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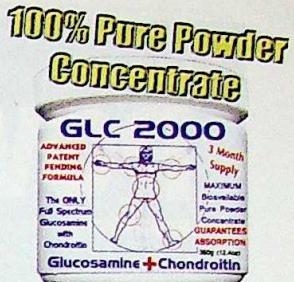
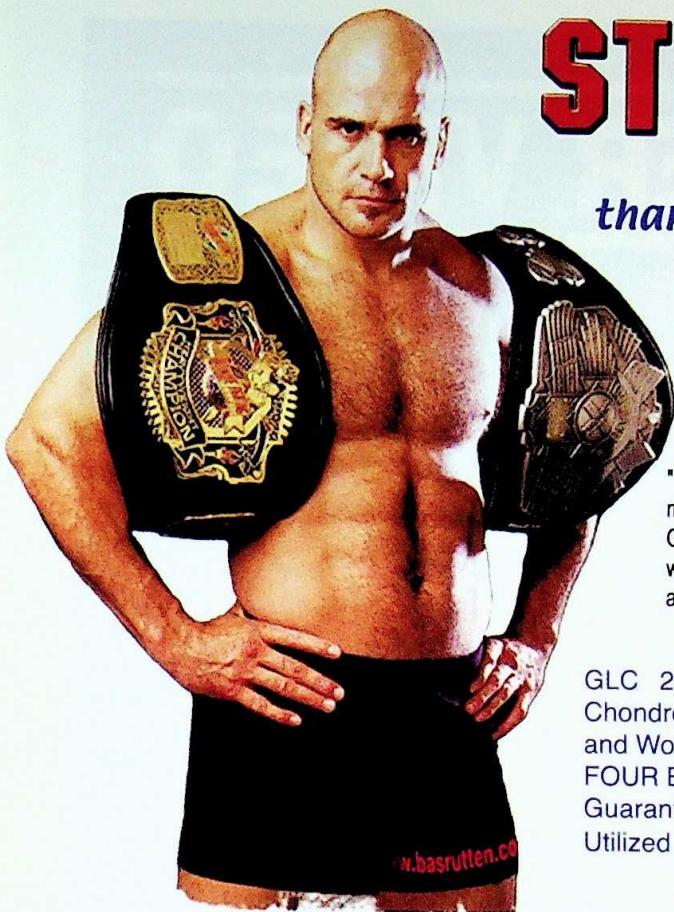
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ON THE COVER Tom Manno, a member of the Monster Crew Bench Press Team in a Charles Zemis photograph.

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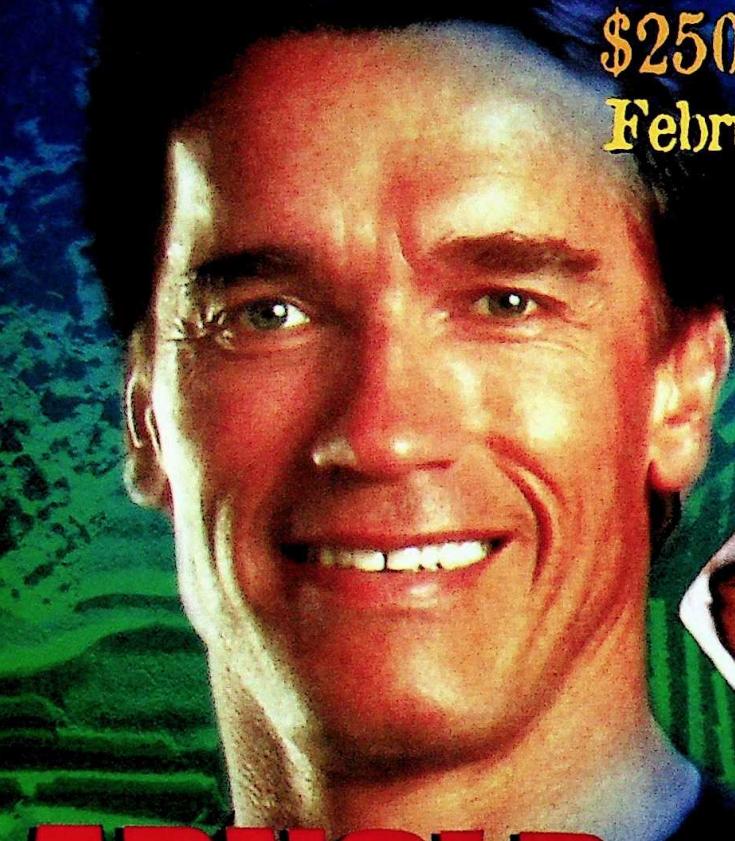
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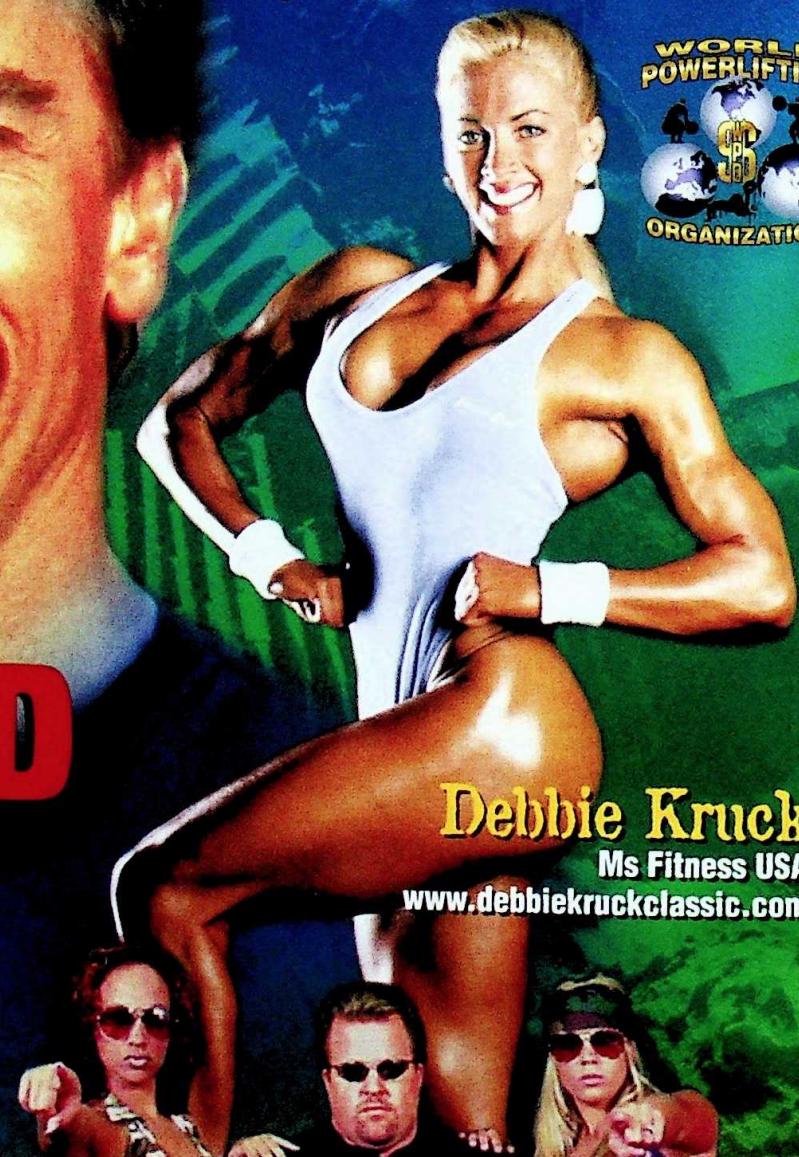


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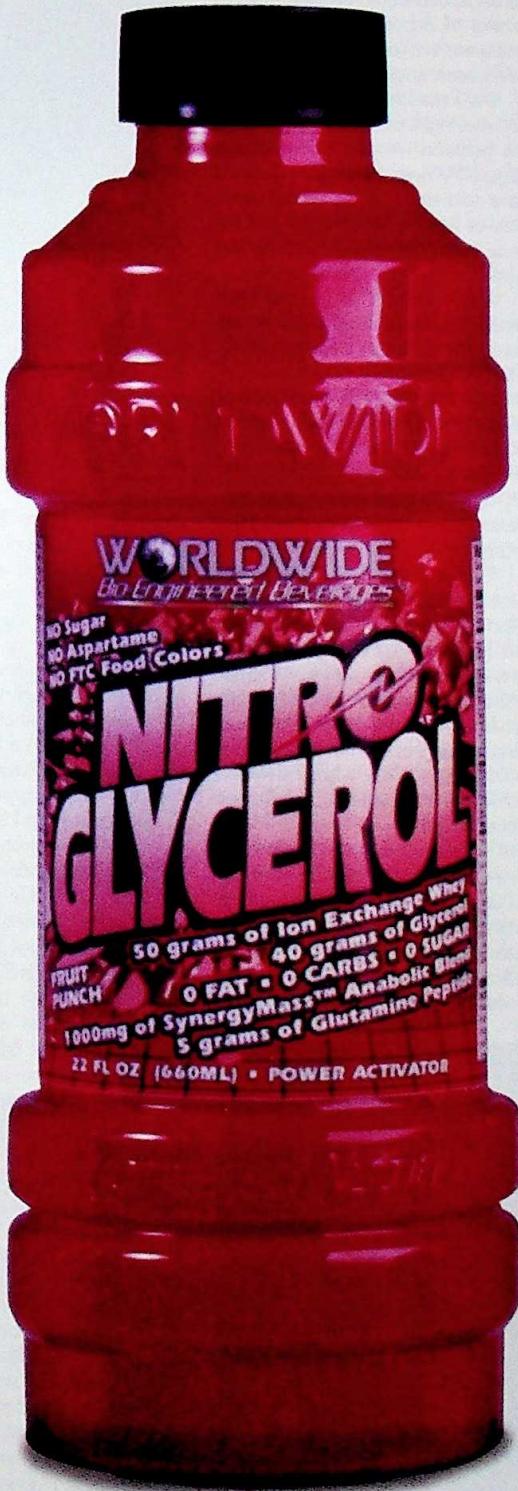
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"Am I at a powerlifting contest?" I stood at the back of the plush Akita Culture Hall before the first flight began and looked out on a large auditorium already half full. TV cameras, video crews and dozens of guys with Photo and Press bibs carrying cameras with zooms the size of road cones jostled in the orchestra pit. A swarm of reporters buzzed in the seats reserved for the print media. I'd never seen anything like it.

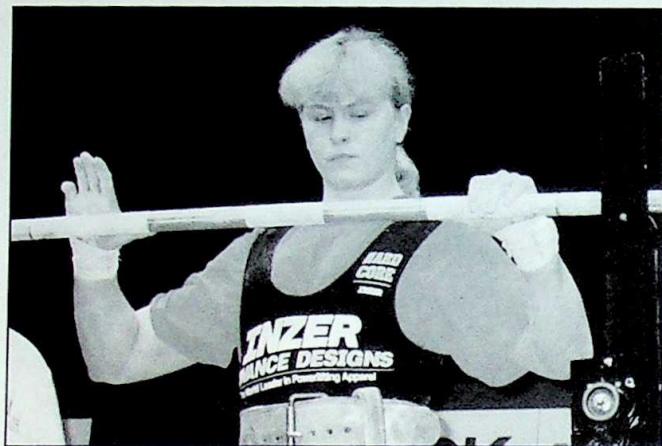
I wormed my way down to my favorite, right of center stage, camera position. A go-fer for Japan's largest TV network told me I would have to move. I flapped my press pass at him and told him I was the *New York Times* and dug in for the duration.

Where was I? Why, at the Sixth World Games powerlifting competition in Akita, Japan, held August 20-21. The Games are now sponsored with IOC recognition and cooperation as part of the Olympic program. Something like 4000 athletes from 90 plus countries contested 31 sports. Olympic and international sport federation bunting and icons draped the entire city.

This was simply the finest and most prestigious event powerlifting has ever been part of, and not enough can be said for the organizers. More on the Games later, as I want to get to the lifting, but as the USA's Ray Benemerito put it, "This is the real thing. I wish every American lifter could be here to see what the World Games are and what World Games powerlifting is."

The heady, positive atmosphere here was unlike some IPF contests last year. No controversy or recriminations and no serious judging disputes were evident. Thirty five women and thirty one men, the cream of world powerlifting, were here to have

6th World Games Report ... THE REAL THING *as told to PowerliftingUSA by Paul Kelso*



Marina Kudinova was amazing ... 1st in the middle class ... (Hartwig)

fun! It seemed like 3/4 of the lifters present were current or former world champions. A few big names were absent, but this was probably as good a group as can be gotten together.

Eleven world records lit up the affair, ten of them by women. Alexey Sivokon of Kazakhstan held up the men's honor with a 217.5 WR BP, but that was all for the boys. In contrast to his appearance at the 2000 Men's Worlds held here in November, Sivokon looked rested and in great condition, weighing a filled out 67.5. He opened with a 290 DL, but missed 305 kg. twice, the bar tearing out of his left hand both attempts. His 812.5 total easily rolled him to the highest formula score of all men at the meet at 626.43, and the lightweight Gold. The nearest scorer behind him was middleweight winner Viktor Furashkin of Russia with 588.25 points and an 822.5 total. The only speculation about Sivokon heard at this contest worth repeating is a wide spread belief he will move up to the 75s next year. Already a great star, a little more beef might raise him into the ranks of the Gods of the sport.

Yes, formula scoring. Three divisions of light, middle and heavy lifters for both men and women were decided by formulaic points based on bodyweight vs. total, set into a computerized program by Heiner Koeberich, IPF General Secretary. Sivokon's group included lifters from the 52, 56, 60 and 67.5 classes. Don't ask me to detail the formulas, except that the men's and women's are different.

Everyone in the auditorium knew where the competition stood at any

time. The lift-by-lift results and standings were projected on a screen scoreboard as each flight progressed. This all helped the lifters, the audience, and a math-challenged western reporter to keep track of who needed what to improve their placings.

Nobody kept up with Russia's incredible Marina Kudinova, not even Sivokon. The 67 kg. Siberian lass cranked three WRs; squat -2 47.5, BP - 148 and total of 620 for a whopping 635.5 formula score, highest at the contest. Her kilo total exceeded that of several 67.5 lifters at the last Men's World Championship! All this, while looking like an ingénue field hockey player for Bryn Mawr. Having such a day in such an important setting is a huge accomplishment.

Susumu Yoshida, Asian VP and bilingual announcer, called the former swimmer the strongest woman in the world, her score the highest of any woman in powerlifting, saying she would set records to last thirty years before she is done. Those who argue over the greatest all-time lifters, past and present, take note.

Here's a couple notes I took. The women cracked 10 world records. Kudinova's three, Alaskan Harriet Hall racked four Masters WRs, 47 kg. Yukako Fukushima of Japan got a fourth attempt 120.5 BP mark, her countrywoman Kumi Kobayashi raised the Masters BP WR for the 56 kg. class to 110, and Svetlana Miklaevich of Russia blew up a 170 BP in the 75s while winning the heavyweight women's class.

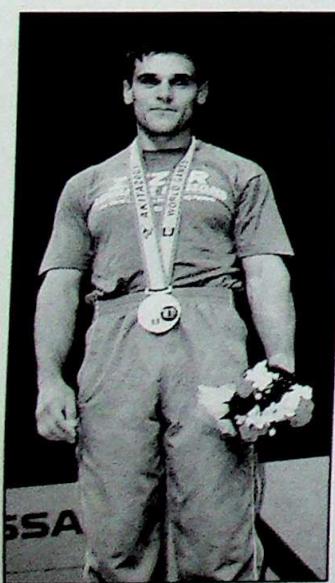
A typhoon was blowing up from the south, but Raija Koskinen of Finland breezed to victory in the light

class. The American women fat-tended their batting averages: Jennifer Maile (youngest lifter present) and Sioux-z Hartwig set personal records, Angie Overdeer's squat left town, but she hung in and Sandy Mobley nailed three USA national Masters records. Budding powerlifting journalist Leslie Look rewrote USA squat and total records in going nine for nine and irrepressible Liz Willett bopped out to the platform in time with the music to squat a 255 USA record and PR'd twice.

Let's talk about Harriet Hall a minute. Weighing 103, she went 225 132.5 212.5 570, all Master's world records. Lawrence Maile, North American IPF VP, coach, sire to future stars Jennifer and Justin, ref, writer, etc., says the I.V. therapy nurse has not reached her limits and is famous for competing only in a loose deadlift suit she can don by herself. They train together in Anchorage.

My bilingual Japanese wife Sumiko told me waggish announcer Yoshida stated in Japanese that Hall is the "the strongest Oba-chan in America." Huh? Well, that is an affectionate term for women "of a certain age" in Japan. When the allegedly submissive Japanese woman gets her kids grown and out of the house, she is famous for becoming strong-willed and she and her like are said to really run the country, despite what the chauvinist men think. I agree with Susumu. Harriet's a Boss Lady.

So who was the boss in hoisting absolute weight at this contest? I assumed that one of the lighter men in the heavyweight class, which included 100 kgs and up, would win the class as it is believed that taller, heavier men do poorly in proportional lifts, and it is more difficult for



Sivokon ... will he go 75 kg. in the near future? (Hartwig photograph)



Raija Koskinen of Finland (Kelso)



Daisuke Midote thrilled his countrymen in a spirited battle with Gillingham (left) and Ljungberg. (Hartwig)

them to lift X times bodyweight than a short 56 kg. guy. Nobody told Daisuke Midote of Japan, who is both heavy and short at 5'6". Pre-meet hype had him going for a giant squat or bench, but with little chance of Gold.

104 kg. Suslov of Russia was the favorite on paper, but when 132 kg. Midote squatted 415 kg and then played safe on benches, going 285-295-302.5, instead of trying 310 as predicted, I realized he was lifting tactically - and trying to win! He wasn't alone. Brad Gillingham, reigning IPF superheavy champ, also wanted the Gold, as did Jorgen Ljungberg of Sweden. Brad had bad luck with his second attempt BP hand-off at 272.5, but got off line with his third attempt (same weight) and rolled to his left, getting reds for uneven extension. Ljungberg missed first and second 237.5 bench attempts after posting a fine 390 squat,

but the crowd got behind him and he succeeded with his third.

"The meet don't start till the bar's on the floor," it is said. Midote chose well, pulling a 310 second DL. He then revised the cliche - "The meet isn't over till Midote drops the bar" - which he did with 320, perhaps the sixth or seventh time in a row he has had his third attempt DL tear out of his small hands in high-level competition. Ljungberg hauled up 355, leaving Brad with a choice: lift for the silver or go for the Gold with a 390 or more, by my hurried math at the time. Brad came through with a big 382.5 for second place, tying Midote's total of 1027.5 kg, but was bumped down by formula.

Close it was. The "new" Midote, clowning for the crowd, had 579.71 points, Brad G. 571.08, Ljungberg 571.02 and the much lighter Suslov 570.35. There were some ifs and buts. If Brad got a better hand-off on his second attempt, if Ljungberg had not needed three tries to get his opening BP, if Midote shaved that awesome 422.5 third squat a half inch lower and received whites on depth, the outcome might have gone several ways. 110 kg world champ Ivanenko of the Ukraine altered the dynamics by bombing out in the bench. If I have learned anything from watching powerlifting meets since the early Sixties, it is that whatever might have happened, did.

Ervin Gainer was disappointed in his five-lift day and sixth place in the light men. He finished ahead of five men, but I suspect the formula system was a jolt to many world class lifters who found themselves dropped several places from their usual higher ranks at conventionally scored meets. Philadelphia strength coach Rob Wagner totaled 837.5 kg at middle-weight despite four misses. One more good lift would have beaten his year 2000 World's mark. Rob's rugged good looks had the kimono-wearing awards girls giggling over which movie star he resembles.

Greg Simmons of Indiana, whose authoritative lifting had the audience yelling at him to put some weight on the bar, and Justin Maile, a PFC in the First Marine Air Wing stationed in Okinawa, both had PRs in the lightweight group.

Ray Benemerito and Tony Cardella ran into a cursed 320 kg. DL load. The female "onna" demons of Akita - who were a symbol of the Games - lurked under the platform casting spells. Three times Tony had the bar knee high and failed, while Ray wondered who glued the bar to the boards.

Top five final standings went this way: Women - Kudinova, Russia, 635.5, - Abramova, Russia, 590, -



Viktor Furashkin was 1st in the Middle Men's - 822.5 kg. total (Kelso)



Tamas Ajan, President of the International Weightlifting Federation (left) served as an observer for the International World Games Association, flanked by Norbert Wallauch and Heiner Koeberich. (P. Kelso)

(article continued on page 82)

INTERVIEW

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

ML: You take particular pride in bench pressing in a single thickness shirt. How much have you benched in that type of equipment, and have you done anything with the double thickness. How much have you benched without a shirt?

TM: I've done as much as 610 lbs. without a shirt on, but that was without a pause. With a pause, I'm not too far from that. I had not been exposed to lifting in a double ply shirt until last year. Throughout pretty much my entire career, I've been lifting with a single ply shirt, and up until last year I had been using, pretty much, the polyester shirts. This year I've switched to denim. Tim Isaac, here in Phoenix, actually taught me how to use a shirt, as I was a novice on how to use the denim. About this time last year, I was getting ready to lift in Gus's federation (WABDL) for the first time and in doing so I recognized that he allows the double ply shirts. I started to train with them at that time, and competed in two events, not knowing too much about how to use the shirt. After the first of the year, Tim showed me how to use it to my advantage. First of all, I was wearing a shirt that was a little too big for me. I had Jason over at Inzer's tweak me out a shirt that was cut a little bit smaller than the one I had normally been wearing. That seemed to do the trick, because just by making the shirt smaller, it did

TOM MANNO

as interviewed for PL USA by Mike Lambert

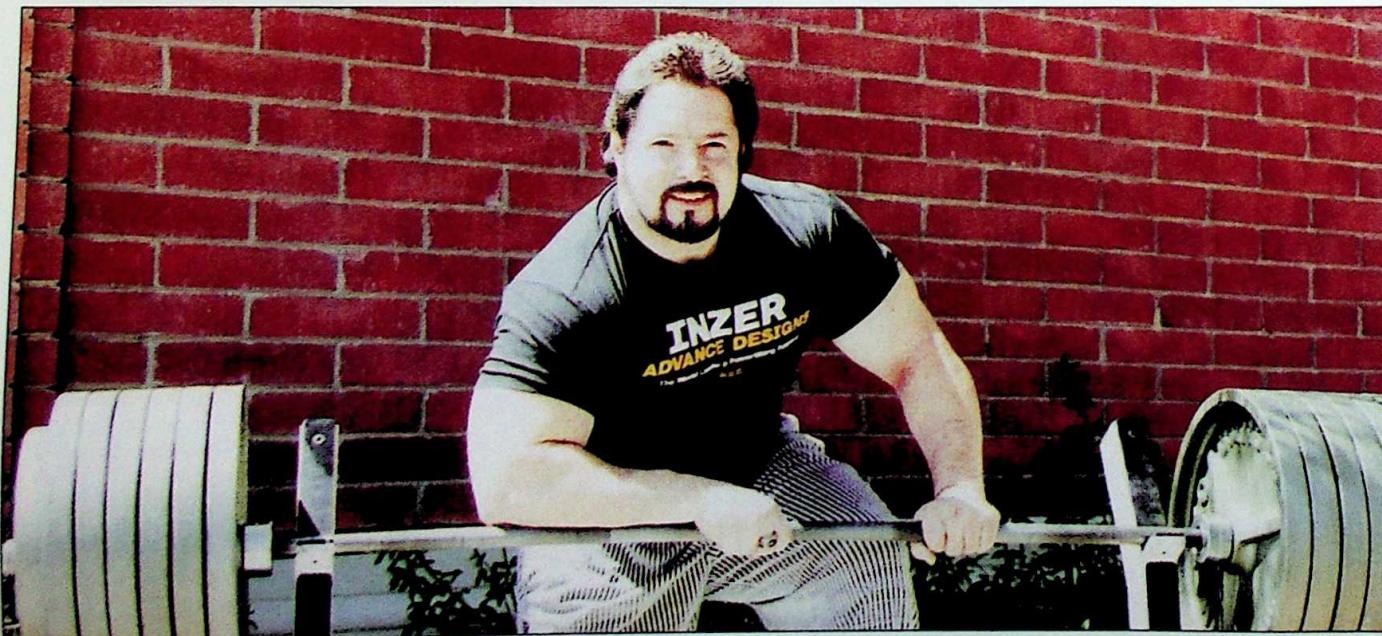
jump the weights up quite a bit. I actually put about 20-30 lbs. on the bench right away, just by changing the size of the shirt, which to me was miraculous. Nowadays, I am doing bigger lifts with the double ply shirt, because it does give you that much more support on the bottom end. I always tell people that if you have good raw strength from the bottom, then a denim shirt is probably a little more applicable due to the fact that it does give you more support on the bottom. That's exactly where it helps me. I've always had good shoulder strength, and as a result, I'm very, very strong off the bottom, so the denim shirts work a little better for me than the polyester, as a result. If I can get that thing moving, and carry it through to the top, that's where it enhances my lift. I do take a lot of pride in doing lifts with a single ply shirt. The most I've done with a single ply was just recently, at Rich's NASA World Cup, where I got that 650, which is the most done in the world this year, that I know of, with a single ply shirt. I am very, very proud that I am doing those kinds of numbers with a single ply shirt. I learned how

if you tweak the double ply too tight, it will be too hard to bring the bar down to your chest, and if you wear a single ply shirt that tight, the shirt will blow out on you, because you're not getting as much support from the material. At the NASA Arizona State meet, I blew out two shirts in one meet because of that, which was kind of unheard of. At the World Cup, I had several different sizes, so I could get into a shirt where I wouldn't have to worry about a blow out. My best with a double ply shirt is 672 (Editor's Note: this was increased to 678 at Kieran Kidder's Bench Bash for Cash, subsequent to this interview). Of course, I have done over 700 in the gym, several times now. On the day, I did 672 in a contest, I came very, very close to a 700 lift on a 4th attempt. I've actually done as much as 726 in the gym.

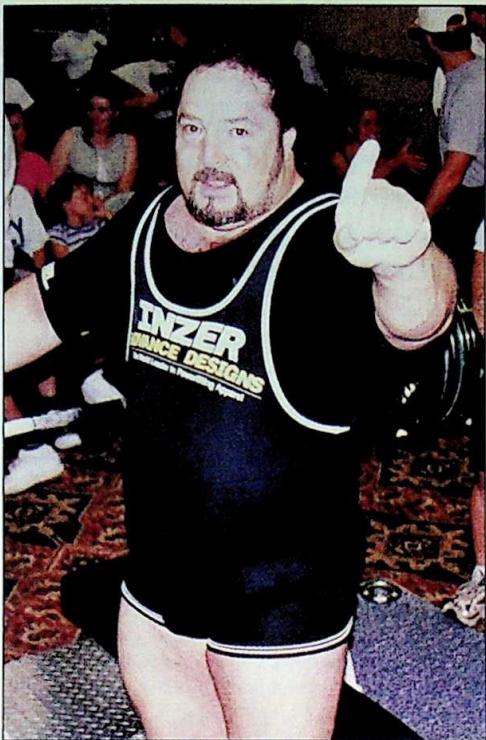
ML: You've lifted in various organizations. How do you compare them, one to another, in your mind. Are there major differences between WABDL, NASA, and whoever else you have lifted with?

TM: Obviously, there are quite a few differences between the federa-

tions. One major difference are rules and regulations. Of course, that's what keeps our sport from advancing into something that has continuity. I don't know if this has any effect on whether the Olympic Committee is taking us seriously, due to so much segregation amongst federations, based on what they believe to be the right or wrong way to do something. Then again, we are looking at a free enterprise system, and everybody feels that their way is a better way or the right way. Every federation I compete with has its pros and cons. Another difference is equipment. People say "look - that guy is doing X pounds in this federation, but he is wearing what we would consider to be illegal equipment, based on what we do". I don't blame them. You can get to the point where you have to ask if it's the person lifting the weight, or is it the equipment? The fact of the matter is, if all the big benchers in the world are utilizing this equipment to their advantage, we have to get on equal playing ground. If I'm going to do the same type of numbers, I'm going to utilize the same type of equipment to achieve those numbers. If anybody wants to point their finger at me, stating that's not the right way to do it or it's the wrong way to do it, then so be it. I can't control that. I can only respond to what each federation is offering. I've never used a triple ply



Tom Manno has been bench pressing for 33 years and he played football, up to the pro ranks, for 17 years. (Dwight Bennett photograph)



Will Tom become the first 40+ man to bench 700?

shirt, so I don't know what kind of advantage that gives you. I've heard pros and cons on that too, stating that it's almost "too much" support, where you really have a hard time getting the weight down to your chest.

You also have your personalities in the different federations. I get along with just about everybody, that's my nature. I've had difficulties at times, but I've learned how to wade through them, and turn a negative situation into a positive. When you go into a different federation, you're fighting a political agenda, which is understandable. If you go into a new federation, and you're establishing a new American or World record in that federation, and not that many people know who you are, they're going to make life a little bit difficult on you. The primary reason for that is that the record you are breaking might belong to someone who has been with that federation for many years and has shown a lot of loyalty to that federation and the people involved. For my part, I might break that record and never come back. What I'm trying to do now is establish loyalty in virtually all the federations I compete in. I've had a lot of success in all the federations I've competed in.

ML: Tell us about your supplement program.

TM: Well, I am actually coming out with my own line soon. It's going to be called Tom Manno's Pro Gram, which consists of virtually everything I've been taking for the last several years. First of all, I believe in taking a good protein powder. When I say good, I mean something that is very, very low in sugar. Of course, there's no problem with having a fructose sugar in it, but that's a simple sugar. You want to stay away from other forms of sugars. Obviously, you want something that tastes good and is user-friendly, that mixes well... like a Pro-Blend 55, that I've been taking over the years, which has a high protein content. I want something of that nature in what I'm developing. It also has to possess all 22 amino acids, both the essential and non-essential. People

can't get over the fact that I'm lifting what I'm lifting, on an on-going basis - day in, day out - year in, year out - and that I enter as many meets as I do - without getting hurt. I always tell people that the basic philosophy that I have involves two words that will help you in any sport. The first word is hydration. The second word is anti-inflammation. If you can do everything you can do, on a day to day basis, to take care of those issues in your body, you should have a long and healthy career. I also tell people that I believe in the three Rs - Rest, Rest, and Rest. This is a sport where less is better. When I say hydration - you have your creatine monohydrate, you have your glutamine, you have your ribose - which helps volumize the cells of the muscle, and along with that people have to be cognizant of taking in a lot of water. When you take these products, if you're not drinking a lot of water, you're going to be pulling water out of other parts of the body, and that will actually dehydrate you. On top of that, I take a good digestive enzyme, like the one in the Power Pack from Nutri-Fun. I've got Gus on these digestive enzymes also, and he loves them. If you're trying to find ways to combat steroid usage and get the body to become anabolic much faster, a great digestive enzyme is the way to go. Protein is the building block of the body, and it

only makes sense to use those blocks more effectively and more efficiently to break down and assimilate most of the protein you're taking in. My wife is a breast cancer survivor and this product also enhances your immune system. She was taking megadoses of the stuff and it helped her tremendously. If someone tells you to take 70 grams of protein, to help you become anabolic right after you work out, that's all well and good, but if you're not assimilating that 70 grams properly, you're still going to be catabolic. If you do take a good digestive enzyme, you're more likely to become anabolic, faster. I also take anti-oxidants, strong ones, like Ester C. I take a good Cal-Mag formula. It's important to take supplements right after they work out. They're not allowing their recovery to be expedited. I take a product to increase glycogen storage, and also helps the amino acid transport system. I've been a national spokesman for Nutri-Fun for about 3 1/2 years now. We all took a leave of absence from the company for about a year during a restructuring - it used to be called Family Solutions. I also represent Arizona Health Foods here locally.

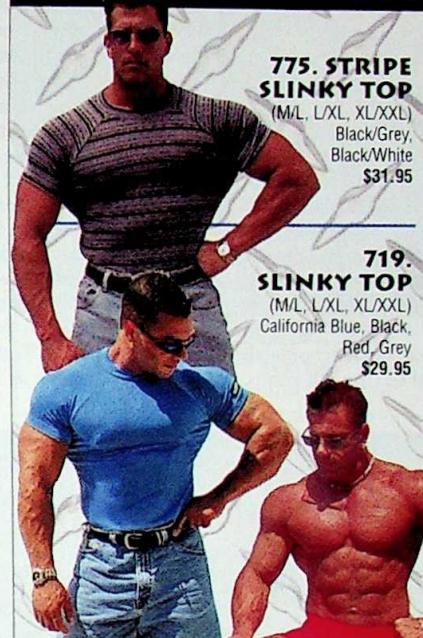
ML: What is your basic motivation in powerlifting and what are your achievements on your agenda for the upcoming year?

TM: My basic motivation started at a very young age. I had a paper route years ago, when it was safe to have a paper route, and I had a gentleman take me under his wing. I was always a pretty good sized kid, for my age, and this older teenager on my route said, one day, I have this weight set in my room, let's see how much you can lift. The first time I ever did it, I lifted about 100 lbs. over my head in the standing press. He thought that was pretty amazing for a seventh grader. I kept lifting periodically, and about a year later I could do 150 lbs. over my head, in the

(you will find this article continued on p. 80)

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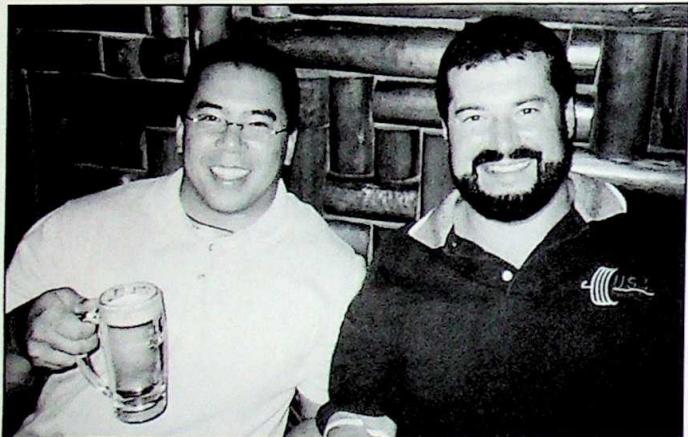
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Regarding the Terrorist Attack

"To all our Powerlifting Brothers and Sisters, Our hearts and prayers go out to all of the victims and families who are suffering in this National Tragedy. We pray for their comfort and healing, strength and support as they, and we, deal with the aftermath of these senseless, evil acts. We must be strong and resolute. Our light of freedom will not be dimmed. All that the United States of America, and USA Powerlifting stands for is about free people choosing to make a positive difference in the world. We will remain unwavering in our support of our great country, and of the mission that we stand for - excellence and accountability in the greatest of strength sports. Being at the

top of anything, whether world politics or competitive sport, means also becoming a target for those with dishonorable agendas, who want to rise to the top by pulling others down. The strength of true champions will always survive this. Sometimes we will be battered and bruised along the way, but we emerge stronger and more true to the cause. We pray that this will be a part of the affirmation process that occurs as our great nation emerges from these dark events. Please add to your prayers those USA Powerlifting athletes who are now representing us in Bulgaria at the IPF Junior World Championships. They are doing their best to honor us and our country in the



Ray Benemerito with Mike Overdeer at the World Games. (Sioux-Z H.)

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midst of all the enormous pressure of the tragic events at home. We pray for their safety and well-being, and safe passage home at the conclusion of the event. Thanks very much. To Strength and to Freedom, To the Love of our Brothers and Sisters Everywhere. Sincerely, Michael W. Overdeer, USA Powerlifting President." and from Arnulf Wahlstrom of Norway and the IPF Executive Committee "Dear friends: I want to tell you that I am very sad for the tragedy that hit the American people. It has been a strong focus in all TV and radio channels here in Norway from the day it happened. Our Governments have expressed their sympathy and they have offered USA to send medical people or any other help if needed. As NATO allies we stand



Arnulf Wahlstrom from Norway

shoulder to shoulder with USA to find the guilty parties. The world must go on, but it will not be as before after this terrible crime. Please be strong. Regards, Arnulf" The Trade Towers incident took place around 15 miles from Dr. Ken Leistner's residence in Long Island. Everyone in Ken's immediate family is okay, but some of their acquaintances are still missing. Most poignantly, Ken's daughter Bari Ann has come home from school crying hysterically because some of her classmates don't know if one of their parents are alive or not.

A Stronger America is a Better America ... strength, whether it is physical or psychological, is a critical aspect of what has made the United States of America and its citizens great for over 200 years. Strength allows us to resiliently recover from the challenges we face, whether they are obvious or sudden and unexpected. Strength allows us to interact with the forces that exist in our world to bring about peace. It is time for all of us to energize ourselves and focus that energy in a way that will make us all stronger. Stay strong, America - FOREVER! (this material first appeared in the September 17th, 2001 edition of POWER HOTLINE newsletter)

COUNTRY POWER INC.

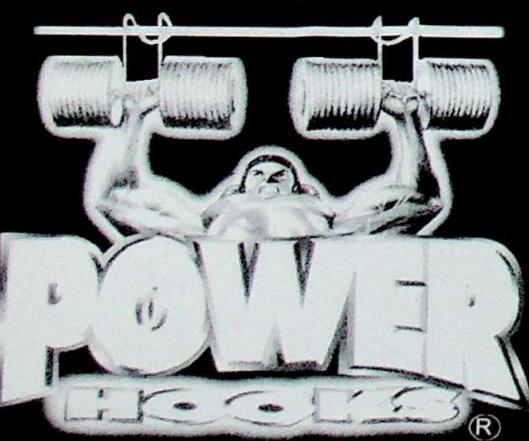
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Judging: Points will be awarded depending on contestants age, bodyweight and total weight of dumbbells lifted for ten reps.

Finalists will be contacted during the first week of November 2002. If an official judge is not available in your area, we will then need a video of you weighing yourself in on a scale and then weighing the dumbbells individually. All finalists will receive a prize. The winner will receive \$1,000.00.



Why this contest was started: Our main goal is to further prove that using Power Hooks is the best way to train with dumbbells. If you desire to enter this contest but don't have Power Hooks, they can be purchased for \$39.95 plus \$5.75 shipping and handling from the address listed below. To order by credit card call toll free 1-888-669-6316. They are also available at some sports equipment stores.

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W.P.O. NEWS

Kieran Kidder's **HUGE IRON** Bench Classic was a "great success" according to Louie Simmons of the Westside Barbell Club "with 5 men going over 700 lbs! Angelo Berardinelli won the lightweight with a 462 bench at 165 lb. George Halbert took the middleweight class weighing in at 215. He made all time world records of 701, 716 and 733, the greatest coefficient bench of all time. Rob Fusner won the heavywt. division with a 308 world record, another all time mark, 734 1/2 lbs. The next big show will be the Arnold Classic February 2002 in Columbus, Ohio." Also reporting on the event was John Bott of Iron Island Gym, who added that Kenny Patterson was 2nd to Halbert with a 661, and in the heavyweight division, Beau Moore was 2nd to Fusner with 733, followed by Clay Brandenberg at 722, John Zemmin with 705, and Tom Manno.

Kieran Kidder is changing plans and rather than have the WPO Finals in November, they will be incorporated into the presentation at the Arnold Classic over its 22-24 February 2002 schedule. Kieran felt that with so many other world championships being held in November, and with the difficulty of finding sponsorship dollars later in the year when budgeting had taken place well prior, he would switch the finals to the Greater Columbus Convention Center venue. For further information contact Huge Iron Fitness Center, 910 S. Atlantic Avenue, Ormond Beach, FL 32176, 386-677-4000, 877-HUG-IRON, or check out the web at www.hugeiron.com, or www.worldpowerlifting-organization.com

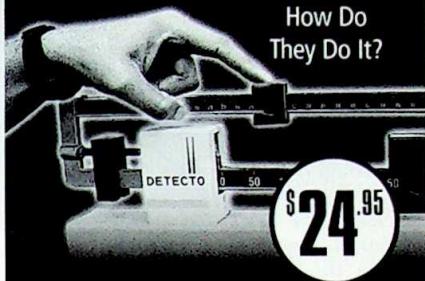
WPO Semi-Finals (Official Results) 12 Aug 01 - Orlando, Florida

	SQ	BP	DL	TOT
132				
Clark, August	237.5	202.5	222.5	662.5
Taylor, Tim	225	152.5	275	652.5
Washington, Hennis	255	152.5	245	652.5
Whigham, Allen C.	215	115	242.5	572.5
Leverett, Christopher	220	117.5	210	547.5
Weisberger, Amy	195	137.5	212.5	545
148				
Hoerner, T.J.	285	150	272.5	707.5
Schwab, Brian	272.5	157.5	262.5	692.5
Grayes, Rick	247.5	252.5	245	645
165				
Conyers, Anthony	341	197.5	305	843.5
Laine, Jarmo	333	192.5	297.5	823
Hooper, Wade	340	225	257.5	822.5
Palmer, Ron	320	197.5	305	822.5
Berardinelli	312.5	215	275	802.5
Alday, Levi	282.5	222.5	285	790
Contreras, David	307.5	207.5	265	780
Caprari, Tony	272.5	182.5	300	755
Manca, Gianfranco	285	170	275	730
Holzbauer, Jeff	272.5	175	267.5	715
Almodovar, Joey	277.5	155	282.5	715
181				
Coleman, Arnold	340	247.5	295	882.5
Warren, Curtis	272.5	187.5	295	755
Strickland, Brian	285	182.5	262.5	730
Wambsgans, Fabian	300	127.5	272.5	700
198				
Kellum Jr, Jesse	386	270	302.5	958.5
Zweng, Matthew	377.5	252.5	305	935
McCoy, Joe	305	230	300	835
220				
Selsam, Harald	385	220	330	935
Vogelpohl, Charles	385	205	327.5	917.5
Mash, Travis	362.5	227.5	327.5	917.5
Rajala, Arto	350	225	320	905
Patterson, Kenneth	320	282.5	272.5	875
Gunnarsson, Jon	330	210	317.5	857.5
Burbank, Scott	305	235	317.5	857.5

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Blue, Dondell	317.5	227.5	295	840
242				
Coan, Ed	471	262.5	350	1083.5
Urichick, Paul	435	250	320	1005
Kymalainen, Janne	345	285	340	970
Douglas, Jeff	395	230	332.5	957.5
Garcia, Jose	390	235	332.5	957.5
Ingvarsson, Ingvar	280	225	280	785
275				
Turtianen, Ano	456	272.5	391	1119.5
Labare, Art	372.5	262.5	337.5	972.5
Tokarski, Craig	322.5	290	355	967.5
Mills, Milo	350	240	355	945
Taylor, Chris	302.5	282.5	272.5	857.5
308				
Hamalainen, Mikko	420	275	357.5	1052.5
Childress, Paul	430	272.5	350	1052.5
Barry II, Leon F.	365	282.5	375	1022.5
Grove, Jon	400	275	345	1020
Bryant, Josh	355	260	305	920
SHW				
Moore, Beau	410	312.5	345	1067.5
Voronin, Jim	387.5	315	315	1017.5
Brink, George	332.5	195	347.5	875



Texas bench press kingpin
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INTERVIEW

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

PL USA: Tell us about yourself

Harris: My name is Jamie Harris. I'm 30 years old and I'm from Elizabeth, PA. I work at Shuman Center in Pittsburgh, PA. I recently bench pressed 771 1/2 at the Mountaineer Cup III in Chester, WV. I also took a shot at 800 and narrowly missed it. I have returned to claim my rightful place as "King of the Bench Press".

PL USA: Why the return to Powerlifting?

Harris: Well, to be quite honest, I feel 800 was unfinished business. I did 760 in October of 1996 and soon after got involved with business ventures. Money was my focus, so I just worried about that, lifting unintensely and sporadically. In September of 1999, I started contemplating a return. I got tired of hearing how washed up I was and none of my lifts were legit from the past. I just felt I had a lot more to prove in this game.

JAMIE HARRIS

I will say this, "A lot of people talked a lot of smack on me and left me for dead, all of you can ask yourself if you have the heart to come back and face the same adversity I did!" I would have to believe that none of you mud-slingers do. Success is the best revenge. I will keep pushing big numbers and make the haters sick. I will walk over any man who tries to get in my way of bench press supremacy!!

PL USA: Was there anything different you did in preparation for the Mountaineer as far as training, etc?

Harris: Conditioning was the key this time, period. I went back to the roots of my past training, with new twists that covered stabilization, psychological conditioning and equipment adjustments. My whole training regimen

is now available on my new training video "Harris Quest 800". No stone is left unturned. Every aspect of my training is covered in this tape. 15 years of trial and error have been laid out for you to become the bench presser you never thought possible. Let me say that mental preparation was the biggest item, though. Your mindset is so important. You can accomplish anything if you really believe it. That is what sets good lifters apart from great lifters.

PL USA: Outside of lifting, what are some of your hobbies?

Harris: Well, I enjoy practicing my Elvis karaoke. I recently have just started picking up my practice time. I am a really big Elvis fan. Last year I got to visit Graceland. I'm going to start doing local karaoke gigs again. I

really enjoy it. Also, spending time playing with my dogs, Otis and Jezebel (my Labs) is high up on the list.

PL USA: What's the future hold for the "Bad Boy of Bench"?

Harris: The Arnold Classic is priority number 1. I'm not going to talk crap about it - I'm going to do this, I'm going to do that. I'm going to train my ass off and let the chips fall where they may. I also want to start running meets again. Pittsburgh needs some good quality meets. I'm also working on sales of my video and my other products.

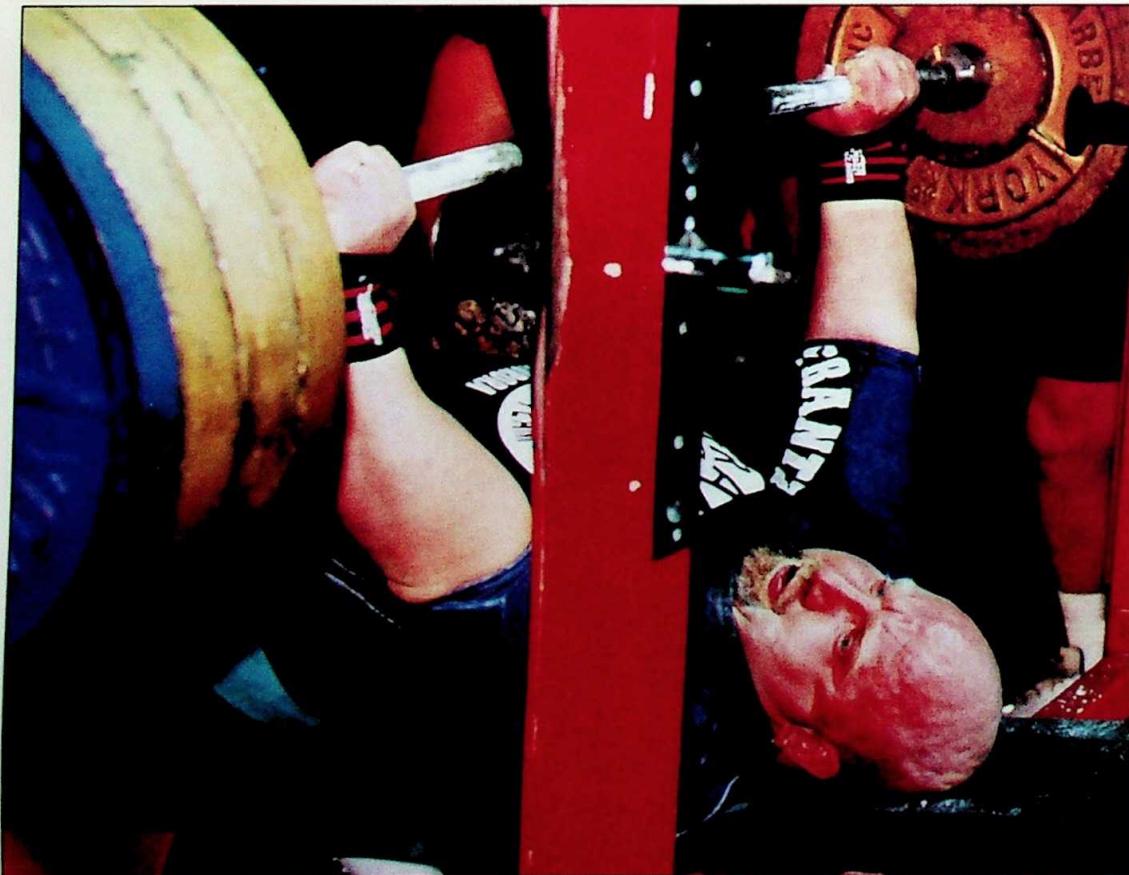
PL USA: Anything you would like to tell your critics out there?

Harris: Take a good long hard look at yourself before you throw stones!!! Adversity is the measure of a man! When you're down, everyone doesn't know you. When you're on top, everyone loves you, I've been getting e-mails from well-wishers who once bashed me

up on GoHeavy Forums. On the other hand, I would like to take the time to publicly thank members of "Team Harris". Bob Olinger, Ray Neff, Keith Batykefer, Tim Bentley, Tim Bruner, Jeff Ruscito, Aldo Pucci, Dean Romano and "The Giant of Powerlifting" Tom Sevcik. Tom is 6'7", 350 lbs. and you're going to be seeing a lot of big things from him in the future. Everyone of these men have helped me believe in myself again. Thanks guys! Also, as always, my wife Michelle helps me out with all the little things and is always encouraging me to do the best I can. Also, thanks to Rick Brewer of House of Pain. Rick has stuck with me through thick and thin. I'm proud to endorse his gear.

PL USA: Is there anything you would like to say in closing?

Harris: Believe to Achieve! Buy my video and get a front row ticket at the Arnold.



At the Mountaineer Meet, Jamie Harris locked out this 800 pound bench press, but the effort was not accepted.

POWER SCENE

October already? Time for pumpkins, and Halloween parties, and, of course, powerlifting. But then, it's always time for powerlifting.

Lance Slaughter, USAPL California State Chair, sent us a nice packet about the upcoming 2001 USA Powerlifting West Coast Open Push/Pull. It's been over five years since the last USAPL meet around here, and it's good to see the USAPL back.

November 3rd is the date, and Cal State Northridge is the site. Lance is expecting 60-90 lifters, and his contact number is 310-995-0047.

Lance himself has been lifting for six years, following his brother into powerlifting, and Lance has hit a BP PR of 415, weighing 148. We wish Lance and the USAPL much success with their meet.

If you're looking for a meet even sooner, Kevin Meskew is putting on the USPF 23rd annual Central California Open, on October 6th in Bakersfield. You can compete in the full meet, or do just the bench and/or deadlift parts. For more information you can contact Kevin at 818-899-7555.

Both of the above meets are indoors, and our summer of outdoor meets at the beach is over, but we do get one last chance to look



Stormie Seibold hit a 451 at Muscle Beach.

back and appreciate how wonderful it is to lift only yards from the ocean.

As we've mentioned before, Venice's Muscle Beach hosts a series of meets in the summer, and we caught up with the final one of the summer and saw some terrific bench pressing. Bob Evans hit 391, Stormie Seibold popped 451, and Tony Hardridge put up 490. Over 40 lifters competed and enjoyed the sights, sounds, and smells of the beach and the Pacific Ocean.

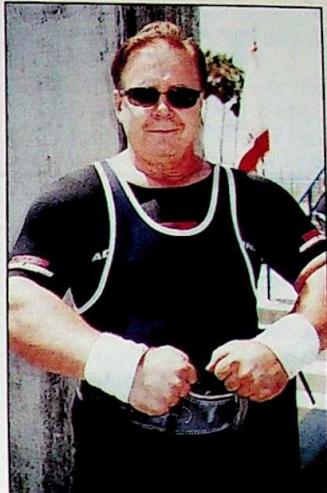
Cindy Dumo is the director for Muscle Beach, and we got a picture of her while she was checking out the meet.

As for Tony Hardridge, he's also getting into putting on meets, and there's one scheduled for November 17th in Lake Forest. It's a squat/deadlift meet, and for more info, call Tony at 949-307-9634.

Tony's been lifting for over 20 years, with PRs of 887 567 777 in the 275 lb. class and he's currently doing personal training and customized diet and nutrition programs.

Santa Barbara is also a beautiful setting for a beach meet, and a little more tranquil than Venice. We caught some of the action at Kevin Fisher's meet, and top lifters like Brian Meek, Josh Bryant, and George Brink were all in action, hitting their lifts only yards from the shore. Palm trees swaying in the breeze, beachgoers in bathing suits and sandals, the smell of sun tan lotion, and big-time powerlifting, all in the same place, yards from the ocean - not a bad way to spend a Saturday.

Finally, back in Venice, but this time at Gold's Gym, which is about 3 blocks from the beach, we ran into Robin Coleman, and her mother Linda, who was out



Bob Evans - 391 at Muscle Beach

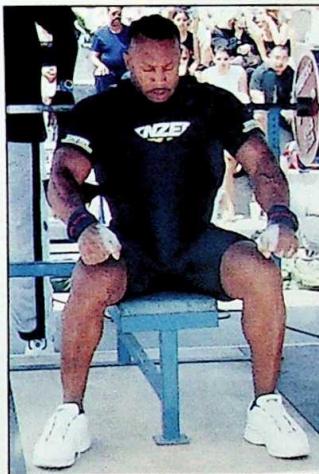
visiting from Texas. Robin has competed in bodybuilding and one bench press contest, and is now training for the World's Strongest Woman contest, under the tutelage of strongman Tom Magee.

Robin had just been training for 3 weeks when we spoke with her, but she's at it six days a week, and is doing a lot of weight training, including squats, deadlifts, power cleans, and overhead lifts.

The contest is to be held in Zambia on October 15-17, and women from all over the world are aiming for it, including powerlifter Jill Mills.

We're hoping to bring more info on this in coming months, along with the rest of the *POWER SCENE*. 'Til then, stay healthy and strong, and have a Happy Halloween.

