title.

Valery Poryadin and Sergey Gromov of Russia took the 198 and 220 lb. Classes. Sergey had a nice 589. The USA's Joe Martin was 2<sup>nd</sup> at 220 with a 551.

At 242 there were five entries with one no show, two lifters for the USA, one from Canada and one from Russia. This was a very competitive class, and Eric Hubbs of the USA was 4<sup>th</sup> with a 523. In 3<sup>rd</sup> place was Canada's Tony Tomra. Tony also lifted in the three lift championship. The Silver Medal winner was Boca Raton, Florida's Mike Hummel. Mike is a very unique lifter, and his story was featured in the May 2005 issue of Powerlifting USA. Even though his left arm is missing above the elbow, don't tell Mike he is handicapped. Mike made 606 and was close with 639. The winner was Russia's Alexei Neklyudov of Russia with a strong 661.

At 275 Vladimir Maksimov of Russia was the Gold Medal Winner, and Best Bench Master Heavyweight with a 771. Jim Hoskinson of Florida, who had some tough luck in the three lift championship, came back to set a Master World Record in the Bench with a 667.

In the 45 to 49 Age Group, the



Bolton with a British Record 661 to go with that other PR of his - 1003

Gold Medal Winners at 148, 181 and 198 were Sergey Lopatin of Russia, Bob Benedix of the USA and Didier Theux of France. In the 220lb. Class there were three lifters. Greg Hayes of the USA took the Bronze with a 501, Jim Pinckard also of the USA, took the Silver with 523 and the Gold went to Russia's Andrey Paley with a 562. At 242 the Gold went to Tony Bartolomei of the USA. The 275's had one of the closest competitions, with Canada's 49 yr old Bruce McIntyre just edging the USA's Mark Hennessey 600 to 595. At 308 and Super, Tony Patrino and Igor Nostynov were the winners. Tony had an age group high of 650.

The best lightweight Master Bencher was 63 yr old, 165 lb. Yury Chepetz of Russia. Yury had an outstanding 413. At 220, 60 to 64, Tony Lancaster won Gold.

In the Men's Junior Division 20 to 23, David Varanov of Russia, Juhani Niskanen of Finland, Yaroslav Velygan and Stanislav Tretyak of the Ukraine, all took Gold. Yaroslav was the Best Junior Lifter.

In the Men's Open there were only two lifters in the first four weight classes. The APF prides itself on being a lifters organization. This low turnout in the light weight classes

is normal. Maybe the weight classes should be looked at.

At 132 Junior Winner David Varanov also took the Open. At 148 Russia's Anatoly Nefedov was 148 with a 330 effort.

There were two lifters at 165, both of Russia. Ilya Kokorev was an easy win with s 496 Bench. At 181 Brad Heck of the USA was dominate. Brad did a big 650 to grab the Gold and the Best Bencher Award in the lighter weight classes. Jason Coker, who had tough luck in the Bench on Saturday, just made weight for Sunday, but it was worth the effort. Jason made a 683, and with that lift took home Gold.

At 220 the USA took the Gold and the Silver. Cory Dexter was the winner with 644. Matt Minuth edged Andrey Paley of Russia for the Silver 584 to 562.

There were some big benches at 242. Alexei Neklyudov of Russia had a 661, but this was only good enough for Bronze. Taking the Silver and going over 700 was the USA's Ryan Girard. The Gold Medal went to the Ukraine. Vitaliy Ponomarenko had an outstanding 771. How the bench pressing world has changed. I attended the first Worlds ever held, and the best bench was 660, as a matter of fact, it was the only bench over 600

At 275 the weights got even heavier. Tommy Harrison of the USA got 738, but that was only good for the Bronze. The Silver Medal was taken by Russia, with Vladimir Maksimov benching 771. The Gold Medal winner was the USA's Alberto Franco. Alberto did an 859, which was the 2<sup>nd</sup> heaviest lift of the competition. With that lift Alberto also took the heavyweight Bench Bench Award.