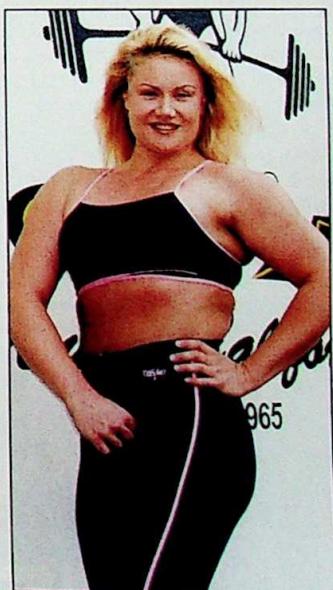
NED LOW



Tony Hardridge gets set to BP.



Cindy Dumo is the new director of the powerlifting events at the world famous Muscle Beach Venice.



World's Strongest Woman? ...
Robin Coleman hopes to contend for the title in Africa. (all photographs courtesy Ned Low)

INTERVIEW

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

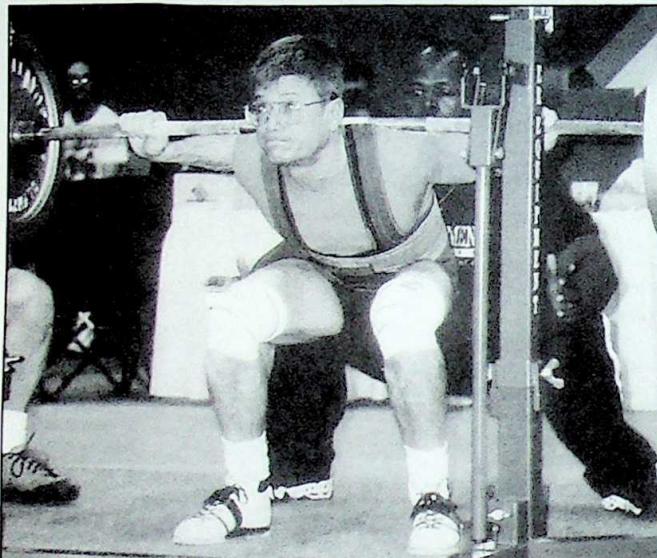
Subject: John Corsello, Jr. **Age:** 43. **Marital Status:** Married with three children: Michael - thirteen, Christina - eleven, and Matthew - five. **Hometown:** Sparta, New Jersey. **Job:** Deputy Product Manager for the Crusader Armament and Resupply Product Development Team, associated with the U. S. Army Crusader Artillery System. **Hobbies:** Fishing; collecting stamps and fluorescent minerals with his children. **Height:** 5 ft. 7 in. **Weight Class:** 132. **Training Weight:** 142. **Equipment Used In Competition:** Suit: Titan Centurion for squat (James Benemerito's old suit); Inzer Outlaw for deadlift. Knee wraps: Titan Red Devil, white with red stripe. Shoes: Safe shoes

The official web site for Picatinny Arsenal in northwest New Jersey provides the following information: "The Arsenal, covering 6500 acres and containing two lakes, has 2.7 million square feet of indoor area, about half of which are devoted to research activities. Within its structures work three thousand dedicated employees, more than half devoted exclusively to scientific & engineering endeavors." Although I have no association with the U. S. Army, I know many of the Picatinny employees, most of whom are engineers. The Arsenal has a well equipped weight room in the building that houses the gym. An annual bench press meet for the employees - both men and women - has become a Picatinny tradition, and I have had the opportunity to officiate at this meet on a number of occasions. Several of these folks have become Pro Fitness Team members.

John Corsello made his competitive debut at one of these meets in 1993. Although he had done some lifting while in college, over the years he had gotten away from it. Between job stress and increas-

JOHN CORSELLO JR.

interviewed for POWERLIFTING USA by Fred Rice



John squatting at the 2000 USAPL Masters National Championships

ing allergy and asthma problems, John realized that his health was rapidly declining. As a result he made a decision that if he was going to go down, he was going to go down fighting. Those who know John well know that his mild demeanor masks a fierce determination. Winners never quit, and quitters never win. John is definitely in the former category. He started training again in order to increase his lung capacity. This led to his signing up for the annual Picatinny bench press competition, which he did in order to hold his own feet to the fire. John took second place in the 148 and under category, and discovered that his health was improving. After this meet Fred Vogel, a fellow employee and Pro Fitness Team member, started training John. In April of 1995 John began

working out with us at the Pro Fitness facility in Rockaway, New Jersey.

Over the years John has become a very important component of the Pro Fitness Powerlifting organization. He currently serves as secretary-treasurer, and is very active in organizing meets.

As an indication of just how well he has done as a competitor, John has qualified for three IPF world teams.

FR: WHAT WAS YOUR ATHLETIC BACKGROUND PRIOR TO LIFTING?

JC: I played non-profit semi-pro football for the Yonkers Sonics. I was a wide receiver on the offense, and contain man on the kick-off team.

FR: HOW HAVE YOU DONE IN

COMPETING ON THE STATE LEVEL?

JC: I took first in the ADFPA/USAPL New Jersey States in both 1995 and 1996. Since then I have concentrated on lifting in national meets, and helping our team at state meets.

FR: WHEN DID YOU BEGIN COMPETING AT THE NATIONAL LEVEL?

JC: My first national meet was the 1996 USPF Masters and Sub-masters in Dayton, Ohio. Although I was already involved in the ADFPA, my team members saw this as a good opportunity to get my feet wet at the national level, as the ADFPA did not have a national sub-masters category at the time. In 1997 I competed at the ADFPA Lifetime Nationals, where I placed third. In 1999 I placed first at the USAPL Masters Nationals in New Orleans, Louisiana, and this qualified me to go to the IPF Worlds in South Africa. Unfortunately I could not afford to go. In 2000 I won the USAPL Masters Nationals in Bedford Heights, Ohio, and I was able to represent the USA at the IPF Worlds in the Czech Republic. In 2001 I represented our country at the IPF Masters World Bench Press Championships in Luxembourg.

FR: HOW HAVE YOU DONE AT IPF WORLD MEETS, AND DID YOU ENJOY YOUR INTERNATIONAL EXPERIENCE?

JC: I took fifth in the overall competition in the Czech Republic, but I won the silver medal in the bench press. This was a huge meet - the largest ever IPF masters world meet. The Czech Republic accommodations were spartan, but clean. We visited Prague, which was a beautiful city. The experience was wonderful, and I was able to communicate with the German competitors, as I speak German fairly well because of spending a year and a half in Germany as an Army exchange engineer. The Italians wanted their pictures taken with Jules Pellegrino and myself. We were very popular with them because our names ended with a vowel! At the 2001 IPF Masters World Bench Press Championships in Luxembourg I placed second. (Editor's Note: We have been informed that John

... "If you can't do it without drugs, it's not worth doing it at all. I want to know what I can do, not what some substance can do." ...

has been elevated to 1st place in this competition, due to a subsequent disqualification)

FR: WHAT ARE SOME OF THE RECORDS YOU HOLD?

JC: I hold all the New Jersey sub-master records at 132, and all the 40-44 master records at both 132 and 148.

FR: WHAT ARE YOUR BEST LIFTS?

JC: In competition, at 132, I have squatted 358, benched 292, and deadlifted 413. My best total at 132 is 1052 lb.

FR: WHAT ARE YOUR GOALS IN POWERLIFTING?

JC: I would like to get back to the IPF world championships, and win a gold medal. I would like to bench 300, squat 400, and deadlift 450 at 132. I also want to spend more time training my children. I have already begun training my two oldest children, Michael and Christina. I have given them an introduction to lifting, and they seem to enjoy it.

FR: DO YOU USE ANY SUPPLE-



John deadlifting 403 at 132 back in Bedford Hts., Ohio

MENTS OR FOLLOW ANY SPECIAL DIET?

JC: I eat a balanced diet. When I need to cut weight before a meet, I cut back on carbohydrates, and focus primarily on protein. I take multivitamins and vitamin C. I have always tried to eat right,

procedures may not be detecting certain substances.

FR: WHAT EQUIPMENT DO YOU USE IN TRAINING?

JC: I've been using less and less equipment under the tutelage of Bill "Red Light" Clayton. I typically don't use any equipment

and I find that the better I eat, the better I train and compete.

FR: WHAT ARE YOUR VIEWS ON DRUG USAGE AND DRUG TESTING?

JC: If you can't do it without drugs, it's not worth doing it at all. I want to know what I can do, not what some substance can do. I think that the IPF should go to more than random testing. The top three competitors need to be tested at every meet in international competition. I also think that they need to consider more thorough types of tests, because standard

until I get to triples.

FR: WHAT IS YOUR TRAINING PROGRAM?

JC: I do three work sets in the squat on Monday. On Tuesday, Bill Clayton has me doing 7 sets of 5 for conditioning, until I get into heavier weights, when I cut back on the number of sets. On Thursday I do front squats, box squats, and deadlifts. On Friday I again do 7 sets of 5 in the bench press. I do a cycle with rubber bands, and then a cycle without them.

FR: HOW DO YOU FEEL ABOUT UNIFICATION OF THE SPORT, AND DO YOU THINK IT WILL HAPPEN?

JC: I think that it would be great, and it is a necessity if we are going to get into the Olympics. At this point of time, it looks like this is going to be very difficult. However, I'm glad to see that it will be at the World Games.

FR: ARE THERE ANY OTHER COMMENTS YOU WOULD LIKE TO ADD?

JC: I'm very proud to train with you guys as part of the Pro Fitness Powerlifting Team, and I consider myself privileged to have represented the USA in 2000 in the Czech Republic, and then at the first IPF World Masters Bench Press competition in Luxembourg.

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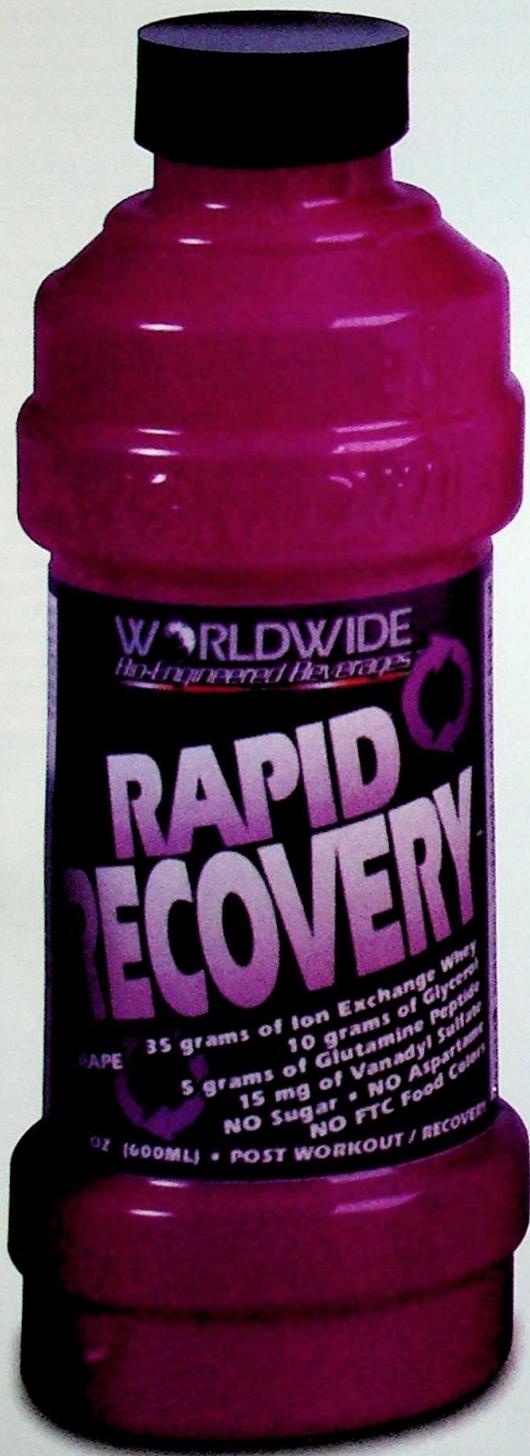
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This article was written with an intermediate lifter in mind, one who is capable of a 500 pound squat. This 18 week program will increase the lifter's maximum squat weight by at least 30 to 40 pounds. This is one of my routines that I have had much success with. The key aspect to this particular squat routine is the heavy poundage partials performed in the power rack. Of course, it is necessary that you have access to a power rack in order to complete this aspect of the routine. For the remainder of the routine you need regular squat racks.

There are two levels (position of the bar, in height) inside the power rack that the lifter needs to concern himself with, Level 1 and Level 2.

Level 1: Place the bar on the power rack pins 6 to 7 inches below the lifter's lockout position. Load the bar to the suggested poundage listed in routine. The lifter will position himself/herself under the bar in a partial squat position inside the uprights of the power rack, and begin to uplift the weight until the full lockout position is reached. Perform the suggested reps and sets listed in routine.

Level 2: The bar placement is lowered 12 to 13 inches below the lockout position. Four power rack pins will be needed for this movement. Two pins will be used to set the bar on, and two more pins must be inserted 6 inches above the lower bar location (12 to 13 inches below lockout). The power rack is set up properly when the bar is "sandwiched" between the four power rack pins. The range of motion of the squat movement is limited by the upper two pins, so you cannot uplift the weight to the full lockout position. The range of motion will only be 6 inches when the bar is uplifted from the lower rack pins and touches the upper pins.

Regular squats will be performed as dictated by the rules and regulations. Be sure to train them about 1 inch below parallel. I do not use tight lifting suits nor knee wraps when training in the power rack, because I like training at a disadvantage. However, you can use them or not; proceed at your own discretion.

Warm-Up Exercises: deep knee bends - 1 set of 15 reps; toe touches - 1 set of 15 reps. Do not use any weight.

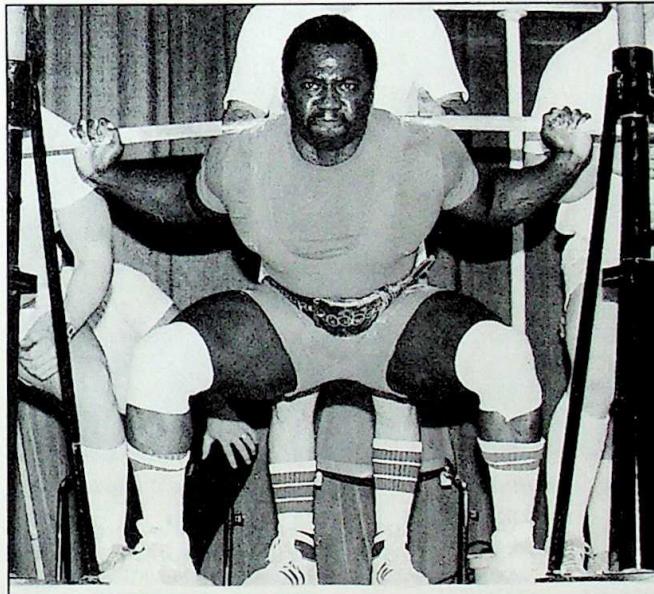
Assistance Exercises: I do not use any assistance exercises other than the power rack movements, which are already incorporated into the squat routine.

Week 1: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats)

WORKOUT of the Month

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

the Walter Thomas SQUAT PROGRAM



Walter Thomas has won too many world and national titles to count, with his last open IPF world title coming in 1994 at the age of 49! His classic squat routine is re-printed from the April 1987 issue of PL USA

235x8, 295x6, 365x4, 425x2, 450x1 (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4.

Week 2: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 460x1.

Week 3: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 460x1.

Week 4: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4.

Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1.

Week 8: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 9: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Fridays (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 10: Monday - Level 1 (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Fridays (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 11: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 480x1.

Week 12: Rest week, no lifting.

Week 13: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

Week 14: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

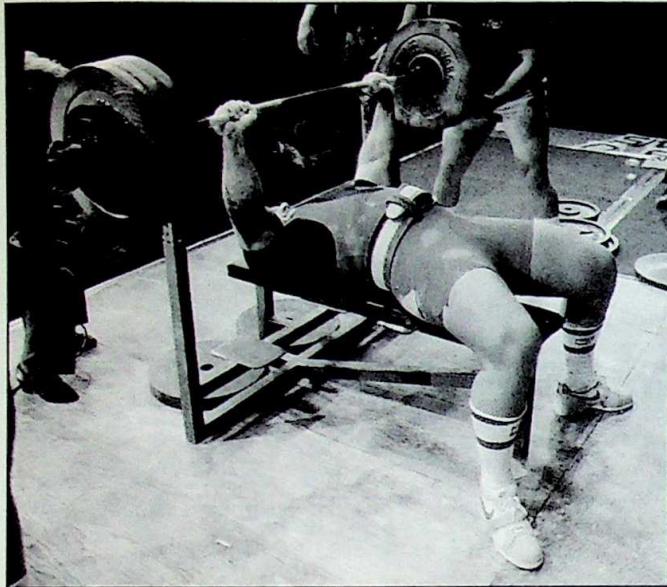
Week 15: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

Week 16: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - (Regular Squats) 235x8, 295x6, 365x4, 425x2, 470x1, 495x1.

Week 17: Monday - Last power rack squats before meet day. Level 1: 500x3, 570x1, 640x1, 705x1, 775x4. Level 2: 365x3, 430x1, 500x1, 570x4. Friday - Last regular squats before meet day 235x4, 295x3, 365x2, 425x1, 450x3

Week 18: No lifting Monday or Friday. Saturday is meet day. Warmup procedure, day of the meet, 95x4, 155x2, 215x1, 280x1, 345x1, 425x1. 1st attempt - 460, 2nd attempt - 510, 3rd attempt - 530 or more.

THE 700 LB. BENCH PRESS CLUB by Herb Glossbrenner, PL USA Statistician



The First Member of the 700 lb. Bench Press Club was Ted Arcidi, who achieved the breakthrough at Gus Rethwisch's 1985 Hawaii Record Breakers. On this list, there are currently 96 members, counting multiple performances, all of them from the United States!

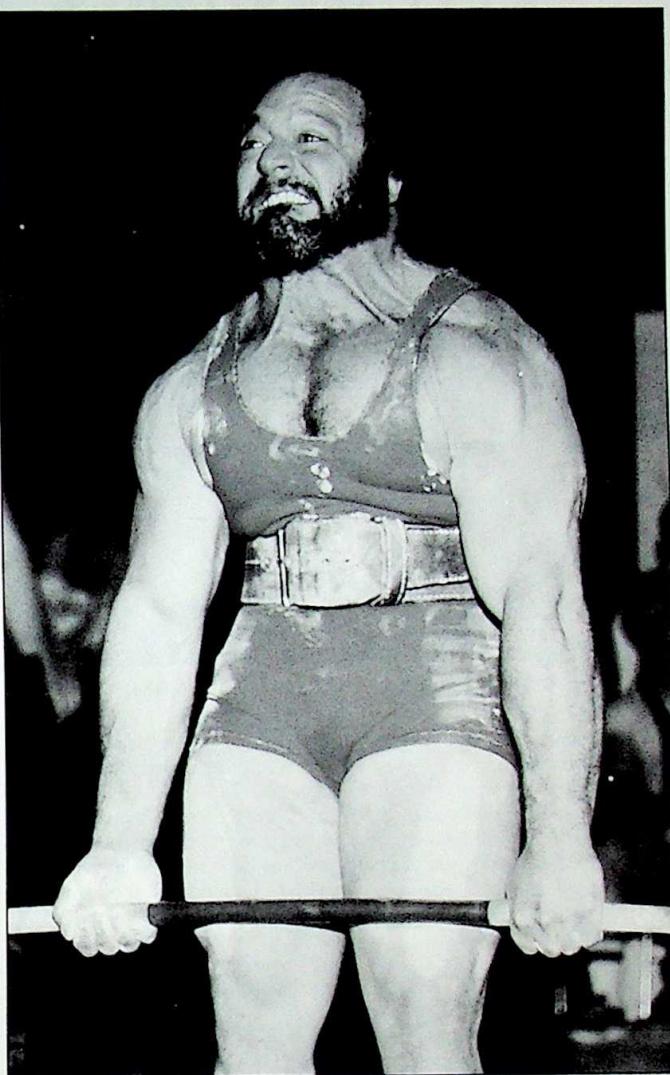
LBS.	LIFTER	BWT	DATE	LOCATION				
800	CLARK, ANTHONY	355	01MAR97	COLUMBUS, OH	720.0	WILLIAMS	332	04OCT97 PA
780	CLARK	372	22SEP96	CHICAGO, IL	720.0	HARRIS	310	04OCT97 PA
775	CLARK	338	02MAR96	COLUMBUS, OH	720.0	HICKEY, ROBERT	277	22MAY99 BROSSARD, CAN
771.6	HARRIS, JAMIE	360	24JUN01	CHESTER, WV	718.0	ARCIDI, TED	291	23SEP90 KEENE, NH
770	CLARK	360	18NOV95	OXON HILL, MD	717.0	LAIN	293	01SEP90 MALIBU, CA
760	HARRIS	401	19OCT96	MON VALLEY, PA	716.4	PATTERSON	275	11NOV95 CHICAGO, IL
755	CLARK	360	18NOV95	OXON HILL, MD	716	HALBERT	215	08SEP01 DAYTONA BEACH, FL
750	CLARK	345	16SEP95	DALLAS, TX	716	FUSNER	294	08SEP01 DAYTONA BEACH, FL
750	CRAWFORD, BILL	275	10FEB01	OCEANSIDE, NY	712.0	LAIN	308	21JUL90 CRYSTAL LAKE, IL
746	CLARK	350	23MAY95	TATUM, TX	712.0	PATTERSON	271	16SEP95 DALLAS, TX
741	CONFESSORE, CHRIS	236	17JUN95	PHOENIX, AZ	711.0	TUITA	349	23NOV96 HONOLULU, HI
740	HARRIS	355	25MAR95	PITTSBURG, PA	711.0	HENDERSON, JAMES	390	13JUL97 PHILADELPHIA, PA
739	CLARK	344	04SEP94	CLINTON, MD	711.0	CLARK	370	06SEP93 HOUSTON, TX
738.6	FRANK, GARRY	375	24JUN01	DAYTONA, FL	711.0	FRANK	374	1JUN00 WARREN, MI
735	FUSNER, ROB	294	08SEP01	DAYTONA BEACH, FL	711.0	HARRIS	360	19MAY01 BATH, ME
734	CLARK	340	25SEP93	AUBURN, WA	711.0	HARRIS	367	24JUN01 CHESTER, WV
733	TOKARSKI, CRAIG	308	11NOV25	CHICAGO, IL	711.0	ZEMMIN, JOHN	270	08SEP01 DAYTONA BEACH, FL
733	KENNELLY, RYAN	272	03JUN00	EUGENE, OR	710.0	HARRIS	355	25MAR95 PITTSBURGH, PA
733	HALBERT, GEORGE	215	08SEP01	DAYTONA BEACH, FL	710.0	BLAKLEY, JAMES, M.	283	16JUN01 YORK, PA
730	HARRIS	355	25MAR95	PITTSBURG, PA	710.0	DESMOND, RYAN	285	23JUN01 KEENE, NH
730	CRAWFORD	275	10FEB01	OCEANSIDE, NY	708.0	LAIN	295	07OCT89 MALIBU, QA
730	HARRIS	360	24JUN01	CHESTER, WV	705.4	ARCIDI,	293	03MAR85 HONOLULU, HI
728	PATTERSON, KEN	275	11NOV95	CHICAGO, IL	705.4	CLARK	330	09OCT91 SHAWNEE, OK
727	TOKARSKI	295	04JUN95	ROSEMONT, IL	705.4	TOKARSKI	275	21MAY94 BEND, OR
727	TUITA, KIU	349	23NOV96	HONOLULU, HI	705.4	TOKARSKI	303	11NOV95 CHICAGO, IL
726	CONFESSORE	236	17JUN95	PHOENIX, AZ	705.4	HENDERSON	395	01MAR96 PORTLAND, OR
725	CLARK	333	28MAR93	LANCASTER, PA	705.4	HENDERSON	317	07DEC97 LEDUC, CAN
723	KENNELLY	272	03JUN00	EUGENE, OR	705.4	PATTERSON	275	05JUL98 NORTHBROOK, IL
722	LAIN, KEN	292	24NOV90	MALIBU, CA	705.4	WILLIAMS	345	06MAR99 COLUMBUS, OH
722	CHABOT, GLEN	277	26FEB00	COLUMBUS, OH	705.4	WILLIAMS	350	26FEB00 COLUMBUS, OH
722	MOORE, BEAU	342	08SEP01	DAYTONA BEACH, FL	705.4	KENNELLY	272	01JUN00 EUGENE, QR
722	BRANDENBURG, CLAY	391	08SEP01	DAYTONA BEACH, FL	705.4	KENNELLY	308	06AUG00 WILSONVILLE, OR
721	CLARK	370	06SEP98	HOUSTON, TX	705.4	ZEMMIN,	259	20JAN01 METRC BEACH, MI
720.0	HARRIS	401	19OCT96	MON VALLEY, PA	705.4	FUSNER	281	04MAR01 COLUMBUS, OH
720.0	HARRIS	385	22NOV96	NEW CARROLTON, ME	705.4	CHABOT	375	24JUN01 DAYTONA, FL
720.0	WILLIAMS, WILLIE	310	20SEP97	BLUEFIELD, WV	705.0	CRAWFORD	275	26JUN99 YORK, PA
					705.0	MOORE	342	08SEP01 DAYTONA BEACH, FL
					705.0	BRANDENBURG	391	08SEP01 DAYTONA BEACH, FL
					705.0	WILLIAMS	330	29OCT94 ST. ALBANS, WV
					705.0	CHABOT	275	26JUN99 YORK, PA
					705.0	CRAWFORD	275	10FEB01 OCEANSIDE, NY
					705.0	TORANZO, JOEL	275	28APR01 OCEANSIDE, NY
					703.3	TOKARSKI	273	28JUN92 AURORA, IL
					702	HALBERT	215	08SEP01 DAYTONA BEACH, FL
					701.0	TUITA	350	30NOV97 PORTLAND, OR
					701.0	PATTERSON	238	09OCT99 DAYTONA, FL
					701.0	CRAWFORD	275	18DEC99 GLENS FALLS, NY
					700.0	MADDY, JEFF	399	07APR91 HONOLULU, HI
					700.0	CLARK	331	23APR92 LONGVIEW, TX
					700.0	CLARK	340	25SEP93 AUBURN, WA
					700.0	HENDERSON	381	28JAN93 LAKELAND, FL
					700.0	TUITA	350	16SEP95 DALLAS, TX
					700.0	PATTERSON	275	02MAR96 COLUMBUS, OH
					700.0	BLAKLEY	285	21APR96 GREENWOOD, IN
					700.0	CHABOT	275	23NOV97 WASHINGTON, DC
					700.0	SKIVER, TOM	300	18JAN98 ST. JOHNS, MI
					700.0	FRANK	370	23FEB99 ELYRIA, OH
					700.0	BARNES, DAVID	SH	19NOV99 YORK, PA
					700.0	TORANZO	275	02APR00 LANCASTER, PA
					700.0	FUSNER	285	16JUN00 YORK, PA
					700.0	ZEMMIN	275	AUG01 MICHIGAN
					700.0	BRANDENBURG	365	25AUG01 OHIO

SQUAT

964	COAN, E	22NOV87
936	URCHIK, P	18MAY97
909	BAILEY, J	01JUN96
900	VOGELPOHL	19NOV00
881	HATFIELD, F	12FEB82
881	GOOGINS, S	06DEC87
875	PHILLIPS, S	25MAR95
865	DRIGO, G	03DEC89
865	SLACK, J	20JAN90
860	TAYMAN, G	24NOV96
10		
850	LESLIE, C	09DEC89
850	FESSENDEN, M	01NOV98
848	NESTOR, B	05JUN86
848	ROSE, J	22JUL89
843	KELLUM, J	26JUL92
840	SUSCO, P	27MAR93
837	LADNIER, J	24JUL83
837	WAGNER, S	05JUN88
837	DUNAGAN, H	01JUN96
835	MANGIALARDI	02AUG86
20		
832	WILSON, S	14DEC81
832	WILSON, B	15DEC85
832	STEVENSON, B	11DEC88
832	MEZA, M	11JUN99
830	STULTZ, G	06JUN89
830	ELGIN, S	06DEC92
826	SIDERIS, J	09JAN82
826	FRANTZ, E	03MAR85
826	ZWENG, M	11JUN00
825	SMITH, B	21JUL90
30		
825	MOSS, K	25APR92
825	MCCOY, J	MAR97
821	MISTRIC, L	29JUN86
820	MAXWELL, C	24OCT98
818	JOHNSON, T	MAY82
815	CASH, J	06MAR82
815	BERRY, D	20FEB88
815	WESSELS, W	04JUN95
815	WARDELL, J	01JUN96
810	MCCAIN, C	08NOV80
40		
810	IMMEKUS, P	10MAY87
810	ANDERSON, S	05NOV88
810	RIGERT, R	04FEB96
810	HAWKINS, M	01NOV98
805	PACIFICO, L	06MAY84
805	MCGEE, L	25APR93
804	LOGSTON, J	25FEB84
804	METCHIKIAN	06MAY84
804	WRIGHT, D	21JUN86
804	SILVA, F	08APR88
50		
733	HALBERT, G	12SEP01
633	PATTERSON, K	09SEP00
662	CONFESSORE	20NOV93
630	CARPENTER, B	20AUG00
627	KELLUM, J	28AUG93
625	CUOMO, N	22FE898
625	BROWNFIELD, K	04DEC99
617	LEE, J	13NOV88
612	DICKS, P	15DEC84
610	WATERMAN, D	27FEB29
10		
605	MLODOZENIEC	14JUL91
600	HAMILTON, J	22FEB92
600	WESSELS, W	19NOV94
600	SPELLMAN, T	19APR97
600	MCMILLAN, D	06SEP97
600	BEANE, R	04OCT97
600	WALSH, R	24OCT98
600	GUARINO, P	22MAY99
600	LAWRENCE, R	26AUG00
585	YEARBY, A	26AUG00
20		
584	BLAKLEY, J.M	06MAR99
582	MACDONALD, M	19MAY79
580	GEE, S	26MAR98
578	SILVA, F	12APR86
577	LIATSIS, F	20MAY95

MEN'S TOP 50 of ALL-TIME

100 kg. (220 lb.) as ranked by Herb Grossbrenner



Vince Anello is one of the greatest deadlifters in powerlifting history

771	ROSENSTERN, P	08JUN80
771	DIMIDUK, M	22MAR81
771	RUSSELL, B	08JAN83
771	FRANTZ, E	07JUL85
771	PHARR, T	10NOV85
30		
771	VOGELPOHL, C	28OCT95
770	MOFFAT, J	08JUL82
770	TORRENCE, G	84
770	BORDEN, D	23FEB85
766	BLACK, J	08FEB87
766	GLENDE, S	03DECBB
766	CAHILL, J	14JUL96
765	CHROSNIAK, R	30JUN84
765	SIMMONS, A	02JUL94
K760	O'BRIEN, P	01MAR80
40		
K760	SNITKIN, C	28SEP80
K760	HATFIELD, F	12FEB82
K760	BLOOM, W	31OCT82
K760	SABONIS, J	13APR86
K760	HOLLAND, S	26MAY90
K760	WESSELS, W	17APR94
K760	URCHIK, P	02FEB87
760	SCHNEIDER, D	16FEB80
760	LOGSTON, J	13APR85
760	MISTRIC, L	02MAR86
50		
TOTAL		
2403	COAN, E	28JUL91
2204	GOOGINS, S	06DEC87
2182	URCHIK, P	IBMAY97
2166	WESSELS, W	04JUN95
2160	DRIGO, G	03DEC89
2138	VOGELPOHL, C	23NOV96
2115	LESLIE, C	09DEC89
2110	LADNIER, J	24JUL83
2110	CASH, J	03MAR85
2099	HATFIELD, F	24JUL83
10		
2090	MCCOY, I	MAR97
2088	ROSE, J	22JUL81
2083	KELLUM, J	26JUL92
2061	PACIFICO, L	05NOV77
2061	WILSON, B	15DEC85
2061	BLACK, J	08FEB87
2061	DUNAGAN, H	01JUN96
2055	NESTOR, B	05JUN88
2050	TULLIS, R	15DEC84
2050	MANGIALARDI	02AUG86
20		
2050	PHILLIPS, S	10DEC94
2044	PHARR, T	10NOV85
2044	PITTMAN, R	12FEB87
2044	WAGNER, S	05JUN88
2044	CONFESSORE, C	21MAR93
2039	MCCAIN, C	08NOV80
2039	DIMIDUK, M	22MAR81
2039	MISTRIC, L	29JUN86
2039	STEVENSON, R	04FEB96
2039	ZWENG, M	11JUN00
30		
2030	DOUGLAS, J	24JUN89
2028	WASHINGTON	28OCT89
2028	HARDIDGE, T	11JUL99
2025	TAYMAN, G	24NOV96
2022	HARRIS, R	18FEB88
2022	JACQUES, J	26JUL92
2022	HARRIS, A	20NOV99
2022	MASH, T	12AUG01
2017	SIDERIS, J	01NOV81
2015	ANDERSON, S	05NOV88
40		
2011	MORTON, J	27JUL97
2009	HOWELL, G	23MAR85
2006	BELL, G	14MAR93
2005	IMMEKUS, P	08NOV87
2002	STEVENSON, B	11DEC88
2000	FRANTZ, E	03MAR85
2000	FEIGHT, M	19DEC87
K2000	LEE, J	13NOV88
K2000	CARROLL, J	16FEB89
K2000	HOFFMAN, J	21MAY89
50		

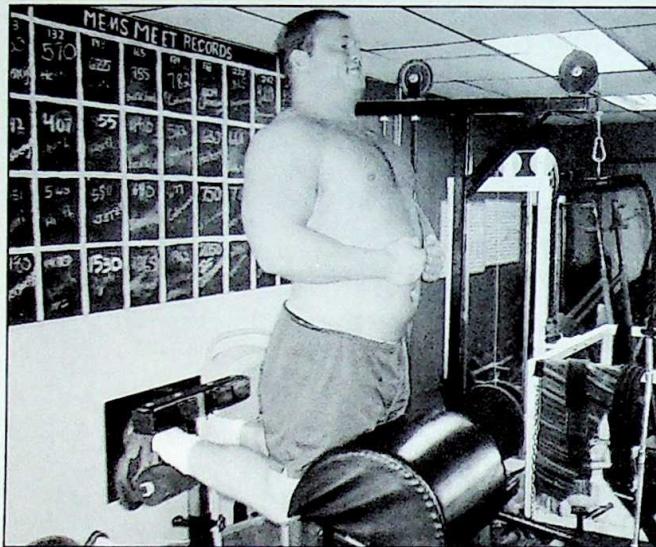
FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

Question: Thanks for the tip on raising the back of the GHR with a board. Worked great! Do you ever use a band to increase the resistance for GH raises? I can do around 25 reps with the back raised now.

Answer: There are many ways to increase the intensity of the glute ham raise. First off, if this is a movement you are really weak at then you have to get better. My first suggestion would be to use it at the beginning or end of every workout you do for a few sets of 8 reps. A second way to make the movement more difficult is with the use of bands. You can run one band under the front end of the bench and the other end around the back of your neck or upper back. This will provide more tension at the top of the movement. The key thing is to make sure you keep your chin tucked and not to arch your back. Many times when you add weight you will begin to arch your back, but don't let this happen. A third way to make it more difficult we already discussed. This is to jack up the back end of the machine with boards and boxes. A fourth way is to hold plates or a heavy medicine ball in front of you while you do the movement. This will keep you in the proper position. The use of a heavy weight vest would also be a great way to add resistance. I have also seen a few other ways to do the movement. One is with a very ballistic action. With this you get into the top position and drop fast and try to rebound back up as fast as possible. Some have used heavy medicine balls or manual resistance to drop faster. I have also seen some do this by placing the machine in a power rack and with the use of a straight bar do suspended raises with the bar suspended on the chain. As you come up the bar lifts off the chains. Once again make sure you are not arching the back. There are countless ways to do any movement these are just a few.

Question: Does Westside ever do regular squats instead of box squats?



Glute Ham Raises ... there is an amazing variety of ways to do them.

And, if so, when? And, if not, why?

Answer: Yes, we do. At the meet! All of our training is done on boxes. After being a part of Westside for 12 years and seeing all the lifters we have in the gym, I see no reason why anyone would do it any other way. We have seen every possible body type and they all get better by box squatting.

nutrients needed to help the triceps recover from the work done the day before.

Great to hear how well you are doing. Keep up the good work and if you need any more help give me a call. As I state in all the seminars, when you attend a seminar, I feel responsible for your progress or lack of, and am more than willing to help you all out.

Question: Dave, I was at one of the seminars in December of last year. Since then my deadlift and squat have gone way up. My deadlift is up 65 lbs. and my squat up around 50. However, my bench isn't going anywhere. I am sore for 3 to 4 days after a bench work out. My triceps are way over worked. I have tried cutting back, but it is still too much. Any ideas?

Answer: Keep the triceps work the same, but add in band pushdowns the day after you train the triceps. This will act as a feeder workout and help you to recover faster. Three or four sets of 20 to 25 reps should do the trick. What this does is bring blood into the muscle. Blood carries the

nutrients needed to help the triceps recover from the work done the day before.

Question: Thought you might be interested to know, we have a member that competes nationally in Olympic lifting and for the last year has been competing in powerlifting, following Westside methods. Without having done any cleans or snatches in training he still hit two PBs. I also have a question in regards to deadlifting. I just got back from a meet and am extremely frustrated. I deadlift with a sumo stance (toes touching the plates). I get the bar all the way up, but I can't get my hips to lock out. It is like I just hit a wall. What exercise would benefit that weak area?

Answer: Your lockout problem is in your glutes and hips. For the glutes, do ham/glute raises, reverse hypers, Dime DLs, and belt dragging. For the hips do wide sumo DLs (put the collars on first and put your feet under the collars), spread eagle sit ups, pull throughs, wide low box squats (as your main ME exercise), and ankle dragging.

Question: Do you guys ever do good mornings down to pins in the power rack? I feel that they keep my

form a little cleaner as long as I don't bounce them off the pins. Actually, I like to rest the bar for a split second without relaxing my body at all. What do you think?

Answer: We used to do this quite a bit but switched over to suspending them from chains. With the chains you can get the bar into proper position and not have to start for an uncomfortable position. As you know the good morning is one of the best max effort movements you can do and by suspending them from chains you are taking them to the next level. To do this pick a bar like the safety squat or cambered squat bar. These are really the two best bars for this because of two reasons: First, they keep your hands away from the chains. Second, each bar works a little differently. For example the SS Bar is in a constant process of trying to dump you forward. These are going to work the lower traps or middle upper back much more. This is important in squatting and deadlifting. You have to be able to keep the bar in the proper line when pulling and squatting and it is the training with this bar that teaches and strengthens the body to do this. The cambered squat bar is also great for this because it is a bit more unstable than the SS bar or straight bar. This added stability issue will work the muscles of the torso more. The cambered squat bar also keeps the hands lower because of the camber. This puts more stress on the spinal erectors because you can't pull your shoulders blades together as effectively as you could with a straight bar. Now to set the chains. When you get under the bar your body position should be the same as when you are deadlifting. In other words, if you were to drop your arms straight down in the bottom position they should rest about the same place as when you are deadlifting. From this point you lift the bar up in a good morning fashion. When the weights get heavier, don't worry about form, just get the damn bar up. This movement is great for developing the starting strength needed when deadlifting. Like the deadlift, there is no eccentric movement to start the bar. You can also do this movement with a straight bar but watch your hands so the chain does not smash them every time you lower the bar.

For a complete archive of over 1900 questions answered, see the Ask Dave section of our web site at www.elitefts.com

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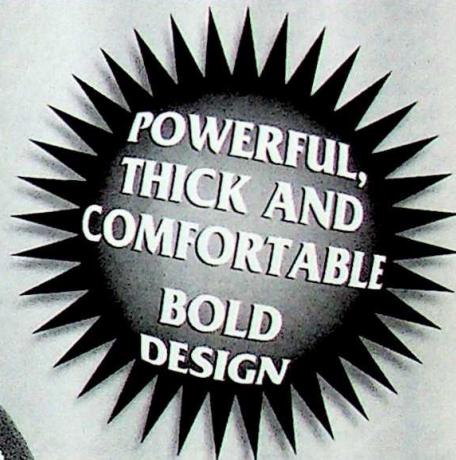
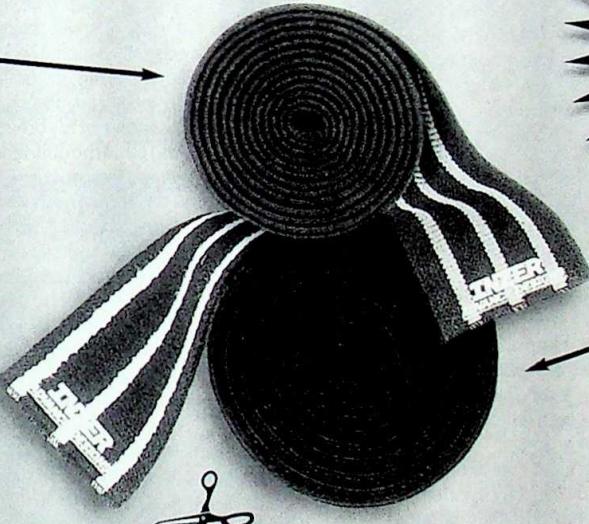
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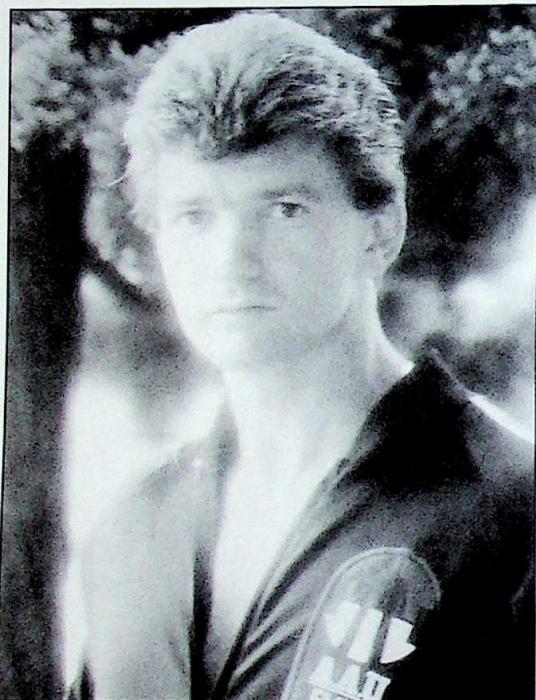
A PARADIGM SHIFT IN KNEE WRAP DESIGN!

You know, when I was growing up dogs were named like dogs should be named, real dog names like Duke, King or Caesar, if he was a male, and Muffin or Cuddles if you got stuck with one of those ankle biting lap dogs. Nowadays, in this society where people replace having the 2.5 kids with having a four-legged friend, they're named Cloe, Amber, Scotty. Heck, I even met a dog named Dave before. Now, if you really want to be on the cutting edge, you name your kid with a last name first, e.g., Madison, Connor, Kennedy. How's that for an "I'm better than you are" name. That was the path my girlfriend was on when she got her Chinese Shar-Pei eight years ago. Enter Mr. Humphries, a descendant from one of the earliest known breed of dogs, circa the Han Dynasty 220 a.d. Granted, if I was English and had the good fortune to have a butler, or better yet, a gentleman's gentleman, yeah, okay, if he was named Humphries, I can accept that. "Humphries, please lay out my gray suit. I'm having tea with the Baron today." See, that's some cool sounding stuff there. But to name a beast that can get away with masturbation in social settings just because he can reach it as "Mr. Humphries" just doesn't work for me.

Well, recently my girlfriend asked me if I would take care of Mr. Humphries while she went on a week long ski trip. By this time, I was used to addressing her dog as Mr. Humphries and had plenty of other issues to whine about concerning the dog like, "Tell me again why he has to sleep with us." Well, I may not be the biggest dog lover, but taking care of her dog was a no-brainer for me because I love my girlfriend and I know her "love me, love my dog" attitude. I also know that without me being nice to this beast, I'm going to be participating in a lot more socially unacceptable behavior than Mr. Humphries does. In fact, she loves Mr. Humphries so much that if she ever cheated on me I'm sure it would be with him. Okay, maybe that's an extreme and I feel a little threatened by this mongrel. But, hey, why shouldn't I ... she never gave me a bath and I can't remember the last time she rubbed my stomach. As a matter of fact, I told her on a number of occasions that she acts like she

Dr. JUDD

The Tale of Mr. Humphries as told to PL USA by Judd Biasiotto Ph.D.



Judd Biasiotto shares his adventure with Mr. Humphries

loves Mr. Humphries more than she does me. To which she always responds, "Yeah, but I love you more than the cat", which makes me feel, well, like a dog.

Don't get me wrong. I am not jealous of Mr. Humphries. It is just that he has this little attitude. You see, he thinks he is royalty because of his lineage. I know dogs can't read - although I wonder sometimes - and he doesn't know that his grandfather was a show dog and his mother won the Best in Show in a few local contests, but I swear you would think that this dog got on FamilyTree.com and did all kinds of research. Worse yet, he acts high society because of his noble blood. Even more frustrating is that my girlfriend treats him like a prince even though he treats her like last week's newspaper, and you know what dogs do with last week's newspaper. She will go and lay down next to Mr. Humphries, pet him and talk to him and he'll get up a few seconds later and walk away and go lie down somewhere else. Man's best friend? I seriously doubt it. I'd hate to be suicidal, come home and say, "At least my dog loves me," and then see

the thing shoot up his nose to me, turn tail and prance away. The dog is a pure snob. Still, she thinks down deep, deep, deep he really loves her. Hey, I'd love you too if you feed me, let me sleep all day, and I got to run around the house with just a collar on.

Well, I am not into all that blue blood rubbish. I look at a dog for what a dog is. Wake up and smell the Kibble and Bits, folks. A dog is a - how do I put this? - a dog. It's not about past titles and bloodlines. What is really important is a dog's demeanor, not his breed. And I told my girlfriend when she asked if I would dog sit Mr. Humphries, I said, "Well tell 'Mr. Humphries' that I am not impressed by royalty. Dignity does not

come from possessing titles but earning and deserving them. I promise I will take good care of him, but I am not feeding him breakfast in bed. He may have you acting as his servant, frying up hamburger meat for him, 90% lean, and scrambling eggs with cheese, but he is not treating me like that."

Now I would like to share with you the letter I got back from Mr. Humphries liaison, nom de plume - my girlfriend. Although she wrote in jest, I wonder.

Judd,

Mr. Humphries says his bloodline is pure and he has the papers to prove his lineage, if necessary. Mr. Humphries says that one day you'll be cooking him breakfast too, so enjoy your leisurely mornings while you can. Mr. Humphries says that he would never refer to me as his servant, but his caretaker. He feels that is more fitting. Mr. Humphries says that for one week you will have the privilege of being his caretaker too. Mr. Humphries says that when you start walking him, that he will

decide where to go and please don't insist on taking him one way when he wants to go another. You'll lose every time. The good news is Mr. Humphries says he is really looking forward to spending the week with you and, despite your non-acknowledgment of his royal history and DNA, that he thinks he can work with you and that you've got "possibilities." Oh, yeah, he wanted me to give you a list of personal preferences.

* Please don't put old water on top of the new water. Empty out the old water, clean the bowl, and put the fresh spring water in.

* Please make sure that there is an appropriate amount of pillows and cushions for laying and snoozing during the day. (Rayon coverlet is the material of choice surrounding the down feathers.)

* Baths are to be given only when necessary and when the odor emanating from his body is referred to as "a stench."

* A doggie door is a must so he can use it at his discretion for his comings and goings. He prefers not to have to notify his caretaker of this and sees this as a statement of his independence.

* Please contact your local butcher and notify him to keep in stock a good supply of marrow bones, which shall be cut no greater than two inches long and 1.25 inches wide. (Make sure the bones come from cows that have been fed organic product.)

* He would like a list of all local veterinarians and their educational background.

(This list is not totally inclusive of all requests and may change without notice.)

Now let me share with you my response.

Baby: (I always call her Baby when I have something to say that she will kick my ass for)

Obviously, Mr. Humphries reads as well as Roseanne Barr sings the National Anthem. I didn't say I denied his bloodline. I said I don't hold stock in genealogy. It is deeds that are important, not DNA. Still, I think once Mr. Humphries gets to my house, I can make an honest dog out of him. I will be glad to make his breakfast, protein shakes, of course, as I know he will be glad to fetch the morning paper. I will also be glad to take him for walks, as I know he will be glad to take the night shift and watch over my home and safeguard me. How does that go, a bone for a bone? And a doggie door he shall have for his comings and goings. And he certainly does not have to notify his caretaker of

his going or coming. Nevertheless, with all the furry friends that inhabit the wildlife persevere where I live, none of who will be impressed by Mr. Humphries' ancestry but rather by his palatability, he may very well be going, but not coming - back. I might add that odor of stench emanating from the body is one of their favorite aromas. Tell him I already contacted the best vet in Georgia. I've got a feeling he will need it with all of his desire for autonomy and freedom. In other words, this is the real world here where a dog is judged by his strength, not his family credentials.

Now I know what you are thinking, "What does this have to do with the price of tea in China ... or Powerlifting?" Well, I will tell you. There are a lot of Mr. Humphries out there, guys who are more concerned about semblance than they are about substance, and I don't want you to be led astray. In America we are very impressed with people who have impressive titles. We have this idea that if someone has a M.D. or a Ph.D. he or she is insightful and wise. Well, don't let that fool you, because degrees and titles mean absolutely nothing in America. Some of the dumbest people I have ever met have a Ph.D. behind their name, and some

of the smartest people I ever met don't even know what a Ph.D. is! Believe me, anyone can get a Ph.D. Heck, I got one. Let me give you an example of what I am talking about. Recently a friend of mine told me he was going to become a certified fitness expert. He never had a single college course in physiology, biomechanics, kinesiology, zoology, anatomy, nutrition ... heck, he's never taken a college course in anything. And he is not that scholarly when it comes to the elementary aspects of weight training. But one day he forked over two hundred dollars, sat through a four-hour fitness seminar and now he is a bona-fide fitness expert with a certificate to prove it. The guy was selling "Happy Meals" at McDonald's the week before; now he's a fitness guru. Worse yet, the guy thinks he is a fitness expert because he has a certificate. Do you believe that? Well don't! Even Aristotle made the distinction between titles and accomplishment when he wrote, "Dignity does not consist in possessing honors, but in deserving them."

A title is just a piece of paper. What's really important is your ability, not your title. In life and in sports you have to prove yourself. Do you really think IBM cared if Bill Gates had a degree? Heck no! They were interested in his production. All they wanted was for him to "crank out"

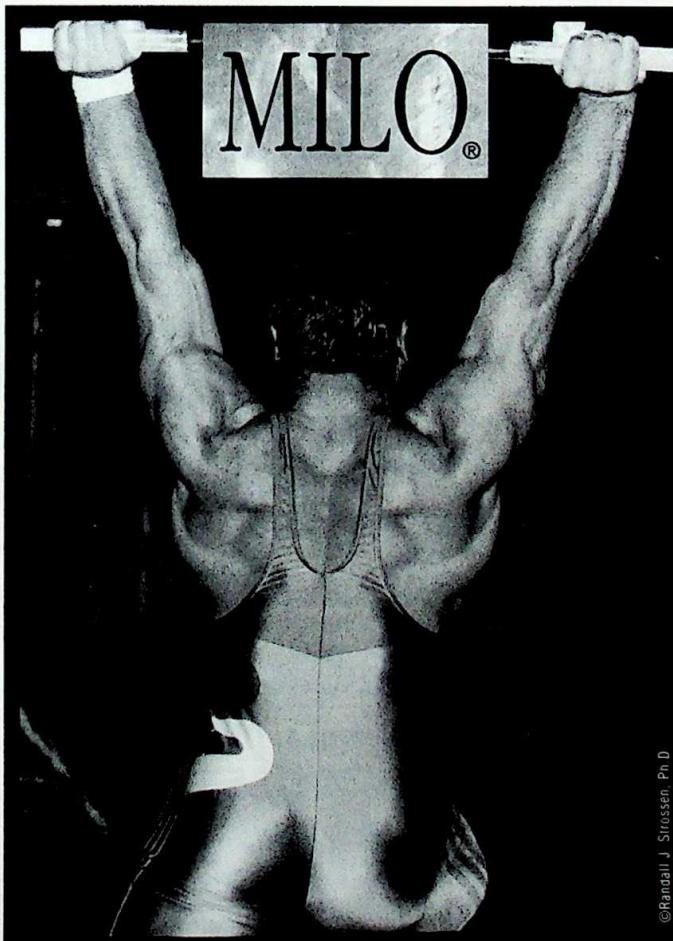
that software. The bottom line was, are you competent - can you produce? And that's the way it should be - competence-based performance. Believe me, that is the way it is in sports. Just because Carl Lewis shows up for a track meet you don't think all the other athletes are going to say, "Oh, Carl's here; give him the gold medal." No way! They're going to make him prove he's the best every time he walks on the track. They could care less that he's a world champion. Of course, Lewis can prove his worth when he walks on the track; he's worked his whole life in order to develop his skills. He didn't stop training once he won the gold either. He forged on because he knew that he would have to prove himself over and over again.

Unfortunately, that's not the case with most Americans. They get a degree or a title and, like Mr. Humphries, they tend to rest on their laurels. This is a mistake of significant consequence. Through that kind of immobility you will never grow, you will never change. We need to recognize a basic law of nature; that which does not grow dies. A life that is lived within fixed limits and travels only the well-worn paths of habit and routine is diminished greatly by failing to recognize that we live in a constant state of change. In fact, we live in such a fast-paced dynamic

**"It is deeds
that are
important,
not DNA."**

society that by just doing nothing we fall way behind.

As mentioned, in life you have to prove yourself each and every day. You can't rest on your accolades. Once you think you have it made, you will reach a cumulative point, inertia will breed, and before you know it you will be on the backslide. It's in man's best interest to never be totally dissatisfied, but to be always unsatisfied. I don't care where you are in life, you are still nowhere. Wherever you are, you are just beginning. There is more to be realized by a hundred-fold than what you are now. Consequently, we should always be reaching out, experimenting, learning, and growing. The pursuit of greatness is a life-long activity. Each day we should learn something new about the world, and in so doing we will never again be the same. You have to work long and hard if you want to really grow. And, remember, that which does not grow, dies.



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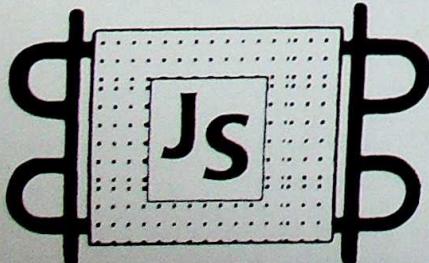
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TRAINING

SPEED CYCLING

as told to Powerlifting USA by Louie Simmons

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tioned athlete. Now let's combine the reactive method through the use of weight releasers with a special bar attached to them on which to add chains, which unload proportionately to accommodate your strength curve in the bottom of a squat. By doing this with chains, the eccentric overspeed is controlled. This will cause a contrast effect on the concentric phase and will make one very explosive indeed.

Phase 2: Speed Strength. This is another 3-week phase again using box squatting as a tool. The total barbell weight is a mixture of rubber bands and plates. The bar is loaded from 45 to 55%. This time we will add strong rubber bands attached to the bar so that they represent about 25% more tension at the top and 12% extra tension in the bottom. The bands will create an overspeed eccentric phase and ensure the effect of accommodating resistance. For speed strength do 6-8 sets of 2 reps with 45 seconds rest. Bands, even a small amount, are more taxing than chains.

Phase 3: Strength Speed. To ensure one can exert against a maximal load, the barbell must duplicate the bar speed of a max or supermaximal load. Again, bar weight and bands are mixed, and always squat on a box. The percent of barbell weight is, this time, much less than band tension. Roughly 60% of the total weight on the bar is band tension and 40% is barbell weight. The combination causes a tremendous eccentric overspeed effect. This effect enables you to overcome the load concentrically by supplying an enormous amount of kinetic energy that is transferred into the muscles and connective tissue, producing a great amount of prestretch that produces, in turn, reversal strength.

The methods I have discussed cannot be done with just bar weight, nor can just bands or chains produce the desired effect. This is because barbells are simply too heavy in the bottom and too light at the top. Bands and chains, on the other hand, are too light in the bottom and too heavy at the top. Alone, neither can accommodate resistance correctly.

The Bench

For benching, explosive strength can be greatly developed by four methods.

Dynamic Method. Do regular benches for 8-10 sets of 3 reps using 45-50% of a shirtless max. Lower the bar quickly and reverse it as fast as possible to completion.

Ballistic Benchling. Again do 45-50% of a shirtless max for 8-10 sets of 3 reps. Drop the bar quickly,



Speed Cycling has enabled Amy Weisberger to squat 450 at 123 and total 1201 at 132 at the WPO Semi-Finals. (photo by Eskil Thomasson)

but control it in the descent with the lats, not the arms. Catch the bar 1-3 inches off the chest and reverse it concentrically as fast as possible.

Floor Press. Once again use 45-50% of a shirtless max. Lie on the floor inside the power rack.

Lower the squat J-hooks to use as bench supports. Now lower the bar until the triceps are resting on the floor and the arms are relaxed. Violently contract all pressing muscles and drive the bar to completion. The floor press, like the box

squat, allows the lifter to hold some muscles static and some relaxed. This combines two proven methods that develop explosive and absolute strength at the same time. Do 8-10 sets of 3 reps.

Weight Releasers. This is an

explosive strength phase. Load the bar to 50% of a shirtless max. Now add weight releasers to the bar with the chain weight equalling 30% of your max bench. Lower the bar loaded to 80% of your best bench at the top, and after stripping the 30%

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of chain weight, press up the remaining 50% on the bar as fast as possible. This is a contrast method that really increases one's reactive ability.

Speed Strength. Attach a 4 x 4 under each side of the power rack. Loop a mini-band under each 4 x 4. Stretch both ends of the mini-band around the bar. Do 8 sets of 3 reps. Lower the bar as fast as possible or catch the bar ballistically and return to the top.

Strength Speed. Use two sets of mini-bands in the same manner as above. This may sound light for the development of strength speed, but bands are much harder on the body than regular bar weight. In addition, when training the upper body, the bands are much more stressful. Your arms and shoulders are not as large or as durable as your legs and hips.

The Deadlift

Explosive Strength. Load the bar to 50% of a 1-rep max. Start the bar as quick as possible and go to lock-out. Do 8-12 singles with 20-30 seconds rest between lifts.

A second method is known as the lightened method. Attach bands to the top of a power rack. Insert the bar through the bands, which are supported from the rack. Use three different bands that reduce the weight on the floor by three different amounts, one per workout. This enables you to lock out a heavy load by as much as 150 pounds by lightening it in the bottom.

Forcefully pulling on a stationary bar will help the start. This is explosive isometrics. This requires one to go from resting to maximum or close to maximum tension in a very brief time frame.

Speed Strength. Load the bar with 50% of a 1-rep max. Then fasten the bands to accommodate resistance. The bands must supply tension at the floor level. At this point, the bands should provide an additional 10% at the start and increase to 35% at the top. A 700 pound deadlifter would place 350 on the bar, or 50% of 700. With the bands, the start weight would be 420 and the top around 600. Do 6-10 singles with 30-40 seconds rest between sets.

Do not do reps in the deadlift. The reason is there is no eccentric phase in this lift. Use special exercises to build the deadlift according to your weaknesses.

Strength Speed. Load a large amount of band onto the bar. The tension at the start must be great. Of course, this will make the finish much harder. If you can pull a max with 4 seconds of effort from start to finish, then the band deadlift must take at least that amount of

and Sunday for the bench. The lifter must always concern himself with what type of speed is lagging. If you are training correctly, you will possess all special strengths. Of course, this is just one-third of the equation. You must also do max effort and GPP work. Max effort work should be done 72 hours later. In a weekly plan 24-30 speed benches are performed and 3-6 max efforts are done. (This means weights over 90-100%.) We perform an average of 3 max effort lifts: one at roughly 90% and 1 or 2 at 100%. We prefer to do supermaximal weights, or least attempt them. Remember to work a wave no longer than 3 weeks. After that, progress will cease.

Don't neglect to do some extra workouts, at least 4 per week, 2 extra for benching and 2 extra for the squat and deadlift combined. Training must be linked together. If a link is missing, you will fail.

There are many factors to consider if you are to succeed. Remember, if you fail to plan, you plan to fail.

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time to complete. Pull as fast as possible, although it will appear to move slowly because of the great resistance. Three to five singles is the limit.

Remember, we are talking about speed day. At Westside, it is Friday for the squat/deadlift

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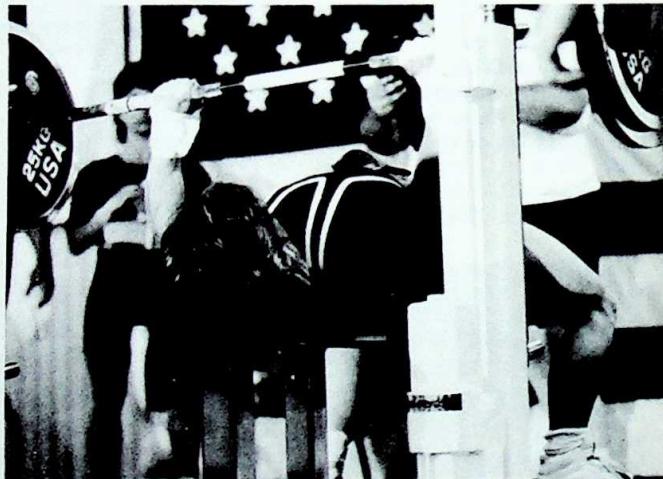
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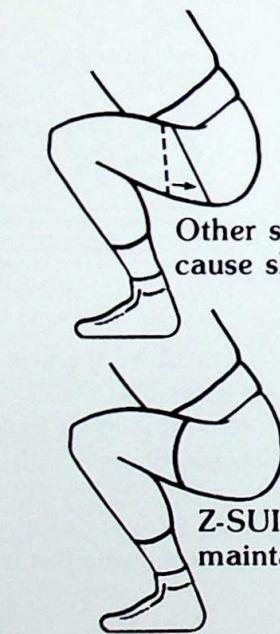
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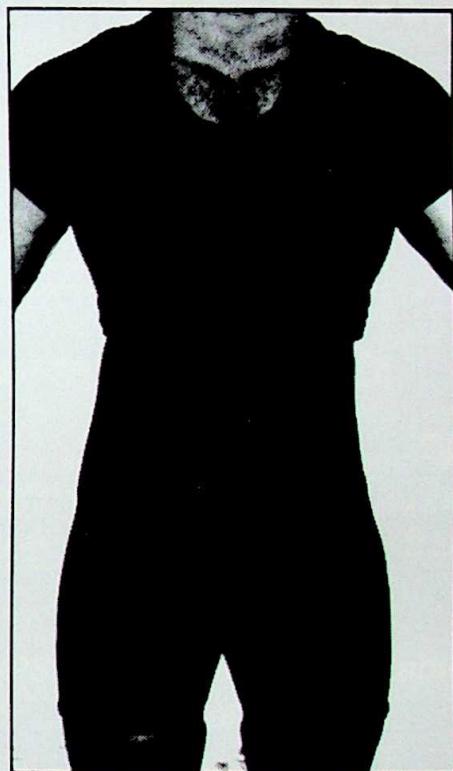
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Do all hard-core gyms play heavy metal tunes? Last time we visited Metroflex and they crank tunes all day. This time we have the noise coming from Kingston, NY; where Dan's Gym blares Godsmack, Pantera, and other standard heavy metal walls of sound.

The equipment list looks impressive including: 6 hoist machines, 2 flat benches, 1 incline bench, 1 decline bench, 1 set of Vulcan squat racks, 3 lat machines, 2 power racks, 1 smith machine, a cable crossover machine, a hack squat/leg press machine, reverse hyper machine, a reg. Hyper bench, a belt squat platform, 2 seated calf machine, an incline ab bench, 2 adjustable benches, 6 oly. bars, 7 ft. easy curl bar, a buffalo bar, 4 easy curl bars, front squat harness, an assortment of jump stretch bands, chains/weight releasers and cambered bars, dumbbells, 5 - 175 lbs. of oly. weight and 1000 of standard weight.

OK, still normal, right?

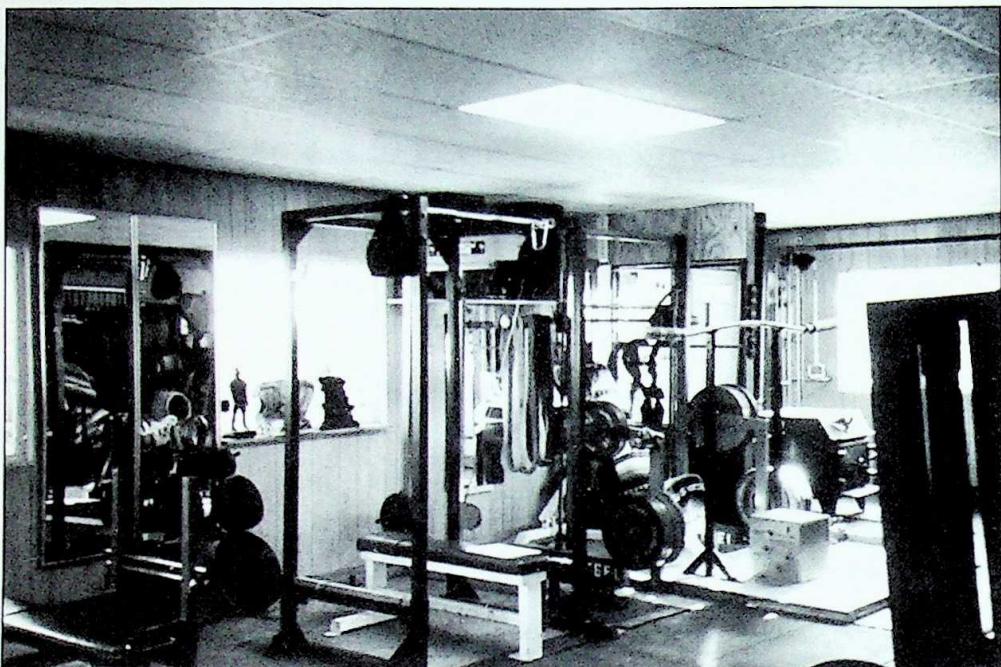
Here's what's not normal: it's all in a home gym! The entire setup is in a 20X40 ft. room at the home of Dan Cease! (Dan is a 242# powerlifter striving for a NY state record in Bench Press.) What else is different? The door is always open, and anyone can train there - with NO MEMBERSHIP FEES! Is this place weird or what?

The twenty or so regular members include powerlifters Helen Sauer, Bob Coisson, Nancy Cease, Pat Carroll, Mike Harris and Dan's son: Dan Cease, Jr. who's working on a big Bench Press - even though he's 18 years old. A pair of 275s: member Fred Dini is a 275# USAPL lifter with a 520# bench in the 46-49 age

HARD CORE GYM #7 HEAVY METAL HEAVEN - DAN'S GYM

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

yes - but what is that? I think powerlifters breath the same ammonia-rich air that free weights thrive in, but I also think stationary bikes and treadmills kill this air. It's just a theory, but it seems that whenever you add



Dan Cease's extensive home gym

class, and member Brad Klinger is a 275# USAPL lifter with a 560# bench in the 40-45 age class. Here's a photo of Brad Klinger getting 500 for double:

While the tunes don't vary much, the training methods do. Some lifters use progressive resistance - training with 8's, 6's, 4's and then 2's. A few

lifters are trying some of Louie Simmons' philosophies - training Westside style. There are several different schools of thought, and there are several groups of lifters; they hold YMCA powerlifting meets every year, and they even train the Town of Ulster Police cadets!

What else? They do a New

York State Strongman contest every year. All of the money from the Strongman Contest goes to the Boys and Girls Club of Kingston. Check out the photo of Mike Harris pulling a 10 wheel dump truck as Brad watches his form.

I love variety, and this place has it. We all fear change, but we love strange. Think about it. What can you do to make your gym more interesting? No, I don't mean wear a Robin Hood costume to the gym - so you can stop sending those pictures, Tim.

What exactly is required to make a gym hard-core? Attitude,



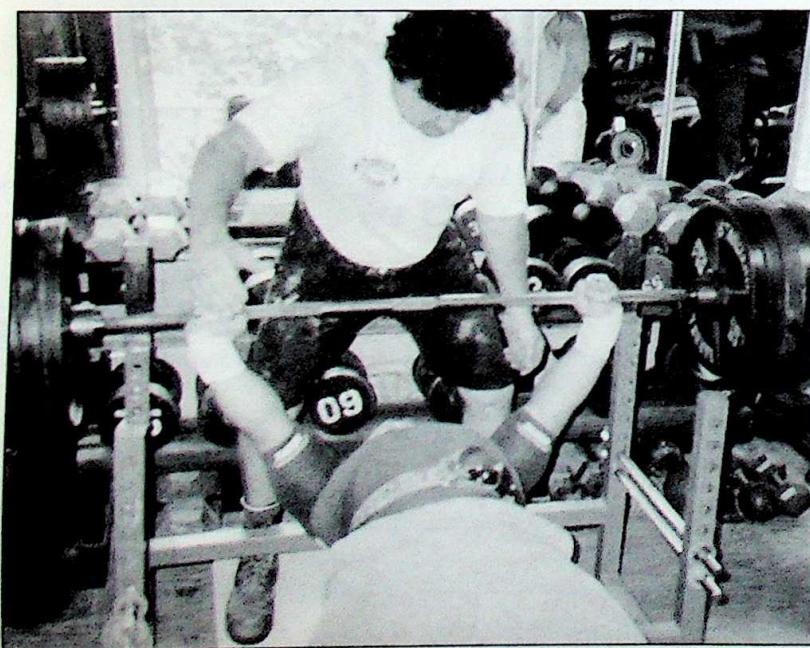
Mike Harris pulls a ten wheel dump truck as Brad Klinger looks on closely.

more stationary cycles and treadmills - it pushes out a few powerlifters. It's a proven fact, that aerobics increases estrogen levels, and causes you to desire the body of a concentration camp victim. At least, I think it is.

Congrats to Dan Cease on an "excellent home gym," and thanks to Mike Harris for bringing it to our attention. Carry on. Next time, we'll see what they say in Pocatello, Idaho.

Until then; lift big - live strong.

Comments?
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Brad Klinger bangs out 500 for 2 reps with Dan's Gym owner Dan Cease spotting

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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0 (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.)

DEAR MAURO: I am going for a world record in the bench press in about 18 weeks. I have stalled out with my current training and was wondering how you peak for a powerlifting contest. I train Westside Barbell style as of now. Thanks again for any help. **Austin.**

DEAR AUSTIN: My training was always pretty simple. I never followed complex periodization schemes, even though I tried them way back, or even the basic five stage one. I found that three phases worked best for me as long as I followed them fairly religiously and didn't miss many workouts. Although I'm a poor bencher, at least relative to my squat and deadlift, I did manage to do 424 lbs. at 165 without a bench shirt. That's a mean feat given that, with my relatively long arms, I'm built more for deadlifting than benching.

I'll briefly outline how I trained a short while back while I was trying to increase my bench. Much of what I did then mirrored the way I used to train in my heyday. I hope that it's of some use to you. Let me tell you first of all that although I tried just about every method of training possible, and in fact did much of what is done at the Westside Barbell Club, the Russians, and anyone else, over 25 years ago, I always went back to the basics, which worked best for me. Working hard, being consistent and taking enough rest to recover properly, both physically and mentally (sometimes the more important of the two - hence the one week breaks between the three phases during which I didn't get within a mile of the gym) were the cornerstones of my lifting. Also when I cycled my training I also cycled my diet and nutritional supplement intake. All three were and still are very important to my lifting progress.

With 18 weeks to go I'd go through an initial bulking phase for 5 weeks in which I really poured on the calories and protein and increased my bodyweight by about 10-15 pounds. I'd train higher reps doing 5 sets of 6 reps on the bench and 5 sets of 6 reps on a 30 degree incline right after that. I'd do that twice a week, say on the Monday and Friday, while on Wednesday I'd do heavy bent over rows using as much weight as I could for 5 sets of 8 reps, followed by some relatively light triceps and deltoid work. I used wrist straps and a lot of body movement on the rows. During this five weeks I didn't use much in the way of supplements except for a multi vitamin and mineral tablet and some protein powder.

I then took a full week off. During the next five weeks I gradually dropped weight at the rate of about a pound a week, which was mostly fat. My training consisted of the same workout except I decreased the number of reps to 4 reps for the benches and 6 reps for the rowing. During this time I decreased my calorie count by 100-200 calories a day every week, depending on the weight loss. I increased my protein intake by about 25% at the same time. I also took more supplements such as EFAs including fish oil, antioxidants, some pre-training and post-training aminos, and some high protein meal replacements and

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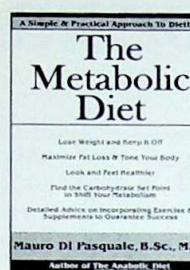
I then took a full week off. During the last five weeks I regulated the calories I took in by how much weight I had to drop, the less calories I took, the more protein I included. I changed my training by doing a 4, 3, 2, 1, 1 set and rep regimen in the benches and a 6, 5, 4, 3, 2 for the rowing. I dropped all arm and shoulder accessory exercises at this time except for the incline bench presses. I increased my nutritional supplements to include creatine, and supplements to boost GH and testosterone levels (have a look at the supplement line that I formulated, the APT Nutrition line, on the Internet at www.allprotraining.com).

I then took the week off before the competition. The emphasis in all three phases is to peak by the fifth week and on the fifth week only. That is you should make some progress from week four to week five.

I know that the way I train isn't fancy and complicated but it worked for me and everyone who trained with me.

All my best on making that world record bench.

Mauro Di Pasquale M.D.



When I think of the ultimate pair of biceps, I think of Larry Scott, the first *Mr. Olympia*. Scott set the standard of biceps development back in 1960s and is still used as a standard today. But, hey, isn't this a powerlifting magazine? For sure, but bicep power is very important to success in powerlifting. I remember an article done years ago by Dr. Terry Todd and Paul Anderson in an old Bob Hoffman *Muscular Development* magazine. These two legends of powerlifting were both advocates of the benefits of bicep power for the bench. One of the first big benchers, Mel Hennessy, sported an impressive set of bi's. Look at the top benchers today and you'll see biceps that would make Larry Scott sit up and take notice. Though biceps are not directly involved in powerlifting, they serve as stabilizers in the bench and lend indirect benefits to the squat and deadlift as well. They also balance out arm strength with most powerlifters' tricep power. In order to get best results they should be trained in an effective and efficient manner. Let's start off with a 'low tech' explanation of their function.

The biceps (bi meaning two) consist of two heads; one's function is to bend the elbow and other is to supinate or rotate the hand. To develop our biceps to the fullest, we should work each aspect or head. In order to accomplish this, we must use two different types of biceps exercises.

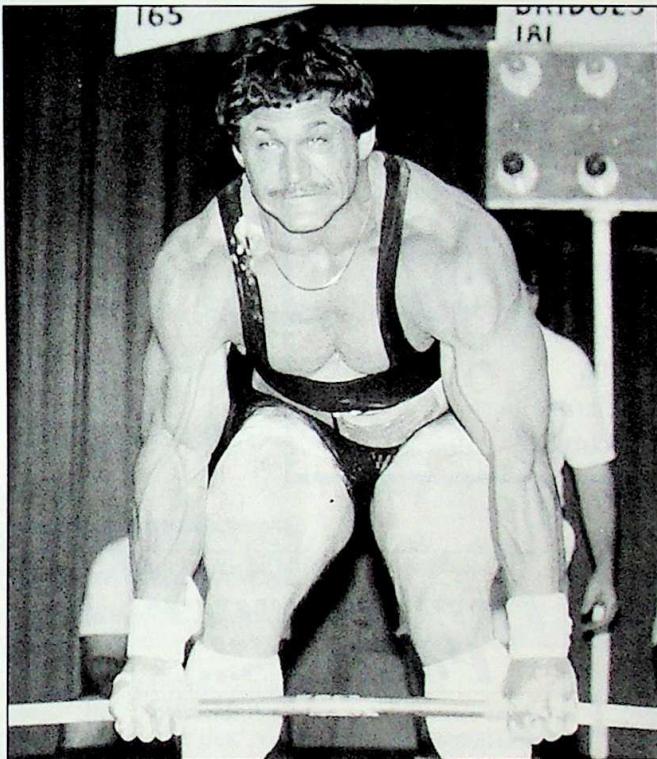
To develop the elbow-bending head of the biceps, look no further than to basic curls. Unfortunately, out of all the weight exercises known to mankind, curls are the most ineffectively performed. First, many lifters do not fully extend and contract the muscle while performing curls. What they are performing is a partial curl, and they are getting partial results, at best. This only shortens the distance of the move, enabling them to use more weight. As I have stated in many articles, the judges do not care how much you can use in your assistance exercises, curls included. What should matter is what benefits you can accrue through training to increase your competitive lifts. Other methods used to lower curls' effectiveness are swinging, almost power cleaning the bar up, and dropping the weight to the starting position using little negative resistance. Swinging results in more work being done by your back and legs than biceps. Combine swinging the bar with shortening the range of movement and your results will not be what you have hoped. This type of training not only adds up to a big waste of time and energy, but also increases chances for injury due to the ballistic movement of the bar. Dumbbells can also be used for the regular curl as well as a barbell or E-

STARTIN' OUT

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beginning lifter

BICEPS POWER

as told to Powerlifting USA by Doug Daniels



Well Developed Biceps never seem to hurt a powerlifter's efforts.
Above, World Record Breaker in the deadlift, Jim Cash, pulls at Larry Pacifico's great Sr. National meet in Dayton. (Tim McCellan photo)

Z curl type bar.

The supination function can be worked with dumbbells or pulley machines. The same guidelines apply to these as they did to regular curls. Keep your elbows locked at your sides and don't allow them to drift back or up. The best exercise for supination is the alternate dumbbell or pulley curl. Begin with arms at your sides with palms facing back. Simultaneously rotate your hand to the palms up position and curl the weight up. Gradually rotate the hand; don't complete all of the rotation at the bottom part of the curl. At the top, twist the pinkie side of your hand inwards to further contract the bicep. On the way down, reverse the movement but take about twice as long to lower as it did to curl the weight up. While one arm is going up, the other arm can be going down. The other option is to do a full

rep with one arm and then do the other. Don't swing or drop the weight. I can't emphasize enough the need to lower the weight slowly. This adds negative resistance, making each rep you do more effective. Letting the weight free-fall down only uses one half of the exercise, make each rep count.

For some reason the hammer curl is a staple with many powerlifters. A hammer curl is performed with dumbbells with the hands positioned in a palms inward position just like you were striking a nail with a hammer. The logic must be the biceps are in this position during the bench, so curl in this position. This style limits the effectiveness of the curl due to restricting the motion of the exercise. I suggest the aforementioned supinating curl instead. This style works all aspects of the biceps without compromise. Leave ham-

mers to Bob Villa and Tim 'The Tool Man' Taylor.

Curling with dumbbells offers another advantage. Each arm must curl 50% of the weight. When using a barbell the stronger arm may lift more than its share, which compounds potential strength imbalances. If you have such a strength imbalance, I suggest stopping the set when the weaker arm fails. Eventually, unless you have a nerve problem, both sides will even up. I would not suggest doing extra work with either arm.

The effectiveness of curls can be enhanced by altering a few simple, yet critical aspects of its execution. First, drop the weight you use if you are using faulty exercise style. Try to keep your elbows locked to your sides while curling. Sometimes your elbows may drift out and/or back. This will shorten the range of movement and add other muscles in moving the weight like the delts and traps. You want to keep other muscle involvement to a minimum. Machines, such as Eagle and Hammer, have an advantage over barbells because they provide resistance throughout the entire range of movement, which is very difficult to do with a barbell or dumbbell. The fixed motion of machines can also limit cheating, but the effectiveness of machines can also be reduced by not lowering all the way down or curling fully to the top. Remember full extension and contraction no matter what exercise you choose.

Work biceps two to five sets, twice per week. Reps are up to you. I suggest regular curls with a bar, dumbbells or machine one day a week, the second day do alternate supinating curls with dumbbells or pulleys. Remember bicep exercises are like other assistance work; the weight you use does not matter when meet day arrives. Assistance work is done to help you post higher competitive lifts. No one cares what weight you use or how much you can cheat curl. In addition to lifting more, no one ever minded a more impressive looking set of arms for that look of power. I won't promise arms like Larry Scott, but performing curls correctly can make a big difference in your results.

Doug's Web address:
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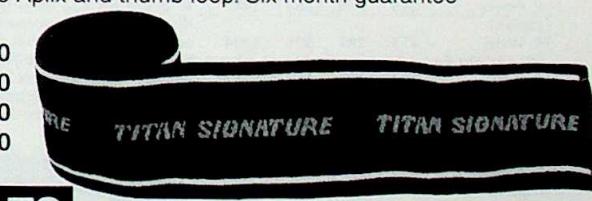
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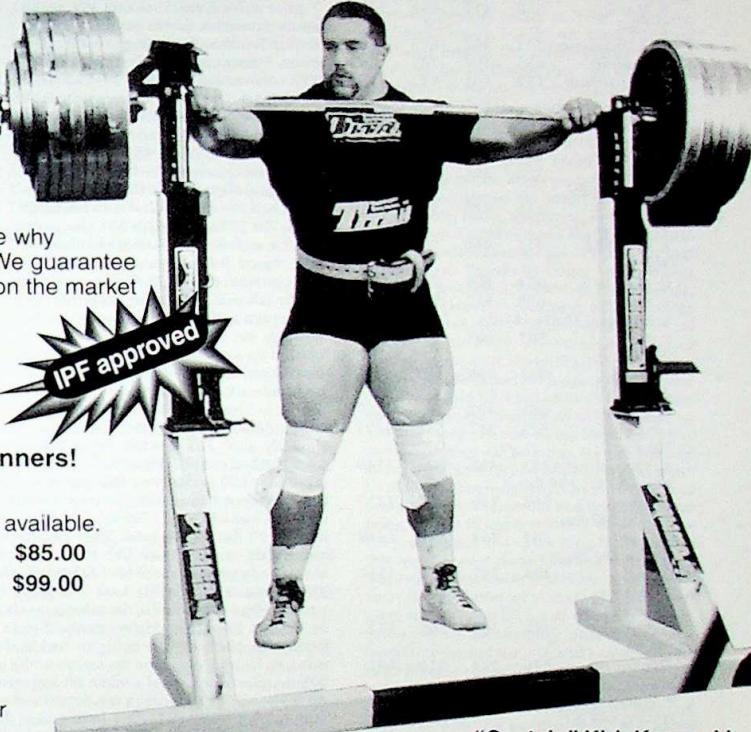
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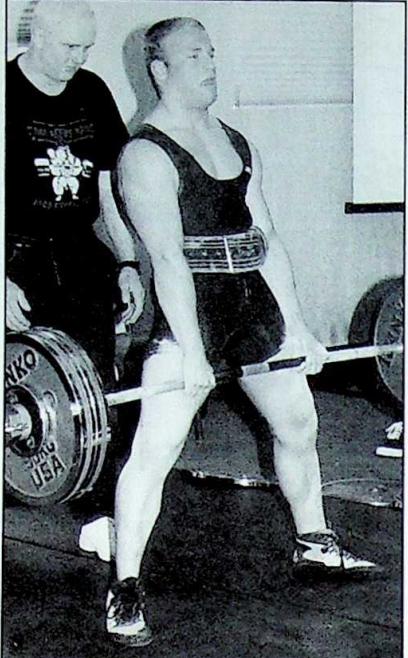
APF West Coast Open

23,24 Jun 01 - Newport, OR

MEN	SQ	BP	DL	TOT
Open 165 lbs.				
G. Olson	584	303	562	1449
181 lbs.				
B. Baertlien	578	418	529	1476
C. Zypf	413	270	440	1123
220 lbs.				
E. Arntzen	672	391	584	1647
P. Cicero	551	363	540	1454
M. Conner	Inj	—	—	—
242 lbs.				
K. Rose	578	479	562	1619
C. Williams	565	402	633	1600
R. Marvin	578	413	462	1453
275 lbs.				
A. Adalsteinsson	722	402	672	1796
L. Andrews	655	407	705	1767
D. Richardson	132	501	132	765
308 lbs.				
B. Gimble	854	429	744	1966
SHW				
V. Eldridge	600	413	705	1718
C. Symons	303	391	540	1234
Junior 242 lbs.				
K. Rose	578	479	562	1619
275 lbs.				
S. Edenfield	225	440	551	1161
308 lbs.				
B. Gimble	854	429	744	1966
K. Jensen	600	512	578	1690
Submaster (33-39) 181 lbs.				
J. Riley	501	363	501	1365
220 lbs.				
T. Kopta	507	358	523	1388
275 lbs.				
L. Andrews	655	407	705	1767
J. Munns	523	347	551	1421
308 lbs.				
A. Adalsteinsson	633	402	705	1740
Teen (16-17) 198 lbs.				
I. Mckay	564	286	518	1355
(18-19) 242 lbs.				
B. Cyphert	584	363	501	1449
Novice 181 lbs.				
J. Koki	424	292	440	1157
WOMEN				
Open 123 lbs.				
D. Snow	132	132	248	512
198 lbs.				
T. Lopez	336	214	316	842
Master (40-44) 148 lbs.				
P. Estey	176	99	225	473
(45-49) 198 lbs.				
K. Hubbard	308	131	286	700
MEN				
Master (40-44) 165 lbs.				
R. Straker	325	165	402	892
(45-49)				
C. Smith	429	303	451	1184
(50-54)				
G. Olson	—	—	—	—
(40-44) 181 lbs.				
T. Wilson	551	308	529	1388
198 lbs.				
F. Peters	529	374	584	1487
(50-54)				
R. Ward	451	281	501	1234
(40-44) 220 lbs.				
B. Read	132	407	132	671
(50-54) 242 lbs.				
T. Hennessy	507	352	529	1388
M. Murphy	402	303	418	1123
(40-44) 275 lbs.				
S. Birdwell	639	440	573	1653
J. Smith	501	374	462	1338

The 21st annual APF West Coast Open Powerlifting Championships took place at the Hallmark Resort. Every room had an ocean front view, including the warm-up room. This was the 2nd year that the Hallmark had been used for the West Coast Open - it makes for a great meet site. The first day consisted of the open class and submasters. Gordon Olson led the pack with some incredible lifting. He's only 52 years old, and competed in both the 165 open and masters classes. He did so to be eligible for the open best lifter awards, which were 3-1 foot long swords. Gordon had a great day with 584-303-562 for a 1449 total. Gordon attempted to break the Open 165 class squat record of 590 lbs., which has stood since 1982. Two tries at 600, but it just wasn't there that day. Gordon, you'll get it next time! All of Gordon's lifts were new masters records for Oregon. Jerry Riley lifted in the 181 lbs. submaster class, lifting 501-363-501 for a 1365 total, taking first place in his class. Brian Baertlein lifted in the 181 open class. He did well and set new submaster state records with his 578-418-529 for a 1476 total. Brian entered

the open class to vie for the swords as well. Charlie Zypf lifted in the 181 open class also, taking second place with his 1123 total. Mike Comer competed in the 220 Open class but had to bow out due to injury. He and his wife were very nice - we hate to see injuries happen, especially to the nice guys! Phil Cicero went 9 for 9 and took 2nd place in the 220 Open class with a respectable 1454 total. Evan Arntzen competed in the Open 220 class as well, taking first place with 672-391-584 for a 1647 total. Evan and his friend Charles Symons were responsible for bringing in the Monolift, which meant a 7 hour drive from Spokane! We really appreciated that, thanks guys! And thanks to Skip Sandberg for letting us use it at the meet. Tyler Kopta took first place in the 220 submasters with 507-341523 for a 1388 total. The battle between the 242 Open men was between Chris Williams, Kevin Rose and Ryan Marvin. Ryan Marvin came in 3rd with his 1453 total, but the totals were close between Kevin and Chris. Kevin prevailed with a 1619 total while Chris had to settle for 2nd with his 1600 total. The 275 Open class was also competitive with 3 men: Darin Richardson of WA, Agnar Adalsteinsson also of WA, and Lou Andrews of OR. Darin came for the bench that day, taking token lifts in the squat and dead. He really came through on the bench, however, and blasted up a strong 501 bench press. He was all smiles after seeing the 3 whites. Lou Andrews, owner of Sports Nutrition Center in Tigard, had an AWESOME day with an easy 655 squat, 407 bench and similarly easy 705 deadlift for a 1767 total. Not bad considering he hadn't deadlifted over 600 in the gym! This was Lou's first meet in about 10 years. Agnar took first place with 722-402-672 for a 1796 total, beating Lou by only 29 lbs. on the total. 700+ lbs. squats and deads are what we like to see! James Mumus had a good day with his 1421 total in the 275 submasters class. He took 2nd place to Lou, who had competed in the submaster class as well as the open. Steve Edenfield didn't know how his back was going to feel at the meet, so he took it easy on the squats in the jr. 275 lbs. class. He posted a token lift and went on the bench 440, which he was totally stoked about. With his back feeling better after the bench, Steve easily deadlifted 551. All of his lifts were new Oregon state Jr. 275 lb. records. The 308 lbs. class and SHW class produced some great lifting at the meet. Kris Jensen and Brice Gimbel battled it out in the 308 lbs. Jr. class. Kris was strong and had great form on his lifts, going 600-512-578 for a 1690 total. His bench press was a new Jr. 308 lbs. Oregon state record. Brice had his own agenda for the meet, and that was to better his lifts from last year. Well, he did just that. He squatted a strong 854 to better his 832 from last year. The bench didn't go quite as planned, but he still put up an easy 429. The deadlift, however, was where he surprised us all. He pulled a pr 727 on his 3rd attempt to better his 722 from last year. He decided to go for a 4th attempt for the Jr. state record, and got fired up during his few minutes

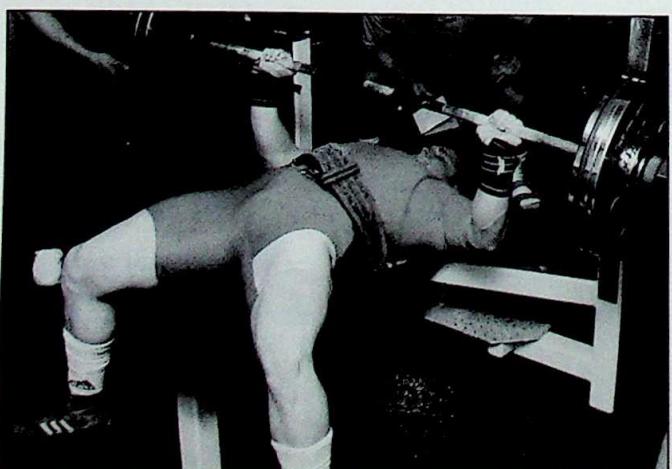


Ian McKay pulled 518 at 16 years of age and 188 lbs. at the West Coast Open.

rest. 744 flew off the floor and he locked it out strong, stronger than the 727! Brice will deadlift 800 before long. His squat and deadlift were new Jr. 308 lbs. records. He posted a respectable 1966 total and took first place in the Jr. 308 lbs. class. Axel Adalsteinsson was impressive in the 308 lbs. submaster class. He went 633-402-705 for a 1740 total, taking 1st place. The SHW class was exciting as well. The 2 contenders were Vince Eldridge of Bremerton, WA and Charles Symons of Spokane, WA. Vince is a 20 year veteran of the sport and loves nothing more than to sit around and talk powerlifting with friends. He's always fun to talk to and has the right attitude about lifting. His best deadlift is 741 lbs. in competition. He posted a nice total of 1718 with 600-413-705 for the win. Charles Symons did a token squat due to a sore back, but posted a nice 391 lbs. bench press and 540 lbs. deadlift. Charles and Evan had a bet they made before the meet - whoever deadlifted less would be forced to eat 3 oyster shooters in a row. Well, he tried hard with 589, but 540 was the most Charles could muster on the deadlift, so Evan won the bet and Charles was stuck with eating oysters. Good way to motivate yourself on the lifts! Brice claimed the open men's best lifter award as well as the Jr. men's best lifter award. The person next in line for the open men's award, not taking the age factor in account was Gordon Olson. Not bad for the 50+ class! Gordon

was also awarded with the APF NW Powerlifting Hall of Fame award this year. Ray Helge had been given the award last year. Gordon was thankful and we're glad to have him at the meets. The open women's class consisted of Tori Lopez and Danna Snow. Danna weighed in at a mere 116 lbs. having competed at a bodybuilding show just weeks before. She has been competing in powerlifting for 6 years. She had a good day and posted a 512 total. Tori Kopta had a plan when she came to the meet. She already had all the open 198 lbs. Oregon state records, except for the deadlift. She wanted to better her best lifts and take the deadlift record as well, and she did just that! Tori has worked hard to overcome a knee injury as well. She was elated with 336-214-316 for an 842 total, all new state records in the open 198 lbs. class. Tori also won the women's open best lifter award. The second day consisted of the masters, teen and novice classes. The masters women consisted of Paula Estey and Karen Hubbard. This was Paula's first meet, but she was cool and calm throughout! She did great with 176-99-225 for a 473 total. All of her lifts were masters state records in the 148 lbs. (40-44) category. Karen usually lifts in the 181 lbs. masters (45-49) class, but went in the 198 class this time. Her lifts just keep getting better and better. She set all new masters records with 308-137-286 for a 700 total. This was Karen's first time hitting a 300 lbs. squat in a meet, and she also went home with the best lifter award for master women.

Robert Straker started off the master men. Robert had double hernia surgery just 4 months prior to the meet, so just being present and competing was an accomplishment for him. He competed in the 165 (40-44) class and did well in pulling a 402 lbs. deadlift, and almost hit a 900 lbs. total with 892. Carl Smith won the 165 lbs. masters (45-49) class with 429-303-451 for an 1184 total. Carl was smiling big at finally hitting the 300 lbs. mark in the bench press. Jeremy Koki lifted in the 181 lbs. novice class and did well with an 1157 total. He had great form with an 8 for 0 day, you wouldn't have thought he was a novice! Terry Wilson also went 8 for 9, hitting a 1388 total in the 181 lbs. masters (40-44). Very nice lifting. Now for the teenage phenoms. Newport is producing some amazing teenage powerlifting talent. Brady Cyphert is only 19, and went 584-363-501 for a 1449 total in the 242 lbs. teenage (18-19) class. Brady squatted 600 at last year's West Coast Open. His friend Ian McKay, competed in the 198 lbs. (16-17) teenage men class. Weighing only 188 lbs., he went 564-286-518 for a 1355 total. This kid is incredible, and wants to go to the Teenage/Masters APF Nationals next year. His squat would have broken the national teenage record, but he will have to do that at nationals or worlds for it to count. He's stoked about it nonetheless! Frank Peters won the 198 masters (40-44) class. His 584 lbs. deadlift was especially impressive. Robert Ward did well in winning the 198 masters (50-54) class. His 451 lbs. squat and 501 lbs. deadlift were new state records. Robert was also generous enough to not only take digital pictures of a lot of the lifters, he had a printer with him and was printing up photos for people. Bruce Read was another lifter who had strained his back before the meet, so he was forced to token lift in the squat and deadlift. He was all smiles with his successful 407 lbs. bench press in the 220 master (40-44) class. Mike Murphy did well, taking 2nd place in the 242 lbs. masters (50-54) class with an 1123 total. Thomas Hennessy IV was the victor of that class with a 1388 total. Thomas picked his numbers well, having a 9 for 9 day. Joe Smith and Scott Birdwell competed in the 27.5 lbs. masters (40-44) class. Joe took 2nd with a 1338 total, while Scott crushed some state records with a 639 lbs. squat and 440 lbs. bench press. Good job guys. A special thanks goes out to Rick and Anna, for organizing and running a great meet. The loaders and spotters: Big Bear's Gym meet crew were much appreciated. Way to handle those big kilo plates, Hollywood! Thanks also to Michelle Taylor for announcing both days. The judges did a fine job as well: Tod, Jo, Tom and Dave. (Thanks to Julie Havelka for writing up the results which were sent out via Rick McClung)



Brady Cyphert (19) benched 363 @ 242. (photos courtesy McClung)

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BENCH	Cinelli	265
WOMEN	242 lb. (20-23)	
105 lb. Open	Fetzer	345
Proulx	145* (40-49)	
Open Raw	Bruneau	
Proulx	140* (40-49) Raw	
132 lb. (40-49)	Massaro	365
TAILLON	140 275 lb. Open	
148 lb.	Scott	-
Open	(40-49)	
Slaga	205* Foster	-
(33-39)	SHW Open	
Slaga	205* Fornaro	460
MEN	(40-49)	
123 lb. (9-11)	Fornaro	460
Swanson, Jr	90* DEADLIFT	
165 lb. Open	WOMEN	
Rezzuti	305 132 lb. (40-49)	
(40-49)	Taillon	250
Farrell	245 14 Open	
(40-49) Raw	Slaga	405*
Farrell	230 (33-39)	
198 lb. (20-23)	Slaga	405*
Chiarillo	385 MEN	
Open Raw	148 lb. Open	
Faletra	230 Picard	540
198 lb. Open	198 lb. Open	
Swanson!	495 Faletra	455
(33-39)	(33-39)	
Swanson	495t Slaybaugh	620
220 lb. Open	(40-49)	
Barrett!!	520 Buchbauer	470
Matta	385 220 lb. (50-59)	
Perotta	375 Cinelli	340
(33-39)	242 lb. (20-23)	
Barrett	520* Fetzer	520
Open Raw	(40-49)	
Kahn	345 Bruneau	495
Pol/Fire/Milt	(50-59)	
Raw	Dusenbury	545*
Prenty	415 SHW (40-49)	
(50-59) Raw	Fornaro	470*
WOMEN	BP DL TOT	
105 lb. Open	145* 210 355	
Proulx		
123 lb. (14-16)		
Avilla	85 225 310	
Guerdin	95* 200 295	
132 lb. (17-19)		
Dupras	110* 250* 360	
148 lb. (14-16)		
Clifford	105 315* 420	
(17-19)		
Guerdin	115 300* 415	
Finneran	120* 255 375	
181 lb. (17-19)		
Dalton	80* 245* 325	
MEN		
114 lb. (14-16)		
Costanzo	105 245 350	
148 lb. (14-16)		
Kachmarsky	150 380 530	
(17-19)		
Simonson	165 400 565	
(40-49)		
Corsi	260 475 735	
165 lb. (14-16)		
Swanson	205 415 620	
(17-19)		
Pendlebury	225 420 645	
Open		
Noons	285 350 635	
(40-49)		
Farrell	245 325 570	
181 lb. (17-19)		
Farese	230 470 700	
Kramer	245 440 685	
(40-49) Raw		
Nelson	300 500 800	
198 lb. (14-16)		
Dalton	230 445* 675	
Murphy	190 400 590	
(17-19)		
Kent	255 565* 820	
Fortier	220 470 690	
Open		
Gardner	340 505 845	
Open Raw		
Faletra	230 455 685	
Pavao		
(33-39) Raw		
Bowers	340 570* 910	
Ellinger	365 545 910	
(33-39)		
Landman	- - -	
220 lb. (17-19)		
Kouloupolos!	280 650* 930	
Noonan	240 430 670	
(20-23) Raw		



Laura Proulx - 105 lb. lifetime National Champion; sponsored by PowerBar. (Photo: Mark Farrell).

away the morning of this event and Roland came to lift and he lifted well and he also judged the entire event. Roland deserves all the credit in the world for what he did on this day. He is a great friend, a great man and we will always remember this day. (Thanks to the WNPF for providing the results of this meet).

**WNPF Ralph Peace Memorial
23 Jun 01 - Henderson, NC**

BENCH	Ray	330
165 lb.	(40-49)	
Novice	Ray	-
Bryson	300 275 lb.	
181 lb.	Lifetime	
(40-49) Raw	Gardner	280
Pagan	250 SHW	
(33-39)	(40-49) Raw	
Ashe	390 Ferguson	375
198 lb. Open	Open Raw	
Beane	445 Ferguson	375
(33-39)	DEADLIFT	
Beane	445 165 lb. (14-16)	
Nelson	360 Pugh	410
Gardner	315 198 lb. (33-39)	
Lifetime	Gardner	455
Jones	350 SQUAT	
220 lb.	(40-49) Raw	
Foster	275*	
WOMEN	SQ BP DL TOT	
SHW (33-39)		
Phillips	315 235* 410* 960*	
MEN		
165 lb. (40-49) Raw		
Foster	275 150 350 775	
181 lb.	Lifetime Raw	
Yanez	350 250 450 1050	
(40-49) Raw		
Pagan	375 250 430 1055	
198 lb. (40-49)	Lanfenfeld	
Rufnfeld	290 235 325 850	
275 lb.	Lifetime Raw	
Michaels	470 350 570 1390	
SHW Open		
Bates	755* 470 610 1835*	
Ironman	BP DL TOT	
275 lb. (17-19)	132 lb. (14-16) Raw	
Manning	235 445* 690	
SHW (17-19)		
Kaiser	255 500* 755	
Burkholper	275 410 685	
I-BL Outstanding Lifters: Proulx, Slaga, Picard, Swanson, Barrett & Kouloupolos. Team Champions: Bellingham High School. *WNPF American Record. T-Tied WNPF American Record. This was a great meet with 80+ lifters in attendance. We will be back in Connecticut next year with at least two meets. Many people came out to support this event and to cheer on every lifter. We heard nothing but complements on how well the meet was run and we thank you. I have to mention one man; my good friend Roland Cote, Roland's mom passed		
181 lb. (14-16) Raw		
Howell	200 345 545	
Author	255 435 690	
198 lb. (14-16)		
Payne	245 345 590	
242 lb. (14-16)		
Rush	280 475 755	
275 lb. Lifetime		
Gardner	280 405 685	
SHW (14-16)		
Payne	315 435 750	

*-WNPF American Record. I-Best Lifter. Team Champions: Bench Only-Olympic Health Club, Sanford, NC. Ironman-Kings Gym. This meet was a big disappointment in a few ways because Ralph Peace deserved more than this. We had so many people committed to this meet when we first thought of putting this meet on. Everyone we talked to were going to get involved in some sort of way either judging, spotting, lifting or just donating something. I would have to say that about 40% of the people that said yes actually did something. I must say that we learned a lot from this meet which I will not elaborate on. Flyers were put around town, an ad was put in the local Henderson newspaper. Donations came from the following people: Jackie & Mitzi Chambers, Broderick Chaves, Stu Brown, Brian McSwain and Lewis Brodie. The WNPF thanks you and the Peace family thanks you. The whole idea behind the meet was to have a great event in honor of Ralph Peace and to raise as much money as possible for the family. I would say that there has to be at least 40-50 members from the Ebony Barbell Team which Ralph Peace put together many years ago. The only guys that supported the event from the club were Jerome, Eddie, Sweatpea, Bobby, Darryl, Jr. and Brian. I want to thank the lifters that did attend this meet because guess what they had a good time. Thanks to Roger Ernst, Adrian Locklear, Annette Schneidmill, Lester Fields, Momsand Dave for volunteering their services for this event and spending quite a bit of money to be there. Guess what - we had another complaint about the WNPF judging and I must admit that the judging was as loose as it ever could be. I talked to all three judges before the event and we all decided that no one and I mean no one would bomb out today and the judging will be loose. No one bombed out except one lifter and it was simply because he didn't get the weight up. On the other hand one guy made a comment that he would never bring his kids to another WNPF meet because the judging was too strict. It's a shame he felt this way because these kids had a good time and two of them won best lifter. If you count every lift no matter what these kids will never learn what a good lift is and what a bad lift is, correct? If we did anything today it was give a few lifts away but no one and I mean no one had a lift taken away from them. This put a bad taste in our mouth being that this meet was important for the WNPF. Anyway, it's over and next year with the permission of Ms. Ralph Peace this meet will be moved to Greenville, SC. We know it will be well supported and an exciting event and this is what Ralph Peace deserves. Greenville, SC was the last meet that Ralph judged for us in his life and this is an appropriate place to have his event. Look for this meet in March, 2002 at Furman University. Thanks to Awards Depot, Jerry Uhaul Henderson, NC and Ebony Barbell spotters for their sponsorship and support. (Results by WNPF).

International Powerlifting Association

"Lifting for Lifters"

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Last Name	First	Initial	New	Renewal
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State or Province	Zip Code	Country		
Telephone	Date of Birth	Age	Sex	Pro _____ Am _____ Elite Am _____

Sign if above answers are correct. Parents sign if under 18 years.

Date

Registration Fee: Adult \$25 ~ High School and Special Olympics \$15

Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman. Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

G.N.C. NUTRITION UPDATE

Meal Replacement Powders - A Perfect Sports Nutrition Product? *as told to POWERLIFTING USA by Dr. Edmund R. Burke*

Is there a perfect sports nutrition product? Well, according to some studies, it's already out there, and it's being sold in the form of powder.

MRPs are typically low in calories (about 200 to 300 per serving) unless they are designed specifically for weight gain, and then some of the products are nearly 500 calories per serving. They generally contain a balance of high levels of protein (about 25 to 45 grams) and carbohydrates (about 15 to 30 grams) and a small amount of fat. They also have between 50 and 100 percent of the RDA for many vital nutrients.

When MRPs started gaining widespread popularity in the early '90s, there was a lot of

hype and hyperbole, but the manufacturers didn't provide much, if any, scientific evidence to back it up. And sometimes, companies would refer to research findings that were extrapolated inappropriately. But that began to change and research is beginning to appear on the benefits of MRPs.

Richard Kreider, Ph.D., FACSM, with the Exercise and Sport Nutrition Laboratory, Department of Human Movement Sciences and Education at the University of Memphis conducted a study that looked at the effects of meal replacement powders on football players at the University of Memphis. During 84 days of winter training and spring practice, about 60 players supplemented

their diet with either a carbohydrate placebo or a MRP, which also contained creatine. Results indicated that mean gains in mass were significantly greater in the MRP group than in the carbohydrate.

MRPs provide a useful way to consume high levels of high-quality protein without the saturated fat that often accompanies traditional protein-rich foods. Different products contain different protein sources; some of which may be better absorbed into the body than others.

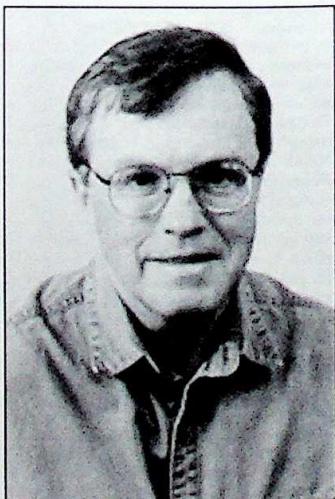
The amount of fat that's added to MRPs is minimal; it ranges from about one gram to three grams. But manufacturers use different types of fat

and like to extol the benefits of their own special formula or gleefully point to the failings of a competitor's.

Deciding whether powdered food is for you depends on your goals and your nutritional habits. "I think they're mainly intended for the active person who can't eat as ideally as they'd like to," Kreider says.

By substituting a possibly high calorie, high-fat meal with an MRP and maybe a piece of fruit, people could lower their calorie intake and eat a healthier diet. "We also have people who use these after they work out, and they feel their appetite is kind of reduced, so they don't eat as much later," he adds. "This is something you could use as a snack."

" Richard Kreider, Ph.D., FACSM, with the Exercise and Sport Nutrition Laboratory, Department of Human Movement Sciences and Education at the University of Memphis conducted a study that looked at the effects of meal replacement powders on football players at the University of Memphis. During 84 days of winter training and spring practice, about 60 players supplemented their diet with either a carbohydrate placebo or a MRP, which also contained creatine. Results indicated that mean gains in mass were significantly greater in the MRP group than in the carbohydrate."



Edmund R. Burke, Ph.D., is a member of the GNC Pro Performance Advisory Board. GNC's Pro Performance line is available at all GNC stores, and more information is available at www.gncproperformance.com.