At 308, Alexey Brazhkin won Gold. In the Supers, 755 lb s. was not good enough for a medal. I think Bob McCray was looking for more, but he had to settle for 4<sup>th</sup> on this day. Clint Harwood of Canada grabbed the Bronze with a 771. The top two were Travis Rogers of the USA and Jani Murtomaki of Finland. When the dust had settled Travis was credited with 805, which gave him Silver. Jani made the heaviest bench of the meet, and his 882 took Gold.

The meet ran very smoothly all day and was over around 3:00 P.M. There was a nice Awards Ceremony, and everyone seemed to enjoy themselves. There was talk in the future that the Bench Press and three lift meet would be separate meets. We will see what direction the WPC goes.



Shawn Frankl (J.D. Gaynor pix)

## SATURDAY

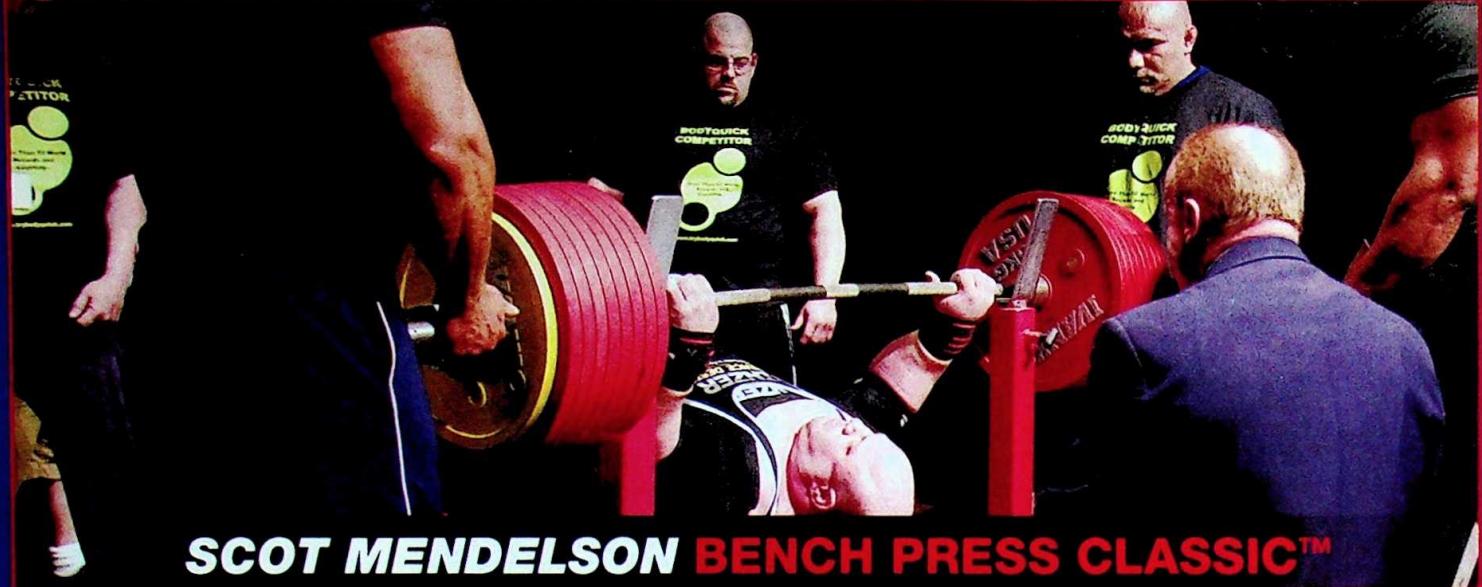
### MALE

	Open/WPO											
198 lbs.	Yarymba-UKR	1041	766	837	2645							
Open/WPO	Grandic-USA	1025	788	733	2546							
Delmonti-USA854	545	705	2105	Turtiaine-FIN	1003	600	859	2463				
Open	I. Cirulis-LAT	948	683	771	2403							
Bukhliyc-UKR	848	534	683	2066	C. Bailey-USA1058	639	683	2381				
Driggers-USA854	545	650	2050	308 lbs.								
220 lbs.	WPC Open				WPC Open	Roberts-USA	881	700	705	2287		
Open/WPO					308+ lbs.							
S. Frankl-USA942	733	700	2375	WPC Open	C. Clark-USA	970	606	733	2309			
Carroll-USA	1030	633	711		Meszar-HUN	793	308	837	1940			
E. Reksne-LAT771	551	727	2050		WPO Middleweights							
Open	C. Akers-USA	903	606	700	Yarymba-UKR	1041	766	837	2645			
Milyutin-UKR	925	573	661	Grandic-USA	1025	788	733	2546				
Kholnazar-TJK	815	485	749	198 lbs.	Turtiaine-FIN	1003	600	859	2463			
Wisema-CAN	683	529	617	Open/WPO	I. Cirulis-LAT	948	683	771	2403			
Pylkkane-FIN	727	463	628		C. Bailey-USA1058	639	683	2381				