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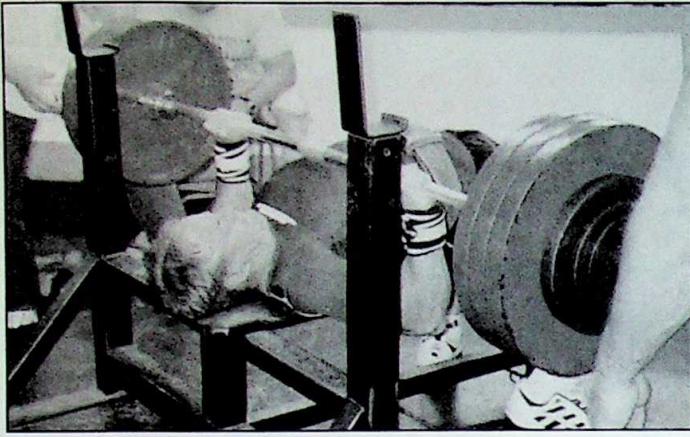
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Best Lifter at the Southeastern Illinois BP/DL- 181 masters bench: Dana Rosenweig. (Photos provided by S & M Fitness to Powerlifting USA).

15th Southeastern Illinois BP/DL 28 Jul 01 - Harrisburg, IL

DEADLIFT		D. Rosenzweig	390
98 lb. O	181 lb. O		
C. Motsinger	145	C. Sorrentino	310
220 lb. P&F		181.5 lb.	
M. Carwyle	520	D. Evard	350
242 lb. O		181 lb. JR	
J. King	520	J. Green	320
275 lb. P&F		198 lb. M	
W. Hinkle	440	M. Ward	360
275 lb. O		220 lb. P&F	
J. Schenk	450	M. Carwyle	350
SHW		220 lb. M	
C. Rannals	770	R. Cuny	330
BENCH		271 lb. O	
98 lb. O		R. Hudnell	455
C. Motsinger	60	275 lb. P&F	
148 lb. W		W. Hinkle	330
S. Motsinger	120	SHW P&F	
198 lb. W		R. RAMOS	450
D. Ital	140	SHW O	
181 lb. M		C. Rannals	450
P&f=Police/Fire. O=Open. M=Masters. W=Women. The 15th Annual Southeastern			

Illinois Bench Press and Deadlift Classic was held at S & M Fitness. Lifting began at noon and lasted till after three. This year the meet brought lifters from Arkansas and Ft. Wayne Indiana. There were also ages ranging from the youngest, Caleb Motsinger 11 to the oldest Ron Cuny 55. This was Caleb's first meet but not his last. Caleb went home with two first place trophies in the 98 lb. division. Caleb deadlifted 145 lbs. and benched 60 lbs. with a body weight of 89 lbs. The owners of S & M Fitness and the promoters of this meet, Mark and Suzanne Motsinger, were very proud of their son. Only two females lifted in this meet, DeAnn Ital and Suzanne Motsinger. DeAnn has been competing with the S & M team for some time. She placed 5th in the Nation earlier in the year. Suzanne has been lifting in power lifting meets for the last 10 years. The best lifter award went to Dana Rosenzweig age 44 from Belleville. Dana has been at this quite a while and has more than one best lifter trophy under his belt. Dana weighed in at 181 lbs. and bench pressed 390 lbs. That is over twice his body weight. Chris Rannals impressed the crowd with a 770

lb. deadlift. He opened with 700 lbs. then went to 750 and ended with 770 lbs. He made the weight look easy. Chris traveled to the meet from Paragould Ark. with two friends who expressed they were working on very little sleep. Chris is a police officer in the town of Paragould. The biggest bench came from one of our own, Robert Hudnell. Robert works as an LTA in a local correctional facility. Robert benched 455 lbs. and weighed in at as much as 57 lbs. under other competitors. Promoter Mark Motsinger once again put on a smooth meet. The next contests that Mark will be promoting will be a strong man/deadlift contest to be held in the fall and then the Illinois state USAPL full power meet in Feb. of 2002. Mark will be traveling to Russia as one of the coaches of the Jr. World USA powerlifting team later this year. (Results by S & M Fitness).



Chris Rannals at the Southeastern Illinois BP/DL: SHW, 770 DL

NASA Novice Nationals 4-5 Dec 00 - (kg)

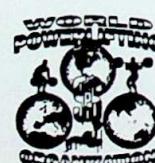
PwrSports	205 lb. M1				
BENCH	R. Harrison				212.5
205 lb. M5	250 lb. M2				
R. Green	130 T. Wellborn				170
DEADLIFT	205 lb. M3				
250 lb.	B. Lumpkin				150
M1	M3				
J. Wilde	177.5 B. Lumpkin				135
M5	187 lb. PN				
J. Wilde	177.5 T. Ratliff				132.5
PwrLifting	Pure				
BENCH	T. Ratliff				132.5
227 lb. Jr.	SM2				
S. McGill	187.5 T. Ratliff				132.5
PwrSports	CR BP DL	TOT			
205 lb. Jr.					
A. Howard	70 157.5 227.5	465			
280 lb.					
H. Thomason	65 170 295	530			
250 lb. M1					
J. Wilde	42.5 95 205	342.5			
M3					
J. Duckett	60 105 160	325			
M5					
J. Wilde	42.5 95 205	342.5			
154 lb. P					
E. Walkingstick	60 110 182.5	352.5			
182 lb. Pure					
D. McCue	60 120 200	380			

WNPF Tennessee Powerlifting 9 Jun 01 - Nashville, TN

BENCH	242 lb.			
SHW	(40-49) Raw			
(14-16) Raw	Flynn			405
Bussard	230	DEADLIFT		
MEN	SHW			
114 lb. (9-10)	(14-16)			
Phillips	80*	Bussard		375
181 lb.	MEN			
(14-16)	198 lb. (33-39)			
Cable	195 Ray	SQUAT		605*
220 lb.	(11-13)	(14-16) Raw		
Dees	225* Bussard			410*
WOMEN	SQ BP DL	TOT		
123 lb. (33-39) Raw				
Pomeroy	155 100 225	480		
SHW				
14-16 Raw				
Bussard	410* 230	375		1015
MEN				
148 lb. (17-19) Raw				
Harrison	285 205	435*		925
181 lb. (40-49)				
Catina	505 275	505		1285
Open				
Catina	505 275	505		1285
(14-16)				
Cable	230 195 300	725		
198 lb. Open				
Ryan	405	—	—	—
(33-39) Raw				
Ray!	455 315	605*		1375
242 lb. (40-49) Raw				
Flynn	450 405	450		1305
275 lb. (40-49)				
Jordan	400 300	515		1315
SHW Open Raw				
Stanford	500 300	600		1400
Novice Raw				
Dillard	365 385	450		1190
SHW				
Young!	600 355	555		1510
*WNPF American Record. 1-Best Lifter. (Thanks to the WNPF for these meet results).				



W. P. O.™ World Powerlifting Organization™ YEAR 2000 Membership Application



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City	State	ZIP	
Telephone Number	Date of Birth	Age	Sex
Social Security Number	Occupation		Date of Application
IF UNDER 18 PARENT MUST INITIAL	BY SIGNING THIS APPLICATION I CERTIFY THAT THE ABOVE ANSWERS ARE TRUE AND CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE W.P.O.™ SIGNATURE x _____		

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**NASA Arizona Regional
18 Nov 00**

PwrSports	Pwrlifting	BENCH	PwrSports	CR	BP	DL	TOT		
315 lb. M1	187 lb. Int	170	J. Mendoza	217.5	177.5	192.5	587.5		
G. Fizer	192.5	C. English	T. Ahearn	52.5	95	165	312.5		
154 lb. M3	227 lb. Jr.	170	T. Ahearn	52.5	95	165	312.5		
J. Lopez	92.5	M. Salcido	Novice	52.5	95	165	312.5		
187 lb.	154 lb. M1	162.5	T. Ahearn	52.5	95	165	312.5		
M. Stainbrook	117.5	A. Martinez	E. Roe	70	180	240	490		
154 lb. M5	D. Tanner	117.5	170 lb. SM	70	130	167.5	367.5		
J. Lopez	92.5	280 lb.	S. Mollohan	62.5	140	225	427.5		
187 lb. Nat	T. Munson	190	J. Wiseman	72.5	150	230	452.5		
M. Stainbrook	117.5	315 lb.	J. Drane	170 lb. SM2	300	170	215	685	
227 lb. Nov	T. Manno	272.5	WOMEN	170 lb. SM2	300	170	215	685	
Z. Zermeno	175	170 lb. M3	75	154 lb. Ant	260	147.5	265	672.5	
315 lb.	J. Gainey	117.5	M. Sessionis	32.5	60	110	202.5		
D. Bernardi	215	187 lb.	M. Sessionis	32.5	60	110	202.5		
170 lb. Pure	M. Stainbrook	Nov	M. Sessionis	32.5	60	110	202.5		
T. Sullivan	130	205 lb.	92.5	154 lb. HS	32.5	60	110	202.5	
187 lb.	S. Sacks	Pure	272.5	154 lb. HS	272.5	135	272.5	210	
M. Stainbrook	117.5	280 lb. M5	190	170 lb. SM1	110	52.5	110	272.5	
315 lb.	T. Munson	SM	M. Sessionis	32.5	60	110	202.5		
D. Bernardi	215	315 lb. MPure	M. Sessionis	32.5	60	110	202.5		
227 lb. SM	T. Manno	Pwrlifting	272.5	154 lb. HS	32.5	60	110	202.5	
Z. Zermeno	175	227 lb. Nat	154 lb. HS	177.5	115	165	457.5		
315 lb.	M. Salcido	D. Torrejon	162.5	227 lb. Int.	227.5	175	240	687.5	
D. Bernardi	215	315 lb.	J. Marshall	227.5	205	240	672.5		
J. Smith	115	187 lb. Nov	J. Peru	170 lb. SM1	120	62.5	102.5	275	
205 lb. Teen	T. Manno	272.5	R. Hudson	170 lb. SM1	72.5	42.5	75	190	
P. Glen	112.5	C. English	205 lb. Jr.	187 lb. M1	120	62.5	102.5	275	
CURL	227 lb.	170 lb.	R. Hudson	187 lb. M1	120	62.5	102.5	275	
187 lb. M3	E. Haines	212.5	D. Einstein	187 lb. M1	120	62.5	102.5	275	
M. Stainbrook	47.5	205 lb. Pure	D. Tanner	172.5	142.5	250	642.5		
Nat	H. Green	227.5	A. Ashley	172.5	142.5	250	642.5		
M. Stainbrook	47.5	315 lb.	187 lb. M2	172.5	145	227.5	595		
Z. Zermeno	75	T. Manno	W. Kindred	217.5	147.5	260	625		
187 lb. Pure	187 lb. SM1	F. Millan	212.5	97.5	215	525			
M. Stainbrook	47.5	C. Bair	227 lb.	217.5	147.5	260	625		
SM	227 lb.	R. Turner	170 lb.	170 lb.	170 lb.	170 lb.	170 lb.		
C. Bair	75	205 lb. SM2	J. Gainey	172.5	142.5	250	642.5		
250 lb.	H. Green	172.5	E. Walkingstick	172.5	122.5	192.5	377.5		
J. Drane	72.5	154 lb. Teen	140	J. Gainey	227 lb. SM2	60	137.5	217.5	415
154 lb. Teen	J. Wiseman	140	227 lb. Nat	172.5	147.5	260	625		
R. Tyler	50	250 lb.	B. Nelson	170 lb.	170 lb.	170 lb.	170 lb.		
DEADLIFT	J. Riley	165	L. DeAlva	170 lb.	170 lb.	170 lb.	170 lb.		
187 lb. Nov	154 lb. Teen	187 lb. Nov	187 lb. Nov	170 lb.	170 lb.	170 lb.	170 lb.		
B. Roberts	185	R. Tyler	M. Early	170 lb.	170 lb.	170 lb.	170 lb.		

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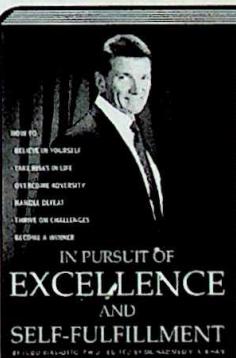
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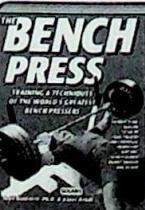
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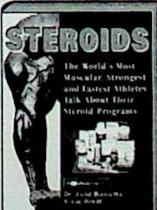
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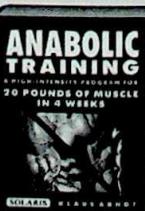
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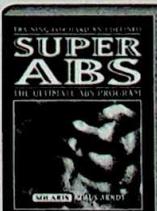
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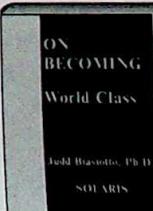
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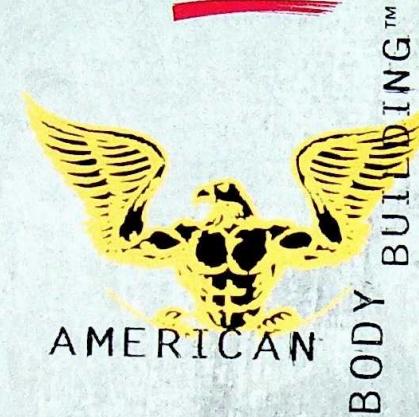
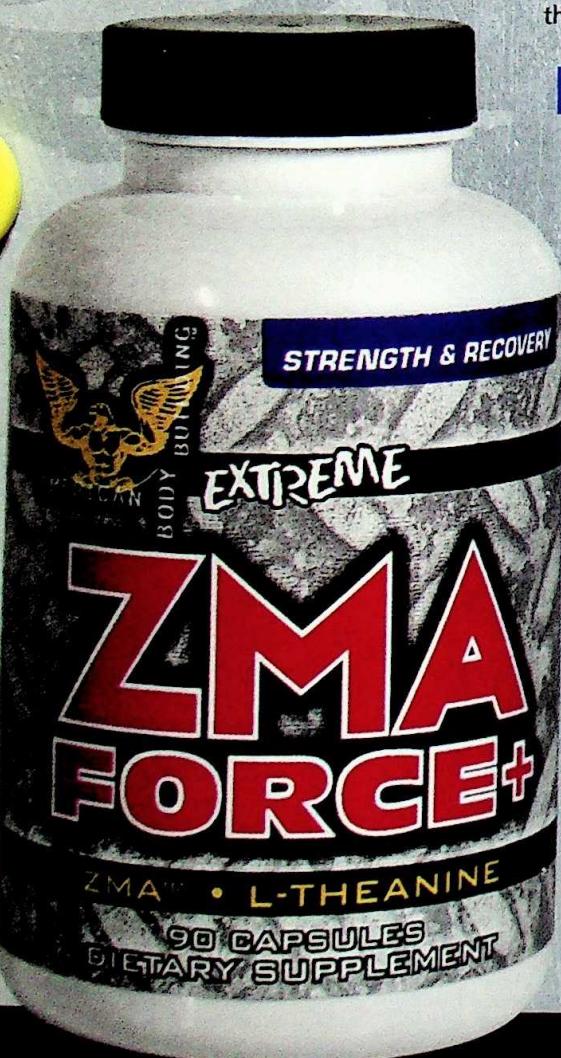
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ZMA™

ZMA™ is a proprietary blend of zinc and magnesium that preliminary evidence suggests promotes testosterone and IGF-I release in serious athletes.* By doing so, **ZMA™** may help improve recovery times and physiological and exercise-related conditions.* Check out the study below, recently published in the *Journal of Exercise Physiology*.



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ZMA RESEARCH

Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength

L.R. BRILLA¹ and VICTOR CONTE²

¹Exercise and Sports Science Laboratory, Western Washington University, Bellingham, WA 98225-9067 and

²BALCO Laboratories, 1520 Gilbreth Road, Burlingame, CA 94010, Tel: 800-777-7122

L.R. BRILLA AND VICTOR CONTE. Effects of a Novel Zinc-Magnesium Formulation on Hormones and Strength JEPonline, 3(4): 26-36, 2000. Muscle attributes and selected blood hormones of football players were assessed in response to a nightly supplementation regimen during spring football, over an 8-week period, with pre-post measures. A double-blind randomized study was conducted with ZMA (30 mg zinc monomethionine aspartate, 450 mg magnesium aspartate, and 10.5 mg of vitamin B-6) and placebo (P), n=12 and n=15, respectively. Plasma zinc and magnesium levels were ZMA (0.80 to 1.04 µg/ml; 19.43 to 20.63 mcg/ml) and P (0.84 to 0.80 µg/ml; 19.68 to 18.04 µg/ml), respectively (P<0.001). Free testosterone increased with ZMA (132.1 to 176.3 pg/mL), compared to P (141.0 to 126.6 pg/mL) (P<0.001); IGF-I increased in the ZMA group (424.2 to 439.3 ng/mL) and decreased in P (437.3 to 343.3 ng/mL) (P<0.001). Muscle strength via torque measurements and functional power were assessed with a Biodesign dynamometer. Differences were noted between the groups (P<0.001); ZMA (189.9 to 211 Nm at 180°/s and 316.5 to 373.7 Nm at 300°/s) and P (204.2 to 209.1 Nm at 180°/s and 369.5 to 404.3 Nm at 300°/s). The results demonstrate the efficacy of a Zn-Mg preparation (ZMA) on muscle attributes and selected hormones in strength-trained, competitive athletes.

Key Words: vitamin B₆, anabolic hormones, testosterone, IGF-I, muscle

INTRODUCTION

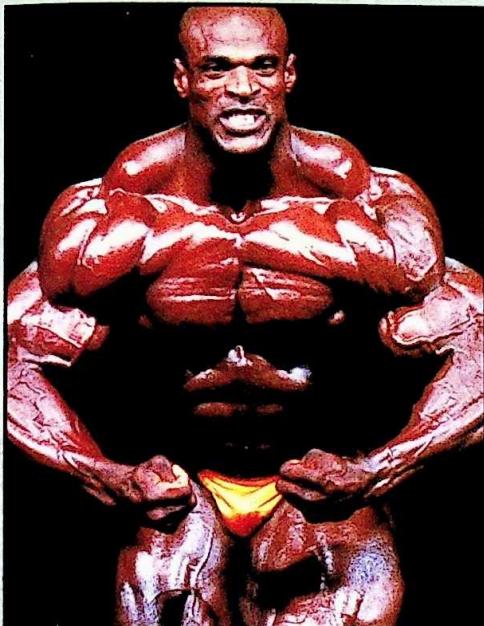
Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

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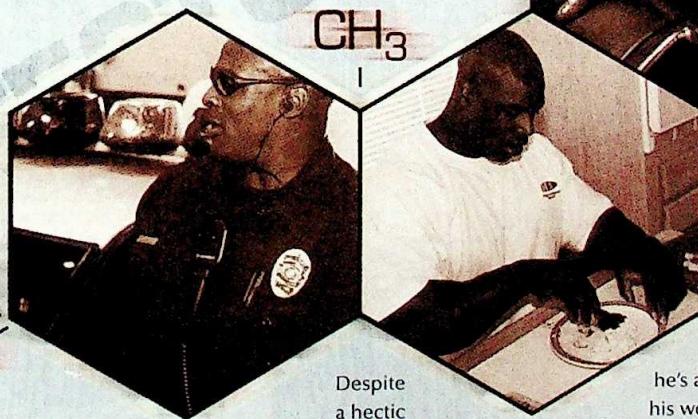
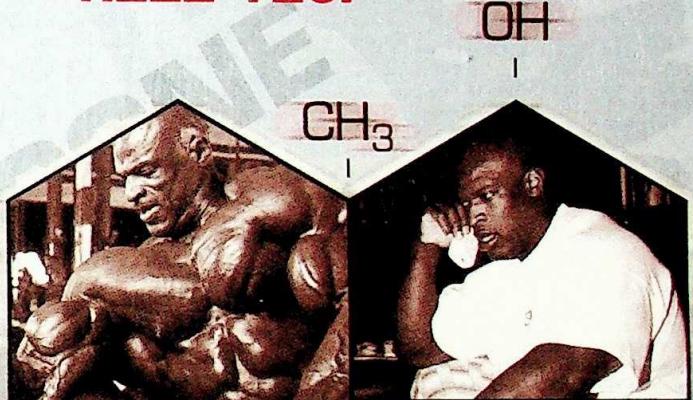
RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING

ERONE, IGF-I, GABA RELEASE AND RECOVERY



THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

Prior to launching **ZMA™ Force+™**, our researchers asked the hardest working man in bodybuilding to test our latest innovation in recovery before his second title defense at the Mandalay Bay. With his incredible stage presence and total dominance over all other competitors, you tell us if the now THREE-TIME MR. OLYMPIA, Ronnie Coleman, has improved. The entire bodybuilding world would likely answer with an emphatic "**HELL YES!**"



Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery and an anabolic environment.

Despite a hectic schedule that included a full-time job on the weekdays and traveling for guest appearances on weekends, Ronnie constantly maintained a healthy diet of whole foods and supplementation in order to get his daily total of six meals and 600 grams of protein for packing on and maintaining his enormous amount of lean muscle mass.

Milos Sarcev recently described a workout with Ronnie Coleman as one of the most intense he had ever experienced in his entire career. Ronnie, however, says that's just how he's always trained; splitting his workouts between light and heavy days to help avoid burn-out, but going extremely heavy and intense on those days designated as "heavy."

Given Ronnie's hectic schedule and amazingly intense training program, he clearly realized the importance of thoroughly recovering and allowing his body to recharge for consistent growth. Each night – err, morning – at two a.m. Ronnie took one serving of **ZMA™ Force+™** in order to quickly settle down and ensure a solid night's rest. Not to mention his using **ZMA™ Force+™** as a vital tool for aiding his recovery process via the additional hormonal benefits of **ZMA™**.



AMERICAN BODY BUILDING™ A FORCE IN THE GYM™

★These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

2nd Pendleton's Powerman Raw 31 May 01 - Pendleton, IN

	SQ	BP	DL	TOT		
132 lb.	275	295	4050	975		
Cobbs	255	180	350	785		
Bailey	—	270	445	715		
148 lb.	—	200	375	575		
Elliott	265	265	375	905		
Turner	275	200	260	835		
Hazzard	—	270	445	715		
Heavin	—	200	375	575		
165 lb.	355	290	405	1050		
Hallock	315	275	455	1045		
Greiner	330	245	385	960		
Engram	225	205	375	805		
181 lb.	390	400	500	1290		
Parker	350	305	500	1155		
Smith	240	250	465	955		
Mason	320	2050	385	910		
Robbins	198 lb.	330	385	460	1175	
Johnson	365	300	435	1100		
Grass	330	280	455	1065		
Bowers	335	300	405	1040		
Hornbeak	220 lb.	475	375	575	1425	
King	500	285	535	1320		
Lawrence	455	305	495	1255		
Shelley	370	300	450	1120		
Bateman	242 lb.	600*	405	600*	1605*	
Owens!	450	385	545	1380		
Houston	390	280	500	1170		
Thompson	275 lb.	540	420	525	1485	
Harrison	405	445	540	1390		
Wicks	330	305	—	635		
Hatfield	275+ lb.	Allen	495	465*	520	1480
Jones	325	335	425	1085		

*Best Lifts. !-Best Overall. SUMMARY: This was our 2nd annual RAW powermeet. First off, a very big thanks goes out to Jim Harvey for organizing the meet and getting our belts and wraps from INZER, to better our support and safety. Thanks Jim! Competition was fierce throughout all the weight classes and I was pleased to see everyone do their best. Exceptional lifts were Cobbs' 295 lb. bench and 405 lb. deadlifts at 132 lbs., Hazzards' 445 lb. deadlift at 148 lb., though he bombed out in the squat. In the 165 lb. class, Hallock and Jett battled till the end with Hallock taking the win with a 1050 lb. over Jett's 1045 lb. even after Jett pulled a 445 lb. in the dead lift. Parkers' 400 lb. bench and 500 lb. deadlift at 181 lbs. were surprisingly well for his size and weight. Great job Parker! Johnson took the 198 lb. class by beating Grass who just started lifting and Bowers who took up a bodybuilding routine over powerlifting just before the meet,

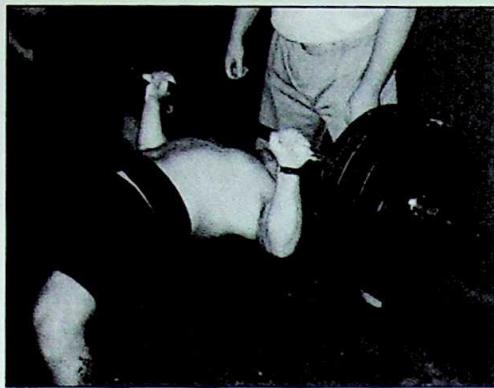
claiming he'd rather look good naked for the ladies than be fat and strong. In the 220 lb. class, King took the win after pulling 575 lb. in the deadlift. The 242 lb. competition brought me, (Owens) taking the win and best overall with a 600 lb. squat, 405 lb. bench and 600 lb. deadlift, equaling a stellar 1605 lbs. overall. Harrison did well in the 275 lb. class, with a 1485 lb. overall after making the 2nd best squat (540 lb.) in the meet. In the 276 lb. class and up, Allen won with 1480 lbs., while posting the best bench of the meet (465 lbs.)

and just missing 485 lbs. at lockout. I want to thank my workout partners, Jaden Thompson and George Shelley for pushing me in the workouts and for doing well in their first meet. I also want to thank the rest of the Bros' for their support during the meet, with special thanks goes out to Big Bob, Lt Keith, Bowers and DR. IRISH POWER! It was a meet I'm sure we'll all remember. Congratulations to all the winners for a job well done. All results may be verified by Jim Harvey, Recreation Supervisor at the Pendleton Correctional Facility P.O. Box 28 Pendleton, In. 46064. (Thanks to David Owens for providing the results of this meet).

Mr/Ms Minnesota BP Open 15 Jun 01 - Minneapolis, MN

MEN		
Teen	181 lb.	275
J. Grant	325*	198 lb.
D. Pope	300	M. Burns
N. Schmidt	295	D. Berding
Master	220 lb.	
J. Marispini	390	K. Belisle
J. Syrovatka	280	J. Prazak
Open 148 lb.	WOMEN	405
B. Thompson	295	198+ lb.
165 lb.	Open	420
J. Miller	390	K. Franklin
—State record. Director: Cal Lundberg. A few months ago I was approached by Dennis Green with an idea of bringing Powerlifting together with a Bodybuilding show. I found this idea interesting to say the least. The show that we were going to become a part of was the Mr/Ms		
Minnesota Bodybuilding show. This, as many of you might know, is a well established event in the bodybuilding world. What made this idea even more interesting was that this bodybuilding show was drug tested one. It looked like both events would work well together. The event details were agreed on and we proceeded ahead. The one drawback we had was the late promotion of this event. The event was only advertised a month ahead of time. This effected turnout, but it did not effect quality. This event took place in downtown Minneapolis at the Minneapolis Convention Center. When I got to the venue I could not believe what I saw. Fans of the bodybuilding show were already flowing in. The platform for our contest I saw was already being set up. When I walked in, I had to look around a few times. The venue would be great for a national meet that could easily hold thousands of people. On one side of the venue there was a large stage for the bodybuilding show, at another corner I saw a rock band getting ready to play. I also saw many tables selling everything from drinks, food, clothes and books. This event looked like the Lollapalooza of strength. I walked around and got a chance to talk to some friends from both sports. I talked with some of the competitors that were getting ready for the bodybuilding show. Many of them were very interested in what we were bringing to the show and wanted to know more about powerlifting. Our conversations also turned towards drug testing. I found it surprising given the stereotypes that many have about bodybuilding and the use of drugs. It became clear that bodybuilders and powerlifters alike share the same		

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At the Pendleton's Powerman 2001 meet, David Owens benched 405 raw. (Photograph by Shot).

goal to be drug free. Our event was to start and I found myself running around helping people get bench shirts on. I was called to the platform to judge and the lifting began. I was joined by Steve Johnson and Shawn Cain. Spotters and loaders were Tony Williams (and I forgot the other guy's name). Marv Gordon and Sandra Perron were helping out lifters to the platform and Jim Cahill announced. I first noticed teen lifters Joshua Grant and Dan Pope. Both lifters were under 165 doing some awesome weight. Dan finished with a 290 just missing 300 on his 3rd attempt. Josh managed to blast up a 325 for a state record (upon age verification). The well known 181 master lifter James Marispini came to stage looking like he meant business. Very intense he came to stage and set up. With the most narrow grip I have ever seen a bencher have, he attempted 370, but missed it. For some reason it looked like he didn't have the strength for it. I thought for a second that he opened up too high, boy was I wrong. James came back and destroyed 370 for a second and got 390 for a third for the best lifter award. Other great lifting I noticed was Keith Belisle from Wisconsin. Keith has done great things in full Powerlifting meets and it seems he has improved one of the great strengths that he has with a very solid 405 bench. Jake Prazak 220's from Iowa came to stage and loaded a very large 385 bench. He took 385 for a ride but missed his pause. It seemed he had plenty of power left in him. He then loaded the bar to 415 then 420 for his second and third attempts which met the same fate. I hope to see him back again next year, he shows promise. Newcomer Kelly Franklin came to represent the women in this contest started out with a 250 bench. This lift came up very easy and many in the crowd screamed out "put some weight on the bar." After the lift she had a very visible smile on her face and did just that. She made her second attempt of 285 and rode it up very easily. This breaks the women's 198+ record by 85 pounds! For her 3rd she took on 300 pounds but ran out of gas. I would say that will be the lift she gets at her next meet. This event shows some major promise for the future. I look forward to seeing many new faces at this meet next year. Thanks everyone for coming out and making this happen. For More Information Contact: USA POWERLIFTING OF MINNESOTA, Help@thepress.org. (Results by Dennis Green).

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REGISTRATION FEE \$25.00	MASTERS YES NO	CLUB MEMBER	NAME OF CLUB YOU REPRESENT		
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ARE YOU A PREVIOUS A.P.F. MEMBER <input type="checkbox"/> YES <input type="checkbox"/> NO					
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SIGNATURE X					

NASA Missouri Regional 25 Nov 00 - (kg)

PwrSports	C. Wakefield	210
BENCH	SQUAT	
170 lb. M1	154 lb. SM	
K. Scott	150 J. Phillips	175
CURL	Pwrlifting	
187 lb. Jr	BENCH	
C. Wakefield	67.5 187 lb. Jr	142.5
154 lb.	C. Wakefield	142.5
J. Phillips	250 lb.	
DEADLIFT	280 lb. SM2	
187 lb. Jr	P. Loyd	182.5
PwrSports	CR BP DL TOT	
205 lb. SM	70 — 127.5 220	
T. Tucker	SQ BP DL TOT	
Pwrlifting	120	
138 lb. HS	280 lb. SM2	
D. Heckmaster	70 77.5 155 327.5	
154 lb.	D. Evans	182.5 102.5 200 485
205 lb. HS	— — — —	
J. Bolinger	182.5 165 185 532.5	
227 lb. Int	B. Barrow	
B. Barrow	175 122.5 167.5 465	
T. Bagby	Novice	
187 lb.	R. McMullen	102.5 102.5 170 375
227 lb.	227 lb.	
B. Barrow	182.5 165 185 532.5	
170 lb.	Pure	
M. Cairns	100 125 165 470	
250 lb. Ar	S. Newman	142.5 142.5 177.5 462.5
170 lb. SM2	170 lb. HS	
R. Cairns	207.5 152.5 200 560	
WOMEN	C. Artym	82.5 52.5 110 245
170 lb. HS	(Thanks to Mike Adelmann for these results).	

Capital City Classic IV
7 APR 01 - Lansing, MI

	Masters 55-59	Juniors
BENCH MEN	K. Miller 450	J. Brodski 165
Police & Fire 275	J. Dolan 525	G. papdelis 335
S. Murphey 319+	S. Murphey 435	Masters 60-64 181
J. Harrison 198	K. Zimmaster 340	J. Talbot 480
Teen 16-17 G. Whitehill Jr. 290	319+ J. Harrison 425	165
220 A. Harrison 420*	Submasters 425	D. Steele 125
A. Valadez 319+ F. Stokes 335	T. Benton 300	R. Brandyberry 550
Teen 18-19 J. Hemenway 181	165 R. Degenhardt 335	C. Soles 315
148 B. Harrison 165	G. Miller 365	J. Johnston 450
J. Webster 181	242 T. Benton 300	242
Juniors 319+ G. Whitehill Jr. 290	181 R. Degenhardt 335	M. Marsh 390* Open
319+ A. Valadez 319+ J. Hemenway 181	F. Stokes 335	R. Sofredine 290* J. Caramitato 410
Teen 18-19 G. Miller 365	198 Masters 70-74	181
242 B. Harrison 165	L. Korpal 160	D. Failla 405
J. Webster 181	Masters 75-79	H. McLaughlin 250
J. Talbot 198	L. Coon 205*	198
J. Johnston 275	WOMEN O. Fidelino 485	J. Soule 575
C. Ewald 365	Juniors B. Curtis 500	R. Abfalter 525
Open 132	220	E. Hurchins 120* J. Gibson 505
R. Brandi 350	132	Open 242
B. Fabiano 360	K. Hazen 115* R. Lipinski 580	K. Harris 580
A. Bates 245	A. Failla 105	A. Failla 275
148 T. Feight 175	M. Mellinger 370	B. Amudsen 570
165 T. Benton 300	148 S. Barker 165	K. Miller 625
E. Vasquez 285	Chayka-Crawford 125	Masters 40-44 Submasters
J. Smith 325	148 Masters 40-44	123 242
B. Willing 260	K. Jo Toorney 80	D. Hudson 105* K. Harris 580
S. Lake 181	Masters 45-49 B. Fabiano 520	132 319+
V. Mahaffey 410	181 D. Rogers 145* K. Hilliard 445	D. Rogers 145* K. Hilliard 445
D. Failla 245	181 Chayka-Crawford 125 Masters 40-44	181
H. McLaughlin 198	K. Jo Toorney 80 B. Fabiano 520	198
J. Soule 425	Masters 45-49 220	C. Coleman 80* Masters 45-49
P. Morris 365	198+ J. O'Brien 97	Masters 50-54 148
O. Fidelino 235	220 C. Coleman 80* Masters 45-49	K. Romo 250
M. Coleman 465* J. Mayfield 335	198+ G. Papdelis 360	S. Lipinski 95 242
220 D. Hankins 395	Masters 50-54 148	R. Rogers 475
A. Harrison 420	Masters 50-54 148 G. Johnson 80*	P. Frederick 125* M. Miller 400
J. Breneman 340	Masters 60-64 165	Masters 60-64 400
B. Barker 400	148 D. Finley 105	Masters 55-59 198
R. Abfalter 395	Teen 16-17 D. Steele 275	E. Spears 105 D. Finley 320
J. Gibson 285	165 G. Whitehill Jr. 425	G. Papdelis 360
K. Harris 330	220 L. Korpal 225	G. Johnson 80* Masters 60-64
R. Lipinski 330	198 A. Harrison 530	MEN 165
B. Lawton 275	G. Fay 315 Juniors 132	D. Steele 275
275 D. Amudsen 350	B. Keller 345* Teen 18-19 148	Teen 16-17 Masters 70-74
		198
		198 G. Whitehill Jr. 425
		220 L. Korpal 225
		198 A. Harrison 530
		165 B. Harrison Open
		132 E. Hutchins 255
		148 A. Cancel 480
		181 B. Harrison 335
		181 A. Cancel 135
		181 B. Harrison 950



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132	97	220 lb.
K. Hazen 190	C. Coleman 125	J. Wagner 525
A. Failla 240	Masters 50-54 198	345 530 1400
Masters 40-44 132	S. Lipinski 200	181 lb.
D. Rogers 305	Masters 70-74 148	T. Ryan 300
Chayka-Crawford 285	G. Johnson 110	Ironman BP 210 400 910
Masters 45-49 198	C. Dailing 375 540 915	Open 198 lb.
		Special thanks to Lynne Boshoven for the use of her gym and to Carol for all her support. The Father/Son tandem of Brandon and Mike Gramps' Miller, had another fantastic day: they made personal bests across the board! Brandon's 470 dead-lift looked like he had room to spare, so 500 should be on tap for his next meet. And Gramps 490 squat should be his last step on his way to 500 in that lift. John Wagner and Jim Jeurink had lifted at a power meet 2 weeks earlier, but both improved. John's lifts looked good from a technical point of view and he put together his 1st 1400 total. And Jim just looked great; solid all around in putting together his best meet in years. William Rials did his first deadlift meet and looks like he has loads of potential in getting a 480 after about 1 month's training. Ray Zimmerman did his first bench meet after several years and looked good in getting a 325 in the Masters div. The Iron Man had one competitor, Chad Dailing, but he had 2 personal bests, going 375-540. All in all it was just a great meet and everyone enjoyed themselves immensely. I was especially proud of Lynne Boshoven. She's still at the top of the heap in the women's rankings with a 1300 at 181, in spite of some changes in her life which were really working against her, but that's a story for another time. For now suffice it to say, it was a very courageous effort. (Thanks to Jon Smoker for providing the result of the meet to Powerlifting USA).

Double Masters 26-27 May 01 - Wyoming, MI

BENCH Novice	Masters (45+)
	165 lb.
	S. Hepinstall 275
	198 lb.
	J. Mudwig 175 DEADLIFT
	Masters 242 lb. Novice
	R. Zimmerman 325 W. Rials 480
	SQ BP DL TOT
	181 lb.
	L. Boshoven 525 290 485 1300
	(16-17)
	220 lb.
	B. Yoder 450 220 470 1240
	198+
	J. Juerink 630 300 575 1505
	Master (45+)
	181 lb.
	I. Smoker 602.5 135 135 872.5
	Master (50+)
	181 lb.
	D. Martin 420 - - -
	198 lb.
	G. Miller 490 250 400 1140
	165 lb.
	G. Mendez 435 275 135 845
	181 lb.
	A. Cancel 480 335 135 950



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

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

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

(All memberships expire Dec. 31; Those purchased after Nov. 1, will expire Dec. 31 of the following year.)

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(navy - white) (Size _____ Qty. ____)
•Sweatshirts w/Logo - (s-xl) = \$30.00 (xdl & up) = \$32.00
(navy) (Size _____ Qty. ____)
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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 competition.

6 OCT, NASA Kentucky Regional (Lexington Athletic Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

6 OCT, (rescheduled) USPF Central California Open PL/BP & DL Championships (Bakersfield, CA) Kevin Meskew, 818-899-7555, warrior01@earthlink.net

6 OCT, APA Star City PL Classic & BP Contest (Roanoke, VA) Mike Brookman, mbrookman@us.inter.net, Lancerlot Sports Complex 540-981-0205, Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

6 OCT, WNPF E. Coast BP, DL Ironman (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513

6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6,7 OCT, Can-Am World Cup PL/BP (Lethbridge, Alberta, Canada) Bruce Greig, 403-938-3067, Fax 403-938-0489

7 OCT, USAPL Deadlift Nationals (new date) (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

7 OCT, SLP Chicagoland Open BP/DL Classic

(Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

13 OCT, Walker's Gym BP Classic (raw & open, teen, women, men, military, police, fire) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

13 OCT, APA Arizona State PL Championships, Arizona State BP & DL Championships (University of Arizona, Tucson, AZ) Scott Taylor, P.O. Box 27204, El Jobean, FL 33927, 941-697-7962, fax: 801-905-7046, apapresident@angelfire.com

13 OCT, 7th APF Wolverine Open PL/Ironman/BP/DL, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, www.apfmichigan.com

13 OCT, Olympus Fitness BP (teenage boys & girls, women open, women masters, open, submasters, masters) Olympus Fitness Center, 5470 St. Barnabas Rd., Oxon Hill, MD 20745, Vernel Morris, 301-505-2255 or Paul Eberle

13 OCT, Super Bench 2001 (men, women, teen, jr., submaster, master - deadline 10/1/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength

13 OCT, NASS North America's Strongest Man (Euless, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), wwillby@swbell.net

13 OCT, 5th Pennsylvania Power BP/DL Power Challenge, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

13 OCT (new contact), NASA Big River Classic PL/BP (Blytheville, AR) Daryl & Tobeby Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094

13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-

Coming Events

U.S.P.F. Bench Press Nationals

27 October 2001
(Chester, WV)

Dave Jeffrey, Box 231,
Parkersburg, WV 26102, 304-
489-2428, FAX 304-489-2733,
uspf@net.assoc.net

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- 13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 14 OCT, Muscle Bound Fitness Fall Classic BP and/or DL, Muscle Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, John or Kayleen Blackstone, 740-545-0840 or 6577
- 16-21 OCT, IPF World Masters (Moose Jaw, Canada) Wayne Cormier, 10929 Scott Dr., N. Battleford, Saskatchewan, Canada S9A 3N2, 306-446-1330 or fax 306-445-2829
- 19-21 OCT, WPA Masters, Juniors, Teenage Worlds, WPA Record Breakers, PA State Open, Carl Seeker, 24 Jefferson St., Warren, PA 16365, 814-723-3442
- 20 OCT, Ashibala YMCA Bench Press Championships (touch bench - no pause) Lonnie Anderson, 1142 E. 15th St., Ashibala, OH 44004, 440-964-3013
- 20 OCT, Bob Hafner Championships (men, women, teen, special olympian, master, BP & DL) Lee Circle YMCA, 920 St. Charles Ave., New Orleans, LA 70130, 504-568-9622
- 20 OCT, APF Northern California PL & BP (Palace Gym, Burlingame, CA) John Ford, 68 Westlake Ave. #B, Daly City, CA 94014, 650-757-9506
- 20 OCT (new date), East Coast Strongman/woman Championship, Gayle Schroeder, 757-481-6963, strengthx.com
- 20 OCT, USAPL Pennsylvania Ironman/woman, Bulldog Gym, 62 E. High St., New Freedom, PA 17349, 717-235-4514
- 20 OCT, Training Center Classic BP (open men and women - New Castle, DE) 302-328-5438
- 20 OCT, 10th Muscle Beach Special Olympics Lift-Off (Muscle Beach - Venice, CA) 310-399-2775
- 20 OCT, 19th ADAU Raw Drug Free "Central PA Open" (open, teen, jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al pikup.com
- 20 OCT, NASA East Texas Regional (Longview) NASA, Box 735, Noble, OK 73068, 405-527-8513
- 20 OCT, SLP Fall BP/DL Classic (Richmond, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 21 OCT, USAPL "2001 Iron maiden Potomac Push Bench Press Contest" Geroje Shoemaker, 10 S. Loudoun St., Lovettsville, VA 20180, 540-822-5829, GeoShoe@aol.com
- 21 OCT, SLP Pecatonica Fitness Fall BP/DL (Pecatonica, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 21 OCT (specified date), 1st Southeastern Drug Free (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
- 21 OCT, CAN AM BP & DL & Push/Pull (Montreal) Marcel St. Laurent, 457 7ieme Ave. Nord #1, Sherbrooke, Quebec, J1E 2S2, Canada, 819-346-9456, Fax 819-346-6104.
- 26-28 OCT, WNP World PL, BP, DL, SQ & Ironman (Greenville, SC) WNP, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
- 26-28 OCT, AAU Worlds (Mayaguez, PR) Nestor Gregory, PRPF, Las Villas Park Rd. 142, Ramsey, Aguadilla, PR 00604, 787-

- 3 NOV, SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 3 NOV (new description), USBF Raw BP & USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@atlantic.net
- 3 NOV, AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000
- 4 NOV, USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
- 5-10 NOV, WPC World Powerlifting & World Bench Press Championships (teen, Jr., submasters, seniors, masters - men & women - Cape Town, South Africa) Ian Morris, 27-21-794-2033, FAX 27-21-794-7284, ianmorr@iafrica.com, <http://users.iafrica.com/lia/ianmorr>

10 NOV (new date), NASA W. Regional Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wifire.com

10 NOV (new date), Matt Heydinger BP Memorial (men, women, teen by formula) Steve Alcholz, 424 S. Kibler St., New Washington, OH 44854, 419-492-2715

10 NOV, Cider Cup BP/DL Classic (Phenix Fitness - Allentown, PA) Allen Davis, 610-778-9891

10 NOV, The Gym BP & DL Championship (Fredericksburg, VA) Petey Cropp, 540-710-9500

10 NOV, Power Wars on Veteran's Day, Joe Mitchko, 161 Perth Fitness Rd., Amsterdam, NY 12010, 518-762-3216

10 NOV, 3rd Ironworks Gym Bench Off (BP & DL - men, women, teen, masters - reps x bodyweight) Gary McCartney, Ironworks Gym, 1611 S. St. Rd. 7, N, Lauderdale, FL 33068, 954-974-9786

10 NOV (new date), Midwest/Iowa Open BP/ DL & Trap DL (open, novice, teen, submaster, master (1, 2, 3), women) Wayne Hammes, Box 433, Okaloosa, IA 52577, 641-673-5240

10 NOV, 9th APA Mon Valley Fitness Center Classic (BP, DL, BP for reps) MVFC, Box 567, Dunlevy, PA 15432, 724-483-2438,

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**Jon Smoker
30907 County Road 16
Elkhart, IN 46516
219-674-6683**

MVFC@dp.net

10 NOV, ISA Gold's Bench Challenge Texas State BP Championships (Amarillo, TX) Blue Baggett, 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-PUSH-PULL, www.isapower.tv

10 NOV, 8th Ed Jubinville BP (men, women - all age groups/wt. classes) Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217

10 NOV, USPF BP & DL Meet, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

10 NOV, NASA Wisconsin Regional (Marshfield) NASA, Box 735, Noble, OK 73068, 405-527-8513

10 NOV, SLP Illinois State BP/DL, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

10 NOV, (amended date) USAPL N.J. State PL, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 NOV, ISA Gold's BP Challenge & Texas State BP (Gold's Gym - Amarillo, TX) Teresa & 806-359-5438 or ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 866-Push-Pull, www.isapower.tv

11 NOV, Quebec Championships PL/BP, Marcel

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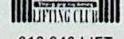


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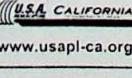


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Dec. 1, 2001 - APF Southern States

Huge Iron Training Center, 910 South Atlantic Avenue, Orlando, Florida 32176, 877-HUGE-IRON or 386-252-8193

St. Laurent, 457 7ieme Ave. Nord. #1, Sherbrooke, Quebec, Canada J1E 2Z2, 819-346-9466, or fax 819-346-6104

11 NOV. I.S.A. Gold's Gym BP Challenge BP Regionals (Amarillo, TX) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Teresa 806-359-5438

11 NOV. SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

13-18 NOV. IPF World Mens (Sotkamo, Finland)

15-19 NOV. (new contact info), 24 Hr. Fitness WABL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rethwisch, Box 90305, Portland, OR 97290, 503-762-5066, FAX 503-762-5067

16-18 NOV. IPA Nationals (Columbus, OH - Holiday Inn Worthington 614-885-3334) Elite Fitness Systems, Dave & Traci Tate, 7 4 0 - 8 4 5 - 0 9 8 7 , www.elitefitnesssystems.com

17 NOV. 5th Southern States BP & DL (open, novice, submaster, master, law enforcement) Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-504-3324

17 NOV. Raw Meet III (open, teen, masters) Doug Moore's The Gym Training Center, 3701 Old Shakespear Rd. W., Bloomington, MN 55431, 952-884-9144

17 NOV. USPF Virginia State PL (Great Neck Rec. Ctr. - Virginia Beach, VA) Gayle Schroeder, strength@eixis.net, 757-481-6963 or 757-406-0763

17 NOV. Omaha Open (full meet, BP/DL) Keith Machulda, 402-444-5596

17 NOV. USPF Winter Classic SQ & DL, World Gym, Lake Forest, CA, Tony Hardridge, 949-307-9634, ahardridge@msn.com, www.powerliftingca.com

17 NOV. Kansas Open PL & PS (Red Coach Inn, Salina, KS) James Duree, 913-596-7326, JDuree7086@aol.com

17 NOV. USAPL NE Regional (ME, NH, VT, MA, RI, CT, NY, PA, NJ, MD, DE, VA, IL, IN, OH, WV, KY) - at Penn Tech University, Williamsport, PA) Dave Bellomo, 570-321-5339, www.geocities.com/steventmann/NEregionalinformation.html

17 NOV. U.S.A. Northern US Open Arm Wrestling (men, women) Louise LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength

17 NOV. NASA AZ Reg. (Casa Grande) NASA, Box 735, Noble, OK 73068, 405-527-8513

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

17,18 NOV. USAPL MASS/RI State Open (men's open, grandmasters, master, submaster, Jr., teen, special olympic - women's open, master, teen) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714, 8-10 PM, Rene Moyen, 401-527-3711

17,18 NOV. USAPL Maryland State PL (Edgewater, MD) Mark Daniel, 301-317-5572,

4516, 219-674-6683

8 DEC. USAPL Hawaii State, Tony Leato (808)988-6378, aleato@D14.USCG.mil

8 DEC. Big East BP (men, women, teen, Jr., submaster, master - deadline 11/24/01) Louise LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength

8 DEC. USAPL Midwest Sr. State PL & BP (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@huned.net

8 DEC. SLP Christmas for Kids BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 DEC. APF 48th Iron Man Open PL & BP, Mr. & Mrs. & Mr. Over 40 Iron Man (Fresno, CA) Bob Packer, 559-439-4394

8,9 DEC. USAPL Virginia State PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valitling@aol.com

9 DEC. AAU Mo. Valley PL Championships (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

9 DEC. YMCA High School Winter Bench Press (Omaha, NE) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@huned.net

9 DEC. ADAU 9th Raw Drug Free "Coal Country" BP & DI Classic (separate meets - no total - open, teen, Jr., submaster, master) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikupit.com

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/ wt. classes) Dr. Spero Tshontikidis, 10266 Redtail Ct., New Market, MD 21774, 301-865-2874

15 DEC. 16th Christmas BP/Curl, John Shiflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valitling@aol.com

29 DEC. USAPL NorCal Winter Classic (Napa, CA) Jason Burnell, Box 5453, Hercules, CA 94547, 510-724-4464 before 8:30 please, www.usapl.ca.org

30 DEC. SLP The Last One! BP/DL Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

DEC. I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville [GA] Boys & Girls Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith

770-949-9299

19 JAN. Capitol District BP/DL, Albany YMCA, 274 Washington Ave., Albany, NY 12203, Tom Corazzini, 518-449-7196 ext 48

19 JAN. NASA Illinois State High School, Smitty, 112 W. North Ave., Flora, IL 62839, 618-662-3413

19 JAN. APF Michigan Bench for Cash (cash prizes for top 5 by Reshel Formula) Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 248-588-2114, jharbourne@home.com

20 JAN. Winter Blues BP/PL (Wyoming, MI) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

26 JAN. AAU Star Bench Press Classic (Fairfax County, VA) Bill Calhoun, 703-585-9425, drugreSports@yahoo.com

26 JAN. Staunton YMCA Winter BP/DL, John Shiflett, Box 941, Stanardsville, VA 22973, valitling@aol.com

JAN. USAPL Pennsylvania HS and Collegiate, Steve Mann @ stevemann@yahoo.com or 845-473-5230

JAN. Augusta Open Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythagym@aol.com

2 FEB. Body Factory Power Challenge/BP, Jim Parrish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

2 FEB. NASA Virginia State (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

2 FEB. USAPL New York State PL/BP Championships, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com

9 FEB. ADAU 14th Drug Free East Coast 2 lift raw and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

10 FEB. AAU Missouri State (X-Treme Fitness, Union, MO) Darin Gilley, 2820 Gray Summit Rd., Pacific, MO 63069, 636-742-4537

22-24 FEB. Arnold Fitness Expo, Scharzenegger/Lorimer Productions, 1245 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, www.arnoldclassic.com

23 FEB. WABDL California State, Matt

Lamarque, 831-277-4766

23 FEB., 12th Winter Bench Press Classic (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 219-674-6683

2 MAR. All Church Powerlifting Contest (Open to all church members & church sponsored teams) Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

2 MAR. 11th Annual Larry Frederick Jr. Memorial Bench Press Challenge, North Penn YMCA, 608 E. Main St., Lansdale, PA 19446, Steve Unrath, 215-369-1601 ext. 230

3 MAR. 1st Pittsburgh's Men & Women of Steel Bench Press (assisted & raw: men, women, teen, jr., submaster, master) Bob Verner, 826 Hazelwood Ave., Pittsburgh, PA 15217, 412-521-2620

9 MAR. ADAU Raw Drug Free New Jersey St. PL / Out of State (Hamilton Township PAL) Lorralyn Graneen, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

9 MAR. AAU All American Raw BP, Bill Calhoun, Fairfax County, VA, 703-585-9425, drugreSports@yahoo.com

9 MAR. USAPL Virginia Open PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, valitling@aol.com

9,10 MAR. Pepsi WABDL Northwest Regional (Doubletree Hotel, Springfield, OR) Gus Rethwisch, 503-962-5066

9,10 MAR. I.P.A. Teenage Nationals (12-19 - Columbus, OH) Dan Dague, 5406 Kirkwood Dr., Grove City, OH 43123, 614-877-1391

16 MAR. ADAU Great Lakes PL/National Qualifier (open & all age groups, men & women) Joe Orenja, 4468 W. 26th St., Erie, PA 16506, 814-833-3727

16,17 MAR. IPA Dedication Meet (Dedicated to Gary Gross) (Harrisburg, PA) Mark and Ellen Chailliet, 2536 Eastern Blvd., Box 515, York, PA 17402, 717-848-1891

17 MAR. USPF Rhode Island State PL/BP, Ted Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-1665

23 MAR. 13th Cabin Fever DL plus BP, Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

23 MAR. USAPL Oregon State (open to all USAPL members) Mike Mooney, 1170 N. Valley View Rd., Ashland, OR 97520, 541-488-2570

MAR. NASA Kentucky State (Lexington Athletic Club) Greg Van Hoose, RT. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvh@wirefire.com

MAR. AAU MASS State Open (male/female) Bruce Lynch, Box 272, E. Taunton, 02718, 508-885-4534

MAR. AAU Push Pull Nationals (Richmond, VA) Rudy Garcia or Barb Beasley @ 804-581-1910 or SASE to RT 1 Box 212, New Canton, VA 23123.

MAR. USAPL Pennsylvania State (Greater Scranton YMCA, Dunmore, PA) Joe Luciano 570-961-0915 (w), 342-8155, www.geocities.com/stevemann/vmeets.html

6 APR. Dungeon Power Works Drug Free Bench Slam/DL, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042, 616-435-7586 or Tyrone Ward 616-273-1092

6 APR. Staunton YMCA Spring BP/DL, John Shiflett, Box 941, Stanardsville, VA 22973, valitling@aol.com

6 APR. Police & Firefighters Open Nationals (Capitol Center Inn, Topeka, KS) James Duree, 913-596-7326, JDuree7086@aol.com

6-7 APR. Power Palooza IV PL, BP, DL, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

7 APR. 3rd Pittsburgh Area Monster BP & DL (men, women - all classes - all divisions - cash prizes - Holiday Inn Airport) Mike Barraucchio, 301 Spring Water Ct., Moon, PA 15108, 724-457-2708

8 APR. New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-2540

OCTOBER 20th, 2001 - Ashtabula YMCA Bench Press Championships (touch bench - no pause) Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-984-3013

5489, usabodybuilding@aol.com
13 APR, ADAU Raw Drug Free New York City Open BP & BP/DL, Pete Sanzio, 462 Doane Ave., SI, NY 10308, 178-605-1402
13 APR, Iowa/Midwest Open BP/DL and Trap Deadlift (teen, novice, open, submaster, master [1, 2, 3], and women - awards to all lifters) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240
14 APR, 16th Olympic Bench Press Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527
APR, NASA WV State, Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com
APR, USPF North American PL/BP (men/women open, 14-23, 35-39, 40+, collegiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com
APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested - Lahaina, Maui) Mike Salto 808-373-5739
4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695
4,5 MAY, WABDL Monstermuscle Record Breakers (drug tested, Doubletree Hotel, Pasco, WA) Gus Rethwisch, 503-762-5066
4,5 MAY, USAPL National Masters, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
18 MAY, ADAU Pennsylvania State (men, Jr., teen - national qualifier) Joe Oreliga, 4468 W. 26th, Erie, PA 16506, 814-833-3727
18 MAY, AAU High School Raw Championship (National Qualifier - Fairfax, VA) Bill Calhoun, 703-585-9425, drugfreesports@yahoo.com
18 MAY, 5th Newman BP, Robert Ybarra, 2109 5th St., Sterling, IL 61081, 815-626-5042
18,19 MAY, USAPL Texas State & Region 8 Open and BP (TX & OK) & Special Olympian Slots, Tom North, 507 Cora #106, Arlington, TX 76011, 817-469-9169
24-26 MAY, APF Nationals (WPC World Qualifier - Picadilly Inn Hotel - Fresno, CA)

POWER WARS

on Veteran's Day (IPA)

November 10th

The World Gym

Amsterdam, New York

Contact: Joe Mitchko

518-762-3216

John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
19 AUG, ADAU Raw Drug Free New Jersey Youth BP and 2 lift (19 & under, out of state division) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807
31 AUG, NASA Virginia Regional (Charlottesville) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com

AUG, AAU Youth, Teenage and High School Nationals at the AAU Jr. Olympics (Knoxville, TN) Rudy Garcia, Rt 1 Box 212, New Canton, VA 23123, 804-581-1910

10-15 SEP, IPF World Jrs (Venezuela) 9-13 OCT, IPF World Masters (Argentina) **SEP**, NASA Kentucky Regional (Lexington) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com
10 OCT, ADAU Raw Drug Free Open New Jersey BP & BP/DL (Hamilton Township PAL) Lorraine Granese, 708 Sugarbush Ct., Mays Landing, NJ 08330, 609-625-0807

13 OCT, White's Truck Stop YMCA BP/DL, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

13 OCT, APF Semi-Annual Bench Meet, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

19 OCT, 6th Pennsylvania Power Challenge (BP/DL) Gene Rychlak, 143 2nd Ave., Royersford, PA 19468, 610-948-7823

OCT, PPL Drug Free Nationals (sculptured awards) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

12-17 NOV 02, IPF World Men's (Bratislava, Slovakia)

18 NOV, The Pennsylvania Power Press (non-sanctioned BP - open, women, teen, master) Dan Swope, 1024 Cranberry Dr., Erie, PA 16502, 814-459-7693

5-8 DEC 02, IPF World Bench Press (Luxembourg)

7,8 DEC 02, USAPL Virginia State PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

14 DEC 02, Christmas Bench Press, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

CA Bob Packer, 559-439-4394, 760-2970
MAY, NASA Pennsylvania State (New Stanton) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com
MAY, USAPL New England States Open, Greg Kostas, Bx 483, Whitman, MA 02382, 781-447-6714 (8-10pm) Rene Moyen, 401-527-3711
MAY, NE Regional World Qualifier, Bruce Lynch, Box 272, E. Taunton, 02718, 508-822-4534
25 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)
15 JUN, AAU Raw Defender Bench Press, Bill Calhoun, Fairfax County, VA, 703-585-9425, drugfreesports@yahoo.com
15 JUN, USAPL Eastern USA BP, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
JUN, NASA WV Open (Buckhannon) Greg Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, guhl@wirefire.com
JUN, AAU Raw Nationals (Boston, MA) Dennis Brennick, 617-567-5177
19 JUL, AAU National Raw PL, Bill

Calhoun, 703-585-9425, drugfreesports@yahoo.com
26-27 JUL, WABDL National BP & DL (Houston, TX - Clarion Hotel) Bob Garza, 281-820-5923
JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692
2-4 AUG, AWPC Amateur Worlds (Athens, GA) L.B. & Nadine Baker, 770-725-6684, lbbaker@musclemaker.net, www.irondaug.com or www.musclemaker.net
3 AUG, Team Weber Strength Powerlifting, Robert Weber Jr., 14125th St., Camanche, IA 52730, 563-259-8695
10 AUG, Greene County Fair Strongman/woman, John Shiflett, Box 941, Stanardsville, VA 22973, valifting@aol.com
17 AUG, USAPL Mid-Atlantic Open PL/BP,

2001

World Mens/Women's Masters I.P.F.

Powerlifting Championships

October 18,19, 20, 21st

Heritage Inn - Moose Jaw, Saskatchewan, Canada

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Moose Jaw, Saskatchewan, Canada S6H 7N7

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Fax: 1-306-692-5660

e-mail: moosejaw@heritageinn.net

Meet Director: Wayne Cormier, phone: 1-306-446-1330, Fax: 1-306-445-2829 OR Jeff Butt, phone: 1-306-694-5262/1-306-692-0688, fax: 1-306-694-5034

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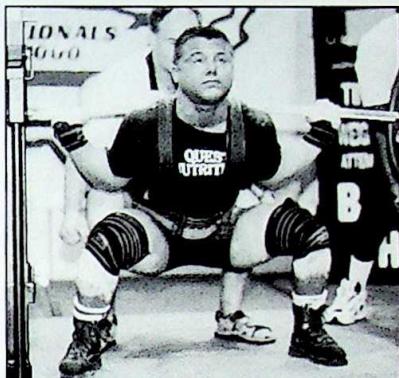


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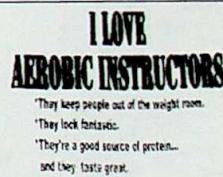
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Classes for Men and Women Youth,
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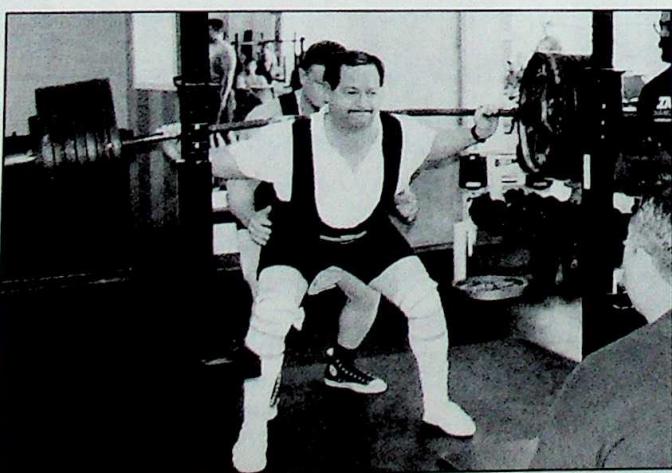
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Ntrlpwr@pe.net



		NASA New Mexico State				
		19 May 01				
Pwrsports		C. Stoy	130	187 lb. M1	P. Rivera	215 127.5 230 572.5
BENCH HS		Pwrlifting		227 lb.	S. Puerto	242.5 157.5 232.5 632.5
187 lb.		BENCH		280 lb.		
T. Brown		107.5 205 lb. Int		R. Anttila	245 172.5 245 662.5	
M1		N. Jawas	125	227 lb. M2	K. Croxdale	232.5 162.5 277.5 672.5
C. Stay	120	187 lb. M3		J. Moskowitz	157.5 187 lb. M5	
CURL				J. Thomas	135 110 162.5 407.5	
177 lb. HS				D. Madrid	172.5 135 167.5 475	
T. Brown	62.5	J. Willow	150	205 lb.		
205 lb. Nat		205 lb. Nat		R. Anttila	172.5 135 167.5 475	
T. Dennis	72.5	T. Dennis	170	280 lb.		
SM				R. Anttila	245 172.5 245 662.5	
T. Dennis	72.5	S. Cyranoski	197.5	154 lb. Nat	D. Bracken	225 145 237.5 607.5
WOMEN		227 lb. Pure		M. Teuppel	195 315 lb.	
101 lb. M5				R. Anttila	165 315 lb.	
V. McCormack	30			M. Lausen	315 222.5 322.5 860	
DEADLIFT				154 lb. Nov		
183 lb. M1				T. Dennis	170 C. Phillips	137.5 100 170 407.5
C. Stay	160	250 lb.		170 lb.		
WOMEN				J. Sona	197.5 J. Hamilton	102.5 70 140 312.5
154 lb. M1		227 lb. SM2		187 lb.		
S. Yazzle	100	R. Anttila	165			
M5		127 lb. Youth				
S. Yazzle	100	A. Puerto	47.5			
SQUAT		WOMEN				
127 lb.		138 lb. Ant				
HS		L. Siddell	91			
A. Miguel	120	101 lb. M5				
205 lb. M1		V. McCormack	70			
Pwrsports		CR BP DL TOT				
127 lb. HS						
W. Benard	47.5	65	122.5 235			
154 lb.						
P. Valdez	45	90	120 255			
170 lb.						
J. Gomez	52.5	87.5	172.5 312.5			
227 lb. Teen						
J. Philips	52.5	95	100 247.5			
HS						
J. Philips	52.5	95	100 247.5			
110 lb. Youth						
N. Adelman	12.5	20	27.5 60			
Pwrlifting		SQ BP DL TOT				
205 lb. Int						
C. Harley	280	150	260 690			
E. Nephew	227.5	137.5	227.5 592.5			
280 lb.						
M. Hooker	205	192.5	260 657.5			



Y.E.S. Inc. Powerlifting Association Presents:
(All Inclusive Lifting Association)

First Annual Y.E.S.P.A. Powerlifting and Bench
Press National Championships

Date: Saturday, December 1, 2001

Entry Deadline: November 17, 2001 (No Walk-Ins)

Event Site: Youth Exercise Services Inc., 123 West Main Street, Fruitland, MD

Weight Classes: Men: 114, 123, 132, 148, 165, 181, 198, 220, 242, 275, 308, Shw. Women: 97, 105, 114, 123, 132, 148, 165, 181, 198, Unl.

Divisions: Amateur Division (Drug Tested), Pro Division (Non-Drug Tested)

Subdivisions: Teen, Junior, Open, Submasters, Masters, Police, Special Olympian

Meet Directors: Fred Vanderveen, Founder, Youth Exercise Services, Inc., Trend Dashiell, Program Director, YES Inc. Powerlifting Association, (410) 742-9201 or (410) 749-9101, E-mail: yes@ezy.net, Web Address: www.ezy.net/~yes

USAPL Squat Nationals/Eastern BP					
16 Jun 01 - Charlottesville, VA					
250 lb.	192.5	150	202.5	545	
M. Werner	187.5	177.5	192.5	557.5	
280 lb.	148 lbs. (14-15)				J. Hannah 500
N. Banneiter	300	142.5	252.5	695	220 lbs.
187 lb. Pure					
P. Rivera	215	127.5	230	572.5	J. Dunbar 280
205					165 lbs. (16-17) R. Mello 660
G. Rundel	215	125	215	555	WOMEN P. Sutphin 660
250 lb.	260	192.5	305	757.5	N. Greenwood 230 E. Cronin 490
M. Whiting					(45-49)
280 lb.	250	192.5	260	657.5	T. Flaherty 250 P. Sutpin 660
M. Hooker					181 lbs. (45-49) T. Tinaz 620
205 lb. SM1	215	125	215	555	J. Alston 450 242 lbs.
G. Rundel					D. Silveus 475 D. Taylor 675
170 lb. SM2	205	112.5	205	522.5	(50-54) J. Pool 435
P. Buehler					
WOMEN					
119 lb. Jr					
M. Plata	105	60	100	265	
Nov					
M. Plata	105	60	100	265	

(Thanks to Mike Adelmann for these results.)

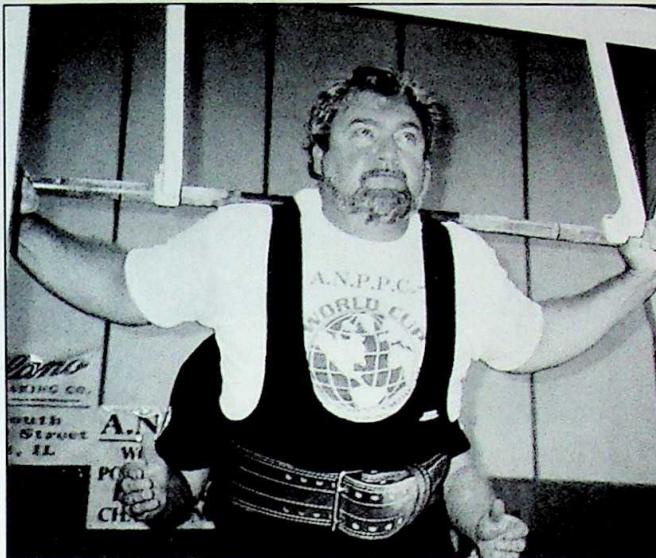
Powerlifting is very fortunate to have two active meet promoters: Veterans Willie Morris and John Shifflett. Both men promote some of the most high-profile contests in the country, especially in the state of Virginia and mostly for USA POWERLIFTING. The USAPL SQUAT NATIONALS were conducted in high-fashion with the tradition of limited supportive gear (as mandated by USAPL & IPF) along with strict officiating. There were 14 Squatters during the brief and intense session and the competition was fierce. TONY TINA Z of New York lifted well with very little supportive gear along with DOUG TAYLOR PAUL SUTPHIN managed a victory in the Master's Division with a new National Meet Squat Record in the 45-49 age group. ROBERT MELLO, lifting 660, captured the Open Division of the 220's on bdywt. NIKKI GREENWOOD, a teenager from Northern Virginia and the only female of the contest, has only been lifting for a short while but was impressive. The USA BENCH PRESS CHAMPIONSHIPS attracted some very good lifters. Again, Shifflett and Morris have a following that harbors some of the premier meets held in the Eastern Region of the country. So, until next time. (Thanks to Paul Sutphin, National Squat Champion, IPF Cat II Ref, for results)

Paul Sutphin (left) had a good battle at 220 in the USAPL Squat Nationals. (photograph by Samples)

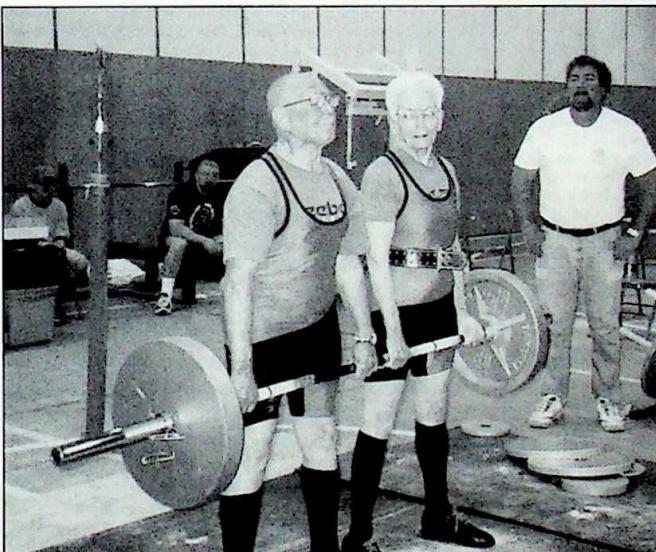
ANPPC World Cup PL
14 Jul 01 - Park Forest, IL

BENCH	T. Harrison	470*
Police/fire 123 lbs.	275 lbs.	
C. Thurston	140*	450*
Teen 132 lbs.	Open 148 lbs.	250
J. Sorg	O. Anderson	
Master (40-44)	165 lbs.	
181 lbs.	W. Anderson	325
L. Banks	M. Schaefer	
220 lbs.	198 lbs.	
A. Kennedy	T. Carnaghi	370
SHW	N. Young	
F. Sorg	220 lbs.	
Master (45-49)	J. Pinckard	445*
275 lbs.	M. Debenedetti	430
B. Blackmon	380	
(55-59)	Open	
B. Adams	M. Capriotti	
(60-64)	242 lbs.	
J. Marsala	D. Walker	
(70-74) 220 lbs.	275 lbs.	
A. Glass	M. Smith	405*
Police/Fire	308 lbs.	
Master (40-44) 220 lbs.	J. Underwood	375*
A. Kennedy	J. Cervantes	
242 lbs.	SHW	
WOMEN	F. Sorg	400
132 lbs. Master (75-79)	SQ BP DL TOT	
J. Merrell	50*	50* 65* 165*
Open 242 lbs.		
A. Morrow	300*	125* 335* 760*
MEN		
Master (40-44) 165 lbs.		
D. Kibler	460	250 430 1140
181 lbs.		
M. Rivera	600*	360* 500* 1460*
SHW		
F. Sorg	680*	400* 610* 1690*
Master (50-54) 220 lbs.		
S. Mahalik	365*	245* 550* 1160*
SHW		
J. McGee	780	470 550* 1800
275 lbs.		
B. Adams	445*	400* 455 1300*
Master (60-64) 220 lbs.		
D. Shaw	600*	325* 600* 1525*
Master (80-84) 148 lbs.		
R. Merrell	100*	75* 140* 315*
Police/Fire 242 lbs.		
T. Harrison	505*	470* 485* 1460*
Open 198 lbs.		
T. Carnaghi	835*	370 600 1805
S. Kuderick	660	385* 555 1600
N. Young	-	- - -
220 lbs.		
M. Debenedetti	650	430* 550 1630
242 lbs.		
A. Sanders	570	325 630 1525
275 lbs.		
D. Minks	650	330 540 1520
308 lbs.		
G. Presley	505*	405* 610* 1520*
SHW		
J. McGee	780	470 550 1800
J. Sorg	680	400 610 1690
MAN-WOMAN DEADLIFT		
J. Merrell-79/R. Merrell-81	245	

*ANPPC World record. Best Lifter PL: Tom Carnaghi. Best Lifter BP: James Pinckard. The 2001 ANPPC World Cup Powerlifting/Bench Press Championships were held at Rich East High School. Many thanks to meet director Eric Maroscher, who serves as the assistant principal there, for his tireless efforts in making this annual event a continued success. I would also like to thank the Park Forest Police Department for their help in loading and spotting, as well as Bernie Ferro, Tom Reimer, Jeff Stuckel and Eric for doing a fine job judging. But most of all I must thank three people in particular, starting with Park Forest Police Chief Carl Kuester (who recently won the World Police & Fire Olympics). Carl loaded and spotted the whole time and never once complained, and he was a tired little puppy by the end of the day. Secondly, Keith Earley. Keith is an ANPPC World Cup champion and bench press record holder. Keith also loaded and spotted all day as well as serving as side judge when needed. Lastly was head judge, Linda Middleton. I think all of the judging was very consistent and fair for a world competition, but beyond that Linda did a simply excellent job. Linda has won more national and world championships than any other woman in the history of the ANPPC. Thank you all very much for doing such a fine job. In the powerlifting competition we were missing some of our old favorites but found some new ones along the way. The first of these was seventy-nine year old Josie Merrell. Having just started powerlifting within the past



Butch Adams (above) sets up for his 445 pound record squat in the Masters 55-59 age group, 275 lb. class at the ANPPC World Cup. (photos courtesy of Dr. Darrell Latch) and (below) Roger Merrell (age 81) and Josie Merrell (age 79) perform an exhibition two person deadlift with 245 lbs. while Butch watches them from their left side.



year, Josie and her husband Roger have been having a ball, competing in numerous national and world class meets throughout the country. Here Josie set all new world and national ANPPC records with a 50 squat, 50 bench and a 65 deadlift for a 165 total. Josie lifted in the 132 class. Our only other women's competitor was first-time competitor Amy Morrow. Amy also set all new national and world marks in her class, the open 242's. With excellent form, Amy went nine for nine, finishing with a 300 squat, 125 bench and a 335 deadlift for a great 760 total. At master men 40-44 we had three competitors, the first of which was Darrell Kibler. Darrell, a past ANPPC national and world cup champion, was also the 1998 WAAFP world champion at 148. Darrell had a great day, starting with a pr 460 squat, followed with a 250 bench and a 430 pull for a personal record total of 1140. Moving up to the 181 lb. class was last year's winner at 165, Manuel Rivera. Manuel, who holds all of the world records at 40-44/165, now holds all of the records at 181 also. Starting with a 360 bench and a 500 pull for a great 1460 total. Also at 40-44 was Big Fred Sorg who won again at SHW. Fred, who always seems to leave a lot on the squat platform, stopped at his opener, an easy 680. Fred benched an easy 400 opener but got all three of his pulls to finish with 610 and a 1690 total. All of Fred's lifts were new world cup records. At 50-54/220 it was Dr. Stephen

Mahalik for his first world championship. Dr. Steve got in a 365 squat followed with a 245 bench and a great 550 deadlift for an 11, 160 total. Again, all were new world cup marks, making Steve one of the premier drug-free master deadlifters in the country at 220. John McGee won the 50-54/shw title, as he did last year, with a big 1800 total. The current record holder in the squat with 900, John struggled on this day, getting only his opener of 780. John's bench was better, coming within ten pounds of his record with 470. He then pulled a record 550 for his total. Also great to have the big guy lift with us. Butch Adams was fill of it, as usual, and came through with a personal record total. Butch also came through with three new world records, including the squat (445), bench (400) and total (1300). Butch just recently moved to the 55-59 age group though still lifting in the 275 class. Out of Burlington, Iowa came the great Deedy Shaw, lifting in the 60-64/220 class. If you have never seen this man lift, you've truly missed a "master" lifter. Deedy set all new world marks going 600-325-600 1525, all with perfect form and grace. Like Eric Maroscher said, "Deedy never wastes any energy like many of the younger lifters do!" And he doesn't, he just goes up to the platform and lifts the weight. Great to have you apart of the World Cup, Deedy! Our final master competitor was eighty-one year old Roger Merrell, a retired Methodist minister from Michigan. Roger squatted 100, benched 75 and pulled

140 for a 315 total, all new records for him at master 80-84/148. At the end of the competition Roger and Josie did a man-woman exhibition deadlift of 250 to the delight of the crowd. Another first-time lifter with the ANPPC, Tommy Harrison, took the police & fire/242 title home to Chicago. Tommy finished with all new records there, going 505-470-485-1460. A great natural bencher, Tommy also won the bench competition in that same class. In the open competition everyone was looking to Tom Carnaghi for that all-time record squat at 198 as he had been training for. But, personal problems and peaking too soon left Tom with just his first two attempts, finishing with 835. Even though this was a new world mark, 870 buried Tom and he passed on the 905 record attempt. Frustrated, Tom finished the day with a 370 bench and his opening deadlift of 600 to total 1805. Even though Tom still won best lifter it wasn't quite what he wanted. Oh well, there's always the ANPPC National in October! Second place at 198 went to Scott Kuderick, who actually had a great day of lifting. Starting with a pr 660 squat, Scott then tied the existing bench record with a strong 385. A 555 pull gave Scott a 1600 total, also a new personal record for him. Rounding out the field at 198 was Nick Young who came for the bench record at 198. Taking a token squat with 140, Nick was not able to keep his hips down on the bench with his 460 opener, therefore bombing out. I always hate to see a lifter bomb out, because I know how much work goes into training, the expense, etc. At 220 Mario Debenedetti did well in winning his class, even though he was a little disappointed with some of his lifts. Here's a strong boy with a lot of potential, as he nailed a 650 squat a great world record 430 bench and a 550 deadlift for a 1630 total. Just a little more experience and some of the problems Mario was having with his form will turn into some big totals. Andre Sanders took the 242 class with some respectable numbers, going 570-325-630-1525. This was only Andre's second competition. At 275 it was Dustin Minks with a fine 1520 total. Dustin came through with prs assetting all new marks with a 505 squat, 405 bench, and a 610 deadlift for a 1520 total. A great job from the "tall guy with a great deadlift". Taking the open supers was John McGee with his 1800 total, followed by Fred Sorg 1690. In the bench press championships our lone women's competitor was Candy Thurston who lifted in the police & fire 123 class. Candy opened light with 95 then jumped to an easy 140 record attempt before missing at 165. Teenager John Sorg broke his own record at 132 with an easy 205. Lee Roy Banks won at master 40-44, finishing with a new world cup record of 405. Al Kennedy won at master 40-44/220 as well as the police & fire master 40-44/220 with a strong 405 second attempt. Both were new world cup records. Fred Sorg won both the master 40-44 and open shw titles, setting the record in the master's division with his 400 opener. Barry Blackmon took the 45-49/275 title, finishing With 380. At master 55-59/27-4) Butch Adams broke new ground as he finished with a record 400 in that class for the win. Chicago's own Joe Marsala dropped his opener to 200 and stayed there as he captured the title and the record at master 60-64/275. Seventy-three year old Allen Glass came from Indiana to claim his title at 70-74/220 finishing with a record 260. In the police & fire division we had two great benchers, Tommy Harrison and Chris Gholston. Tommy won at 242 with a big 470 while Chris who was nursing a shoulder injury, took the 275 class with 450. Both were new world cup records. In the open division Otis Anderson won at 148 with 250 while William Anderson won at 165 with 325. Also at 165 was Marc Schaefer, who failed to get his opener in. Tom Carnaghi won at 198 with his 370 opener after Nick Young failed on his opener with 460. At 220 it was James Pinckard who also took the best lifter award, finishing with 445 at a 207 bodyweight. Mario Debenedetti was second at 220 with 430 while Mike Capriotti bombed on his opener. At 242 it was David Walker, a great bencher from Wisconsin who also failed on his opener of 485, which would have been a new record there. Marty Smith v on his first world title with his 405 record performance at 275. At 308 training partner Jason Underwood set the record at 375 for the win over Jason Cervantes, who also failed to get his opener. Thanks again to all who helped out in any way. See you all in October for the ANPPC Nationals! (Thanks to Dr. Darrell Latch for results)

SLP Superman Classic BP/DL

9 Jun 01 - Metropolis, IL

BENCH		Master (40-44)
WOMEN	275 lb.	W. Hinkle
Master (50-54)	300*	
148 lb.	300*	
P. Berry	170* Open 148 lb.	
G. Paff	75 L. Khoan 300	
MEN	4th	
Teen (13-15)	315*	
275 lb.	165 lb.	
C. Zirbel	240* J. Kesler 305	
Teen (16-17)	J. Trovillian 245	
308 lb.	198 lb.	
B. Masden	380* D. Nealy	
Teen (18-19)	620*	
165 lb.	R. Coggins 415	
J. Stratton	305* 4th 430	
220 lb.	K. Garrett 400	
M. Helton	375* 220 lb.	
Junior 198 lb.	K. Parrish	
B. Rose	400 540*	
4th	425 J. Groves 500	
275 lb.	275 lb.	
S. Cook	465* G. Lealiifano 600*	
Submaster	L. Young 450	
181 lb.	308 lb.	
B. Stevens	380 A. Wood 450*	
275 lb.	P. Stephenson 435	
G. Lealiifano	600* Guest Lifter	
S. King	525 SHW	
4th	540 A. Clark 740	
D. Lowe	420 DEADLIFT	
Master (40-44)	WOMEN	
165 lb.	Master (50-54)	
J. Kesler	305* 148 lb.	
198 lb.	G. Paff 210*	
K. McDonald	370* Teen (13-15)	
B. Cole	285 275 lb.	
4th	325 C. Zirbel 370*	
275 lb.	Teen (16-17)	
R. Rath	450* 308 lb.	
Master (50-54)	B. Masden 600*	
B. Adams	415 Junior	
4th	425* 220 lb.	
Master (55-59)	J. Gaddis 455*	
198 lb.	Master (50-54)	
J. Mitsopoulos	400* 275 lb.	
Police/Fire	B. Adams 450*	
181 lb.	Police/Fire	
B. Smith	350 Master (40-44)	
275 lb.	275 lb.	
D. Bates	300 W. Hinkle 485*	
Police/Fire	Open	

*=SLP Illinois State record. Best BP Lifter: Dewayne Nealy. Best DL: Keith Parrish. The SLP Superman Classic was held at the home of Superman himself in Metropolis, Illinois on June 9, 2001. We owe a special debt of gratitude to Butch Adams who has worked so hard the past two years to make this annual event a success. Butch was awarded a special plaque in appreciation for his efforts. Along with the festive atmosphere of the event was the presence of Anthony Clark, who was there giving away autographed pictures, signing shirts and inspiring everyone as he demonstrated his great benching strength. Anthony worked his way up to 740 for a double, and even though he wasn't able to get the weight all the way down to his chest, he just simply blew the weight up to lock out. This with just a double-ply Inzer shirt! If you have ever had any doubts about this man's strength you just have to watch him lift and you know you're in the presence of someone special. This man is devoting his life to inspiring lifters of all ages to do the best they can, whatever their dreams, all the while promoting the sport of powerlifting in the positive kind of way it should be promoted. I was very pleased to finally meet Anthony and have him be a part of our celebration. Hey, we had a great bench competition, with several new Illinois state records, but even more importantly we had several new pr's set, with lifters getting their first 400, 500 and even 600 benches! Starting off with the women, the Classic marked the return to competition for our old friend Peggy Berry. Lifting in the master 50-54 division Peggy demolished the existing Illinois state record in the 148 class with a strong final attempt of 170. (200 by the Indiana State Fair) Taking second place to Peggy was Gayle Paff, who matched her personal best with 75. Gayle is simply one of the nicest, sweetest ladies in our organization and its always fun to have her compete. In the teenage men's division we had four lifters, each of which set new state records in their respective classes. First, in the 13-15 age group, Cory Zirbel showed lots of promise as he finished with 240 in the 275 class; this being his first



Here's the guys at the Superman Meet from Independence, MO (l-r): Keith Parrish (540 PR @ 220 open), Dr. Darrell Latch, Jim King (540 pr @ 275 submaster), Bruce Stevens (380 @ 181 submaster), (kneeling) Steve Cook (456 pr @ 275 junior). (Photograph provided courtesy of Dr. Darrell Latch to PL USA).

competition. Byron Masden got his record at 308, pressing a clean 380 to lockout. At 18-19 it was Justin Stratton at 165 with 305 and Marcus Helton finishing with 375 @ 220. Brandon Rose got a new pr with his win of the junior 198 class, when he was successful with a fourth attempt of 425. Steve Cook also got a pr of 465 along with a state record as he won the junior 275 title. In the submaster division Bruce Stevens had a great day, finishing with a personal best of 380 as he captured the title at 181. At submaster 275, George Lealiifano fi-

nally got his first 600 bench, and it was a good one! George brought the weight down strong, and after a solid pause blew the weight to full extension, much easier than his 580 second attempt. Congratulations, brother! Placing second at 275 was another great bencher, Jim King. Having just gotten his first 500 bench only two months ago, Jim worked his way through his attempts, hitting 515 on his second, 525 for his third and a strong 540 pr fourth attempt to finish his best day of competition yet! Third place at 275 was David Lowe

(315), the later being a new Illinois state record at 148. John Kesler became the first double winner of the day with his win at 165 over Joel Trovillian who finished with 245. At 198 we had the number two bencher in the world, Dewayne Nealy. Dewayne opened with an easy 560 before missing 620 on his second attempt. Adjusting his shirt a little, Dewayne settled back, took the lift off, came down and got the press signal, then simple blew the same 620 away. Good Lift! Another state record, a pr for Dewayne and at a 192 bwt, best lifter honors for the competition. Second place at 198 went to Ricky Coggins, who also had a great day of lifting. Ricky got his first 400 bench on his second attempt, then 415 and 430 for his fourth, all new pr's on the day. Kenny Garrett also got his first 400 bench, finishing third at 198. Congratulations to all three of you lifters. Keith Parrish won at 220 with some great benching, finishing with a personal best and state record 540. Keith's previous best was 485. Second at 220 was Jack Groves who got a couple of pr's including his first official 500 which he got on his final attempt. George Lealiifano won his second title of the day with his first 600 @ 275, another state record, followed by Larry Young's 450. Larry has some problems with uneven extension due to a shoulder injury but is still strong as a horse. Anson Wood did good in his first competition, taking the 308 class with a state record 450. Anson is being trained by George Lealiifano. Pat Stephenson was second at 308 with a personal best 435. In the deadlift competition Gayle Paff equalled her previous best with 210 to capture the title at master women 50-54/148. This was a new state record for Gayle, who also holds the Kentucky state record in that same weight class. Cory Zirbel set the state record at teenager 13-15/275 when he locked out 370 on his second attempt. Byron Masden showed lots of power as he pulled a state record 600 in his win at teenager 16-17/308. This was also a new personal best for Byron. At junior men/220 Jarrod Gaddis got his state record on his final pull with a strong 455. Butch Adams finished the day with his second state record as he pulled 450 for the title at master 50-54/275. Wes Hinkle also got his second state record of the day with his 485 pr attempt as he took the police & fire/master 40-44/275 class. Kenny Garrett pulled the biggest lift of the meet with his win in the open 198 class. Kenny broke the current record with a strong 680 pull, just missing a pr 720 at lockout. At a 198 bwt, Kenny easily won best lifter honors. Taking the open 220 class was training partner Jack Groves, who finished with 650. Thanks to Sherry Stevens for helping me at the table, my son Joey, Butch Adams and everyone else who helped out. See you all next year! (Thanks to Dr. Darrell Latch for providing these results).

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WNPF BP/DL/Ironman Nationals
5 May 01 - Las Vegas, NV

BENCH	242 lb.	165 lb. Open	
WOMEN	Lifetime	Musser!	400*
123 lb. (40-49)	Watson (40-49) Raw	High School Natl.	230*
James MEN	155* Flynn	MEN	390
165 lb. Lifetime Ward (33-39)	275 lb. Open	123 lb. (9-10)	1020
181 lb. (40-49)	Thompson	Grade Raw	
Lee 198 lb. (20-23)	400 40-49	Kester	180
Cardona! Open	400t Thompson	148 lb. (10-11)	165
Cardona Derosier (40-49)	Police	Grade Raw	265
Zwolinski (50-59)	Thompson	Erickson	190
Matheson 220 lb. (40-49)	400t (40-49) Raw	198 lb. (9-10) Grade Raw	340
Wondra Police Raw Prenty	181 lb. Lifetime Raw Rerucha	Reiman 242 lb. (9-10) Grade Raw	795
Ironman WOMEN 148 lb. (33-39)	BP DL TOT	Cuccurullo	280
Williams MEN 181 lb. Open Raw Higginbotham 198 lb. (33-39)	135 250 385	Powerfest 2001	190
Hatchette Police/Fire Robsky Open Derosier 220 lb. (33-39)	280 470 750	165 lb. (20-23)	405
Maxwell Open Raw Chaves! 242 lb. (70-79) RAW Brandt (50-59) Raw Smith SHW Open Ferrell Police/Fire/Milt Ferrell!	250 445 695	Barnes	450
*WNPF American/National Record. I-Best Lifter. We had just over 35 lifters for this event. Although small, we had some very good lifting at this event. We are trying to make our mark on the west coast with WNPF events and I believe we will be fine once we have a few WNPF meets on the west coast. Thanks to all the lifters that traveled so far for this event and thanks to the WNPF staff. (Result by the WNPF).	280 485 765	Landis	350
	410 530 940	Open	—
	230 405 635	Ingram	470
	405 550 955	181 lb.	360
	220* 350* 570	(33-39) Raw	470
	405* 365* 770	Baez	380
	360 720 1095	(33-39) Raw	320
	360 720 1095	Stewart	405
	—	181 lb.	1105
	250 Kleinsmith	(60-69)	198 lb.
	250 Edwards	Open	320
	250 (33-39)	Adzima	450
	300 Denherder	Lifetime	475
	300 (40-49)	Adzimla	530
	470	(40-49)	1375
	470	Kleinsmith	1375
	480	SHW	1520
	480 Lifetime Raw	Lifetime	
	480 Rerucha	Raw	
	635	Rightett	
	BP DL TOT	615	700*
		Police/Fire/Milt Natl.	1745
		181 lb.	
		Open	
		Warshany	
		220 lb. (33-39)	
		Neal	
		275 lb. Open	
		Adzima	
		480 365 530	
		1375	
		*WNPF American/National record. I-Best lifter. Team Champions: Ephrata Power Team-Powerlifting. Skiba's Gym-Bench Press. Although this meet was small and we didn't have very much time to promote the event, I think everything went as well as it could. We were so short handed staff wise with this meet that it made things a little difficult to pull off this one. This wasn't one of the typical WNPF events but again overall things went well. We had three new spotters at this meet Willie Foster, Eric Poitivien and Richard Smith. These guys did an excellent job of spotting and loading. Our officials were Jim Poinsett, Ron Ehrhardt and Annette Schneidmill. I must mention that Jim was supposed to lift in this meet and during weighins he was asked to step in and officiate at this event and he did. He decided not to lift and officiate the entire meet, thanks Jim. Ron	

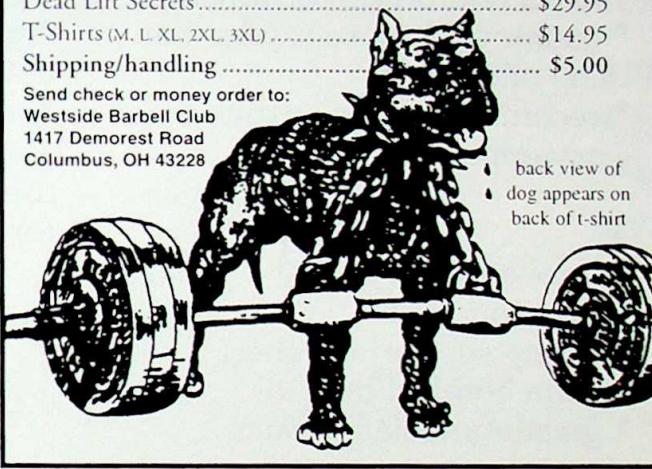
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Ehrhardt always improving and always helping the WNPF organization. Annette Schneidmill just had knee surgery three days before this event and was called upon at the last minute. Crutches and all she sat down and officiated with her bad knee propped up in a chair. This is what you call dedication folks. The WNPF will be forced very soon to put on bench press, deadlift and Ironman meets very soon. Reason being there is just not enough people out there willing to help at most events. With bench and deadlift meets you need less staff, the meets are run much quicker and you don't need much equipment. We are seriously looking into putting on these types of events in the very near future. Thanks to all the lifters that participated in this event and thanks to all the spectators that came out to cheer on all of these fine lifters. Thanks to Henri Skiba for helping us put on this meet at Carteret High School. I'm sure we will be back for another one soon. (Thanks to the WNPF for providing the results).

WNPF Powerfest/Pol/Fire/Mil/HS
2 Jun 01 - Carteret, NJ

BENCH	Lifetime Raw	
165 lb.	Edwards (33-39)	480
Police Open		
Caligari 198 lb. (60-69)	300 Denherder	370
Open	(40-49)	
Dalzell Lifetime	250 Kleinsmith	470
Dalzell	242 lb. (9-10)	
220 lb. Open	430 (40-49)	
Copenhaver 242 lb. (11-12) Grade	430 Semmon	—
Lamotta Open	430 Police Subs	
Maltezos! Maltezos	500 Lopez	500
Lifetime	DEADLIFT	
Maltezos	148 lb.	
Maltezos (60-69) Raw	181 lb.	
Serritella 275 lb.	420 lb. (9-10) Grade Raw	
Open Raw	425 Takfiar	225
Edwards Powerfest	425 Open	
480 Maltezos	525 Dambach	430
480 Maltezos	475 242 lb. (60-69)	425
Lifetime	Serritella	
Maltezos (60-69) Raw	475 SQUAT	
Serritella 275 lb.	242 lb.	
Open Raw	425 Open	
Edwards Powerfest	Maltezos Lifetime	675*
480 Maltezos	Maltezos	
SQ BP DL TOT	675*	

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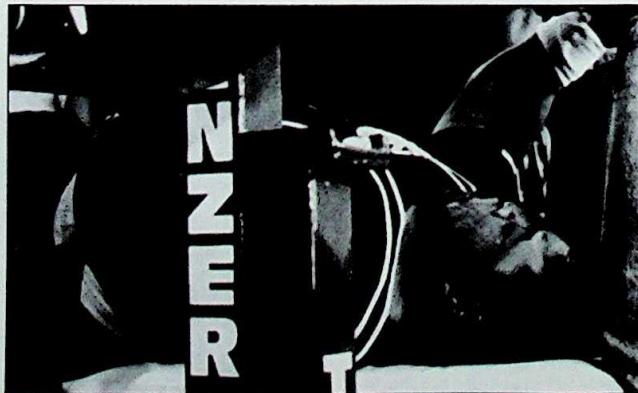
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USPF West Virginia
25 Mar 01 - Institute, WV

SQUAT	T. Pratt	578	T. Bullman	165	143	264	573	Law/Fire
MEN			B. Riffe	148	115	253	518	B. Reynolds
181 lb.	Holley Open		S. Short	132 lb.				Senior
D. Corney	435	220 lb.	Teen (16-17)	165	126	253	545	R. Harbert
A. Kwiatkowski	457	Master (55-59)	J. Brezenski	198	143	281	622	Submaster
220 lb.	D. Blosser	446	C. Gillispie	148	137	248	534	B. Chapman
Master (50-54)		148 lb. Junior	D. Truman	220	203	347	771	Teen (14-15)
D. Hall	518	242 lb.	Teen (14-15)	J. Brooks	154	137	231	J. Roberts
242 lb.	R. Life	374	(16-17)	(16-17)				(16-17)
Law/Fire Senior	BENCH		J. Vaught	303	226	374	903	R. May
B. Reynolds	374	MEN	165 lb. Collegiate	R. Greene	523	363	523	(18-19)
Master (40-44)	123 lb. Senior		Senior	523				J. Blankenship
B. Reynolds	374	S. Caldwell	Submaster	523	323	523		275 Senior Law/Fire
275 lb.	148 lb.	187	E. Smith	501	330	407		T. Pratt
Submaster	L. O'Brien	319	J. Boston	286	220	424		Submaster
M. Macklin	501	Teen (18-19)	J. Wyant	303	226	325		M. Macklin
275 lb.	S. Morris	253	(18-19)	E. Antolini	391	237	414	Teen (16-17)
Law/Fire Senior	181 lb.		(18-19)	181 lb. Collegiate	391			R. Kinzer
T. Pratt	578	Master (60+)	A. Smith	501	330	407		(18-19)
Senior	K. Samples	226	J. Boston	286	220	424		R. Ernest
T. Pratt	578	Teen (16-17)	J. Wyant	303	226	325		E. McComas
DEADLIFT	J. Daniels	187	(18-19)	E. Antolini	391	237	414	308 lb. Teen (14-15)
MEN	(18-19)		(18-19)	181 lb. Collegiate	391			C. Mathews
181 lb. Senior	W. Winter	259	A. Kwiatkowski	457	319	485		G. Davis
D. Carney	440	S. Hatfield	Junior	457	319	485		SHW Teen (16-17)
Collegiate	198 lb. Law/Fire		A. Kwiatkowski	457	319	485		D. Davis
A. Kwiatkowski	485	Master (40-44)	D. Corney	435	297	440		Holley Open
198 lb.	D. Searls	297	Teen (18-19)	435	297	440		WOMEN
Submaster	(50-54)		S. Edridge	341	220	407		123 lb. Master (40-44)
G. Bryant	413	B. Samples	(16-17)	341	220	407		P. Kusar
220 lb.	(60+)	314	K. Greene	380	286	402		330
Master (50-54)	D. Robins, Sr.	253	N. Haynes	352	237	385		214
D. Hall	501	242 lb. Senior	T. Outzulu	270	157	308		369
Law/Fire Senior	R. Harbert	523	E. Grandall	198	181	341		914
J. Rubenstein	518	Submaster	198 lb. Senior	198	181	341		MEN
Law/Fire	J. Hoover	451	J. Kerwin	490	292	479		165 lb. Teen (14-15)
Master (45-49)	R. Perkins	402	J. Kerwin	490	292	479		S. Wade
J. Rubenstein	518	Teen (18-19)	G. Bryant	380	258	413		220 lb. Junior
Master (55-59)	D. Perry	292	Teen (14-15)	380	258	413		K. Boltz
D. Blosser	446	(16-17)	B. Dolly	209	123	253		Submaster
275 lb.	A. Houser	325	C. McKenzie	501	264	518		K. Boltz
Submaster	275 lb.		220 lb. Junior	501	264	518		Teen (18-19)
M. Macklin	556	Master (40-44)	O. Bryant	490	374	512		J. Pine
Law/Fire Senior	N. Caruthers	319	Master (50-54)	490	374	512		1262
T. Pratt	578	Senior	D. Hall	518	319	501		1262
Senior	J. Jefferies	418	L. Arthur	496	286	523		J. Kusar
WOMEN	SQ	BP	(45-49)	496	286	523		275 lb. Law/Fire Senior
132 lb. Teen (14-15)			J. Rubenstein	501	330	518		T. Spencer
A. Samples	176	110	Teen (14-15)	501	330	518		479
181 lb. Master (60+)	S. Pack	209	D. Joyce	336	286	391		347
181 lb. Master (60+)	S. Pack	292	Senior	336	286	391		551
MEN		733	S. Criser	551	391	584		1377
114 lb. Teen (14-15)	T. Goirs	143	242 lb. Master (40-44)	551	391	584		Let me start out by saying a plain and simple - Thank You! In all of the years that I have been involved in Powerlifting, I have never seen a group of people come together and put out such an effort while putting organizational beliefs and affiliations on the back burner. Why do I say this? Because due to a little set back, I was unable to be available and fulfill my obligations towards promoting the contest. Now don't get me wrong - I have never been able to claim the state championships was all my doing - that simply is not true - over the year that the Holley Strength System has sponsored the contest it has always been a team and group effort. Yet, this year was different. Not only did our guys, the Bio-Muscle guys, and our other dependable regulars do their part, and more, even the other officers and promoters
	C. Taylor	248	R. Reynolds	374	314	501		275 lb. Law/Fire Senior
123 lb.		578	(50-54)	374	314	501		T. Spencer
	M. Highfield	347	M. Highfield	451	336	507		479
				451	336	507		347
				451	336	507		551
				451	336	507		1377
				451	336	507		Let me start out by saying a plain and simple - Thank You! In all of the years that I have been involved in Powerlifting, I have never seen a group of people come together and put out such an effort while putting organizational beliefs and affiliations on the back burner. Why do I say this? Because due to a little set back, I was unable to be available and fulfill my obligations towards promoting the contest. Now don't get me wrong - I have never been able to claim the state championships was all my doing - that simply is not true - over the year that the Holley Strength System has sponsored the contest it has always been a team and group effort. Yet, this year was different. Not only did our guys, the Bio-Muscle guys, and our other dependable regulars do their part, and more, even the other officers and promoters

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from rival organizations stepped up to offer their help and efforts. Just please know this - bottom line - powerlifters are powerlifters - plain and simple! When the rally call goes out, I don't care where or what organization you lift in here in W. VA, our people respond. God Bless you all, each and everyone, lifters, promoters, officials and officers - you are all the "BEST"! Now on to our contest. As usual numerous high quality lifters turned out and gave a great performance. Yes, judging was tough, expectations in some instances fell a little short. But know this - you all did an exceptional job - the results are a testament to that. To all our young folks - keep working hard toward your lifting goals, to our veterans - you're hard work showed. Because I did not witness hardly any of the lifts I'm not going to elaborate on the lifting - but as I read the results it left no doubt our future is bright and our sport harbors some class acts and a great deal of hope for the future. Congratulations to Carmel Hughes and Sue Ann Pack for being elected to our USPF Hall of Fame. You have and continue to serve as an inspiration to all of us, keep it up, I'll say it again, thank you all so very, very much. Your efforts alone made all the difference in the world. I promise to do my very best to not let you down next year. (Result by John Messinger).

Power Photos... we encourage those who take photos at meets to submit them to PL USA (Box 467, Camarillo, CA 93011). We prefer sharply focused black and white shots, but color prints will also reproduce well. We pay for all photos we use in the magazine and, of course, we credit the photographer.



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If Under 18 have Parent Initial _____

Signature _____

NASA Tennessee Regional 14 Oct 00 - (kg)							
PwrSports	227 lb. HS	D. Franks	245	155	252.5	652.5	
BENCH	D. Arnold	J. Brandon	255	167.5	297.5	720	
162 lb. Int.	SQUAT	187 lb. SM2	W. Agnew	242.5	172.5	280	675
C. Sloan	-	C. Sloan	B. Boyer	245	172.5	257.5	675
269 lb. M3	250 lb. SM	280 lb.	T. Dunlap	305	175	320	800
J. Jenkins	280 lb. SM	315 lb.	W. Johnson	307.5	192.5	200	760
119 lb. M5	PwrLifting	187 lb. WNov	M. White	72.5	97.5	-	35
D. Adams	BENCH	105	(Thanks to Mike Adelmann for these results).	135			
280 lb. MP	105	187 lb. M1					
B. Dearman	170 lb. 157 lb.	M. Pittman					
J. Schrager	105	C. Adams					
154 lb. P	227 lb.						
R. Davis	162.5 E. Akins	172.5					
250 lb. SM	250 lb.						
M. McRoberts	220	M. Petty	165				
CURL	SHW M2						
227 lb. M	J. Kennedy	227.5	BENCH	D. Herbst	330#		
A. Leggett	227 lb. MPure	172.5	Raw	(55-59)			
280 lb. M3	E. Akins	11 & under	S. Shales	400#			
J. Jenkins	57.5 SHW	148 lb.	(40-44) 242 lb.				
170 lb. Novice	J. Kennedy	227.5	B. Hanvey	135# M. Arcarisi	209#		
J. Schrager	62.5 250 lb. Pure	(12-13) 319 lb.	(35-39)				
205 lb.	J. Maggart	207.5	D. Duthoy	75# R. Murray	470#*		
J. Hall	85 154 lb. SM1	(18-19) 165 lb.	M. Harrison	360#			
Pure	B. Merz	87.5	T. Nicoletta	285# Open			
J. Hall	85 170 lb. SM2	(16-17)	D. Kingwater	475#!			
154 lb. SM	D. MacArthur	181 lb.	(35-39) 319 lb.				
B. Merz	50 187 lb.	J. Venturino	300# S. Rogers	470#			
DEADLIFT	S. Landers	(18-19)	DEADLIFT				
280 lb. M3	250 lb.	J. Macaluso	385# (12-13) 319 lb.				
J. Jenkins	152.5 D. Anguish	(16-17) 198 lb.	D. Duthoy	170#*			
205 lb. LN	280 lb. Teen	G. Jones	300# (15-16) 220 lb.				
G. Shackelford	195 K. Arnold	(16-17) 220 lb.	J. Lattimer	355#			
PwrSports	CR BP DL	T. Nicoletta	250 (18-19)				
250 lb. Nov		Open	J. Serio	510#*			
P. Dempsey	67.5 160 240	467.5	M. Kristoff	375#*			
170 lb.	62.5 160 240	467.5	J. Davoll	260# (35-39) 242 lb.			
K. Joseph	52.5 120 172.5	345	(40-44)	Harmon(equ)	500#		
R. Palmer		R. Brown	420# Open 220 lb.				
205 lb.			D. Miller	585#			
R. Noble	75 152.5 227.5	455	T. Ryko	405# (40-44)			
170 lb. Pure	67.5 140 210	417.5	(35-39) 319 lb.	D. Herbst	525#		
K. Taylor	75 155 252.5	482.5	S. CARTER	410# Open 275 lb.			
187 lb. SM	80 147.5 220	427.5	Equipment	T. Kristoff	580#		
B. Dickens	88.5 192.5 296	577	Open 220 lb.	11 & under			
250 lb. SM		N. Hall	315# (18-19)				
D. Anguish	88.5 197.5 287.5	(40-44)	B. Hanvey	240#			
250 lb. M5							
R. Dilworth							
170 lb.							
Teen							
C. Pagnani	55 80 137.5	272.5					
Pwrlifting	SQ	BP	DL	TOT			
138 lb. HS							
R. Fowler							
250 lb. Int.							
S. Hill	272.5 182.5	310	765				
SHW Int.							
A. Ervin	255 152.5 250	657.5					
154 lb. Jr.							
N. Diah	120 92.5 185	397.5					
M1							
R. Fowler	182.5 85 182.5	397.5					
187 lb. M5							
D. Witty	155 102.5 170	427.5					
250 lb. N							
J. Moore	192.5 152.5 192.5	537.5					
154 lb. Nov.							
B. Merz	137.5 87.5 165	390					
P. Prater	107.5 92.5 137.5	337.5					
G. Shackelford	182.5 127.5 195	505					
227 lb.							
D. Conner	230 165 230	625					
J. Brandon	255 167.5 297.5	720					
PN							
R. Mays	245 130 235	610					
250 lb.							
J. Moore	192.5 152.5 192.5	537.5					
W. Johnson	307.5 192.5 260	760					
227 lb. PN							
L. Contratti	172.5 125 187.5	485					
250 lb.							
T. Ciaffaglion	190 137.5 217.5	545					
280 lb. Pure							
T. Dunlap	305 172.5 320	797.5					
154 lb. SM1							
B. Merz	137.5 87.5 105	390					
205 lb. SM1							
L. Dupre	240 155 240	635					
SM1							
B. Dickens	215 147.5 220	582.5					
M. Medlin	177.5 127.5 185	490					
227 lb.							
C. Nelson	245 170 237.5	652.5					
D. Theriwlt	200 130 240	570					

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Congrats to you both. The deadlift records were set by David Duthoy, James Serio, Mike Kristoff, Mark Harrison, and Billy Hanvey. The best deadlifter of the meet Dan Miller. Special thanks to Seneca Falls Recreation, Maximum Fitness, Champion Fitness, also to Ron Talamie, Steve Sciarabba, Terry Stafford, Jason Stafford, RL Murray, Dan Miller, Steve Rogers, through their efforts of setting up and tearing down these meets are possible. Thanks to the judges, Terry Stafford, Tom Kristoff, Jim Crowley and Steve Rogers. Thank you to the spotters and loaders Rich Molisani, Mark Howell and Jason Stafford. I can't say enough about these guys. They have the most difficult job. Thank you to Cody Bartlett and Steve Sciarabba for running the head table. Thank you Buzzy Black for doing the boards and my niece Michelle Millera for selling the T-shirts. (Thanks to NYS Chairman Steve Rogers for providing these results).