Zozzoli-FRA	617	474	595	WPO	Mehan-CAN	1052	617	749	2419			
242 lbs.					Wenning-USA	1003	644	755	2403			
Open	Aghayev-AZE	892	529	760	Cartinia-USA	881	644	644	2171			
Redding-USA	903	562	628	220 lbs.	WPO SHW							
A. Sizov-RUS	749	440	683	Open/WPO	308 lbs.							
Holviala-FIN	727	496	628	S. Frankl-USA942	733	700	2375					
275 lbs.	WPO			Cartrill-USA	1030	633	2375	Cartwrig-USA	1008	—	672	1681
				Bartley-USA	1124	716	722	Hoskinson-USA	—	639	672	1311
				Brown-USA	1030	644	749	Stafford-USA	—	—	—	
				A. Bolton-GBR	551	661	1003	J. Lewis-USA	1196	—	700	1896
				L. Hook-USA	953	545	749	Childres-USA	—	677	705	1383
				308+ lbs.				Nostynov-RUS	518	705	1223	

### Open/WPO

Meszar-HUN	793	308	837	1940
<b>WPO</b>				
C. Aichs-USA	1102	821	705	2629
Grening-USA	1047	595	711	2353
M. Smith-USA	1069	749	137	1956
<b>OUT</b>				
198 lbs.	J. Coker-USA	777	—	556
	Coleman-USA	—	534	655
220 lbs.	A. Hires-USA	—	—	—
242 lbs.	Acome-USA	—	672	639
275 lbs.	Cole-USA	953	—	683
308 lbs.	Griffin-USA	—	551	777
325 lbs.	J. Bayles-USA	931	—	931
350 lbs.	Cartwrig-USA	1008	—	672
375 lbs.	Hoskinson-USA	—	639	672
400 lbs.	Stafford-USA	—	—	—
425 lbs.	J. Lewis-USA	1196	—	700
450 lbs.	Childres-USA	—	677	705
475 lbs.	Nostynov-RUS	518	705	1223

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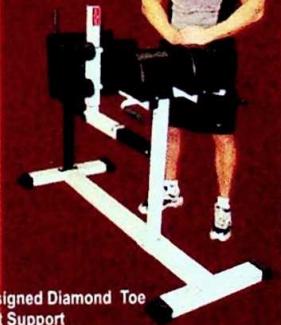


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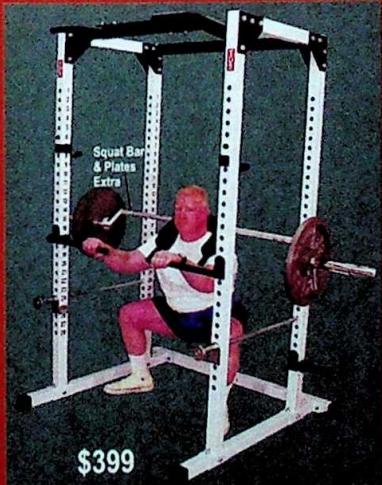
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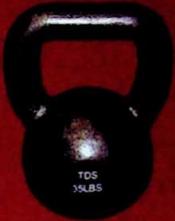
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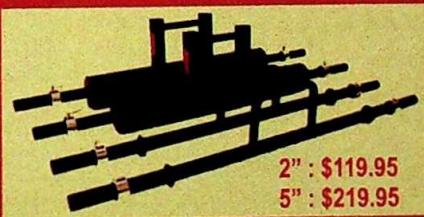
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As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method,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

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## NEXT MONTH... TOP 165s

**CORRECTIONS** ... Robert Dahlhamer's name was spelled incorrectly in the results of the ADAU Nationals in the October edition of PL USA. Jamie Caporosso should not have been credited with a 605 bench press in the results of the APA Great Lakes Open, on page 74 of the September PL USA. Al Siegel notes that Scott Weech's 825 lb. squat, seen on the cover of the October issue was not actually the first 800 plus squat in raw competition, as Greg "Beatle" Lowe has an 850 pound lift, done raw, in June 2001, which is still on the ADAU record books. Steve Petrencak should have been credited with a 353 4th attempt bench press on the TOP 100 list for the 123 lb. class in the October 2006 issue. If you find errors in our ranking lists or the results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and a correction.

SQUAT	BENCH	DEADLIFT	TOTAL
1 804 Hoerner, T.J./4/1/06	508 Schwab, B./3/3/06	645 Williams, M./6/17/06	1835 Schwab, B./3/3/06
2 722 Schwab, B./3/3/06	500 Ceklosky, J./12/17/05	622 Hoerner, T.J./4/1/06	1752 Williams, C./7/7/06
3 694 Williams, C./7/7/06	473 Williams, C./7/7/06	606 Schwab, B./3/3/06	1653 Hoerner, T.J./4/1/06
4 633 Green, J./6/10/06	470 Smith, J./6/3/06	600 Polk, M./2/4/06	1554 Williams, M./6/17/06
5 600 Taylor, D./2/25/06	468 Tom, T./6/17/06	595 Derstine, M./7/7/06	1504 Taylor, D./2/25/06
6 584 Layman, S./6/17/06	430 Albano, T./9/2/06	584 Williams, C./7/7/06	1504 Layman, S./6/17/06
7 573 Williams, M./6/17/06	418 Imanura, J./6/17/06	578 Ruiz, M./6/17/06	1475 Morrow, J./8/5/06
8 570 Weisberger, A./4/1/06	415 Knight, E./11/5/05	573 Taylor, D./2/25/06	1455 Green, J./6/10/06
9 562 Edmondson, D./6/17/06	413 Matsumoto, D./7/7/06	565 Russell, H./3/25/06	1449 Derstine, M./7/7/06
10 560 Morrow, J./8/5/06	410 Venturella, C./3/19/06	562 Shocket, S./10/15/05	1449 Matsumoto, D./7/7/06
11 555 Bookman, C./3/25/06	407 Bohigian, C./6/2/06	556 Padro, J./11/19/05	1444 Simmons, A./10/6/05
12 555 Kuhns, M./7/22/06	402 Evangelista, A./3/11/06	556 Reichert, G./5/12/06	1444 Reichert, G./5/12/06
13 551 Simmons, G./10/6/05	402 Crossen, W./6/17/06	551 Brown, C./1/28/06	1405 Polk, M./2/4/06
14 546 Ribic, P./7/6/06	402 Smith, D./8/5/06	551 Dunn, N./5/13/06	1405 Edmondson, D./6/17/06
15 540 Bown, C./1/28/06	400 Byrnes, C./9/10/06	551 Ribic, P./6/15/06	1400 Wilson, K./10/22/05
16 540 Walker, D./3/25/06	391 Layman, S./9/9/06	550 Ticknor, M./2/11/06	1399 Brown, C./1/28/06
17 540 Flores, J./3/25/06	385 Albert, B./7/22/06	545 Morrow, J./8/5/06	1399 Scisney, K./5/6/06