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Regular Fee	*AB* Fee
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Adult Athletes in the Following Sports:	20.00
Baseball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events	23.50
Pentathalon, Swimming, Trampolining & Tumbling, Triathlon, and Weightlifting	
Surfing, Rugby, Soccer, Water Polo and Wrestling	
Adult Athletes in the Following Sports:	20.00
Field Hockey, Flag Football, Hockey (Ice and Roller), Judo, Jujitsu, and Karate	25.00
Chinese Martial Arts, Judo, Jujitsu, and Karate	
Adult Tai Kwon Do Athletes	20.00
Adult Powerlifting Athletes	30.00
Not Available	Not Available

Regular Fee	*AB* Fee
-------------	----------

Adult Athletes in the Following Sports:	20.00
Baseball, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events	23.50
Pentathalon, Swimming, Trampolining & Tumbling, Triathlon, and Weightlifting	
Surfing, Rugby, Soccer, Water Polo and Wrestling	
Adult Athletes in the Following Sports:	20.00
Field Hockey, Flag Football, Hockey (Ice and Roller), Judo, Jujitsu, and Karate	25.00
Chinese Martial Arts, Judo, Jujitsu, and Karate	
Adult Tai Kwon Do Athletes	20.00
Adult Powerlifting Athletes	30.00
Not Available	Not Available

Regular Fee	*AB* Fee
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MEMBERSHIP CATEGORY TWO: _____	Coach _____
MEMBERSHIP CATEGORY THREE: _____	Official _____
MEMBERSHIP CATEGORY FOUR: _____	Volunteer _____

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Club No.: _____	Club Name: _____	E-Mail: _____
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ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE?	Yes _____	No _____
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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 _____

Date of Birth	Age	Sex	Application Date	Social Security Number
First	Middle	Last		
Address				
City			State	Zip Code
County			Phone (With Area Code)	

1st 4-Star BP/DL Classic
14 Jul 01 - Williamsport, MD

BENCH	220 lb.			
WOMEN	B. Tabler	341		
Spec. Olympian	MEN			
148 lb.	Open Amateur			
D. Handy	143	198 lb.		
MALE	J. Zerkle	—		
Teen Amateur	Open Pro			
148 lb.	242 lb.			
D. Clopton	242	J. Hepner	462	
MEN	BP	DL	TOT	
Spec. Olympian	198 lb.			
C. White	187	451	639	
242 lb.				
J. Wood	220	451	672	
Junior Amateur				
181 lb.				
L. Thomas	286	507	793	
Open Amateur				
242 lb.				
J. Marvel	374	523	898	
Masters (40-44)				
Amateur 220 lb.				
G. Ford	231	407	639	

4-STAR ATHLETIC COMPLEX BENCH PRESS AND DEADLIFT CLASSIC. The First Annual 4-Star Athletic Complex Bench Press and Deadlift Classic was held at the 4-Star Athletic Complex. The meet was sanctioned by the Y.E.S. Inc. Powerlifting Association (YESPA). In the bench only division the biggest bench of the day belonged to Jaimie Hepner, who benched 462 lbs. and he took 501 lbs. for a ride before it stalled short of lockout. Special Olympian Dawn Handy was the only female lifter, but was not to be out done by the guys. She went 3 for 3, and finished the day with a 143 lb. bench. Brandon Tabler, who is only 16 years old, was a horse on the bench. He went 3 for 3 and finished the day with a 341 lb. bench press. Jimmy Marvel had a monster day in the bench and deadlift division. He went 6 for 6 and had the biggest total of the day at 898 lbs. Special Olympian Jeff Wood had a strong 5 for



Lifters and event staff at "The 4-Star Athletic Complex Bench Press and Deadlift Classic" pose for a photo. (Photograph by Michelle Grimes).

6 day and totaled 672 lbs. Many thanks to Judges Buck Carmack, Cliff Richardson, and the Mighty J.R. Hunt. Thank you to spotters and loaders, Josh Reid and Anthony Robinson. Thank you to the YESPA event staff: Kay Mauzy, Julius Blattner, Jen Wilson, Adam Ramses, and Fred Vanderveen. A special thank you goes out to Justin Kelbaugh and Nica Stich of 4-Star Athletic Complex. Anyone interested in joining the YESPA should call 410-742-9201 or e-mail yes@ez-y.net. Visit our web site at www.ez-y.net/—yes for upcoming events. (Thanks to Trend Dashiell, YESPA Program Director, for providing these meet results).

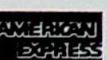
NASA Kansas State PL/BP/PS

12 May 01 - (kg)			
PwrSports	187 lb. Int.	187 lb. Nat.	187 lb. SM2
BENCH	T. Stuart	140	
205 lb. HS	205 lb.		
D. Randall	130	T. Lyon	155
227 lb.	170 lb. Jr.		
M. Waswo	105	R. Jensen	132.5
250 lb. HS	187 lb.		
R. Tharp	102.5	N. Scott	137.5
280 lb. Int.	M2		
S. Trolman	192.5	G. Maloney	192.5
227 lb. MP	170 lb. MPure		
R. Kempf	—	D. Mounkes	137.5
154 lb. Teen	315 lb.		
L. Johnson	85	B. Burtzlaff	272.5
CURL	187 lb. Nat.	222.5	305
170 lb. HS	N. Scoff	192.5	800
B. Sunday	67.5	170 lb. Nov.	
205 lb.	R. Jensen	132.5	
D. Randall	60	187 lb.	
187 lb. Jr.	N. Scott	137.5	
N. Scott	62.5	205 lb.	
Nat.	T. Lyon	155	
N. Scott	62.5	138 lb. Pure	
Nov	B. Whitt	157.5	
N. Scott	62.5	187 lb.	
Pure	N. Scott	137.5	
N. Scott	62.5	280 lb. SM1	
170 lb. Teen	T. Williams	222.5	
A. Nelson	57.5	315 lb.	
187 lb.	A. Myers	205	
N. Scott	62.5	138 lb. SM2	
280 lb. Int.	B. Whitt	167.5	
S. Trotman	—	187 lb.	
PwrLifting	Teen	A. Myers	
BENCH	N. Scott	137.5	
PwrSports	CR	205 lb. SM2	
205 lb. HS	BP	B. Carey	
J. Chandler	107.5	170 lb. Teen	
J. Garton	102	S. Stout	
227 lb. HS	202.5	A. Nelson	
M. Waswo	335	SHW WHS	
R. Tharp		J. Komeman	
187 lb. Pure		138 lb. WJR	
J. Vogt	105	L. Williamson	
280 lb. MPure	182.5	187 lb. WM4	
R. Newton	47.5	J. Stevenson	
205 lb. Nov.	115	170 lb. WMPure	
C. Claussen	115	92.5	
	277.5	97.5	
	322.5	100	
	322.5	240	
	—		
			(Thanks to Mike Adelmann for meet results).

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WNPF Pan-American 28-29 Apr 01 - W. Palm Beach, FL										198 lb. (17-19)									
BENCH	(70-79)	Whidden	225	135*	275	635	Mendoza	305	290	370	965	ing. Thanks to Dwayne Kouf for bringing his							
132 lb.	McGuire	285	148 lb. (14-16)	185*	125†	235*	545*	Guisto	325	215	340	880	high school team to this event and thanks to						
Pol/Fire/Milt	275 lb.	Haley	165 lb. Open	175	80	190	445	Open I	510	360	540	1410	the West Point Military Academy for sending						
Sainato	235* (70-79) Raw	Ramos	165 lb. SHW	220	140	325	685	Edwards	(33-39)										
165 lb.	Romero	245	SHW (17-19)	Norris	230	105	230	Brown	275	275	430	980	down a team. We had just over 80 lifters at this						
Pol/Fire/Milt	SHW		Williams	210	95	235	540	Jackson	400	300	450	1150	meet and it was a great contest. We will be						
Ghalaz	335 Open Raw	Lenz	220 lb. (14-16)	—	—	—	—	Pol/Fire/Milt	460	330	510	1300	back next year with the intentions of drawing						
181 lb.	Jahn	475	Desiderio	100	95	275	470	Cooper	285	180	330	795	over 100 lifters in 2002. Thanks to the WNPF						
Pol/Fire/Milt	(33-39) Raw	McGee	MEN	123 lb. (14-16)	123 lb. (14-16)			Open	655*	405*	585*	1645	staff for putting on a great show. (Thanks to the						
Cohn	280 Jahn	Dean	180	110	230	520	Mosley	585	420	600	1605	WNPF for providing the results of this meet).							
198 lb. (20-23)	Open	Pol/Fire/Milt	270	205	300	775	Klayhold	650	400	550	1600								
Frizzelle!	400 Ferguson	Balke	132 lb.	240 lb. (14-16)	Weippert	555	390	580	1525	D. Zunica	95	225	320						
(40-49) RAW	(40-49)	Dirienzo	330	220	370	920	White	550	395	575	1520	148 lb.							
Lopez	325* Ferguson	Holloway	365	265	500	1130	Schmidt	525	370	545	1440	S. Wilber	145	275	420				
Pol/Fire/Milt	DEADLIFT	Dobson	275	170	285	730	Weippert	555	390	580	1525	MEN							
Shakarian	285 165 Lb. Open	Gonzalez	240	—	—	—	Schmidt	525	370	545	1440	148 lb.							
220 lb. Open	Wright	Open	148 lb.	120 lb. (14-16)	Rivers	450	360	525	1335	J. Allen	275	375	645						
Calloway	420 220 Lb. Open	Dirienzo	330	220	370	920	Garcia	430	320	440	1190	D. Eyster	225	300	525				
(33-39)	Massrock	Holloway	365	265	500	1130	Pol/Fire/Milt Raw	450	360	525	1335	K. Eads	230	275	505				
Calloway	420 (33-39)	Donahue	165 lb.	242 lb. (14-16)	Rivers	450	360	525	1335	T. Cordes	365	415	785						
Morzella	345 Schmidt	165 lb.	255	170	300	725	McClelland	365	210	400	975	181 lb.							
Open Raw	(40-49)	Stanislawski	235	135	320	690	Open	475	435	520	1430	M. Trudell	370	480	850				
Brown	430 Massrock	Rothrock	17-19)	220 lb. (14-16)	Cusibian	385	250	480	1115	C. Wheeler	300	415	715						
(50-59) Raw	242 lb. Open	Bell	465	300	475	1240	275 lb. (17-19)	500	365	500	1365	C. Thedford	295	410	705				
Walker	385 Martin	Pride	365	280	470	1115	Harris	500	365	500	1365	S. Chapman	280	415	695				
(60-69) Raw	Donahue	Rothrock	325	185	365	875	Open	640	375	605	1620	198 lb.							
Kluff	300* Pol/Fire/Milt	Mroszczyk	405	285	465	1155	Edinger	640	375	605	1620	Z. Clark	450	650	1100				
242 lb. Open	Martin	Open	—	—	—	—	Edinger	640	375	605	1620	R. Jones	410	375	785				
Martin!	500 SHW Open	Wright	133 lb. (33-39)	242 lb. (14-16)	Silverbloom	525	315	525	1365	Master	275 lb.								
Donahue	435 Fromberg!	181 lb.	181 lb.	275 lb. (17-19)	Silverbloom	525	315	525	1365*	(40-44)	198 lb.								
Pol/Fire/Milt	SQUAT	Pride	(14-16)	SHW Open Raw	Fromberg	550	340	680*	1570	Z. Clark	450	650	1100						
Donahue	435 181 lb.	Rothrock	181 lb.	(33-39) Raw	Keefer	265	145	295	705	J. Haupt	315	405	720						
Mcbride	285 Pol/Fire/Milt	Manzo	300	160	350	810	Dixon	550	450	530	1530	242 lb.							
(50-59)	Heyman	Perez	275	155	325	755	G. Pinkiewicz	420	550	570	1530								
Mcbride	285 242 lb.	Kefer	265	145	295	705													
Raw	Open																		
Gathwright	405* Donahue	Friday	535	380	500	1415													

*WNPF American Record. †=Best Lifter. Team Champions: Santaluces High School Powerlift-
(Thanks to Sgt. R. Macr, MWR, for the results).

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Powerman 2001

30 Jun 01 - Radford, VA

BENCH	DEADLIFT
Teen	Teen
R. McClanahan 200	S. Hughes-160 320
S. Hughes-160 135	R. McClanahan 315
MEN	D. Snuffer-190 280
Open	MEN
148 lb.	Open 148 lb.
R. McClanahan 200	R. McClanahan 315
165	165 lb.

G. Columbo 365 G. Columbo 365

D. Young 270 D. Young 360

J. Bostic 260 E. Anderson 350

E. Anderson 240 S. Hughes 320

T. Hylton 190 T. Hylton 285

S. Hughes 135 181 lb.

D. Cole 470

D. Cole 255 4th 500

R. Kenley 315 R. Kenley 315

198 lb.

B. Hughes 215 B. Hughes 330

220 lb. D. Snuffer 280

G. Austin# 460 220 lb.

R. Taylor 375 R. Taylor 575

J. Bowden 365 G. Austin# 560

242 lb. J. Bowden 545

D. Ratcliffe 365 242 lb.

L. Angle# — D. Ratcliffe 435

275 lb.

J. Christian 365 J. Christian 425

Hvywght Hvywght

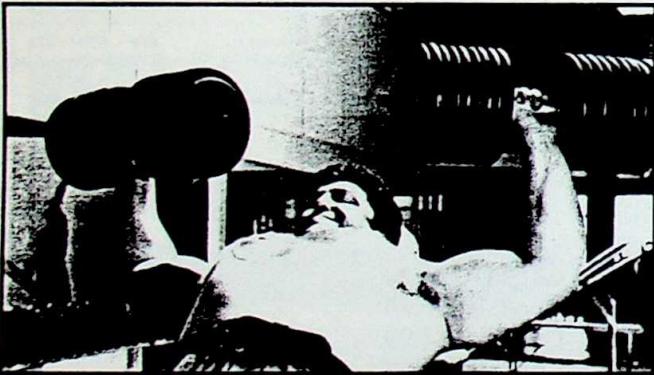
B. Grady 305 B. Grady 440

#-Guest lifter. Best lifters Ironman: Rob Taylor, Ray McClanahan (Teen). First I'd like to thank all who helped make this meet a success, Vitamin World, Coca-Cola Bottling of Dublin, Inzer Advanced Designs, Prime Time Rentals of Fairlawn, New River Recreation and Fitness, Iron Sports Gym of Roanoke, Virginia Tech Weight Club. I'd personally like to thank Percy Johnson, Curtis Rollins, Dana Walker, Big Willy Amos and The Troutts from Iron Sports, Phillip Miller and Alvin Sheppard of Reddi Ice, Trey Weeks of Coca Cola, Brad Smith of Prime Time, all of the spotters and loaders, James



David Ratcliffe completing his 435 pound deadlift at the Powerman 2001 Championships in Radford, Virginia, while coming back from multiple injuries and competing in the raw category. (Photograph provided to PL USA courtesy Samuel Austin)

Houston of New River Rec. Center, and Bridget and Matt for the fine barbecue. For all of the people who called just to ask how big the trophies were and all the other stuff, DARN, I forgot to mention the gold cups and black and gold plaques. If that's all you're lifting for then



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why do it? We had many first time lifters who learned a lot. Everyone who showed up had a nice day and lifted great. CONGRATULATIONS to all of the lifters. (Results by Samuel Austin).

NASA Iowa State PL/BP/PS

17 Mar 00 - (kg)

PwrSports	T. Groomes	155
BENCH	138 lb. Jr.	
W. Hilleshiem	120 205 lb.	
170 lb.	T. Risius	175
D. Fishwild	125 M1	
Nov.	C. Cozine	175
D. Doobay	135 315 lb.	
187 lb. P	L. Toomy	195
E. Smith	175 227 lb. M2	
205 lb. SM1	F. Risius	467.5
J. Nelson	150 187 lb. M5	
250 lb. SM2	J. Swank	145
G. Elliott	147.5 200 lb. Nat.	
287 lb.	A. Allen	207.5
M. Shebler	147.5 170 lb. Nov.	
170 lb. Teen	T. Groomes	155
A. Henderson	100 138 lb.	
205 lb.	B. Whitt	160
L. Weber	105 154 lb.	
CURL	B. Albert	160
250 lb. SM2	205 lb. Pure	
G. Elliott	80 J. Thompson	212.5
154 lb. Teen	SHW	
B. Millage	40 J. Branley	215
170 lb.	227 lb. SM1	
A. Henderson	47.5 D. Walker	170
SQUAT	280 lb.	
127 lb. Jr.	S. McVey	210
J. Gehring	87.5 138 lb. SM2	
PwrLifting	B. Whiff	160
SQUAT	250 lb.	
shw SM1	K. Bender	182.5
M. Buffs	185 shw	
BENCH	J. Branley	215
138 lb. HS	127 lb.	
S. Its	62.5 WSM2	
170 lb. Int.	S. Andrews	70
PwrSports	CR BP DL TOT	
127 lb. Jr.	40 65 147.5 252.5	
J. Gehring	280 lb. MPure	
280 lb. M1	62.5 132.5 212.5 407.5	
205 lb. Nov.	C. Frazier	
R. Baker	60 110 150 320	
PwrLifting	SQ BP DL TOT	
170 lb. HS	170 lb. HS	
C. Lehmkuhl	130 72.5 170 372.5	
187 lb.	A. Blount	182.5 110 172.5 465
R. Casey	280 lb.	
154 lb. M1	172.5 125 182.5 480	
R. Williams	200 90 185 475	
SHW	M. Coins	
T. Wright Jr.	185 122.5 205 512.5	
205 lb. M2	D. Rhoades	282.5 137.5 272.5 692.5
D. Rhoade	227 lb. M3	
T. Wright	270 162.5 237.5 670	
D. Shaw	257.5 145 260 662.5	
250 lb. MPure	W. Hammes	307.5 200 285 792.5
E. Ohnemus	315 lb.	
SHW	272.5 177.5 245 695	
T. Wright	270 162.5 237.5 670	
170 lb.	C. Smith	235 157.5 245 637.5
C. Smith	205 lb. Nat.	
E. Mendez	195 145 235 575	
Nov.	E. Mendez	
R. Clark	195 145 235 575	
227 lb.	P. Thomas	197.5 170 235 602.5
P. Thomas	L. Smeins	187.5 147.5 212.5 547.5
250 lb.	J. Blaine	242.5 -140 237.5 340
J. Blaine	Pure	
250 lb.	J. Thompson	285 212.5 275 772.5
E. Mendez	205 lb.	
280 lb.	E. Mendez	195 145 235 575

K. Kirchner 255 192.5 270 717.5
SHW
A. Koiker 232.5 187.5 230 650
T. Wright Jr. 185 122.5 205 512.5
C. Smith 235 157.5 245 637.5
187 lb.
J. Madsen 225 147.5 227.5 600
187
B. Maynard 207.5 152.5 227.5 587.5
205
R. Clark 215 165 227.5 607.5
227 lb.
P. Schultz 320 190 272.5 782.5
S. Drake 270 182.5 270 722.5
250 lb.
K. Nessa 275 202.5 245 722.5
315 lb.
J. Williams 305 227.5 325 857.5
205 lb. SM2
E. Mendez 195 145 235 575
154 lb. Teen
B. Millage 135 112.5 140 387.5
187 lb.
P. Mayer 135 112.5 220 467.5
R. Anders 142.5 90 140 372.5
170 lb. WM1
D. Classon 120 72.5 120 312.5
138 lb. WMS
G. Steplton 95 45 110 250

(Thanks to Mike Adelmann for these results).

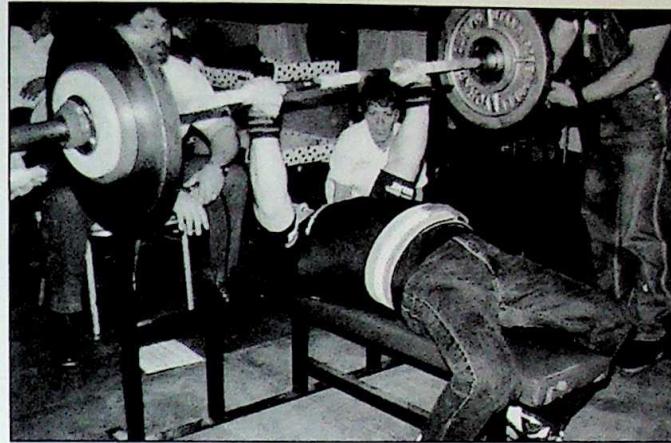
Immaculate Heart of Mary BP/DL

8 Jun 01 - Youngstown, OH

BENCH	(40-49)
WOMEN	S. Popovich 350
Open 123 lb.	242 lb. (20-23)
M. Prater	75 G. Faunoa 450
MEN	R. Wood 385
148 lb. (14-16)	Open
R. Rappach	225 T. Gibson 480
(17-19)	R. Caraway 240 165 lb. (20-23)
S. Steiner	250 B. Rowland 475
Open	275 lb. (14-16)
C. Venturella	330 A. Bosilone 275
(40-49)	(20-23)
C. Venturella	330 S. Bugarcic 340
165 lb. (14-16)	(40-49)
M. Lenzi	205 B. Lenzi 475
Open	DEADLIFT
J. Charley	305 148 lb. (14-16)
J. Battaclia	275 R. Rappach 300
R. Caraway	240 165 lb. (20-23)
181 lb. (14-16)	M. Hines 395
J. Cleterla	185 181 lb. (14-16)
(17-19)	J. Cleterla 270
A. York	315 Open
Open	M. Nackino 415
R. Capezio	315 198 lb. Open
R. Prater	275 D. Keefer 385
198 lb. Open	(40-49)
D. cheers	415 D. Nicholson 490
(40-49)	220 lb. (14-16)
D. Nicholson	275 L. Crawford 405
(50-59)	275 lb. (14-16)
B. Kolling	330 A. Besilon 300
220 lb. Open	(40-49)
D. Barlick	475 B. Lenzi 560
Although the turnout was lower than usual, the lifting was still top notch for the 2001 Festival Bench and Deadlift Competition, at the Immaculate Heart of Mary Festival. Melissa Prater was the only female lifter and pushed up an easy press to win her weight class. Her husband Randall was in close competition in the 181 lb. open class being edged out by Ryan Capezio who won the class. Teen lifters Joe Cretella, Anthony York, Seth Steiner, Ryan Rappach and Andrew Basilone also put up nice lifts winning their weight classes. Teen Matt Lenzi returned with his father Bill, both winning their classes with Bill Lenzi also pulling a strong deadlift and almost pulling 600. Charles Venturella took a couple of divisions in the 148 lb. class and Joseph Charley won the battle in a close race in the 165 lb. Open class. Dessie Cheers and William Kolling returned to win their weight classes and teen Lanny Crawford pushed and pulled his way to two fist places. Greg Faunda edged out Ryan Wood in a close battle in the 242 lb. Junior class and Dan Barwick won the 220 lb. open class just missing a 500 lb. bench. Terry Gibson had the heaviest press of the day winning his class and Stan Bugarcic and Brian Rowland were strong winning their classes. Father Steve Popovich hit a personal best winning the 220 lb. Masters class as did Don Nicholson, who also pulled a strong deadlift. A special thanks to all the lifters and people who helped make this another successful meet. (Thanks to Ron Deamicis for results).	

NASA Natural Nationals 3 Mar 01 - (kg)

Pwrsports	T. Manno	292.5	154 lb.
BENCH	187 lb. M3	227 lb.	E. Walkingstick
250 lb. M3	J. Moskowitz	60	115 187.5 362.5
J. Duckett	267.5 227 lb.	D. McCue	60 120 210 390
WOMEN	B. Cook	155	250 lb.
101 lb. Nat	280 lb.	J. Thomas	55 87.5 182.5 325
T. Schrank	57.5 J. Twat	227 lb. SM2	D. McCue
Pure	187 lb. MPure	110	60 120 210 390
T. Schrank	57.5 S. Kivela	155	138 lb. Teen
CURL	250 lb.	S. Nichols	47.5 82.5 137.5 267.5
187 lb. M2	E. McDonald	154 lb.	37.5 62.5 125 225
J. Alcoff	62.5 M. Stumbo	E. McDonald	160 D. Holley
250 lb. M3	315 lb.	207.5 250 lb.	45 80 165 290
J. Duckett	55 T. Manno	C. Douglass	47.5 75 145 267.5
205 lb. MPure	Nat	292.5 170 lb.	
E. McDonald	235 T. Manno	C. Artym	30 60 132.5 222.5
T. Davis	70 205 lb. Nov	292.5 WOMEN	
M1	J. Viner	187 lb. HS	
T. Davis	70 C. Boyd	172.5 V. Hudson	25 37.5 85 147.5
DEADLIFT	T. Davis	170 Pwlifiting	SQ BP DL TOT
187 lb. M2	315 lb.	162.5 154 lb. HS	
J. Alcoff	202.5 R. Anderson	B. Steele	147.5 87.5 160 395
250 lb. M3	205 lb. Pure	215 187 lb.	
J. Duckett	55 G. Titus	J. Priem	180 105 205 490
youth	J. Viner	195 205 lb.	
T. Kennedy	227 lb.	172.5 A. Vermillion	40 90 165 395
Pwlifiting	D. Scott	227 lb.	
BENCH	315 lb.	182.5 D. Arnold	175 130 160 465
227 lb. Int	T. Manno	292.5 A. McNeely	187.5 105 172.5 465
M. Zimmer	187 205 lb.	280 lb.	
154 lb. Jr	SM1	P. Sheffield	140 77.5 150 367.5
B. Blommaert	170 C. Boyd	170 187 lb. Int	
250 lb. M1	T. Davis	162.5 J. Merchleowitz	267.5 +65 — 102.5
M. Stumbo	207.5 227 lb.	205 lb.	
315 lb.	D. Scott	182.5 R. Cucci	252.5 175 242.5 670
O. Shepard	157.5 280 lb.	227 lb.	
154 lb. M2	A. Myers	215 C. Crigger	290 180 290 760
S. Stewart	146 315 lb.	262.5 165 260 687.5	
187 lb.	Schefflerechter	195 250 lb.	
J. Alcoff	117.5 250 lb. Teen	S. Hill	290 192.5 310 792.5
205 lb.	K. Arnold	280 lb.	
G. Boelter	130 138 lb.	S. Fanning	377.5 247.5 282.5 907.5
315 lb.	M. Hetzel	154 lb. Jr	80 154 lb. Jr
PwrSports	CR BP DL TOT	R. Davis	152.5 95 147.5 395
127 lb. HS	J. Adams	M. Estrada	112.5 80 155 347.5
J. Adams	45 80 140 265	M. Birdsley	237.5 145 230 612.5
138 lb.	D. Heckmaster	280 lb.	
154 lb.	50 85 165 300	H. Thomason	375 200 302.5 877.5
B. Harrison	75 75 182.5 332.5	138 lb. M1	
D. Evans	55 95 115 265	D. Kennedy	165 107.5 145 417.5
170 lb.	47.5 87.5 77.5 312.5	T. Hedri	182.5 — — 182.5
D. Gaddis	205 lb.	187 lb.	
M. Romos	50 90 155 295	R. Sherwood	237.5 140 212.5 590
227 lb.	K. Lee	205 lb. M1	245 152.5 260 657.5
250 lb. HS	60 112.5 190 362.5	D. Gill	237.5 147.5 240 625
C. Fisher	55 110 192.5 357.5	E. Rodriguez	227 R.
154 lb. Jr	57.5 102.5 192.5 352.5	Thoni	215 150 205
J. Norris	57.5 130 205 392.5	250 lb. M1	
205 lb. M1	C. Olinger	S. Cyranoski	320 182.5 265 767.5
R. Davis	52.5 92.5 182.5 327.5	280 lb.	
J. Thomas	55 87.5 182.5 325	J. Capps	287.5 200 300 787.5
J. Duckett	55 110 157.5 322.5	P. Bouchard	250 182.5 285 717.5
138 lb. Pure	K. Ewoldsen	170 lb. M2	182.5 110 232.5 525
		B. Weber	



Sam Stewart setting his 18th master world record of 322 lbs. at a bodyweight of 153 lbs. in the master II 50-59 154 weight class at age 52 at the NASA 2001 March Natural Nationals. He just missed 341 lbs. on his comeback. (Photograph provided courtesy of Sam Stewart).

187 lb.	L. Corroll	250 145 240 635
J. Alcoff	P. Roberts	185 122.5 210 517.5
205 lb.	227 lb.	
R. Powell	S. Richardson	272.5 167.5 272.5 712.5
S. Westrich	250 lb.	
G. Boelter	R. Weber	320 175 285 780
V. Pulliam	280 lb.	
R. Harper	T. Williams	310 227.5 310 847.5
227 lb.	187 lb.	
250 lb.	P. Roberts	185 122.5 210 517.5
J. Hodges	J. Merchleowitz	267.5 +65 0 402.5
315 lb.	205 lb.	
L. Smith	G. Boelter	165 130 182.5 477.5
Pwlifiting	227 lb.	
250 lb. M3	C. Crigger	290 180 290 760
B. Shackelford	S. Donegan	250 157.5 227.5 635
280 lb.	250 lb.	
T. Walborn	M. Whiting	282.5 200 300 782.5
138 lb. M5	A. Brown	255 175 272.5 702.5
D. Kennedy	J. Ransbottom	237.5 152.5 297.5 687.5
154 lb.	B. Ronsenstrund	230 152.5 260 642.5
154 lb.	250 lb.	
T. Hedrick	S. Bradford	195 120 192.5 507.5
170 lb.	M. Ewoldsen	242.5 127.5 245 615
D. Davis	M. Woodworth	232.5 152.5 222.5 607.5
187 lb.	187 lb.	
R. Sherwood	227.5 115	205 547.5
R. Sherwood	SQ BP DL TOT	
138 lb. M5	145 170 150 465	
D. Kennedy	165 107.5 145 417.5	
154 lb.	154 lb.	
T. Hedrick	145 170 — —	+102.5
170 lb.	D. Davis	82.5 135 195 512.5
187 lb.	R. Sherwood	237.5 140 212.5 590
R. Sherwood	S. Kivela	210 155 210 575
205 lb. MPure	E. Rodriguez	237.5 147.5 240 625
227 lb.	G. Boelter	165 130 182.5 477.5
S. Johnson	V. Pulliam	142.5 95 202.5 440
154 lb. Nat	227 lb.	
M. Woodworth	S. Johnson	245 182.5 245 672.5
227 lb.	P. Bouchard	200 140 215 555
R. Henderson	187 lb.	
187 lb.	M. Broussard	272.5 152.5 245 670
N. Steele		

Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
TOP 100 198s, 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 Hammam Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.

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

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

Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.

Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

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

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

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

May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s

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

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

Sep/95... TRIPLE SENIORS ISSUE ADPA/APF/USPF, How to Use Creatine,

PL USA Back Issues

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's/Nationals, 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... WDFP Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF

Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 100 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPW Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPA Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, 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 Hammam Squat Workout, Leg Training by Louie Simmons, TOP 100 114s, ADFPA TOP 20 198s.
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Dec/94... Jon Cole Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.

250 lb.							
P. Jackson	305	187.5	310	802.5			
S. Hill	290	192.5	310	792.5			
M. Whiting	282.5	200	300	762.8			
D. Tuley	310	205	260	775			
280 lb.							
S. Fanning	377.5	247.5	282.5	907.5			
T. Dunlap	305	790					
315 lb.							
M. Adelmann	370	235	330	935			
187 lb. SM1							
L. Carroll	250	145	240	635			
P. Roberts	85	122.5	210	517.5			
205 lb.							
G. Titus	290	195	275	760			
227 lb.							
M. Romero	300	215	260	775			
J. Warring	207.5	170	220	597.5			
250 lb.							
D. Tuley	310	205	260	775			
D. Robbins	207.5	127.5	212.5	547.5			
280 lb.							
T. Williams	310	227.5	310	847.5			
T. Dunlap	307.5	177.5	305	790			
C. Cookson	290	180	260	730			
315 lb.							
R. Denison	272.5	205	330	397.5			
187 lb. SM2							
G. Green	255	170	250	675			
B. Broussard	260	152.5	245	657.5			
205 lb.							
S. Beccue	245	165	257.5	667.5			
227 lb.							
R. Henderson	287.5	202.5	322.5	812.5			
S. Richardson	272.5	167.5	272.5	712.5			
250 lb.							
P. Jackson	305	187.5	310	802.5			
R. McKinzie	257.5	170	232.5	660			
280 lb.							
R. Mayes	265	197.5	265	727.5			
B. Blake	262.5	177.5	265	705			
119 lb. Teen							
M. Gil	95	50	115	260			
138 lb.							
S. Seymour	152.5	105	182.5	440			
154 lb.							
T. Peters	105	75	150	330			
WOMEN							
127 lb. HS							
A. Smith	72.5	40	97.5	210			
Int.							
B. Maxwell	85	50	120	255			
187 lb.							
S. Fletcher	160	92.5	182.5	435			
Jill Corder	150	77.5	170	397.5			
110 lb. Jr.							
O. Markham	85	40	90	215			
138 lb. Jr.							
S. Woerner	90	47.5	120	257.5			
shw							
T. Shepard	195	95	165	455			
138 lb. M1							
M. Hetzel	155	80	150	385			
154 lb.							
D. Gil	107.5	57.5	160	325			
M2							
K. Lamb	90	47.5	100	237.5			
138 lb. N							
M. Sheffler	165	86	161	412			
154 lb.							
D. Manno	425	57.5	110	292.5			

Chris Confessore Interview, Women & the Success Syndrome, TOP 100 123s 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/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.

Jul/96... AAU Men's, USPF JRs., DHEA, Athletes Need Supplements, '95 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

Aug/96... ADFFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Sim-

mons, FIBO Show, TOP 100 123s.

Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.

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

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

Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s

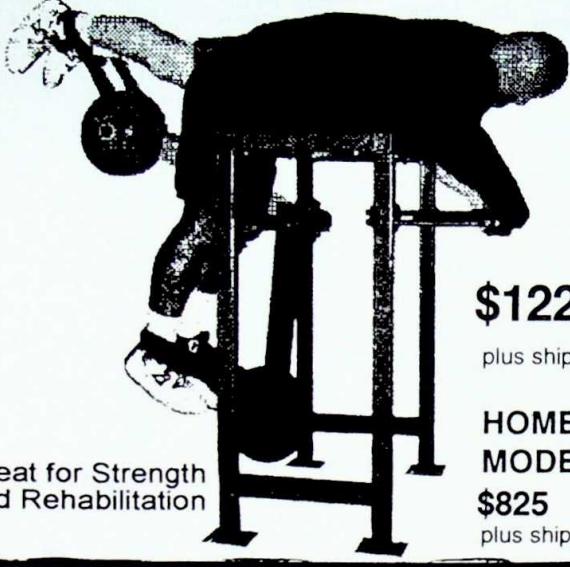
Mar/97... TOP 20 Women/Teenage/Masters, Your First Meet, Joey Almodovar Profile, IPF World BP, TOP 25 Greatest Lifters, Adjusting Training Tempo

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

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C. Jones	341	347	429	1117	(70-74)
W. Kindred	473	308	573	1354	242 lb. (40-44)
M. Dobrovolski	407	248	485	1140	622 lb. (40-44)
F. Sumner	242	264	325	831	551 lb. (40-44)
R. Lopez	—	—	—	—	440 lb. (40-44)
B. Wayne	512	314	529	1355	402 lb. (40-44)
K. Kanernoto	633	462	551	1646	314 lb. (40-44)
R. Lopez	352	308	451	1111	314 lb. (40-44)
M. Brown	143	281	143	567	314 lb. (40-44)
B. Johnson*	633*	270	562	1465	314 lb. (40-44)
T. Mitchell	584	325	551	1460	314 lb. (40-44)

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 Profile, Dream Team Pt. 2, ADFFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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

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

Sep/97... USAPL/USPF/APF Triple Seniors Issue, IPF Women's Worlds, World's Strongest Team, NEW Mineral Orotate, Progressive Overload, TOP 100 132s.

Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.

Nov/97... U.S. Strongest Man Contest, John Ford Pt. 2, TOP 100 242s.

World's FASTEST Bench Presser, Rick Gauger Profile, Light Training Days, Diabetes & PL, TOP 100 165s.

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

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

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

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

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

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revo-

ED COAN

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state chairman with these results or have him or her contact me. Mary Pennington set all the California state submaster women's records with a squat of 148 lbs., bench of 176 lbs., deadlift of 253 lbs., and a total of 578 lbs. Congratulations Mary for her fine efforts on the platform. Richard Cirigliano broke Gordon Santee's 1992 California state deadlift record in the 165 class, 45-49 age group with a 600 lb pull. Congratulations to Richard! Pete Wilson broke three California state records in the 198 class, 60-64 age group with a 451 squat, 347 bench, and a 1223 lb. total. Pete also holds the California state records in the 198 class 55-59 age group in the squat, bench, and total that he set back in 1994. Congratulations to Pete! I want to thank all those individuals who helped support our meet. Thanks to my good friends Jesse Brannah and Brad Trujillo from Grand Junction, CO who came over to help spot and load. Thanks to John Bostick and Andrew Austin from Palmdale, CA who also came over to Vegas to help spot and load. These four individuals were the best spotter/loaders that a meet director would want. They did an outstanding job and we really appreciate their efforts. We also would like to thank Scott Layman for his help with the scoreboard, spotting/loading, and being the platform manager at times. I want to thank my parents, Smokie and Twila Denison for being at the meet to help support me by taking care of the door and handling the Inzer table. Thanks to my niece Rachel Mishra, who is from Vegas and made it over to be my expeditor for the meet. She did a really fine job and I really appreciate her taking the time to support our meet. We want to thank our various International and national judges starting with Jan and Linda Shadow, Dave Jeffreys, Gordon Santee, Bud Mucci, Jim and Ann Wright, and of course my fine wife Lisa Denison who helped judge and announce. We also want to thank Chris Kostas for announcing and Krishna Kostas for running the score table. Thanks to Chris Kostas and Wright's Power Promotions for the platform and warm-up equipment. Thanks to Chuck LaMantia for the use of his sound equipment. Thanks to Gene Estrada and Estrada's Gym in San Luis Obispo, CA for the use of his electric squat racks, and digital clock. Thanks to Eddie Haflich of Strength and Health Barbell Club in Bakersfield, CA for the use of his warm-up weights. Finally we want to thank our sponsors for their monetary help, gift certificates and equipment. We would like to give special thanks to Ergogen Labs, Inzer Advance Designs, Topper Supply Company, METRX, House of Pain Iron Wear, Digital Disc Jockeys, Crain's Muscle World, Crepinsek Strength Equipment, Powerlifting USA magazine, and to Rex Monahan for their support of our meet. (Thanks to Steve Denison).

USAPL Viking Open (kg)				
20 MAY 01 - Chicago, IL				
WOMEN	SQ	BP	DL	TOT
105				
J. Gedney	115	57.5	120	292.5
148				
R. Welding	142.5	82.5	162.5	387.5
F. Gross	125	80	150	355
165				
L. Vanbuskirk	140	100	165	405

lution, APF All Time Top 10 Men, , Focused Benchings, Top 100 275s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons,
John Neighbour, TOP 100 148s.
Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99 ... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Mar/99 ... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Jul/99 ... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s
Aug/99 ... the Rubber Band Man, the "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s
Sep/99 ... USAPL Men's Nats., APF SRs.
Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. 1, Battle of the Giants, The Real Triac, IPF World BP, IPA

NASA North Carolina (kg)
28-29 Oct 00 - Hickory, NC

Pwr Sports	227 lb. Int	
BENCH	C. Link	227.5
170 lb. Jr	SHW	
S. O'Brien	445 M. Price	235
205 lb.	280 lb.	
C. Hoskins	120 M. Garland	162.5
227 lb.	170 lb. Jr	
D. Burns	160 K. Kelley	145
170 lb. M2	227 lb.	
Schandelmayer	115 D. Burns	160
187 lb. M5	M. Lotito	142.5
F. Sumner	127.5 M1	
315 lb.	D. McMillen	212.5
C. Dantos	120 280 lb.	
187 lb. SM	T. Williams	165
D. Coble	140 227 lb.	
280 lb.	R. Lowery	437.5
R. Moss	185 205 lb.	
CURL	J. J.	195
154 lb.	250 lb.	
M. Cranford	20 B. Bradford	127.5
170 lb. Jr	J. Earley	195
S. O'Brien	67.5 187 lb. M5	
227 lb.	T. Baroody	157.5
M. Lotito	F. Sumner	127.5
154 lb. SM2	250 lb. MPure	
J. Smith	60 B. Wilson	187.5
205 lb. Pure	R. Gunning	122.5
T. Antonino	75 187 lb. Nat	
205 lb.	T. Baroody	157.5
M. Fisher	70 227 lb.	
C. Hoskins	62.5 D. McMillen	212.5
A. Antonino	77.5 280 lb.	
127 lb. SM	M. Garland	162.5
K. Coble	25 170 lb. Novice	
205 lb.	D. Lawrence	172.5
B. Nichols	77.5 187 lb.	
T. Antonino	75 D. Rice	165
DEADLIFT	205 lb.	
227 lb. Jr.	M. Hollbrook	165
D. Burns	242.5 170 lb.	
187 lb.	C. Williams	127.5
F. Sumner	150 187 lb. Pure	
SM	P. Lewis	182.5
D. Coble	200 SHW	
WOMEN	M. Price	235
SQUAT	280 lb.	
154 lb. M1	M. Garland	162.5
J. Meekins	167.5 170 lb. SM1	
154 lb. P	S. Vandernick	170
N. Sultz	154 lb.	
DEADLIFT	205 lb.	
154 lb. Jr	T. Atkinson	145
M. Cranford	187 lb.	
A. Billings	62.5 B. Hager	142.5
127 lb. SM	187 lb. SM2	
K. Cable	75 C. Billings	120
SHW	187 lb. SM2	
S. Joints	87.5 D. Rice	165
Pwrlifting	154 lb.	
BENCH	137.5 P. Pope	110
170 lb. Int	315 lb.	
D. Lawrence	G. Church	165
L. Bizzell	J. Ward	182.5
R. Gunning	172.5 WOMEN	
187 lb. SM	187 lb. Pure	
D. Rice	R. Lewis	92.5
227 lb.	S. Overton	
PwrSports	CR BP DL TOT	
250 lb. M1	85 162.5 227.5 475	
L. Bizzell		
154 lb. M2		
J. Smith	52.5 105 160 317.5	
M5		
J. Meekins	65 122.5 227.5 415	
187 lb. M5		
F. Sumner	67.5 127.5 150 345	
250 lb. Pure		
L. Bizzell	85 162.5 227.5 475	
R. Gunning	50 122.5 155 327.5	
187 lb. SM		
D. Rice	70 165 200 435	
227 lb.		
K. Bonfield	57.5 137.5 190 385	
Pwrlifting		
170 lb. Int.	SQ BP DL TOT	
C. Kerley	227.5 137.5 235 600	
227 lb.		
C. McCrory	205 140 222.5 567.5	
205 lb. Jr		
B. Welch	176 115 205 495	
154 lb. M1		
A. Cale	230 122.5 225 567.5	
250 lb.		
W. Wheeling	182.5 162.5 192.5 537.5	
M2		
J. Roten	200 137.5 230 567.5	
187 lb.		
J. Shoaf	157.5 130 182.5 470	
280 lb.		
M. Lewis	260 167.5 246 662.5	
227 lb.		
M. Bolick	182.5 110 207.5 500	

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3/2,000 LB BARS
1 APPOLONS AXLE
SURPA RACKS
2 CREPINSEK SQUAT BARS
1 CAMBERED BENCH BAR
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DEADLIFT PLATFORM

K. Clinevel	210	132.5	227.5	570
D. Lewis	187.5	120	192.5	500
138 lb. Teen				
C. Clark	97.5	62.5	122.5	282.5
WOMEN				
154 lb. SM1				
S. Pleshesky	137.5	60	145	342.5
(Thanks to Mike Adelmann for these results).				

INSA/INSA Southweat USA
14 Jul 01 - Ft. Worth, TX (kg)

BENCH	242 lbs.
MALE	Amateur Submaster
Amateur	E. Ross
132 lbs. Open	275 lbs. Open
J. Velasquez	102.5 T. Counts
181 lbs. Teen	242.5 FEMALE
J. Moway	177.5 165 lbs.
198 lbs. Novice	Pro. Open
C. Brown	165 D. Weatherly
220 lbs.	242 lbs.
DEADLIFT	DEADLIFT
Pro. Submaster	FEMALE
S. Ashcraft	123 lbs.
Novice	Amateur Novice
A. Hickan	180 F. Walker
Amateur Novice	122.5
E. Ramirez	205 H. Hughes
Submaster	127.5 MALE
E. Ramirez	205 220 lbs.
Pro. Master	Pro. Submaster
M. Gibson	180 S. Ashcraft
Open	137.5
M. Gibson	180 Pro. Open
	R. Pierce
	290
	242 lbs.
	Amateur Open
	M. Hall
	262.5
MALE	SQ BP DL TOT
114 lbs. Amateur Open	
J. Scruggs	190 102.5 197.5 490
Teen	
M. Kamp	187.5 75 140 402.5
S. Tillman	105 62.5 125 292.5
132 lbs. Open	
G. Young	192.5 102.5 177.5 472.5
165 lbs.	
H. Jones	120 182.5 440 493
Teen	
B. Tatum	205 112.5 205 522.5
181 lbs. Novice	
M. Moore	150 117.5 182.5 450
Open	
T. Wooley	157.5 112.5 190 460
Submaster	
T. Wooley	157.5 112.5 190 460
Teen	
C. Mitchell, Jr.	182.5 100 195 477.5
P. Burke	177.5 102.5 180 460
D. Marken	127.5 82.5 147.5 357.5
198 lbs. Open	
K. Sinderud	272.5 172.5 245 690
W. Smith	220 117.5 265 602.5
Submaster	
K. Sinderud	272.5 172.5 245 690
Teen	
M. Lee	120 237.5 542.5 544
B. Marken	147 102.5 187.5 437
J. Farwell	(225) 155 — —
220 lbs. Master	
R. Dixon	232.5 145 235 612.5
Teen	
C. Ratliff	182.5 107.5 195 485
Pro. Master	
M. Jones	235 147.5 250 632.5
Open	
M. Jones	235 147.5 250 632.5
242 lbs. Amateur Master	
M. Kennedy	(125) — — —
275 lbs. Novice	
D. Mann	282.5 205 220 707.5
J. Rowland	272.5 170 235 677.5
Open	
D. Jones	215 130 240 585
Pro. Novice	
J. Rangel	272.5 160 260 692.5
Open	
H. Thomason	377.5 190.0 302.5 870
J. Rangel	272.5 160 260 692.5
308 lbs. Amateur Teen	
K. Bruno	255 142.5 205 602.5
FEMALE	
123 lbs. Amateur Novice	
F. Walker	107 75 122.5 304.5
Pro. Submaster	
H. Hughes	97.5 52.5 127.5 277.5
165 lbs.	
J. Grisson	100 47.5 102.5 250
Outstanding Lifters: Female - Falisha Walker.	
INSA: (114-198) Jeremy Scruggs, (220-SHW)	
Dearl Mann. INSA: (220-SHW) Henry	
Thomason. (Thanks to Kirk Stroud for results)	

EVENT DESCRIPTIONS: TRUCK PULL: 13,000 lbs. harness w/ rope assist, 90 ft. course, 90 sec. time limit. Course up a slight incline. LOG LIFT: for max wt. overhead. SUPER YOKE: 80 ft. course, 90 sec. time limit. Mdwts./300 lbs., Hywts./400 lbs., Open/510 lbs. LOADING: 5 items placed on 4' platform. 90 sec. time limit. 120 lb. stone/20 ft., 150 lb. sand-bag/15 ft. 200 lb. sandbag/10 ft., 220 lb. keg/5 ft., 270 lb. keg/0 ft. FARMERS CARRY: 100 ft. course, 90 sec. time limit. No turns. Mdwts./155@, Hywts./195@, Open/235@. We had athletes from MO, 10, WI, and IL attend the first annual KANKAKEE COUNTY STRONGEST MAN. Experienced strongmen and first timers battled it out to what became a close contest in each division. It was an honor to hold a contest for some remarkable athletes and hope to see everyone again next year. Plans are already in progress in making next years contest bigger and better. (Results by Tony Soucie).

NASA VA State PL/BP/PS (kg)
10 Feb 01 - Charlottesville, VA

PwrSports	G. Ferrall	182.5
CURL	M1	
WOMEN	F. Sumner	127.5
154 lb. Int.	M3	
K. James	30 D. Robbins, Sr	115
MEN	SM1	
227 lb. M3	M. Delaney	172.5
J. Gibson	127.5	205 lb. Pure
170 lb. M5	R. Cash	190
K. Samples	52.5 Nat	
187 lb. M1	R. Cash	190
F. Sumner	65 227 lb. PN	
280 lb. M1	K. Kenyon	225
J. Sheets	72.5 Jr.	
DEADLIFT	K. Kenyon	225
154 lb. Int.	Nat	
K. James	115 D. Benson	180
227 lb. M3	SM2	
J. Gibson	127.5 D. Benson	180
BENCH	M1	
F. Sumner	127.5 S. Morris	192.5
154 lb. M1	M3	
S. Zerbe	145 J. Gibson	110
Pure	250 lb. PN	
L. Johnson	117.5 D. Pullen	177.5
SM2	SM1	
L. Johnson	117.5 D. Pullen	177.5
170 lb. Pure	Pure	
K. Samples	112.5 W. Mullins	192.5
PN	M5	
K. Samples	112.5 W. Mullins	192.5
M3	M2	
K. Samples	112.5 J. Aken	150
M5	280 lb.	
K. Samples	112.5 Int.	
187 lb. SM2	M. Garland	170
G. Ferrall	182.5 Pure	
Nat	M. Garland	170
PwrSports	CR BP DL TOT	
170 lb. M1	37.5 57.5 120 215	
L. Zingg		
M6		
L. Zingg		
154 lb. Int.		
D. Cook	40 135 170 305	
SM2		
L. Johnson	45 117 220 382.5	
Pure		
L. Johnson		
187 lb. M1		
F. Sumner	127.5 192.5 447.5 340	
315 lb. M1		
T. Patterson	67.5 130 197.5 412.5	
M5		
T. Patterson		
PwrLifting		
WOMEN		
119 lb. SM2		
C. Beasley	82.5 52.5 105 240	
127 lb. PN		
G. Manuel	95 45 122.5 262.5	
Int.		
G. Manuel		
138 lb. Teen	95 45 122.5 262.5	
K. Dean	127.5 75 125 327.5	
HSP		
K. Dean		
Nat.		
K. Dean		
MEN		
154 lb. Int.		
T. Thomas	167.5 110 180 457.5	
170 lb. PN		
R. Bernhard	195 165 182.5 542.5	
SM2		
R. Bernhard	195 165 182.5 542.5	
205 lb. Pure		
K. Spitzer	245 177.5 255 677.5	
M1		
K. Tabor	137.5 120 180 437.5	
D. Reid	117.5 115 137.5 370	
227 lb. Int.		
B. Rochefort	227.5 130 215 572.5	
LE		
B. Rochefort	130 357.5 215 572.5	
250 lb. Pure		
C. Swigler	250 182.5 250 682.5	
250 lb. LE		
C. Sqingler	250 182.5 432.5 682.5	
M1		
M. Durrell	295 182.5 272.5 750	
M2		
J. Aken	235 150 210 595	
B. Gagne	147.5 120 147.5 415	
M5		
W. Mullins	300 192.5 290 782.5	
280 lb. M1		
J. Sheets	220 137.5 227.5 585	
LE		
T. Tsourouitis	295 202.5 275 772.5	



IN MEMORY ... "It is with much regret that I am informing the Powerlifting community of the untimely death of one of its great up and coming stars. Peter E. Lanzi, a 19 year old powerlifter on Big K's Powerlifting Team and a freshman at Kent State University in Cleveland, Ohio died very unexpectedly on February 4, 2001 of a brain aneurysm at home in his mothers arms. Peter was a multiple State and National Champion in both the NASA and USAPL. He is still the current USAPL Ohio Record Holder in the Deadlift for the High School Division. He was an outstanding football player, wrestler and powerlifter at Brecksville-Broadview Heights High School. He was the captain and the driving force behind the establishment of Big K's High School Powerlifting Team. And he was the co-founder of The Battle of The Great Lakes Powerlifting Tournament in Cleveland, Ohio. This years meet, The Battle of The Great Lakes IV, began with a moment of silence as the Lifters, Meet Officials and Fans paid their respect to a fallen lifter. In tribute to Peter, the best lifter award at our meet is now called, The Pete Lanzi Memorial Award. This year Six (6) Swords were awarded and next year we will award ten (10). Pete was many things to many people. He was a Beloved Son of John and Nikki Lanzi. He was a Loving Brother of Dean and Tony Lanzi. He was a Gifted Student, He was a Talented Athlete, And He was a Dear Friend. My Favorite movie of all Time is The Christmas Tradition "It's a Wonderful Life" Although it's nearly 55 years old, It's meaning still holds true to this day. In the movie we get to see how one man's life, George Bailey's, affected so many other lives. Many got to witness how Pete Lanzi's Life affected so many as nearly 500 poured into Reppeppi's Funeral Home and were at St. Basil's Church to pay their final respects to a dear friend. Yes, my friend, you had a wonderful life. Though very short, it touched so many other lives! I tell my athletes all the time it's not the 6 minutes in a wrestling match that matters. Its what you do in those 6 minutes that matters the most. Let us not lean on our own understanding, and say he only had 19 years. Understand it was God's Plan and let us focus on what Pete accomplished in those 19 years. Peter had a PASSION for life and he lived it to the fullest. Let us not remember how he died, BUT HOW HE LIVED! We Could All Learn A Lesson From Pete. Life is too short to be angry, to hold grudges or harbor hatred in our hearts. Life is too short to go a minute, a day, a week or a year without saying; I Love You To Someone Special. We need to love each other, as Pete loved us, and as God Intended. We've got to love each other like there's no tomorrow, Cause when you get down to it, no one is guaranteed a tomorrow. I got to witness many of times this LOVE Pete possessed. He would always give his father John and mother Nikki a kiss and hug and say I LOVE YOU. It wouldn't matter to him if they were in public or private. This is a rarity in today's youth. This is a rarity in today's adult. Yes, we could all learn a lesson from Pete. To live life to the fullest and to love one-another like there is no tomorrow. I'll Always Remember Peter's Smile, His Funny Laugh, His Warmth and Compassion, His Dedication, The Way he, C.J. and the Scalmato's Brothers ate me out of house and home, The Mohawk he gave me instead of a crew cut, How easy it was to con him to do yard work for food, All the great talks we had, Our daily lifting and powerlifting meets with his parents & the boys. BUT ... Most of all, I'LL ALWAYS REMEMBER MY FRIEND - PETE! - Keep The Weights Racked For Me ... We'll Have A Great Lift Again Soon!" Gary "Big K" Kanaga. (above, ... Pete Lanzi (2nd from left) next to Coach Kanaga with his Best Lifter Sword award from the 1998 Battle of the Great Lakes competition.