18 534 Reichert, G./5/12/06	380 Harrison, J./6/24/06	545 Eggers, T./8/5/06	1394 Holloway, W./12/3/05
19 530 Polk, M./2/4/06	375 Judge, T./11/10/05	540 Simmons, A./10/6/05	1377 Montefolka, B./8/5/06
20 529 Morse, C./4/7/06	375 Donley, R./11/19/05	540 Weinstein, L./11/19/05	1366 Ribic, P./7/6/06
21 529 Derstine, M./7/7/06	375 Wong, P./8/5/06	540 Warner, J./12/3/05	1361 Weisberger, A./10/29/05
22 529 Matsumoto, D./7/7/06	374 Holloway, W./12/3/05	540 Walker, D./3/25/06	1361 Bohigian, K./6/2/06
23 525 Wilson, K./10/22/05	374 James, G./3/25/06	534 Layman, S./6/17/06	1355 Ruiz, M./6/17/06
24 525 Weinstein, L./11/19/05	374 Montefolka, B./8/5/06	530 Wilson, K./10/22/05	1350 Walker, D./3/25/06
25 525 Christenson, J./3/25/06	370 Santarone, D./12/17/05	530 Edmondson, D./11/18/05	1345 Perez, G./3/25/06
26 523 Scisney, K./5/6/06	370 Morrow, J./8/5/06	529 Corbin, K./6/10/06	1340 Weinstein, L./11/19/05
27 520 Perez, G./3/25/06	365 James, W./9/16/06	529 Schwalbach, R./6/17/06	1330 Villafranca, D./11/5/05
28 510 Felder, J./3/25/06	363 Hadad, J./3/25/06	525 Phillips, J./8/5/06	1315 Russell, H./3/25/06
29 507 Ruiz, M./6/17/06	360 Gelfnett, J./3/25/06	523 Rohan, B./5/6/06	1311 Baldwin, S./7/7/06
30 507 Baldwin, S./7/7/06	358 Scisney, K./5/6/06	520 Perez, G./3/25/06	1306 Duke, P./8/26/06
31 505 Whitney, D./4/1/06	358 Edralin, A./6/17/06	520 Hill, C./3/25/06	1285 Estes, A./3/9/06
32 501 Holloway, W./12/3/05	352 Simmons, A./10/6/05	518 Holloway, W./12/3/05	1280 Christenson, J./3/25/06
33 501 Bohigian, K./6/2/06	352 Mansourian, N./12/3/05	518 Scisney, K./5/6/06	1278 Morse, C./4/7/06
34 501 Hartnett, S./7/7/06	352 Bracken, D./3/25/06	512 Wilson, D./10/1/05	1275 Wong, P./4/29/06
35 501 Montefolka, B./8/5/06	352 Reichert, G./5/12/06	512 Matsumoto, D./5/6/06	1275 Biliancione, R./7/22/06
36 500 Russell, H./3/25/06	352 Baldwin, S./7/7/06	512 Green, J./6/10/06	1265 Waggoner, Z./11/12/05
37 500 Wong, P./4/29/06	352 Duke, P./8/26/06	510 Guzman, R./3/25/06	1265 Kuhns, M./6/24/06
38 500 Monk, J./7/22/06	350 Villafranca, D./11/5/05	510 King, A./4/22/06	1260 Revels, M./10/22/05
39 490 Santiago, H./4/2/06	350 McDonald, K./11/19/05	507 Salemi, M./5/20/06	1260 Roselli, T./3/26/06
40 485 Phillips, A./1/28/06	350 Locklear, K./1/21/06	507 Hartnett, S./7/7/06	1256 Rohan, B./10/6/05
41 485 Romanello, M./2/4/06	350 Jackson, D./2/11/06	505 Villafranca, D./11/5/05	1255 Adams, S./3/9/06
42 480 Waggoner, Z./11/12/05	350 Flowers, C./7/15/06	505 Biliancione, R./7/22/06	1255 Monk, J./7/22/06
43 480 Biliancione, R./7/22/06	347 Weisberger, A./10/29/05	501 Imamura, J./3/18/06	1250 Whitney, D./4/1/06
44 479 Tabane, V./12/10/05	347 Arnold, J./11/19/05	501 Pulizzi, P./3/18/06	1245 Padro, J./11/19/05
45 475 Villafranca, D./11/5/05	347 Keseke, J./4/22/06	501 Montefolka, M./8/5/06	1245 Flores, J./3/25/06
46 475 Stewart, M./1/28/06	347 Balanga, C./9/23/06	501 Duke, P./8/26/06	1245 Hartnett, S./7/7/06
47 475 Ramirez, E./2/4/06	346 Kuhns, M./7/22/06	500 Sanchez, O./2/2/06	1240 Hill, C./3/25/06
48 475 Roselli, T./3/26/06	345 Wilson, K./10/22/05	500 Estes, A./3/9/06	1240 Felder, J./3/25/06
49 473 Martin, K./6/10/06	345 Roselli, T./3/26/06	500 Whitney, D./4/1/06	1240 Guzman, R./3/25/06
50 470 Swan, J./2/18/06	341 Edmondson, D./11/18/05	500 Wong, P./8/5/06	1240 Schwartz, J./12/10/05
51 468 Schwartz, J./12/10/05	341 Olsen, A./6/17/06	495 Revels, M./10/22/05	1240 Schwalbach, R./6/17/06
52 465 Squier, W./1/28/06	340 Jackson, A./2/18/06	490 Abruzzo, N./2/11/06	1229 Schwartz, J./12/10/05
53 465 Hill, C./3/25/06	340 Adams, S./3/9/06	486 Langmead, G./7/15/06	1225 Santiago, H./4/2/06
54 465 Walczak, B./6/3/06	340 Monk, J./7/22/06	485 Waggoner, Z./11/12/05	1220 Jenks, M./11/12/05
55 460 Estes, A./3/9/06	336 Nahorniak, E./11/19/05	485 Jenks, M./11/12/05	1218 Frasquilla, S./11/19/05
56 460 Guzman, R./3/25/06	336 Williams, M./6/17/06	485 Schwartz, J./12/10/05	1218 Buck, M./12/10/05
57 457 Frasquilla, S./11/19/05	336 Asp, M./6/26/06	485 Tabane, V./2/19/06	1215 Ramirez, E./2/4/06
58 457 Edwards, J./2/4/06	336 Glenn, D./9/24/06	485 McDonald, J./2/25/06	1212 Tabane, V./12/10/05
59 451 Buck, M./12/10/05	335 Revels, M./10/22/05	480 Belen, T./3/25/06	1206 Romanello, M./5/13/06
60 451 Sato, B./4/29/06	335 McNeil, F./6/24/06	479 Houle, R./10/15/05	1201 Phillips, J./3/18/06
61 451 Fink, D./6/3/06	331 Sowards, A./4/1/06	479 Kunkel, B./11/18/05	1200 Romanelli, B./4/8/06
62 451 Duke, P./8/26/06	330 Taylor, D./2/25/06	479 Uyeoka, B./5/20/06	1196 Shouse, A./8/26/06
63 450 Constanzo, D./9/24/05	330 Watkins, S./3/9/06	479 Shouse, A./8/26/06	1190 Sato, B./4/24/06
64 450 Townsend, J./11/12/05	330 Majewski, C./3/18/06	475 Ramiree, E./2/4/06	1190 Constanzo, D./9/24/06
65 450 Gengo, J./7/22/06	330 Romanelli, M./5/13/06	475 Smith, L./2/11/06	1180 Stewart, M./1/28/06
66 445 Jenks, M./11/12/05	325 Estes, A./3/9/06	475 Adams, S./3/9/06	1175 Gengo, J./11/10/05
67 445 Sanchez, O./2/25/06	325 Langmead, G./3/25/06	475 Williams, A./3/9/06	1170 Jordan, S./3/9/06
68 440 Esobeda, D./2/18/06	325 Derstine, M./7/7/06	475 Santiago, H./4/2/06	1165 Walczak, B./9/23/06
69 440 Adams, S./3/9/06	325 Borzak, M./7/22/06	475 Rodriguez, A./4/2/06	1160 Squier, W./1/28/06
70 440 Romanelli, B./4/8/06	325 Porter, M./8/5/06	473 Weisberger, A./3/3/06	1160 Sanchez, O./2/25/06