R. Prince	245	195	262.5	702.5
K. James	232.5	145	277.5	655
SM2				
K. James	232.5	145	277.5	655
315 lb. PN				
J. Weimer	297.5	207.5	235	740
SM2				
J. Weimer	297.5	207.5	235	740
154 lb. HSP				
J. Wingfield	112.5	142.5	340	749.5
Pure				
L. Johnson	165	117.5	220	502.5
SM2				
L. Johnson	165	117.5	220	502.5
170 lb. PN				
R. Crinfield	120	112.5	142.5	375
187 lb.				
J. Petrylak	160	115	207.5	482.5
SM2				
L. Delaney	232.5	147.5	252.5	632.5
M1				
F. Sumner	122.5	127.5	447.5	397.5
205 lb. HSP				
F. Beegle	122.5	110	155	387.5
227 lb. PN				
R. Nicosia	242.5	165	265	672.5
Pure				
R. Nicosia	242.5	165	265	672.5
Nat				
R. Nicosia	242.5	165	265	672.5
280 lb. Jr.				
C. Graham	220	145	235	600
315 lb. HSP				
S. Casto	202.5	150	352.5	557.5
SHW				
J. Toley	137.5	100	145	382.5
PN				
J. Orr	280	190	270	740
(Thanks to Mike Adelmann for these results).				

WNPF Upstate NY BP/DL Ironman

19 May 01 - Binghamton, NY

BENCH	Raw		
165 lb.	Tolmie	330	
Open Raw	DEADLIFT		
Legg	225	105 lb.	
Lifetime Raw	(50-59)		
Legg	225	Bertoli	300*
(40-49) Raw		Open	
Legg	225	Bertoli	300*
Police Raw		165 lb.	
Legg	225	Open Raw	
181 lb. OPEN	Legg 350		
Foil	295	Lifetime Raw	
Open Raw	Legg	350	
Wahab	365	(40-49) Raw	
198 lb. (40-49)	Legg	350	
Jackson	330	Police Raw	
(50-59) Raw	Legg 350		
Davis	245	181 lb.	
220 lb. (33-39)		LIFETIME	
Brown	425	Skinner	500
Liberatore	385	(40-49)	
242 lb.		Skinner	500
Lifetime		Police	
Dibari:	440	Skinner	500
Police		(50-59)	
Dibari	440	Jeffords	340
Novice		242 lb. (40-49)	
Dibari	440	Leblanc	635
(40-49)		275 lb.	
Leblanc	420	Open	
275 lb. Open	Tolmie	485	
Ironman	BP	DL	TOT
165 lb. Police			
Engstrom	250	425	675
Police Raw			
Legg	225	350	575
Open Raw			
Legg (40-49) Raw	225	350	575
Legg	225	350	575
Lifetime Raw			
Legg	225	350	575
181 lb. (14-16) Raw			
Kristoff	150	315	465
Open Raw			
Wahab	365	425	790
198 lb. (20-23) Raw			
Loux	325	500*	825
220 lb. Open			
Kuhn	410	525	935
Police			
Neal	365	495	860
(33-39)			
Brown	425	550	975
242 lb. (40-49)			
Leblanc-BL	420	635	1055
*-WNPF American Record. != Best Lifter (Thanks to the WNPF for these meet results).			

NASA KY State PL/BP/PS
24 Mar 01 - Lexington, KY

PwrSports	154 lb.	L. Meighan	130
BENCH	250 lb.		
187 lb., HSP	100	R. Saunders	165
T. Cummins	205 lb., M1	205 lb., LE	
T. Boyer	160	P. Piercy	147.5
250 lb.	250 lb.		
B. Johnson	155	Hesselchwartz	150
170 lb., M2	205 lb., M1		
R. Baker	102.5	T. Adams	182.5
154 lb., M5	160	H. Cecil	142.5
M. Evans	110	280 lb.	
205 lb.	K. Burgess	222.5	
T. Boyer	160	170 lb., M2	
250 lb.	R. Baker	102.5	
B. Johnson	155	250 lb.	
SM	185	M. Keeney	157.5
J. Parks	315 lb., M3		
CURL	170 lb., HSP	Hesselschwendt	170
J. Burch	60	B. Lamb	97.5
187 lb.	280 lb.		
T. Cummins	65	K. Burgess	222.5
170 lb., M2	SHW		
R. Baker	50	M. Bertram	162.5
205 lb., Pure	138 lb., Nat		
J. Hal	80	J. Bryant	87.5
119 lb., SM	227 lb.		
T. Benson	20	S. Sullivan	205
227 lb.	D. Benson	-117.5	
D. Benson	65	119 lb., PN	
154 lb., Teen	R. Sebok	110	
J. Wingfield	47.5	138 lb.	
DEADLIFT	J. Guthrie	62.5	
170 lb., M2	315 lb.		
R. Baker	137.5	M. Giese	160
250 lb., PN	205 lb., Pure		
B. Johnson	205	J. Hal	207.5
SQUAT	227 lb.		
250 lb., Int	C. Poore	200	
P. Molloy	170	C. Phillips	150
BENCH	280 lb.		
127 lb., HSP	K. Burgess	222.5	
B. Bertram	85	SHW	
154 lb.	J. Orr	190	
J. Wingfield	92.5	227 lb., SM1	
170 lb.	R. Nicosia	170	
J. Burch	92.5	205 lb., SM2	
205 lb.	P. Piercy	147.5	
F. Beagle	112.5	227 lb., MEN	
280 lb., HS	S. Sullivan	205	
J. Saunders	147.5	119 lb., HSP	
316 lb., HSP	D. Benson	-117.5	
S. Casto	280 lb., SM2	B. Guffey	77.5
SHW	155	127 lb.	100
J. Tolley	R. Richey	E. Davis	227.5
205 lb., Int	127 lb., Teen	70	501.5
A. Carter	102.5	138 lb.	257.5
138 lb., Jr	E. Davis	75	
J. Wins	SHW	J. Bryant	87.5
107.5	170 lb., WPN	170 lb.	230
PwrSports	D. Shirley	J. Burch	132.5
187 lb., Int	82.5	B. Guffey	337.5
P. Williams	CR	205 lb.	
P. Williams	BP	F. Beagle	110
227 lb.	DL	315 lb.	345
J. Greenwell	TOT		
250 lb.	105	112.5	402.5
P. Melby	165	140	
154 lb., Jr	105	372.5	
J. Elam	95	120	
227 lb., M1	150	112.5	347.5
M. Williams	180	140	
250 lb.	125	167.5	347.5
J. Thomas	217.5	175	
154 lb., M2	147.5	187.5	392.5
G. Paff	55	335	
170 lb.	92.5		
R. Baker	102.5	152.5	345
205 lb.	157.5	137.5	
J. Donnelly	217.5	230	447.5
250 lb., M5	147.5		
J. Thomas	147.5	187.5	335
154 lb., N	125	180	
J. Elam	167.5	175	347.5
227 lb., Pure	125		
M. Dickenson	207.5	227.5	435
280 lb.	145		
J. Klotz	267.5	257.5	525
PwrLifting	182.5		
WOMEN	SQ	BP	DL
138 lb., M1	80	60	102.5
R. Hack	112.5	112.5	252.5
154 lb., PN	80	60	
A. Ramos	112.5		
170 lb.	137.5	82.5	375
D. Shirley	82.5	220	
SM2	155	155	
D. Shirley	82.5		
187 lb., M2	162.5	197.5	442.5

POWER PEOPLE

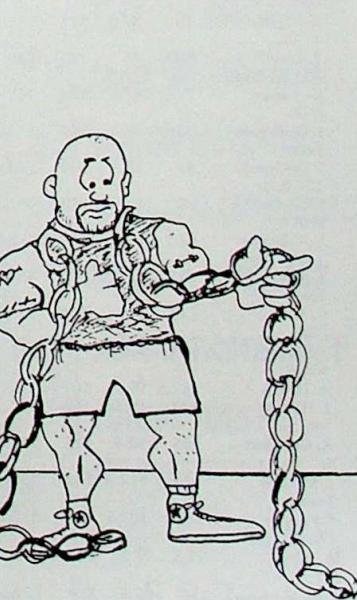


Charles "Santa" Clonce (center) with training partner Barry Greyson (left) and Howard Huddleston (right) of Bodytech Gym of Moore, OK, one of Charles' local sponsors. In 2000, Charles competed in 12 contests in 9 1/2 months, winning 4 National Masters Championships, and repeating as AWPC and WPC Masters 4 World Champion at 140 kg. He got 2nd place at the USPF Worlds at 125 kg. (Masters 4) and fifth place at the IPF Masters Worlds at 125 kg. Masters 2. Charles now agrees that it was "an insane sustained level of performance" (courtesy Huddleston)

S. Casto	155	365	182.5	547.5	154 lb. Teen	J. Wingfield	137.5	92.5	170	400
SHW	145	102.5	150	397.5	227 lb.	J. Escalon	200	147.5	205	552.5
J. Toby	170	lb. Int	72.5	350	SHW	D. Nichols	165	170	210	545
J. Sikes	280	lb.	147.5	557.5	(thanks to Mike Adelmann for these results)					
J. Joseph	210	290	290	770						
SHW	95	107.5	142.5	345						
J. Orr	290	187.5	262.5	745						
138 lb. Jr	127 lb.	227 lb.	105	377.5						
J. Mullins	227 lb.	200	147.5	205						
J. Barnes	227 lb.	182.5	140	552.5						
227 lb.	148 lb.	182.5	230	505						
J. Coulter	110	105	162.5	377.5						
205 lb.	L. Napper	205	120	190						
250 lb.	250 lb.	172.5	97.5	175						
R. Hunter	227.5	182.5	62.5	472.5						
170 lb. M2	R. Baker	102.5	205	137.5						
205 lb. M3	205 lb.	207.5	127.5	177.5						
L. Schell	127 lb. M5	172.5	172.5	512.5						
138 lb. Nov	J. Wins	172.5	97.5	175						
J. Wins	95	107.5	142.5	345						
205 lb.	P. Percy	202.5	147.5	230						
227 lb. Nat	J. Orr	290	190	290						
R. Nicosia	205 lb.	182.5	132.5	230						
250 lb.	J. Walko	182.5	132.5	230						
P. Williams	227 lb.	187.5	482.5	262.5						
R. Nicosia	250 lb.	237.5	170	255						
250 lb.	J. Holsinger	232.5	175	222.5						
P. Williams	250 lb.	187.5	195	215						
R. Guffey	250 lb.	257.5	195	215						
R. Guffey	205 lb.	82.5	67.5	142.5						
P. Piercy	205 lb.	202.5	147.5	230						
B. Bowen	205 lb.	192.5	120	220						
W. Jones	227 lb.	217.5	162.5	217.5						
227 lb., SM1		192.5	120	220						
T. Reed		272.5	135	250						
M. Dickenson		202.5	145	227.5						
250 lb.		187.5	195	215						
J. Holsinger		257.5	195	215						
154 lb. SM2		257.5	195	215						
R. Guffey		82.5	67.5	142.5						
205 lb.		202.5	147.5	230						
P. Piercy		192.5	120	220						
B. Bowen		192.5	120	220						
W. Jones		217.5	162.5	217.5						

Coldwater Meet 4 Jul 01 - Coldwater, MI

	SQ	BP	DL	TOT	
123 lb.	Scott-116	145	125	210	480
132 lb.	Bernard-132	170	135	220	525
148 lb.	Garza-140	275	205	345	825
154 lb., M1	Yakes-145	245	205	350	800
165 lb.	Sivley-160	375	185	450	1010
172 lb.	Martin-158	315	235	335	885
181 lb.	DeSalvo-164	185	205	315	705
187 lb.	Counselor-174	335	245	450	1030
198 lb.	Dillard-178	315	—	405	715
205 lb., M3	L. Schell	207.5	127.5	177.5	512.5
212 lb., M5	J. Schell	127 lb.			
227 lb.	B. Lamb	172.5	97.5	175	445
238 lb. Nov	J. Wins	95	107.5	142.5	345
205 lb.	P. Percy	202.5	147.5	230	580
227 lb. Nat	J. Orr	290	190	290	770
237 lb. Nov	J. Walko	182.5	132.5	230	545
250 lb.	J. Barnes	187.5	482.5	262.5	745
250 lb.	R. Nicosia	237.5	170	255	662.5
250 lb.	P. Williams	232.5	175	222.5	630
250 lb.	J. Orr	290	190	290	770
227 lb. Pure	R. Nicosia	237.5	170	255	662.5
250 lb.	M. Dickenson	272.5	135	250	657.5
250 lb.	J. Holsinger	202.5	145	227.5	575
250 lb.	154 lb. SM2	257.5	195	215	667.5
250 lb.	R. Guffey	82.5	67.5	142.5	292.5
205 lb.	P. Piercy	202.5	147.5	230	580
205 lb.	B. Bowen	192.5	120	220	532.5
227 lb.	W. Jones	217.5	162.5	217.5	597.5



"YEAH, WE DO USE THE WESTSIDE ROUTINES. HOW COULD YOU TELL?"

NASA WV State - 4/28-29/01 (kg)

PwrSports	E. Tackett	102.5
BENCH	B. Chapman	125
170 lb. Pure	205 lb. Teen	125
K. Moose	132.5 S. Sebok	125
M3	J. Nestor	127.5
K. Samples	47.5 SM2	
CURL	D. Hypes	162.5
187 lb. Pure	SM1	
B. Kimble	62.5 K. Ankeney	152.5
205 lb. M2	PN	
B. Samples	55 B. Samples	145
Pure	W. Kirkendall	177.5
M. Parriski	75 Nat	
DEADLIFT	D. Muenich	170
205 lb. Teen	MS	
J. Nestor	192.5 B. Samples	145
BENCH	M2	
227 lb.	B. Samples	145
J. Forren	160 M. McGonagle	112.5
119 lb. HSP	S. Milam	165
K. Eschbaugh	55 Int	
Pure	D. Muenich	177.5
R. Sebok	47.5 227 lb.	
127 lb. Teen	C. Underhill	195
G. Simms	60 Nat	
Jr	R. Nicosia	172.5
S. Caldwell	87.5 SM1	
138 lb. Teen	S. Criser	180
J. Guthrie	65 Teen	
154 lb.	F. Beegle	112.5
J. Wingfield	102.5 SM1	
SM1	L. Boyer	157.5
E. Walsh	150 PN	
Jr	S. Proctor	150
J. Mullins	112.5 SM2	
Int	R. Perkins	172.5
R. Crichtfield	92.5 250 lb. SM1	
HSP	J. Jeffries	187.5
J. Wingfield	102.5 M1	
170 lb. PN	N. Caruthers	160
K. Samples	112.5 Jr	
M5	R. Saunders	162.5
K. Samples	112.5 280 lb. HSP	
M3	C. Heimeri	142.5
K. Samples	112.5 J. Saunders	140
LE	315 lb. Int	
W. Fredrick	127.5 A. Shields	265
170 lb. Jr	Teen	
J. McGill	85 J. Ice	142.5
Int	HSP	
J. Mite	160 S. Casto	160
187 lb. SM1	SHW	
C. McIntyre	192.5 M2	
PN	E. Nicholson	165
B. Kimble	145 Int	
C. McIntyre	192.5 J. Orr	165
Jr	Jr	
C. Miller	95 J. Tolley	100
HSP	D. Nichols	170
Pwrlifting	SQ	
127 lb. HSP	BP DL TOT	
R. Dickerson	50 30 77.5	157.5
138 lb. M2	C. Carle	67.5
154 lb. PN	55 92.5	215
B. Hackworth	82.5 37.5	120
HSP	240	
A. Whited	95 47.5 115	257.5
119 lb.	T. Goins	100 75 115
127 lb. Teen	290	
C. Simms	77.5 67.5	120
HSP	265	
J. Bradenski	95 67.5 140	320.5
Teen	J. Carpenter	195 145
J. Bredenski	95 67.5 140	302.5
127 lb. Jr	J. Carpenter	195 145
J. Bredenski	95 67.5 140	302.5
HSP	J. Carpenter	195 145
C. Gillispie	67.5 65 120	252.5
138 lb. Nat	J. Carpenter	195 145
T. Vickers	157.5 157.5 152.5	467.5
Teen	J. Carpenter	195 145
C. Smith	120 100 142.5	362.5
HSP	J. Carpenter	195 145
J. Brooks	65 62.5 110	237.5
154 lb.	J. Carpenter	195 145
A. Helms	157.5 95 162.5	415
J. Wyant	122.5 107.5 152.5	382.5
Int	J. Carpenter	195 145
R. Crichtfield	105 92.5 125	322.5
Jr	J. Carpenter	195 145
J. Mullins	110 112.5 142.5	365
Teen	J. Carpenter	195 145
J. Vaught	155 102.5 175	432.5
170 lb. HSP	J. Carpenter	195 145
W. King	92.5 77.5 137.5	307.5
M2	J. Carpenter	195 145
B. Richardson	110 92.5 150	352.5
E. Tackett	120 102.5 165	387.5
187 lb.	J. Carpenter	195 145
R. Turpin	167.5 87.5 205	460



Rodney "Gaitor" Cleveland is 6'1" and 318 lbs. and has done a seated shoulder press with 475 lbs.. According to Dr. Darrell Latch, who supplied this photo, "Rodney, who is a Christian and a very humble man, has had to overcome many obstacles in his life and his hoping to encourage others to do the same through his lifting and example."

Nat	W. McComas	307.5	307.5		Pure
Teen	J. Canterbury	170	100	170	H. Dales
HSP	R. Ernest	185	132.5	192.5	510
	E. McComas	195	105	212.5	512.5
Nat	M. Highfield	230	150	232.5	612.5
M5	M. Highfield	230	150	232.5	612.5
M1	C. French	265	152.5	265	662.5
280 lb. HSP	C. Matthews	182.5	125	205	512.5
SM2	M. Macklin	247.5	130	227.5	605
	Jr	247.5	165	267.5	680
K. Ice	K. Ice	247.5	165	267.5	680
Nat	K. Ice	247.5	165	267.5	680
PN	K. Ice	247.5	165	267.5	680
	J. Sheets	262.5	185	292.5	740
315 lb. M5	M. Patterson	220	125	220	565
Teen	S. Casto	220	160	200	580
Int	A. Shields	272.5	265	260	797.5
Teen	J. Ice	217.5	142.5	205	565
Jr	J. Ice	217.5	142.5	205	565
	SHW HSP	100	105	132.5	337.5
G. Davis	J. Orr	292.5	195	292.5	780
Int.	J. Orr	292.5	195	292.5	780
HSP	J. Tolley	152.5	100	150	402.5
M2	L. Smith	232.5	137.5	170	540
	SHW M5	232.5	137.5	170	540
Teen	L. Smith	232.5	137.5	170	540
D. Nichols	J. Carpenter	145	107.5	175	427.5
CR	N. Haynes	162.5	107.5	185	455
119 lb. SM	C. Miller	132.5	95	155	382.5
S. Bowling	187 lb. LE				
	J. Carpenter	195	145	200	540
	R. Wright	210	132.5	235	577.5
	M2				
R. Simpson	J. Carpenter	172.5	140	200	512.5
PN	B. Kimble	167.5	145	207.5	105
	SM1				
R. Wright	J. Carpenter	210	132.5	235	577.5
SM2	J. Carpenter	195	145	200	540
	M. Soter	155	142.5	137.5	435
	M. Soter	155	142.5	137.5	435
	M. McGonagle	200	117.5	177.5	495
	M5				
	M. McGonagle	200	117.5	177.5	495
	B. Gabbert	177.5	140	192.5	510
	227 lb. PN				
R. Niclosia	R. Niclosia	240	172.5	260	672.5
Nat	R. Niclosia	240	172.5	260	672.5
R. Niclosia	R. Niclosia	240	172.5	260	672.5
SM1	R. Niclosia	240	172.5	260	672.5
R. Niclosia	R. Niclosia	240	172.5	260	672.5
PN	S. Criser	272.5	180	272.5	725
Teen	F. Beegle	115	112.5	155	382.5
Pure	F. Beegle	115	112.5	155	382.5
M. Parriski	M. Parriski	185	200	65	450
C. Mullins	C. Mullins	212.5	125	227.5	565
Int.	J. Adkins	250	205	242.5	697.5
R. Crichtfield	J. French	227.5	167.5	245	640
Jr	J. Voezel	192.5	150	225	567.5
J. Mullins	SM2				
Teen	K. Bardsos	215	180	252.5	647.5

SM1
G. Nichols
(Thanks to Mike Adelmann for these results).

Iowa Open Summer Blast 3 Jul 01 - Oskaloosa, IA

WOMEN	Master-1	
148 lbs.	Swank, J.	350
Hance, A.	130	Townsell, G.
MEN	Master-3	
165 lbs.	Deweys, D.	190
C. French	242 lbs. Novice	
C. Matthews	Mallonee, M.	365
M. Macklin	Dobbins, D.	335
Jr	Submaster	
K. Ice	Haushildt, S.	415
Nat	Hurlbut, B.	380
PN	Hendricks, B.	205
K. Ice	Open 148 lbs.	
J. Sheets	Sergio, F.	295
315 lb. M5	242 lbs. Open	
M. Patterson	Dacey L.	420
Teen	Submaster	
Jr	Bonjour, R.	420
J. Ice	Perez, J.	290
Whitt B.	Submaster	
Jr	Tremmel, D.	305
J. Ice	Anderson, J.	475
Int.	Bickel, R.	450
Shawn	Woodsmill, K.	420
Castro	Matthews, J.	410
Teen	Master-1	
Jr	Cozine, C.	425
J. Ice	Ruse, D.	280
Jr	Bonjour, R.	420
J. Ice	Bombeil, R.	350
Int.	Petersen, D.	345
SHW HSP	Master-2	
G. Davis	George, R.	340
Int.	Stein, E.	335
J. Orr	Master-1	
PN	198 lbs.	
J. Orr	White, F.	420
HSP	Prati, T.	295
M2	Master-2	
J. Tolley	Fisher, R.	335
Jr	Marley, H.	295
M2	Key, W.	300
L. Smith	Novice Hwt.	
	Storey, R.	375
	Hilsenbeck, K.	380
	McCanna, K.	370
	Storey, R.	375
	Some nice lifting and good individual performances. Branden Millage had a big 290 for a 165 teen. While Curtis Cawley almost doubled bodyweight at 148, Bryan Whitt benches big whenever he goes, and he pleased the crowd with a 370 in the 148 class - nice lifting! Ken Hilsenback with 380 also had a good day while Scott Hanschild looked strong with an easy 415. John Anderson had the biggest bench of the meet for the second year in a row with 475. Long-time competitor Cozy Cozine did a strong 425 in the 242 masters class. Many thanks to competitors and all that made the summer blast meet successful. Our next meet will be a bench/deadlift meet at Oskaloosa, November 10th 2001. Contact Wayne Hammes at 641-673-5240 for details. (results of this competition were received from Wayne Hammes)	

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At the APA High School Pearl Harbor meet (l-r): Dukens Laguerre (Petty Officer - United States Navy), Mynor Garcia (Best Lifter award - poster of the Arizona Memoria), Osvaldo Rosado (Petty Officer - United States Navy). (Photograph provided courtesy of Joe Steele to PL USA).

APA HS Pearl Harbor Memorial 7 Dec 00 - New Haven, CT

BENCH
123 lb.
Patterson-123 80 D. Olives-160 200
T. Conte-120 75 T. Miller-163 195
132 lb.
J. Cotton-132 100 A. Jackson-181 200
J. Toney-130 90 S. Human-180 195
148 lb.
M. Garcia*-148 225 H. Hill-175 100
M. Veishma-140 200 R. McNair-177 100
*Best lifter. Time: 1 hour. Announcer: Andy Brain. Meet Director: Joseph Steele. Head Judge: Joseph Steele. Side Judges: Andy Brain and Neal Wellins. Sponsor: United States Navy. Meet Report: The 3rd Annual APA (H.S.) Pearl Harbor Memorial Bench Press Championships went very well with 15 lifters taking part. The contest was held in connection with the anniversary of the Japanese Attack on Pearl Harbor December 7, 1941. United States Navy Petty Officer Osvaldo Rosado, gave a lecture to all the lifters on the attack on Pearl Harbor. The Navy representative gave a poster of the Arizona Memorial as the Best lifter Award. In the Men's Division, Mynor Garcia was Best lifter and won the 148 lb. class with a 225 lb. lift. (Thanks to Joe Steele for these meet results).

S. Tharp	52.5	120	182.5	355	W. Hamsher	192.5	142.5	227.5	562.5	A. McNier	120	67.5	137.5	325
205 lb.					K. Hall	200	155	255	610	L. Lowery	105	62.5	105	272.5
154 lb. M2					S. Tharp	180	120	182.5	482.5	M. Lickliter	100	57.5	127.5	285
205 lb.					M. McGonagle	210	110	185	505	L. Lowery	1050	62.5	105	272.5
SHW					L. Smith	215	125	172.5	512.5	(Thanks to Mike Adelmann for these results).				
154 lb. M3					J. Klein	165	70	170	405	Canadian Drug Free Nationals				
R. Dodson					205 lb. MPure	160	102.5	162.5	425	5 May 01 - Taber, Alberta				
170 lb.					R. Rice	202.5	147.5	215	565	BENCH	M2			
227 lb.					R. Kinder	255	200	250	705	Unequipped	O. Moorehouse	115		
R. Largent					280 lb. Nat	182.5	150	205	537.5	Open 55 lb.	Open 100 lb.			
S. Emmelhainz					S. Emmelhainz	322.5	227.5	302.5	852.5	M. Lappin	63*	M. Melanson	—	
C. Ferguson					C. Ferguson	290	157.5	260	707.5	58 lb.	110 lb.			
R. Gilmore					R. Gilmore	215	155	230	600	D. Sluz	65*	M. Webber	145	
205 lb. Nov					B. Lickliter	225	170	232.5	627.5	L. Rempel	60	J. Bortnak	72.5	
B. Lickliter					C. James	187.5	110	197.5	495	T. Rushton	90	145 lb.	—	
205 lb. Nov					T. Snow	182.5	110	150	442.5	C. Harwood				
M. Jesson					T. Snow	182.5	110	150	442.5	Open 75 lb.				
187 lb. Pure					M. Monroe	207.5	150	215	572.5	Marcinkowski	110	Open 100 lb.		
M. Pilkenton					J. Combs	57.5	100.5	110	272.5	D. Planinic	112.5*	M. Arnold	192.5	
L. Gonzales					G. Myrdal-135	185	165 lb.			M3	110 lb.			
205 lb.					250 lb. MPure	80	177.5	230	487.5	Marcinkowski	110	R. Sparks	180	
T. Poe					Wigglesworth	187 lb. Pure				82.5 lb.	S. Parker	155		
205 lb.					M. Poland	57.5	122.5	155	335	187 lb. Pure	140	R. Sparks	187.5#	
M. Upshaw					Pwrlifting	SQ	BP	DL	TOT	227 lb.	125	M3	125 lb.	
M. Henricks					J. Steinberg	202.5	155	185	232.5	M. Desjarlais	140	J. Bertram	245 #	
J. Ritzier					C. Smith	120	100	137.5	357.5	205 lb.	90 lb.	145+ lb.		
T. Burton					T. Redman	240	162.5	237.5	640	L. Burton	—	D. Suberlak	252.5	
110 lb.					227 lb.	215	125	172.5	512.5	Unequipped	SQ	BP	DL	TOT
L. Clayton					L. Smith	215	125	172.5	512.5	Open	75 lb.			
S. Marcum					T. Mounts	172.5	120	190	482.5	Marcinkowski	152.5	110	220	475
T. Mounts					B. Bishop	240	170	227.5	687.5	M3	152.5	110	220	475
B. Bishop					187 lb.	182.5	132.5	235	550	Marcinkowski	152.5	110	220	475
L. Gonzales					187 lb.	165	115	185	465	82.5 lb.	Open			
C. Monroe					187 lb.	154 lb. SM2				M3	140	135	155	430
J. Ritzier					187 lb.	154 lb. SM2				M3	140	135	155	430
T. Burton					187 lb.	154 lb. Teen				T2 90 lb.	155	92.5	207.5	455
110 lb.					187 lb.	154 lb. Teen				Kazakoff	155	92.5	207.5	455
S. Swarbrick					187 lb.	154 lb. Teen				Open	—	—	—	—
J. Buchanan					187 lb.	154 lb. Teen				L. Burton	—	—	—	—
J. Federie					187 lb.	154 lb. Teen				M2	152.5	110	220	475
170 lb.					187 lb.	154 lb. Teen				M3	152.5	110	220	475
M. Smith					187 lb.	154 lb. Teen				Desjarlais	140	135	155	430
160 lb.					187 lb.	154 lb. Teen				Desjarlais	140	135	155	430
M. Lowe					187 lb.	154 lb. Teen				227 lb.	125	125	155	430
WOMEN					187 lb.	154 lb. Teen				125 lb.	125	125	155	430
187 lb. HS					187 lb.	154 lb. HS				125 lb.	125	125	155	430

APPLICATION FOR REGISTRATION American Powerlifting Association

Last Name	First Name	Initial	Date of App.
Street Address	City	State or Province	
Country	Zip Code	Telephone Number	
Date of Birth	Age	Sex	Mail and make checks payable to APA P.O. BOX 27204
Social Security Number EL JOBEAN, FL 33927			
Registration Fee: \$20 High School Athlete: \$10			
Parents Initial If Under 18 yrs.		I Certify that the above answers are correct X	

*Canadian Record, #=World Record. There were some very good lifting witnessed at this competition with many world and Canadian records being broken. The judging was very strict but fair and the spotting was second to none. All lifters at this competition qualified to compete at the single lift world championships to be held in Taber on August 24, 25, and 26. It was great to see lifters from all across the country make the trip and compete at this years nationals. (The results by Randy Sparks).

SLP Ft. Hamilton Days BP/DL
7 Jul 01 - Hamilton, OH

BENCH	W. Smallwood	400*
Submaster	P. Wilder	330*
WOMEN	4th	335*
97 lb.	Police/Fire	
M. Gibson	90*	198 lb.
4th	105*	C. Anderson
Master (40-44)	242 lb.	405*
165 lb.	M. Ferguson	405*
J. Wood	110*	Open
Master (45-49)	165 lb.	
148 lb.	R. Imke	345*
M. Ferguson	205*	B. Smallwood
Open 148 lb.	R. Jones	310
M. Ferguson	205*	181
MEN	D. Capps	325*
Teenage (13-15)	198	
97 lb.	C. Anderson	405*
J. Conley	95*	220
105 lb.	M. Young	480*
T. Gibson	75*	D. Barnickel
132 lb.	C. Smith	450
Jeff Moher	135*	D. Eckerfield
275 lb.	J. Wyatt	320
Bo Hall	275*	4th
Teen (16-17)	Junior	
132 lb.	198 lb.	
B. Kline	140*	J. Brown
148 lb.	220 lb.	405*
C. Warvel	255*	J. Doran
S. Dnonhue	245	275 lb.
S. Schwab	225	T. German
220 lb.	Submaster	405*
M. Rossi	285*	181 lb.
275 lb.	T. Conner	415*
A. Lovins	335*	4th
Teen (18-19)	S. Watts	425*
165 lb.	198 lb.	405
J. Cain	260*	M. Wilder
220 lb.	220 lb.	380*
B. Bradford	345*	B. Smallwood
Junior 148 lb.	275 lb.	385*
J. Zurlinden	275*	H. Mobley, Jr.
181 lb.	Open 242 lb.	455*
R. Smith, Jr.	350*	B. Burdine
4th	370*	275 lb.
R. McKenzie	315	R. Rhoades
Master (40-44)	—	
242 lb.	B. Hodson	445
B. Conley	235*	DEADLIFT
Master (45-49)	220 lb.	MEN
T. Boyer	400*	Teen (13-15)
308 lb.	275 lb.	
M. Giese	370*	B. Hall
Master (50-54)	405*	4th
198 lb.	Submaster	440*
B. Bean	390*	198 lb.
242 lb.	M. Wilder	525*
M. Ferguson	405*	220 lb.
Master (55-59)	220 lb.	B. Smith
165 lb.	4th	440*
K. Howell	240*	Master (50-54)
275 lb.	198 lb.	470*
D. Ledford	430*	B. Bean
Master (60-64)	Master (60-64)	510*
198 lb.	P. Wilder	470*
BENCH Best Lifter - Lightweight - Tracy Conner.		
Best Lifter - Heavyweight - Mike Young.		
DEADLIFT Best Lifter - Mark Wilder.		
The first annual Ft. Hamilton Days Bench Press/Deadlift Championships were held at the Sports Zone in Hamilton, Ohio. A special thanks to Wayne Smallwood and his family for hosting this event which brought nearly sixty competitors from Ohio and Indiana. Some great competitors and a nice crowd of spectators made for a big day of lifting. In the bench competition we had three fine women competitors. Taking the submaster 97 class was Melanie Gibson. Melanie had dropped down to that class but came away with a new SLP Ohio state record with a 90 second attempt. Melanie came back with a successful fourth of 105 after missing that same weight for her third. First-time competitor Jan Wood was a little nervous in the beginning but finished strong with a 110 state record performance to take the master 40-44/165 title. Taking both the master 45-49 and open 148 classes was Marcia Ferguson. Marcia, who is also an accomplished bodybuilder, got all three of her attempts in, blowing away her final, a state record 205 weighing in at just 145! In the teenage division we had four lifters at 13-15, all finishing with new state records. At 97 lbs. Jordan Conley, who was lifting in his first competition, finished with an easy 95. Tyler Gibson took the 105 class with 75. This twelve year old was also competing for the first time. At 132 it was Jeff Mohler with 135 while Bo Hall won at 275 with 275. With six competitors		

in the 16-17 age division we began with the 132 winner Bryan Kline. Bryan only got in his opener of 140, missing 150 twice. Chad Warvel took the 148 class with 255 over Shawn Donohue (245) and Steven Schwab (225), setting a new Ohio state record there. Mike Rossi set the record at 220 with his 285 third attempt while Anthony Lovins did the same at 275 with a strong 335 final attempt. Jason Cain took the 18-19/165 class with a new state record 260 and Brian Bradford won at 18-19/220 finishing with a record 345, getting just his opening attempt. In the junior division it was Jay Zurlinden taking the 148 class with a strong 275 state record, just missing his final attempt with 290. Richard Smith, Jr. pressed a great state record at 181, getting 350 on his third attempt and 370 for his fourth. Ritchie McKenzie was second at 181 with a personal best 315 third attempt. It was Jon Brown at 198 with an easy opener of 405, though he missed his next two attempts with 425. Next up was Josh Dorans with a pr 375, taking the junior 220 class with another Ohio state record. Then at 275 was winner Tony German, who finished with 405, still another state record. In the submaster men's division we had a real battle at 181 between Tracy Conner and Steve Watts. This time Steve had to settle with 405 and second place after missing his third attempt with 415. Tracy went on to make his third with that same 415, following that with a successful fourth attempt of 425. This not only gave Tracy the title but also a new pr, a state record and best lifter honors for the meet. At 198 it was Mark Wilder with a 380 state record, just missing a pr fourth with 405. Barry Smallwood took the title at 220, finishing with a new state record there of 385. This was Barry's first competition. Harold Mobley, Jr. got a big 455 on his third attempt, after missing that weight for his second, for the record and title at 275. In the master men's 40-44/242 class it was Bob Conley, setting the state record there with 235. Tom Boyer won at 220 in the master 45-49 division, finishing with a personal best 400! Mike Giese was also at 45-49, taking the 308 class with a state record 370. At 50-54 it was Bob Bean at 198 and Mike Ferguson at 242 for the wins, both setting new state records. Bob finished with a new pr of 390, just missing his first 400, while Mike only got his opener in at 405. Mike brought several people with him and we all know how hard it is to help several people and compete also. I'm sure they all appreciated your help Mike. I know I do. Mike also went on to capture the title at police & fire 405, setting yet another state record. Ken Howell won at 55-59/165, setting the record there with an easy 240 personal best while Big Dick Ledford won at 275 with another record of 430. Wayne Smallwood, our host, had his



Meet Director Wayne Smallwood with his 2001 NASA master/submaster national championship awards. (Photo: Dr. Darrell Latch).

greatest day of lifting to date, getting his first 400 bench! Wayne set the record on his final attempt of the day, taking the 60-64/198 class. Paul Wilder, another great master lifter, was second at 60-64/198 with two new pr's, a third attempt with 330, followed with a successful fourth with 335. Also at police & fire along with Mike Ferguson was Chris Anderson, who only got one lift in at 198 with 405. This was a new Ohio state record for Chris, as was his win in the open 198 class. In the open division Robert Impke was the winner, finishing with a new state record 345. Brian Smallwood was second with 325, followed by Ryan Jones at 310. Dan Capps set the record at 181 finishing with 325 on the day. We had our biggest class at 220 with five great lifters. Taking the title and state record was Mike Young who finished with 480. Mike even came close with a personal best 500 on his final attempt. Derek Barnickel was second with 450, also coming close on his final attempt with a personal best 480. Third place went to Christopher Smith, who got a big 440 @ 215. David Eckerfield was fourth at 320 followed by Jeff Wyatt at that same weight, coming in two pounds heavier than David. Jeff went on to make 350 on his fourth attempt. Bobby Burdine, aka "The Waterboy", did well in his first competition, finishing with 390 and the win at 242. Bobbie didn't tackle anyone but

he did set the record there. Randy Rhoades came in looking for a big 600 but failed, injuring his hand on his opening attempt. We all wish the best for Randy and hope to see him back in competition soon. At 308 it was Shawn Brooks with a new state record in his win over Blaine Hodson 500 to 445. Shawn came close with 530 on his last two attempts. Best lifter for the heavier classes was Mike Young who finished with 480 @ 216. In the deadlift competition teenager Bo Hall showed plenty of potential as this fifteen year old pulled four great deadlifts, finishing with a pr and state record 440. How'd you like to feed this growing 275 lb. kid! Great job, Bo. Mark Wilder captured both the submaster 198 class and the best lifter title with his pr 525 final attempt. This was a new Ohio state record, as was Bernard Smith's 470 fourth attempt at submaster 220. This was Bernard's first competition. At master 50-54/198 Bob Bean finished with a strong 510 second attempt. Bob was going for a pr 540 on his third attempt but decided to pass after a slight bicep pull on his second. Master 60-64/198 winner showed off his great pulling style as he shattered the record there with an easy 470. Thanks to my son Joey to the whole "Smallwood Clan" and everyone else who helped out. (Thanks to Dr. Darrel Latch for providing the results of this competition to Powerlifting USA).

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

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

Registration Fee \$20.00
Make checks payable to and mail to:

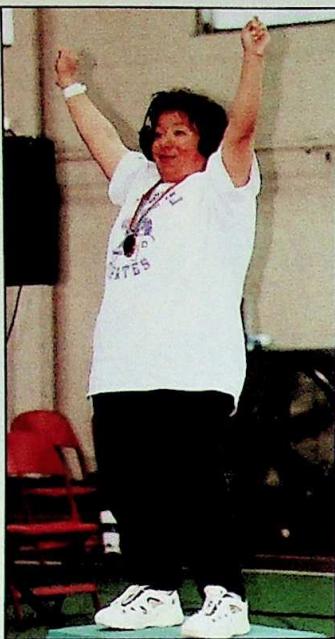
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 Portland, OR 97236

If under 18, have parent initial _____

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

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

Signature _____



AMELIA HERNANDEZ CELEBRATES after getting the first of three medals for her efforts at this year's Summer Games. (Photo provided courtesy of Mable Smith).

IL Special Olympic Summer Games 15-16 Jun 01 - Bloomington, IL

	Master-1	BP	DL	TOT
119 lb.				
M. Weber	85	180	265	
165 lb.				
A. Hernandez	65	145*	210	
220 lb.				
D. Scott	75*	155*	230*	
Intermediate 127 lb.				
B. Coleman	60	60	120	
165 lb.				
C. Johnson	90*	195*	285*	
198 lb.				
L. Penkas	75	215*	290	
275 lb.				
S. Campbell	125	285	410	
Juniors 148 lb.				
S. Coleman	55			
181 lb.				
C. Rangel	80			
220 lb.				
N. Riggs	65	135*	200	
275 lb.				
O. Jamaica	80			
Submasters 148 lb.				
L. Newbury	55	105	160	
165 lb.				
K. Guthrie	85	90*	175	
181 lb.				
C. Rustick	55			
275 lb.				
G. Reed	70			
MEN				
Teen 165 lb.				
T. Mabbott	90*	150*	240*	
181 lb.				
S. Towne	120	190*	310	
198 lb.				
J. Lardi	85	135*	220	
220 lb.				
N. Wedeking	155	355	510	
242 lb.				
C. Chesson	105	225	330	
315 lb.				
J. Gehrig	180*	310*	490*	
Juniors 119 lb.				
A. Richards	50	90	140	
127 lb.				
J. Weaver	175*	230*	405*	
R. Strzewski	65*	80	145	
132 lb.				
R. Coleman	105	130	235	
148 lb.				
J. James	95	165	260	
N. Rhodes	100	155	255	
165 lb.				

J. Campbell	120*	230*	350*	M. Swiescz	110*	140*	250*	Masters-1	132 lb.
A. Richards	115	230*	345	T. Strack	120*	130*	250*	L. Tanaka	65
181 lb.				242 lb.				148 lb.	
M. Dickson	110	235*	345	B. Evans	200	375*	575	M. Balich	80
198 lb.				J. Simpson	205*			165 lb.	
M. Palcowski	100	135	135	Submasters 127 lb.				J. Thorman	105
220 lb.				C. Rodriguez	70			181 lb.	225
J. Clark	105	205	310	148 lb.				G. Hemphill	110
R. Prieto	95*			T. Hahn	120	205	325	B. Bartz	75
242 lb.				J. Naughton	80			198 lb.	
D. Zimmerman	215	350	565	165 lb.				F. Lorenzo	115*
P. Hampshire	95	190	285	T. Collins	130	235	320	P. Puniszko	105
275 lb.				K. Sorenson	115	150	305	242 lb.	
Doorneweerd	105	200*	315	J. Flexter	95			M. Ketcham	125
M. Medina	70	85	155	181 lb.				J. Garfi	120
SHWT				G. Harding	165	165	355	A. Perez	75
J. Farmer	125	315	440	198 lb.				Masters-2 132 lb.	
Intermediate 127 lb.				T. Eller	250*	305		B. Seeforth	65
J. Kraeger	70			D. Piercy	170	290*	350	165 lb.	
148 lb.				R. Levinthal	150*	230*	380*	P. McHugh	115
S. Short	125	240	365	220 lb.				F. Olivo	100*
A. Peters	130	200	330	G. Pina	120		205*	305*	
165 lb.				275 lb.				*—Personal Best Lift. The 2001 Illinois Special	
T. Calahan	200	230	430	E. Polivka	210	425*	635	Olympics Summer Games showed the continued improvement of Special Olympics power-lifting with nearly every attempt valid and	
P. Kozora	115	345*	460	J. Fajdich	200	375	575	capable of being passed in any organization -	

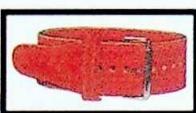
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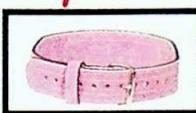
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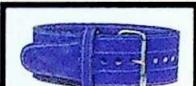
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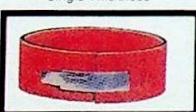
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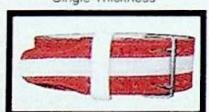


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sanctioned meet in the nation. This year's meet followed the format of the past several with all female lifters and males through the 148-pound class. One of the highlights of the first day was the deadlifting of Decatur Park District SRA athlete Brandi Coleman, who despite needing crutches to get to the platform, set-up, reached down and hoisted 60 pounds to a locked out position. The efforts of 127 pound Brandi brought the crowd to its feet. Also bringing the crowd to its feet were the lifts of veteran Shannon Campbell. A member of Coach Keith Eller's powerful Region II Team, Shannon has dropped considerable weight since last year, but her final lifts were all still just outstanding with the women's heaviest bench at 125-pounds and deadlift at 285-pounds for a 410-pound total. Another veteran who turned in a perfect showing at the state meet was Prairie Estates Master's I lifter Doris Scott. Doris enjoyed a perfect six-for-six day, plus posted personal bests of 75 pounds in the bench, 155 pounds in the deadlift and a 230-pound total. One of the day's best efforts was turned in by Master's I lifter Marianne Weber. Marianne posted the meet's fourth best total at 265 pounds, but weighed in at less than 119

pounds. The men's side on Friday saw Marquette Park's Scott Short come back from placing second in the bench press to ML Greenwood's Andrew Peters (130-125) for the win in the 148-pound intermediate class with a 365 total. But the big lifts of the day were turned in by second-year competitor Joshua Weaver from Effingham with the 127-pound junior lifter posting a personal and day's best bench press of 175 pounds, then backing it up with a PR deadlift of 230 pounds for a 405-pound total. Randy Coleman in the 132-pound junior class was even more impressive than Brandi when he also surrendered his crutches on the deadlift platform, then locked out 130 pounds to finish the day with a 235-pound total. The big boys ruled the platform on Saturday with Eddie Polivka from the Chicago area's SOAR program posting a personal and meet-best of 425 pounds in the deadlift for the day's heaviest total of 635 pounds. The tandem of John Fajdich, from Mann Park and Centennial Special Olympics' Benjamin Evans both notching 575-pound totals. Big John's total was down from last year, but he also participated in a tennis demonstration as part of Friday's opening ceremonies and that might have



NASA'S CONTRIBUTION to the Illinois Special Olympics Summer Games consisted of (front, l-r) the United States Army's Kelli Harr, April Smith, (middle, l-r) Mable Smith, Callie Ettleson, Amber Britton, Bethany Schwaninger, Smitty, and (back, l-r) Andy Lake, Diana Gill, Erin Maxwell and Kay Lamb. (All photographs provided courtesy of Mable Smith to Powerlifting USA).

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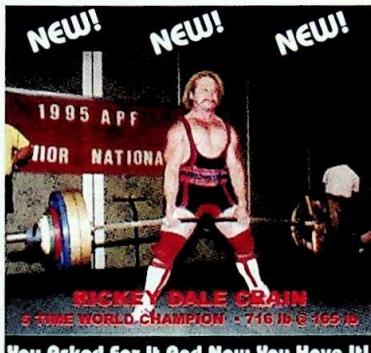
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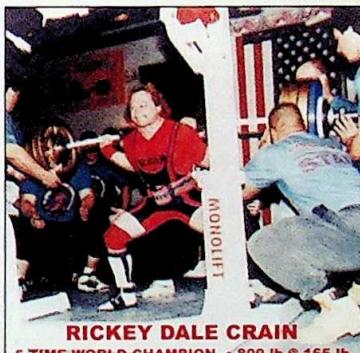


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robbed him of some of his reserves for his final deadlift. Region II teammates Dustin Zimmerman and Todd Eller posted the fourth and fifth best totals. Dustin, who represented Illinois in powerlifting at last year's World Games in North Carolina recorded lifts of 215 in the bench and 350 in the deadlift for a 565 total. Todd pushed up the meet's heaviest bench press with a strong 235-pound effort. Overall, the meet was probably one of the most successful-not because of the number of lifters or amount of the weight lifted - but because the coaches all seemed willing to call weights the athletes could lift and the athletes all lifted well. The days of "Give Me" lifts have passed in Special Olympics and it certainly appears both athletes and coaches have responded by taking their skills to the next level. As has been the case the past several years, Scott and Rachel Chalmers served as judges both days and were excellent at both the judging and explaining why certain lifts weren't passed. Dick Lapolic once again took vacation time to run the scoreboard before leaving on an extended vacation. Duane Fish continued to settle in as the co-venue director and drew praise for the smoothness of the meet. Once again, the Natural Athlete Strength Association sent a large number of volunteers to the meet with Andy Lake, Josh Hinkle, Bethany Schwaninger and Amber Britton serving as spotters and loaders. Josh also served as a coach on Friday. Callie Ettleson announced with Diana Gill and Kelli Harr serving as both judges and announcers. Diana, along with Kay Lamb, April Smith and Mable Smith worked the table and had results ready to be announced as soon as the bar hit the floor the final time. Erin Maxwell continued to divide her time between coaching and helping by serving as the meet photographer - along with Kay Lamb. Special praise has to go out to Kelli Harr who drove more than 16 hours from Fort Hood, Texas to get to Flora, took an hour's break to visit with her parents, then crawled back in a van and made the three-hour drive to Bloomington for two day's of setting up, judging and tearing down the meet site. Kelli took a week's leave to return to help with the meet. Numerous other people, whose names have been lost through the aging process also contributed to the success of this year's program. A personal note to powerlifters across the country - get involved in Special Olympics if you want to know the real thrill of victory and taste success in a way that can be experienced only through the act of giving. Next year's meet promises to continue the improvement. (Thanks to Mable Smith for providing the meet results).

AAU All South Classic
25 Mar 01 - Asheboro, NC

BENCH	220 lb.	Teen (14-15)	148 lb.
Assisted	K. Burkett	V. Graingerl	350*
Master-1	E. Freaney	(16-17) 198 lb.	205*
242 lb.		B. Hinshaw	375*
F. Burrell	375	Junior 242 lb.	220*
BOYS	D. Patrick	B. Matney	405*
Teen (16-17)	J. Raynor	C. Graham	1000*
275 lb.	275 lb.	Submaster 220 lb.	525*
B. Cormack	B. Weaver	J. Brown!	325*
242 lb.	375*	Master-1 181 lb.	565*
T. Rush	B. Rush	M. Baker	1405*
198 lb.	350	Master-2 181 lb.	255
B. Hinshaw	270 BENCH	M. Brady	255*
220 lb. (18-19)	Raw	F. Sumner	365
M. Maness	220 Teen (14-15) 242 lb.	N. Torrez	875
MEN	D. Reeder	Junior 181 lb.	250
Junior 242 lb.	155	D. Hill	1010
B. Matney	MEN	Teen (14-15) 165 lb.	270
Submaster	G. Tomey	M. Pugh!	375
K. Burkett	365	B. Jessup	1030*
P. Capps	485 Master-1 220 lb.	(18-19) 242 lb.	300
Open 181 lb.	410 M. Leibacher-48 330*	K. Wall	180
J. Black	Youth (6-7)	350*	400*
WOMEN	320 T. Raynor	510*	510*
Assisted Open	SQ BP DL TOT	1260*	1260*
S. Korie	132 lb.	*-State Record. I-Best Lifter. (Thanks to Sandy Lemonds for providing these meet results).	
MEN	240* 145* 240* 625*		
275 lb.			
B. Weaver!	565 485 650 1700		
Submaster 220 lb.			
P. Capps	560 410* 500 1495		
K. Burkett	400 485 500 1385		
Master-1 181 lb.			
B. Walker	135 135 575 845		
C. Wright	490* 290 605* 1355		
Master-2			
M. Lewis	560 380* 530* 1440*		
D. House	525* 310* 515* 1340*		
Master-3 275 lb.			
A. Arrington	575* 310* 505 1390		
220 lb.			
T. Cable	510* 300* 525* 1335		

Thanks in part to our Activities Manager, Mr. Thomas Rovinski; SCI-Dallas is again supporting the varsity sports programs that were discontinued in 1998. To the enthusiasm of many athletes, the weight lifters in particular, one of our most popular programs, the Prison Postal Power-lifting Meet was revived on May 27, 2001. The contest was completely "RAW" with the exception of knee wraps.