71 440 Blunschi, R./9/9/06	325 Shouse, A./8/26/06	473 Herstein, J./9/24/06	1157 Wilson, D./1/28/06
72 435 Barthel, S./1/28/06	320 Wilson, D./11/19/05	470 Gengo, J./11/10/05	1157 Keseke, J./4/22/06
73 435 Jarratt, J./2/4/06	320 Romanelli, B./4/8/06	470 Christenson, J./3/25/06	1151 Uyeoka, B./1/14/06
74 435 Wider, M./4/8/06	320 Rohan, B./4/8/06	470 Felder, J./3/25/06	1150 Hile, J./5/13/06
75 435 Hile, J./5/13/06	319 Vargas, W./9/30/06	470 Martucci, J./4/1/06	1145 Shavers, C./2/4/06
76 430 Revels, M./10/22/05	315 Smith, M./11/19/05	468 Evangelista, A./11/18/05	1140 Townsend, J./11/12/05
77 429 Burris, R./11/20/05	315 Williams, S./3/9/06	468 Romanello, M./2/4/06	1140 Blunschi, R./9/9/06
78 425 Hendrix, L./10/30/05	315 Scarberry, J./4/1/06	468 Higgins, D./3/25/06	1135 Acosta, M./2/11/06
79 425 Shavers, C./2/4/06	315 Johnson, J./4/22/06	468 Russell, A./7/15/06	1135 Williams, S./3/9/06
80 425 Jordan, S./3/9/06	315 Constantino, D./9/24/06	465 Hindman, J./2/4/06	1135 Rodriguez, A./4/2/06
81 425 Rodriguez, A./4/2/06	314 Frasquilla, S./11/19/05	462 Szaraz, J./2/18/06	1130 Corbin, K./6/10/06
82 424 Padro, J./11/19/05	314 Dessau, D./2/18/06	462 Sato, B./4/29/06	1130 Esobeda, D./2/18/06
83 424 Hare, B./12/10/05	314 Ribic, P./7/6/06	460 Acosta, M./2/11/06	1130 Watkins, S./3/9/06
84 424 Bigby, M./4/8/06	314 Pellegrino, J./9/2/06	460 Swan, J./2/18/06	1129 Grennan, T./2/25/06
85 424 Silbert, L./6/2/06	312 Gee, S./12/17/05	460 Smith, S./2/18/06	1129 Silbert, L./6/2/06
86 420 Williams, R./1/21/06	310 Baldassarre, D./4/1/06	460 Wess, R./8/26/06	1125 Hindman, J./2/4/06
87 420 Kruse, K./1/21/06	308 Brown, C./10/16/05	457 Buck, M./12/10/05	1125 Edwards, J./2/4/06
88 420 Smith, S./2/18/06	308 Kunkel, B./11/18/05	457 Veal, W./1/21/06	1120 Rivera, A./1/21/06
89 418 Conant, B./6/2/06	308 Buck, M./12/10/05	457 Walford, K./1/27/06	1120 Swan, J./2/18/06
90 415 Gregg, D./12/3/05	308 Green, J./6/10/06	455 Lee, J./1/21/06	1120 Smith, S./2/18/06
91 415 Hixon, A./1/28/06	308 Morse, C./6/10/06	455 Bruff, L./2/11/06	1120 McDonald, J./2/25/06
92 415 Hindman, J./2/4/06	308 Olmstead, E./7/6/06	455 Jordan, S./3/9/06	
93 415 Politino, C./3/25/06	305 Williams, J./1/14/06	455 Monk, J./4/8/06	
94 415 Belen, T./6/3/06	305 Bisker, J./3/11/06	455 Zingone, P./7/22/06	
95 415 Johns, A./8/12/05	305 Perez, G./3/25/06	451 Morse, C./11/3/05	
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97 410 Cook, G./11/12/05	305 Laija, J./7/8/06	451 Wider, M./4/8/06	
98 413 Jones, C./3/18/06	303 Enoch, J./11/5/05	451 Blunschi, R./4/9/06	
99 413 Rohan, B./5/6/06	303 Uyeoka, B./1/14/06	451 Bohigian, K./6/2/06	
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# House of Pain

"Average Joe's endure the Pain"

My name is John Mason. I am 40 years old and live in Cape Coral, Florida. A year or so ago, I bought my first set of House of Pain workout gear. As corny as this sounds, the gear actually got me motivated to start power-lifting again. I had a several year lay-off from lifting (laziness, kids, job, etc.) I am starting to get back into shape. Now until I purchased the House of Pain gear, I am 280 pounds with a 50" chest, 19½" arms, but for a 40 year old, it's not too bad. I have been drug free for nine months, my entire life also, as I am sure you can tell by the blubber... Ha! Ha! My goal is to get to 250 pounds, with a 52-54" chest, 21" arms, and a 405 bench... which would match my all-time best lift from 10 years ago.

Customer life,  
John Mason



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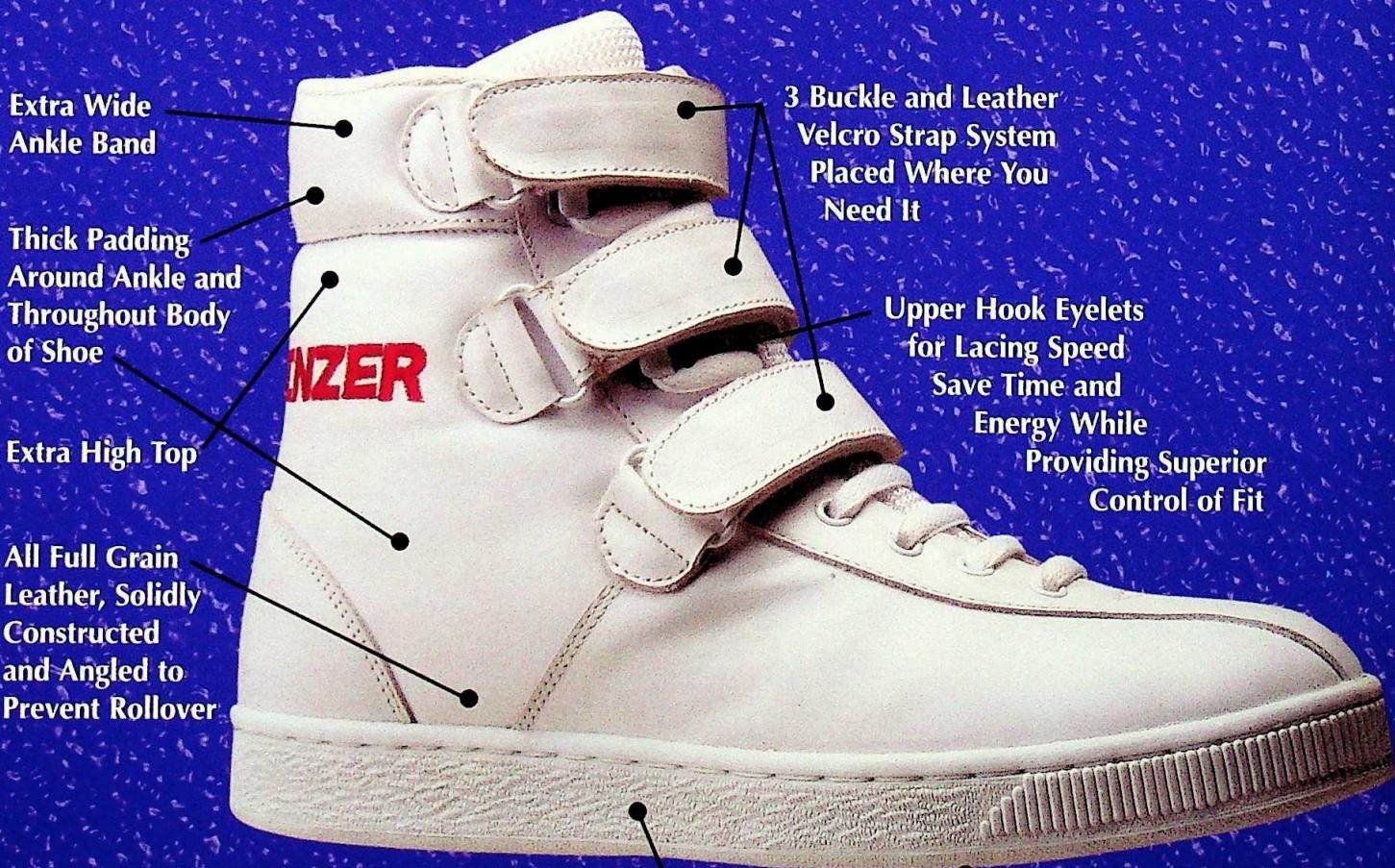
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