Paving the way for the future of our Varsity Power-lifting team is led by our new coach, and Activities Specialist, Charles "Chuck" Maculloch. He began by re-tapping the men's interest and desire to compete by championing over 40 lifters vying for the few available

FOR REVIEW Dale Harder (author of the *STRENGTH & SPEED RATINGS* books previously offered through PL USA) has decided to deal with the awkward problem of comparing performances within different sports domains with the establishment of a system for fairly evaluating achievements over time and variable conditions according to a normalized scale that allows one to put in perspective just what all time great athletic feats might be the very greatest of all. The results of his effort are revealed in his new book "Sports Comparisons - You Can Compare Apples To Oranges", and our sport of Powerlifting figures prominently in this new work. Dale explains the rationale of his sport-specific ranking systems and compensation factors to an extensive degree. Track and Field efforts represent the majority of the content of the book, but weightlifting and powerlifting are close seconds. Other strength sports are analyzed, from all-around lifting, to grip strength, and rope climbing, and from there he delves into 20 other non-strength sports, ranging from archery, to mountain climbing and rock climbing, to speed skating, triathlon and more. The scope of this effort is astonishingly broad, and the results Dale has come up with will be of interest to both those athletic fans whose interests run to just about everything, as well as those interested in just one of the specific sports considered. Powerlifters will find page after page of analysis, looking at such factors as raw, IPF/USAPL, or other competition style, several comparisons between weightlifting and powerlifting competition, and there are discussions of the factors of weight, height. Each lift is evaluated according to the aforementioned factors, and the issue of the length of lifting career is also considered. See Dale's advertisement for his new book (with its clever cover) on page 43 of the August 2001 edition of *POWERLIFTING USA*, or contact him directly for further information at Education Plus, 18584 Carlwyn Drive, Castro Valley, CA 94546-2032, daleharder@home.com

spots on the varsity powerlifting team.

Beginning with the 123 lb. weight class, first place went to Samkol Ouch, known to his friends as the "Big O." Diverting his attention from his true target, which was to beat the previous records set by his close friend Thanh Le, the "Big O" launched an all out attack on the 123 lb. records. He prevailed handily by setting a new squat record of 365 lbs., a new bench record of 220, and a 410 deadlift. He didn't stop there as his aim moved toward breaking Le's prior total, which he successfully did with a 990 total. Le moved up to the 132 lb. weight class where he finished first with a 355 squat, 225 bench and a 410 deadlift. Rumor has it that Le moved to the 132 lb. class in an effort to avoid becoming the "Weakest Link" in the 123's.

Tyheed "Shorty" Roane easily handled his 165 lb. weight class with a 525 squat, 275 bench and an effortless 625 deadlift. Finishing second to Roane was Donnie Dozier with a 485 squat, 325 bench and a 590 deadlift. Taking third was Rob Gonzales's 540 squat, 285 bench and a 405 deadlift.

Finishing first in the 181 lb. weight class was Jimmy Favinger squatting 460, benching 305, with a 535 deadlift. Second place was Sean Darrington, with a 415 squat, 305 bench and a 505 deadlift. Third place in the 181 lb. class was Richard Garrison squatting 405, benching 250 and a deadlift of 505.

One of the fiercest battles of the day was in the 198 lb. weight class. Taking first place was David Wyatt. Going up against Eugene Sanford who defeated him by five lbs. last year, Wyatt maximized his strategy this year by responding with a 500 squat, a 385 bench and a 550 deadlift. Sanford finished second with a 540 squat, 365 bench and a 525 deadlift. As the numbers reflect, Wyatt returned the favor by out-totaling Sanford by the same five pounds he was beaten by last year. In third place was Vincent Barber with a 450 squat, 315 bench and a 475 deadlift.

In another close battle in the 220 lb. weight class, Carl Wells walked away with first place honors. Wells squatted 575, benched 365 and had a 570 deadlift. Second place went to Trola Moore with 555 squat, 350 bench, and a 550 deadlift. In third place was Russell Davis, squatting 500, and benching 350 with a 500 DL.

Arthur Johnson had no problem taking first place in the 242 lb. weight class. He finished with a 540 squat, 400 bench and a 600 deadlift. Finishing second, his closest competitor Pedro Terrelorte squatted 505, benched 315,

with a 505 deadlift. Assuring himself of a spot on the team with a third place finish was Roland "Rocky" Scandale. Rocky had a 465 squat, 285 bench, and a 515 deadlift.

Having a modest first place finish in the 275 lb. weight class was Rich "Iron Man" Williams. The Iron Man squatted 455, benched 415, with a 655 deadlift. Following in second place was Fulton Jenkins with a 400 squat, 355 bench and a 650 deadlift. Third place finisher was Kerby Keller, squatting 365, benching 235, with a 235 deadlift.

Ending the show in the super heavyweight division was first place finisher, Samuel Brown. Brown squatted 635, benched 425 and had a 600 deadlift. The only other super heavyweight and finishing second, was Samuel Sethman. He finished with a 605 squat, 430 bench and a 600 deadlift.

Earning recognition for the best lifter in the lightweight category was Tyheed Roane. Best lifter in the heavyweight category was Carl Wells.

The best overall lifter for the day, was none other than Tyheed "Shorty" Roane. He has been a thorn in the sides of many lifters in the 148 lb. weight class for several years. Roane has maximized his 5-foot 4-inch 165 pound frame by working hard to develop his weightlifting skills. His dedication has paid off, as he is the current P.A. D.O.C. record holder in both the squat and the deadlift. Although he is a dominant lifter in the lighter weight classes, Roane is a little man who lifts with the ferociousness of a Super Heavyweight.

We would like to extend our thanks to the following men whose tireless efforts to make the return of our Prison Postal such a successful event: James Gillespie, Steve Frederick, Charles Haas, Joe Deinarowicz, Elliott Cox, Billy Turner, Robert Hubble, William Beatty, Larry Brown, Owen Williams, Darrell House, Bobby Payne, James Grimes, Thomas Humphrey, Daniel Graves, Edgar Rogers, John Blocker, Maurice Calhoun, Damian Hill, Ronnie Carter, Richard Coolbaugh, Nate Moore and Kevin Cannady.

Excellence is not a singular act, but a team effort. This includes the men from Power House Gym who did a terrific job in judging the contest. They include Robert Granko, Stewart Mitchell Michael Gavin, Vito Moceynas, Joseph Moceynas, and Paul Duffy.

Congratulations to all the lifters for their extraordinary performances. (Thanks to Thomas Rovinski, activities manager, for providing these results).



During the AAU All South Meet ... Meet Director Sandy Lemonds of King's Gym in Asheboro, NC was inducted into the North Carolina Weightlifting Hall of Fame by Charles Beane (left). "She was given the honor because of her support to the sport of powerlifting as a gym owner, meet promoter, referee, coach, manager, and national committee voting member." Sandy is the first woman to receive this honor.

BENCH	181 lbs.	
MEN	L. Clark	370
Junior 181 lbs.	198 lbs.	
J. Hiles	320*	M. Nelis 405
Submaster	C. Dailing	390
198 lbs.	242 lbs.	
M. Hinders	400*	D. Smith 410
Master (40-44)	4th	420*
220 lbs.	DEADLIFT	
M. Robinson	335*	MEN
(45-49) 165 lbs.	Youth	
S. Hepinstall	300*	D. Campbell-8 100
(50-54) 181 lbs.	Police/Fire	
L. Clark	370	165 lbs.
Police/Fire	B. Campbell	455*
165 lbs.	Open 198 lbs.	
B. Campbell	320*	C. Dailing 570*
Open 148 lbs.	220 lbs.	
P. Whitaker	255	S. Mendel 505
165 lbs.	242 lbs.	
M. Hiles	275	M. Struck 550
	S. Fisher	500

Best Lifter BP: Matt Nelis. Best Lifter DL: Chad Dailing. —Son Light Power Indiana state record. The SLP Frankfort Hotdog Festival was a fun short meet. A very special thanks to Mike Hinders who did most of the work for this competition, including putting up the tent, bringing the weights, etc. Thanks also to Bryce Davis and my son Joey for loading and spotting. In the bench competition it was Josh Hiles, lifting "raw" as usual, taking the junior 181 title with a new Indiana state record of 320. Josh also holds the record in the 18-19/181 class, having just turned twenty. Mike Hinders broke his own state record with a strong 400, winning at submaster 198. A newcomer to the sport, Mike Robinson, struggled in the beginning, but finished strong with a new state record at master 40-44/220 with 335. It was good to see Sam Hepinstall again, who won at master 45-49/165. Sam came all the way down from Michigan to get his first official 300 bench. Congratulations, Sam! Lane Clark traveled from Carbondale, Illinois to take the titles at master 50-54 and open 181 with 370. Lane continues to have problems with his shirt, missing his opener, then coming back with his second at 370 before passing on his third. Brian Campbell, fresh off his win at the Police & Fire World Olympics, showed why he is one of the best as he set the state record at police & fire/165 with a strong 320. In the open division, another first-time competitor P. J. Whitaker, did well, winning the 148 title with 255. P. J. had 270 in him, but jumped up to 280 instead; a

500 INTERNATIONAL POWERLIFTING ASSOCIATION

IPA NEWS

I have been around powerlifting for more than half of my life. This is what I believe to be the better half. Through all these years, many faces have become familiar. When I was just beginning at the local competitions, I saw the same familiar faces competing year after year. As my own lifting developed, I moved on to bigger events. There too, I began to recognize familiar faces. When I finally went "big time", the familiar faces still surfaced. Although this was a great time in my powerlifting life, one thing was missing. I could not put my finger on it.

When I first became involved with the IPA, I realized exactly what it was that was missing. It was not anything tangible, like a special platform, lights, or even a particular type of bar. It was the camaraderie. I found this immediately, even before the lifting began. We had not even stepped foot on the platform. We were not even in the warm-up room. We were just weighing in the day before. Like most lifters I needed to cut weight. Several others found themselves in the same situation. By the way, did I mention they were in the same weight class? To make a long story short, we all made weight, we all lifted well, and we all made friends. From the hotel lobbies, restaurants, and anywhere outside the actual competition area you can find many lifters exchanging anything from some training information, to some good "old fashioned b.s." I personally enjoy this almost as much as the lifting itself.

When I first arrived in the sport, I approached it like everyone was my enemy, not another competitor. Sure I want to win, hell, I always want to win (who doesn't), but our true opponent is ourselves. It's just one man up there against that iron. Isn't our true opponent gravity? I never particularly cared much for Sir Isaac Newton and his physics! All our training partners, coaches, and friends can only cheer you on at that point. Your desire to make PRs is what drives you to keep coming back. While flying back to Pittsburgh after a national competition in Chicago, I came to realize what this sport is about. Although the stereotypical powerlifter exists in all of us, we all come from different walks of life. Some of us are doctors, lawyers, teachers, factory workers, police officers, mechanics, plumbers, etc... hell, with the exception of owning a gym, I'm a barber! This leads us to one thing, a common denominator - POWERLIFTING! The fact is that we all have chosen a sport that does not reap any financial benefits, yet we are driven harder than any other athlete I have ever been associated with. Here's your camaraderie right here. Share something with the next guy, because when the meet is over we all have to return to whatever direction and walk of life we came from. The quest to get stronger will keep bringing those familiar faces of the IPA back again and again. Trying to lift insane poundage is our common denominator. To share this rare attribute with someone means they can't be all that different. If you keep seeing the same familiar faces, meet after meet, don't hesitate to introduce yourself. Acknowledge your competition. They might be like you. The friends I have made in the IPA are many. The iron bond is strong. The faces of the IPA are more than familiar to me now. They are now real people with real lives. The IPA powerlifters might be the biggest fraternity around. I guess that makes us brothers? We talk often. Believe it or not, we even have conversations about subjects other than training. It was just the other day when I spoke to Mark Chaillet about my annual motorcycle trip. He told me that I was nuts! Doesn't sound like a training related conversation to me. The IPA has a foundation made of concrete. It's reasons like this a federation can exist and continue to consistently get stronger, thus allowing for well run events. We all benefit. The roots run much deeper than what is visible the day of the competitions. The tangibles are there. The intangibles we provide. Camaraderie is our sport's greatest ally. I'll see you at the next big IPA event. Any questions or comments regarding the IPA can be addressed to me at; ROB CAPOZZOLO, TITAN GYM AND FITNESS CENTER, VILLAGE SHOPPING CENTER, 1816 HOMEVILLE RD., WEST MIFFLIN, PA 15122, RobCapozzolo@msn.com



Best Lifters at the Hot Dog Festival ... (left to right) Chad Dailing (DL) and Matt Nelis (BP). Photograph provided courtesy of Dr. Darrell Latch

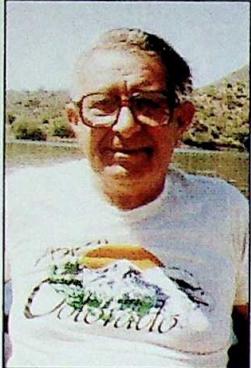
little too heavy for this day. At 165 it was Micah Hiles, Josh's older brother, winning with his opener of 275. Micah also had more in him on this day, but was wearing a shirt that just didn't give him anything, pushing him out of his natural groove. Matt Nelis won the open 198 class with an easy 405 before failing twice with a 420 state record. Matt holds that record with 415, and at a 196 bwt also won best lifter honors for the competition. By the way, Matt, congratulations to you and your wife on the recent birth of your first child, a son. No doubt, another great bencher of the future. Chad Dailing was second at 198 with a new personal best of 390. Chad's wife, Michelle was there with each attempt, kissing him right on the lips. How disgusting! Just think of the germs! Up last was Dennis Smith, who also got a new personal record (even without a kiss). Lifting in his first competition, Dennis finished with 410, then locked out 420 on a fourth attempt for a new Indiana state record at 242. This guy will be at 500 within the next year. In the deadlift competition eight year old Daniel Campbell was lifting in his first meet, finishing with a strong 100. Daniel actually locked out 120 but did a little too much hitching for the judges. Daniel's dad, Brian won at police & fire 165 with another Indiana state record of 455. Great pull! Chad Dailing broke his own state record at 198 with his win there, pulling 570 for his second attempt. Chad passed on his third, winning also the best lifter title for the day. (Another kiss from Michelle!) Steve Mendel had one of those off days, getting only his opener of 505 with his win at 220. Mark Struck took the 242 title with a solid 550 pull over Sanders Fisher, who finished with just his opener of 500. Thanks again to everyone who supported this event. (courtesy Dr. Darrell Latch)

APF Muscle Beach DL 14 Jul 01 - Venice, CA

WOMEN	SHW
Open/Master	G. Brink
114 lbs.	Masters (40-49)
E. Davis	181
165 lbs.	J. Avila-44
MEN	T. DiFilippi-48
Open 148 lbs.	507
V. Tanabe	A. Ramsey-43
165 lbs.	529
D. Winslow	330
Y. Toneda	R. Neal-42
181 lbs.	(30-39)
N. Hawkins	507
D. Contreras	G. Brink-51
220 lbs.	Junior (14-16)
S. Watson	330
308 lbs.	D. Winslow-14
J. Pritchett	391
	(17-19)
	418
	J. Grainger-17
	501
	C. Price-18
	512
	A. Stuart-19
	424
	(20-23)
	705
	J. Pritchett-21
	705

Best Lifters: Women -E. Davis. Lightweight-J. Avila, Heavyweight -G. Brink, Master-C. Brink, Junior-J. Pritchett. A rather low turnout did nothing to dampen the spirits of the athletes, as several lifters posted new personal records. Vince Tanabe continues to improve, even at greatly reduced bodyweight. Danny Winslow brought his son down from Idaho, and both lifted very impressively. Javier Avila made a comeback after injuries hampered his training over the years, and his 562 at just 163 lbs. shows he's on the right trail. Young Jerry Pritchett showed he's a lifter to be reckoned with, and he'll only get better! 51 year young George Brink backed up his 804 from last November with a strong 793, but 810 didn't have the wings it needed to fly off the ground on this day. NOTE: Masters and Juniors results were determined by formula. (Thanks to Muscle Beach Venice for providing these results to POWERLIFTING USA)

8th grade. I was in a garage, with my peers, watching them lift weights after one of my friends got a new weight set. They were struggling with about 70-80 lbs. and they asked me how much I could do. I told them I could do about twice that, and they all said "Get out of here! You're crazy" Sure enough, I got off my bike, and showed them and did about a 150 lb. standing press. Their jaws just dropped to the ground. Up until that time, I never really had a gauge from my peers to go by. Their reaction was what really got me, and I haven't looked back since. I've been lifting about 33 years now. The motivation was being able to do something that someone else couldn't do. Lo and behold, I'm still here doing it, doing some things that no man my age has ever done before. Of course, I've had many influences here, being around Jon Cole for many years, and I got a chance to work out with guys like Bruce Wilhelm, years ago, who went to the Olympics. Being around some of the strongest men in the world back then, also influenced me. If you witness the best, it gives you kind of a jump start. I lifted weights to be an athlete, of course. I played 17 years of football, and that's where my weight lifting back-



In Memory of Tom's Father - Anthony C. Manno. Every event this year, I am dedicating to my father, who passed away on June 16th of this year. We as athletes have a chance to utilize this platform we call powerlifting to demonstrate our physical strength and to set new standards in this area. However, there are many forms of strength in our world. I tell people "my physical strength is just a by-product of my inner and spiritual strength". There are many influences in our lives in order to develop these strengths, but none more profound than the influence of our parents, and in this case, my father! Our fathers teach us, and my father taught me characteristics such as nobility, self-esteem, dedication, intestinal fortitude, perseverance, humility, and other characteristics that have given us all a will to fight, a will to win, and a will to become a champion. So, Dad, I will always love you for that ... and to all our Fathers, thanks so much! A special thank you to Mike Lambert and POWERLIFTING USA for printing this dedication."

ground actually comes from. I was always willing to do whatever it took to become a better ball player. No matter where I went, I was always one of the strongest, if not the strongest, man on the team. I had a lot of personal pride in that also. When I retired from playing football, in 1985, from the Tampa Bay Bandits of the USFL, I took about a year hiatus from doing anything, but I was such a competitor that I wanted to get back into doing something in that area. That's when I decided to get back into bench pressing. I had been doing all three events before that, and I had always been a fairly decent squatter and

deadlifter, based on the standards of those days. I didn't know if I could be great at both of those. I knew I could be a great bench presser, so I decided to stay with my strength, and solely enter bench press competitions from that point on. One step at a time - now, here I am, having broke 53 world records. Also, back then, if you were a full (three lift) meet lifter, you really didn't see yourself lifting more than 3-4 times a year, because it took so much out of you, training for and during the event, as well as the recovery time. The method behind my madness, just doing one event, is that I can do more contests, on a

consistent basis, over the course of the year. I've been averaging anywhere between 10 and 12 meets a year, which gives me more exposure, and I can accomplish more national and world championships.

ML: Do you think you'll be over the 700 barrier in the near future?

TM: I plan to lift at Kieran's meet in Florida, and I may do one in Northern California, and I will be getting ready for the WABDL Worlds in Reno. At all of these meets, I will be attempting 700 or better. I want to break that barrier, to really make an impact on this sport. I will be the first man over 40 to do that. I will take a lot of pride in that.

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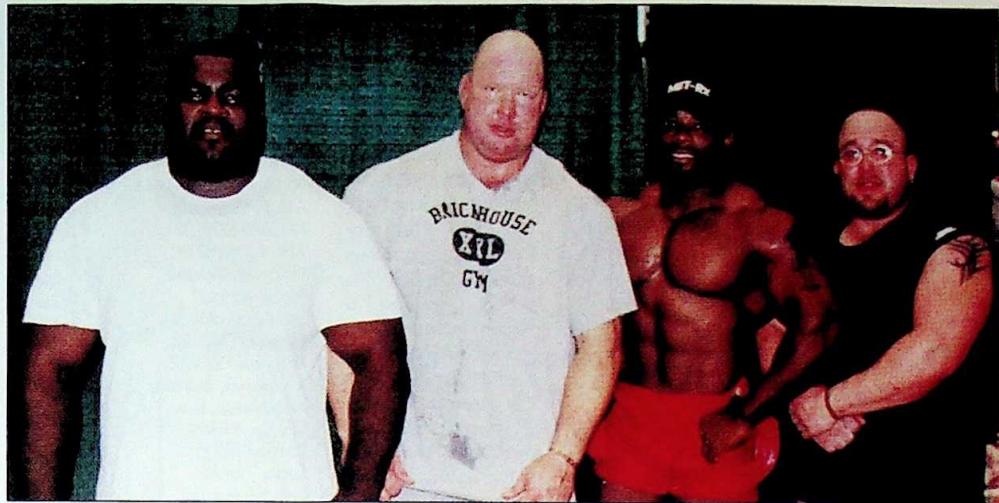
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Tom Manno

INSA USA Championships
16 Jun 01 - Plano, TX

AMATEUR		125 kgs. Novice
BENCH	D. Mann	207.5
WOMEN	140 kgs. Submasters	
52 kgs. Submaster	C. Spirrison	242.5
T. Schrank	85	Professional
75 kgs. Open	BENCH	
L. Blackburn	125	82.5 kgs. Open
MEN	D. Contreras	197.5
67.5 Novice	100 kgs. Submasters	
P. Rios	127.5	A. Grissom 205
Masters	110 kgs. Open	
J. Heizeiman-83	75	R. Pierce 237.5
75 kgs. Teen (18-19)	125 kgs. Submasters	
L. Bavill	142.5	D. Muns 220
82.5 kgs. Open	140 kgs.	
C. Lee	185	C. Spirrison 242.5
90 kgs. Masters	Amateur	
G. Mekuly	147.5	DEADLIFT
63 kgs.	WOMEN	
B. Bassman	147.5	56 kgs. Submasters
100 kgs. Teen (13-15)	H. Hugh	127.5
C. Baker	120	MEN
110 kgs. Submasters	57.5 kgs. Novice	
E. Ross	200	P. Rios 197.5
Masters 52 kgs.	75 kgs. Teen (18-19)	
G. McCoy	205	L. Bevill 192.5
WOMEN	SQ	82.5 kgs. Novice
Novice 56 kgs.	BP	M. Bauman 230
H. Hughes	92.5	TOT
Submaster	60	127.5 280
H. Hughes-39	92.5	127.5 280
60 kgs. Open		
N. Moore	102.5	60 115 287.5
MEN 44 kgs. Teen		
N. Smith-13	25	55 115 253.5
52 kgs. Open		
J. Struggs	177.5	97.5 187.5 462.5
Teen		
D. Van Huss-14	70	45 75 190
67.5 kgs. Novice		
P. Rios	215	127.5 197.5 540
Teen		
L. Bevill-19	217.5	142.5 192.5 552.5
82.5 kgs. Novice		
M. Bauman	185	117.5 230 532.5
T. Wooley	152.5	125 195 472.5
M. Moore	132.5	112.5 175 420
D. Hornsby	107.5	95 142.5 345
Submaster		
T. Wooley-39	152.5	125 195 472.5
Teen 100 kgs.		
J. Richards-16	127.5	77.5 122.5 327.5
C. Baker-15	187.5	120 172.5 480
110 kgs. Novice		
L. Gonzales	222.5	162.5 222.5 607.5

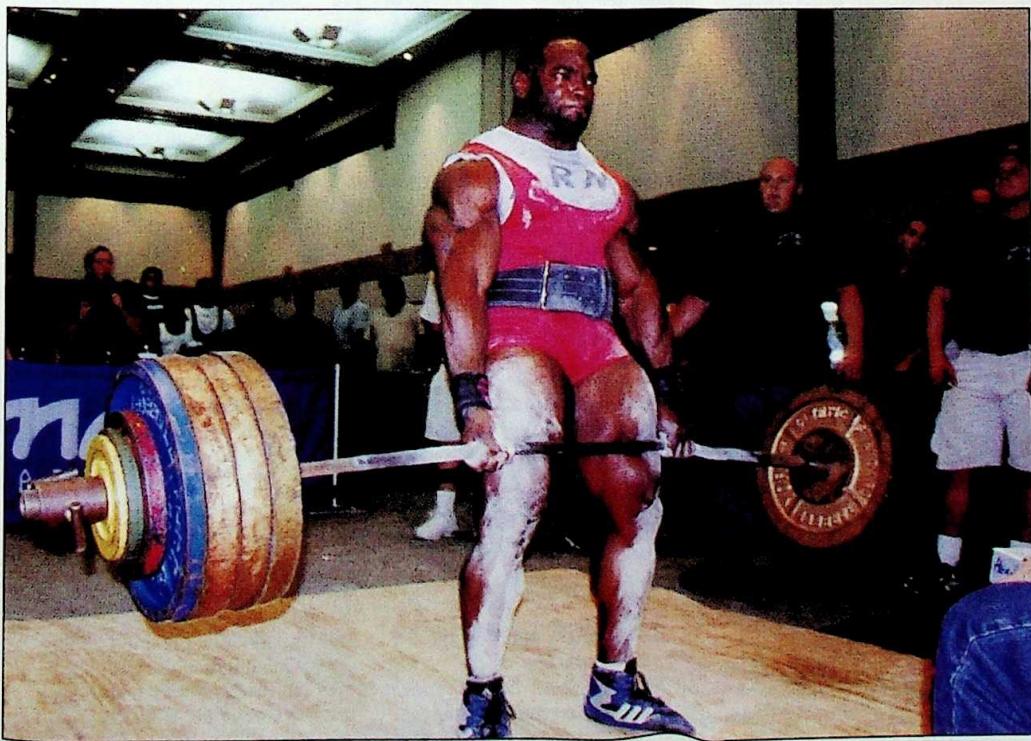


Some of the Big Lifters at the INSA USA Championships... (left to right) Randell Harris (2067), David Muns (1896), Johnny Jackson (2072), Ray Pierce (2000). Photos provided to PL USA courtesy of Jim Yakubovsky.

Open	A. Schwerdt	272.5	192.5	302.5	767.5
125 kgs. Open	C. McDowell	227.5	190	235	652.5
140 kgs. Teen	M. Oray-18	205	160	240	605
150 Open 22 R. Harris	350	242.5	345		
PRO MEN Open 90 kgs.	J. Jackson	287.5	185	227.5	700
100 kgs.	J. Jackson	342.5	227.5	370	940
110 kgs.	R. Pierce	365	237.5	305	907.5
125 kgs.	D. Muns	340	220	300	860
Submaster	D. Muns-34	340	220	300	860
I.N.S.A.A./I.N.S.A. International Nova Strength Amateur Association And International Nova Strength Association USA Championship Plano Convention Center. The inaugural International Nova Strength Association's powerlifting-meet was a powerlifters dream. The meet was held in conjunction Nova Fitness's Miss Galaxy contest and martial arts contest. There were over a thousand spectators at the day's events and powerlifting became center stage several times thought out the day with some very	I.N.S.A.A./I.N.S.A. International Nova Strength Amateur Association And International Nova Strength Association USA Championship Plano Convention Center. The inaugural International Nova Strength Association's powerlifting-meet was a powerlifters dream. The meet was held in conjunction Nova Fitness's Miss Galaxy contest and martial arts contest. There were over a thousand spectators at the day's events and powerlifting became center stage several times thought out the day with some very	I.N.S.A.A./I.N.S.A. International Nova Strength Amateur Association And International Nova Strength Association USA Championship Plano Convention Center. The inaugural International Nova Strength Association's powerlifting-meet was a powerlifters dream. The meet was held in conjunction Nova Fitness's Miss Galaxy contest and martial arts contest. There were over a thousand spectators at the day's events and powerlifting became center stage several times thought out the day with some very	I.N.S.A.A./I.N.S.A. International Nova Strength Amateur Association And International Nova Strength Association USA Championship Plano Convention Center. The inaugural International Nova Strength Association's powerlifting-meet was a powerlifters dream. The meet was held in conjunction Nova Fitness's Miss Galaxy contest and martial arts contest. There were over a thousand spectators at the day's events and powerlifting became center stage several times thought out the day with some very	I.N.S.A.A./I.N.S.A. International Nova Strength Amateur Association And International Nova Strength Association USA Championship Plano Convention Center. The inaugural International Nova Strength Association's powerlifting-meet was a powerlifters dream. The meet was held in conjunction Nova Fitness's Miss Galaxy contest and martial arts contest. There were over a thousand spectators at the day's events and powerlifting became center stage several times thought out the day with some very	I.N.S.A.A./I.N.S.A. International Nova Strength Amateur Association And International Nova Strength Association USA Championship Plano Convention Center. The inaugural International Nova Strength Association's powerlifting-meet was a powerlifters dream. The meet was held in conjunction Nova Fitness's Miss Galaxy contest and martial arts contest. There were over a thousand spectators at the day's events and powerlifting became center stage several times thought out the day with some very

impressive lifts, both the amateur and professional divisions. Kirk and Samm Stroud of Strouds Fitness in Bedford, Texas hosted the meet. This powerlifting team always puts on an excellent meet. The judging was strict in both divisions and drug testing was conducting in the amateur division. Judges for the meet were Radar Caphart, Pat Casper, Lee Everst and Billy Barkley. In the amateur division (drug tested) there were many first time lifters and with the encouragement of the veteran lifters and the crowd and with no "gimes" from the judges none "bombed" out. But the highlights of the amateur division revolved around two lifters, 17-year-old 114 lb. Jeremy Struggs. His best lifts of 177.5 (391.3 lbs) squat; 97.7 (214.9 lbs) bench, and 187.5 (413.4 lbs.) were just awesome to watch as witness by a crowd of over 700 spectators. Jeremy was given a fourth attempt at a 181.5 kg (400 lbs) squat. His descent was extremely smooth as was his ascent, however, a slight backward step before the rack command got three red lights. But if you add up the three lifts, his total was an amazing 462.5 kg (1019.7 lbs). Jeremy will up a future star in the world of powerlifting. The other amateur lifter that impressed everyone was the massive Randell Harris (150 kg) of

DeSoto, Texas. Randell freshly graduated from college posted an impressive 937.5 kg (2067 lbs.). All three of Randell's lifts looked easy, which is to say that everyone felt he had more in him. His 350 kg (771.7 lb.) squat equaled his collegiate best; a 242.5 kg (534.6) bench was a personal best as was his 345 kg (760.6 lb.) deadlift. Watch out in the future for this lifter because with the right coaching and training everyone believes that he will be totaling with the best in our sport. The professional division was nothing short of fantastic. Jason Jackson, in the 90 kg class, total of 700 kg (1543.3 lbs) was the beginning of the big lifts. Although Jason was only credited with one good squat, it was a 287.5 kg (633.9 lb.) attempt. He did it so easy everyone was surprised by his misses on his next two attempts. After Jason, came the "big uns." Johnny Jackson (100 kg), Ray Pierce (110 kg) and David Muns (125 kg). OH WHAT FUN! I hope that I can give you a glimpse of what the crowd was able to witness. I'm going to reinsert Randell Harris' lifts again because without it the reader could not fully appreciate the event. Squats - David Muns drops and comes back up with 340 kg (749 lb) squat. The crowd gather around the platform gives a big "ahh" and an appreciative round of applause. Up steps Johnny Jackson (no relation to Jason Jackson and soon to be professional bodybuilder-a recent 1st place finisher in a national contest) to the bar and makes 342.5 kg (755.1 lbs.) and makes it look like taking candy from a baby. Randell then completes his 350 kg (771.7 lb) squat. But then the focus turns to Ray Pierce who confidently approaches his 365 kg (804.7 lb) attempt and makes it look so sweet and so easy (as if any 800 lb. squat can look easy). What's next, the bench of course, and these four lifts didn't let anyone down. David completed a 220 kg (485 lb.) bench followed Johnny's 227.5 kg (501.5 lbs.), then Ray's 237.5 kg (523.6 lbs.) and the Randells' 242.5 kg (534.6 lbs.) Well, the only event left is the deadlift. By now the crowd gather around the platform had grown to over 900, all with anticipation of a great finish. And they were not to be disappointed. Just review the totals. I have been to a lot of meets over the years and the only time you get to watch this kind of competition is at the national level, but here goes. The "light" lifter of the foursome ended up being David Muns with just a 300 kg (661.4 lb.) attempt. Ray Pierce better David by pulling 305 kg (672.4 lb.). Big Randell followed Ray with an impressive 345 kg (760.6 lb.) lift. But the king of the lift on this day was to be Johnny Jackson weighing only 230 lbs. and a great lift of 370 kg (815 lbs). The crowd erupted when all three lights came on green. The only thing left is giving the totals. David Muns - 860 kg (1896.1); Ray Pierce-907.5 kg (2000.8); Randell - 937.5 kg (206-17 lbs.); and Johnny - 940 kg (2072.5 lbs). WOW! Thanks to all the spotters and loaders. Shack, Yak, Larry, Dan and Doug. To Stephanie Shackelford for taking pictures. To Ray Casper for his computer work and Martha and Pat for the overhead positions. Samm Stroud did a great of keeping the crowd in the meet with her announcing. (Thanks to Jim Yakubovsky for providing these results)



A Very Muscular Johnny Jackson pulled in an 815 lb. deadlift to top off his 2072 lb. total in the 220s.

(article continued from page 7)

Miklasevich, Russia, 575.9, - Koskinen, Finland, 571.13, and Chen Kuan-Teng, Chinese Taipei, 557.1. For the men: - Sivokon,

ing, are subjects for a separate article.

OK. Soapbox time. Some Internet gripers claim IPF judges require a deeper squat than is called for in the rulebook, blaming this alleged problem on European refs with weightlifting backgrounds. Baloney. Other xenophobes, unaware the Cold War is over, think East European refs still have it in for USA lifters. I've seen little or none of this nonsense at recent IPF affairs I've attended. Almost all lifters and judges here were tuned to the same channel, with only Eltsova bombing out in the squat. These critics either don't understand the rules or are just whining. And, measures are in place to prevent such problems and improve the judging.

P.J. Couvillion, IPF Assistant Secretary, holds referee clinics before each world contest. He tries never to place more than one referee from any region on stage. Refs from three different regions, usually Europe, Asia, and North America, judged five of the six classes here.

Kazakhstan, 626.44, - Furashkin, Russia, 588.25, - Pavlov, Russia, 582.35, - Tarasenko, Russia, 581.1, - Midote, Japan, 579.71. Russian men Furashkin, Tarasenko and Mor went 1-2-3 in the middleweights, posting high totals and scores. Russian women were 1-2 in two classes. Why the Russians dominated this contest, and the reasons for that country's volcanic rise in powerlifting?

Heavy men's flight refs included Wahlstrom of Norway, Rossi of Italy, and Parage from Luxembourg: all Western Europeans, true, but three of the best. Also, new faces like Nick Cabala of the Philippines are making their mark. This same distribution effort created an alert jury table. Diversity is not always possible to maintain because of the larger number of European judges and the fact



Harriet Hall set new IPF Masters marks (Kels)



Svetlana Miklasevich was part of the Russian domination. (Hartwig)

World Games - 20,21 August 2001 - Akita, Japan (kg)

Women - Div. 1	BW	NAT	SQ	BP	DL	TOT	PTS
Koskinen, Raija	43.9	FIN	170	72.5	162.5	405	571.13
Chen,Kuan-Ting	47.90	TAI	175	90	155	420	557.13
Fukushima, Yukako	47.3	JPN	145	117.5	145	407.5	545.52
			4th	145			
Liimatainen, Riitta	51.4	SWE	170	92.5	170	432.5	543.99
Shapovalova, Natal	48.7	RUS	165	87.5	160	412.5	540.49
Chen, Wei-Ling	43.5	TAI	152.5	67.5	160	380	538.30
Lin, Lin-Min	51.5	TAI	165	97.5	160	422.5	530.66
Maile, Jennifer	50.2	USA	157.5	90	160	407.5	521.92
Hartwig, Sioux-z	49.6	USA	150	82.5	145	377.5	487.91
Hara, Azusa	43.6	JPN	142.5	70	130	342.5	485.93
Sandu, Jackie	51.6	CAN	142.5	67.5	157.5	367.5	460.88
Eltsova, Tatjana	51.8	RUS					
Women - Div. 2							
Kudinova, Marina	67.1	RUS	247.5	148	225	620	635.50
Abramova, Irina	61.2	RUS	210	115	212.5	537.5	590.17
Savola, Pirjo	55.5	RIN	185	87.5	200	472.5	559.86
Fischer, Birgit	59.4	GER	187.5	90	215	492.5	553.37
Ikeya, Ayako	58.7	JPN	190	102.5	185	477.5	541.48
Hsu, Hsiao-Li	63.8	TAI	180	107.5	197.5	485	515.94
Malyugina, Nadejda	59.5	UZB	185	87.5	170	442.5	496.52
Overdear, Angie	59.6	USA	155	100	175	430	481.90
Mobley, Sandy	59.7	USA	165	87.5	170	422.5	472.86
Kobayashi, Kumi	55.1	JPN	132.5	110	150	392.5	467.70
Dennis, Kim	66.3	CAN	140	80	140	360	372.20
Orsini, Antonietta	65.2	ITA	205				
Women - Div. 3							
Miklasevich, Svetlana	74.9	RUS	220	170	215	605	575.59
Payusova, Natalia	89.5	RUS	230	160	235	625	541.31
Chao, Chen-Yeh	112.5	TAI	265	177.5	225	667.5	540.20
Blikra, Inger	69.0	NOR	205	112.5	200	517.5	519.98
Jamin, Cecile	69.3	FRA	200	97.5	220	517.5	518.43
Look, Leslie	82.3	USA	225	115	220	560	504.61
Hall, Harriet	103.5	USA	225	132.5	212.5	570	470.07
Willett, Liz	139.7	USA	255	137.5	202.5	595	463.26
Katoh, Midori	85.3	JPN	177.5	90	182.5	450	398.29
Seino, Mariko	68.0	JPN	140	72.5	135	347.5	352.81
Lee, Chia-Sui	119.2	TAI	265				
Men - Div. 1							
Sivokon, Alexey	67.5	KAZ	305	217.5	290	812.5	626.43
Pavlov, Konstantin	55.8	RUS	245	172.5	220	637.5	582.35
Andruchin, Mikhail	60.3	RUS	270	142.5	250	662.5	562.46
Lu, Shih-Wu	55.5	TAI	247.5	115	240	602.5	553.33
Nabe, Yakan	51.7	JPN	200	147.5	200	547.5	540.54
Gainer, Ervin	52.5	USA	190	127.5	222.5	540	535.30
Hsieh, Tsung-Ting	59.0	TAI	225	152.5	240	617.5	534.87
Inaba, Hideaki	51.6	JPN	220	95	220	535	529.27
Brandzaeg, Roy	58.1	NOR	235	130	220	585	514.03
Simmons, Greg	67.4	USA	235	155	247.5	637.5	492.08
Maile, Justin	67.3	USA	235	137.5	237.5	610	471.46
Men - Div. 2							
Furashkin, Viktor	74.6	RUS	310	207.5	305	822.5	588.25
Tarasenko, Andrey	89.0	RUS	345	240	320	905	581.10
Mor, Sergey	82.2	RUS	327.5	212.5	312.5	852.5	572.36
Theuser, Peter	90.5	CZE	342.5	227.5	305	87.5	560.17
Soloviov, Dimitro	82.3	UKR	310	215	280	805	540.07
Turakhanov, Dovran	74.8	KAZ	292.5	170	292.5	755	538.99
Wagner, Robert	89.3	USA	335	200	302.5	837.5	536.83
Takahashi, Koki	74.9	JPN	292.5	195	265	742.5	536.68
Kobayakawa, Wataru	82.1	JPN	285	190	272.5	747.5	502.24
Men - Div. 3							
Midote, Daisuke	131.8	JPN	415	302.5	310	1027.5	579.71
Gilliingham, Brad	145.2	USA	380	265	382.5	1027.5	571.08
Ljungberg, Jorgen	114.9	SWE	390	237.5	355	982.5	571.02
Suslov, Nikolay	104.4	RUS	375	235	342.5	952.5	570.35
Naleikin, Viktor	134.5	UKR	395	225	370	990	556.67
Gurianov, Maxim	128.3	RUS	380	255	330	965	547.15
Stiklestad, Eric	98.5	NOR	340	205	332.5	877.5	537.29
Satoh, Kazunori	90.3	JPN	270	227.5	280	777.5	495.50
Benemerito, Ray	98.3	USA	340	230			
Ivanenko, Volodimir	113.4	UKR		380			
Cardella, Tony	124.5	USA	347.5	222.5			

that some scheduled judges might not show up.

364 refs are listed on the IPF Internet site. A few of the names listed are inactive. Europe shows 219 overall, 184 from Western Europe. East Europe has 35 including Russia (15). All others number 145

with Africa having 7, Asia 66, Oceania 16 and North America 56, (USA 44 and Canada 12). I count 143 Category One referees, the USA having 10. The training and testing program for referees is growing and succeeding. Grandpa told me folks who don't know what's what ought

to keep shut.

What Else Was Going On?

- The WADA (World Anti-Doping Agency) was to begin out of meet drug testing in September. The initial focus will be on lifters committed to the Men's World Championships in November. WADA officials pulled eight out for testing at Akita, one guy twice, some before the contest. One fellow was grabbed getting off the airplane. Add WR setters and the number tested was about eighteen per cent of those present. One hopes for few embarrassing positives from the testing, but - if so - it indicates the program is working.

- The way the contest was run impressed IOC officials. Several were present both days. Tamas Ajan, IOC member and President of the International Weightlifting Federation, seemed positive about PL's chances for IOC recognition.

- IWGA president Ron Froelich said the IPF, when recognized, will get Olympic status and financial support even if not a part of the regular Olympic games. IOC Summer Games saw 10,900 athletes show up last time and officials want to get it under 10,000, not add more bodies.

- Estimates of up to 3000 participants attended the World Games Party August 19th. The Games had a very large group of Japanese and international sponsors, plus the support of the national and local governments. The latter worked on this affair almost five years, providing venues, guides and volunteers throughout Akita Prefecture - transportation, meals, you name it.

Posted on the UNOFFICIAL USAPL FORUM Internet site, August 24 - BRAD GILLINGHAM ON THE WORLD GAMES -

"I had been excited about competing in the World Games for the past couple of years. I anticipated the greatness of this event and I expected to see a World Class Multi-Sport International Event. This event met and exceeded all of my expectations. The people of Akita City, and the Japan Sports Association put on quite a show. I will go out on the line, but I believe this has to be the best event that powerlifting has ever been associated with. As Larry Maile indicated the World Games are now an Olympic Event. The Olympic Flag was flying in all venues. IOC people attended all events. The City of Akita was transformed into a huge venue, with an impressive World Games Plaza/Village. Thousands upon thousands of World Games flags lined all major streets. This event was not a powerlifting event, it was an International Sports event featuring around 4,000 athletes from 31 sports. It is a great event to have powerlifting associated with."

For those that doubt that powerlifting will ever be in the Olympics, I have to tell you that we are all ready there. Hopefully we can now take the next step into the Summer Games or that the World Games will continue to grow in the eyes of the media. Internationally we saw a lot of media presence; unfortunately we did not see much media presence from the USA. I talked to a lot of athletes from various sports including most of the powerlifters that could speak English, and they all shared the same enthusiasm.

Being a part of this team was great. I would like to thank all of the team members and the great coaching staff for making this past week the best experience that I have ever had in powerlifting".



Team USA/Canada: back row - Mike Hartle, Larry Maile, Mike Overdeer, Tony Cardella, Greg Simmons, Ron Burdett, Justin Maile, Leslie Look, Ervin Gainer Sr., Rob Wagner, Camille D'Amato, Jackie Sandu; front row - Kim Dennison, Bernie Miller, Angie Overdeer, Jenn Maile, Brad Gillingham, Sandy Mobley, Sioux-z Hartwig. Not pictured (cut off) Ray Benemerito, Liz Willett, Harriet Hall. (photograph provided by Sioux-z Hartwig)

- TV coverage: Daily national and local in Japan and some other countries. Euro Sport (ESPN) negotiations are now under way for coverage of IPF events in Europe and they're trying to get the USA arm of ESPN on board. The publicity budget for the World Games was only 1/50th that of the Nagano Winter Olympics. The same man did great PR for both. The *Japan Times* (English) ran PL stories in sports pages, featuring Midote and Inaba and a

little on Sivokon and Kudinova. Yukako Fukushima got play in the sports tabloids, partly because she is so darn cute, but Acrobatics got the most attention.

Odds and Ends

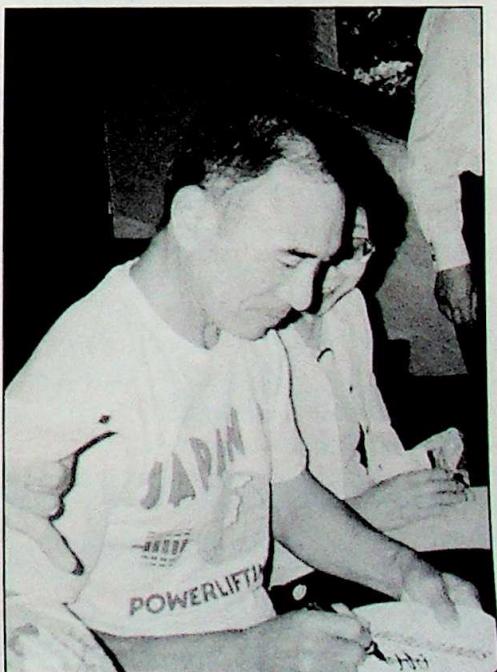
- Inaba said it. "Before I am shipped off to the old folk's home I think it's great that I was able to lift for my hometown crowd." A delegation of family and friends cheered him on and waved banners supporting the fifty seven year old legend. He signed hundreds of autographs and posed for pics with mobs of fans and powerlifters. It was good to see.

- On an end to politics: The last persistent public detractor of the IPF leadership still howling at the moon is toning down his remarks somewhat and giving credit to Wallaugh and Koeberich for their work leading powerlifting into the IOC.

- Nabe Yakan (Watanabe) of Japan, fifth in the light men's, is a national TV comedian. The meet went so fast

on men's day there was a lull of 25 minutes between mids and heavies. The IPF has no dancing girls, but Yakan grabbed the mike and did twenty minutes of stand up comedy to fill in. His stage name translates as "soup kettle."

- Liz Willet on the social scene at Yoshi's karaoke bar, where twenty USA lifters "sang like Madonna" after the contest: "If I keep going to meets I'll end up an alcoholic, but I'll come back to Japan in a flash."



IPF ICON ... Inaba signing autographs (P. Kelso)

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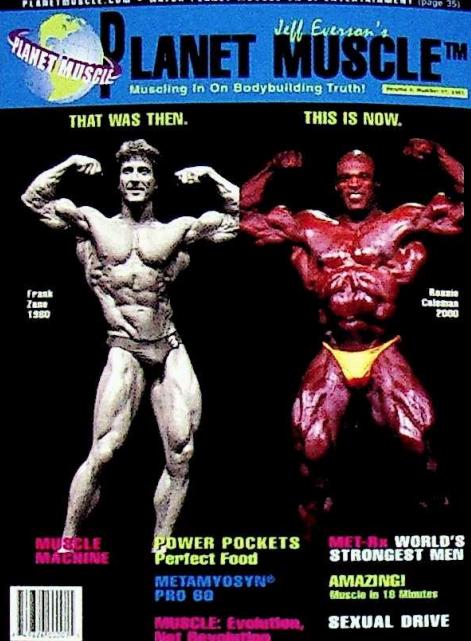
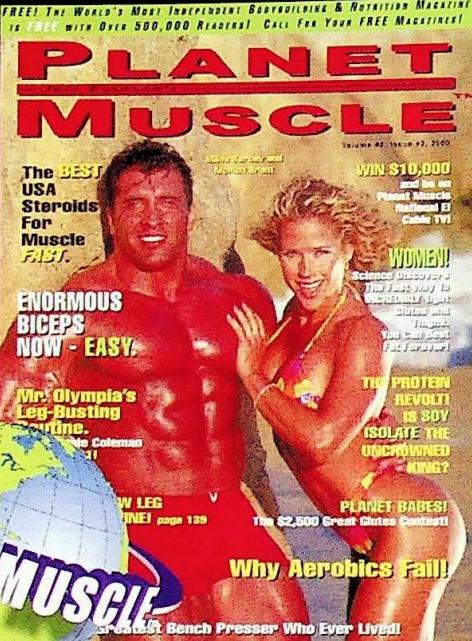
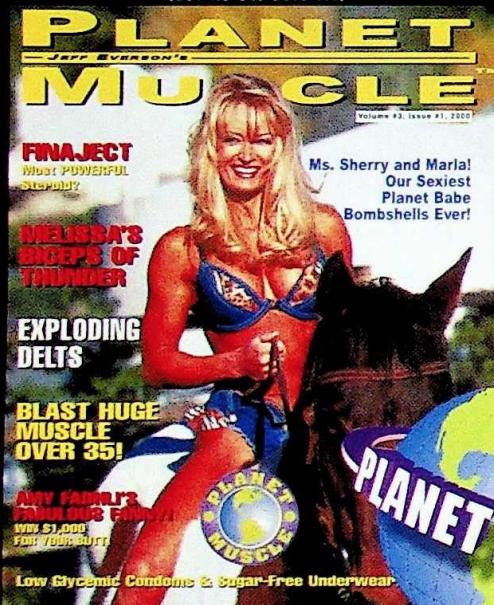
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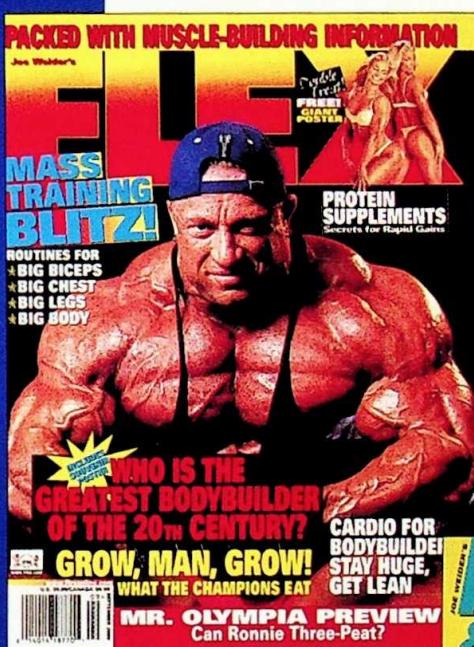
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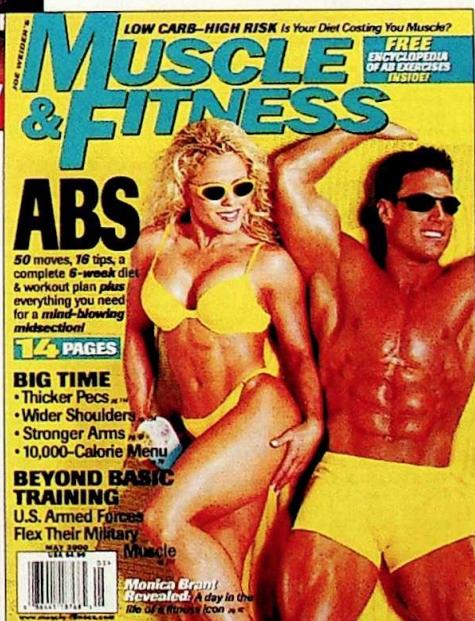


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4 578 Arias, J..7/13/01	407 Mukite, J..6/23/01	600 Page, G..3/24/01	1480 Page, G..3/24/01
5 573 Layman, S..12/9/00	402 Davidson, E..2/7/01	578 Grayes, R..6/23/01	1466 Layman, S..10/7/00
6 567 Ewoldsen, M..11/11/00	400 Collins, C..8/5/00	562 Grubbs, C..3/10/01	1438 Sigala, M..10/7/00
7 545 Scisney, K..7/13/01	400 Clark, A..10/7/00	556 Kupperstein, E..8/12/00	1438 Hoerner, T.J..12/2/00
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"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, long out of print, but now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, California 93011, before this book sells out again FOREVER!

The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. The foundations of our sport obviously had some cracks, but the bedrock of our origins was just as obviously vital, resilient, and impossible to keep down. This is a book that you will be compelled to read from cover to cover. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book (we have some more of the hardbound books in stock - \$65 plus \$4 s/h). Send orders for **MUSCLETOWN USA** payable to Powerlifting USA, Post Office Box 467, Camarillo, CA 93011.

REMEMBERING MUSCLE BEACH...those were the golden days of physical culture, heading to what would become the most famous beach in Iron Game history - MUSCLE BEACH - hitting poses, working out on the rings, pumping iron, building human pyramids just for the crowds walking by to appreciate. So many great names of Physical Culture used this particular stretch of sand as their touchstone to a collective of ideas and personali-

ties who would go on to influence thousands, if not millions, around the world. The story of how this magical place came about, and what became of those whose paths crossed there will connect you with the roots of your sport. (128 pages, 125 classic black and white photos, available from Powerlifting USA, Box 467, Camarillo, CA 93011 for \$26.95 plus \$4.00 for postage and handling.

POWER HOTLINE is the twice a month FLASH bulletin of the Iron Game, sent out via FIRST CLASS MAIL. Recent issues have covered such stories as the 700 lb. bench press by Dallas Cowboys lineman Larry Allen, the new head of the APF, the arrest of a prominent strength coach, which several time PL USA author has received the "Hot Trainer of the Year" award nomination from ROLLING STONE Magazine, what's coming up at next year's Arnold Classic, the bench show that will take place as part of the MR. OLYMPIA competition, the new strength anatomy book by the former editor-in-chief of the French PowerMag, and more. Each edition is packed with a variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. It's only \$28 for 24 information packed FIRST CLASS issues (\$39 for overseas air mail) to PL USA, Box 3238, Camarillo, CA 93011

Doug Moore's THE GYM BP
18 Aug 01 - Bloomington, MN

BENCH	308+ lbs. (40-49)	
WOMEN	Rambo	500
132 lbs. Raw	Open 165 lbs. Raw	
R. Skaunak	160! B. Kegler	295
Master (40-49)	J. Passeri	285
K. Lerom	M. Benson	282
181 lbs. (60-69)	198 lbs. Raw	
S. Segal	C. Nelson	350
198+ lbs. Open	M. Hufnagel	340
K. Franklin	220 lbs. Raw	
Teen 198 lbs. Raw	C. Stalpes	415
J. Rueben	A. Douglas	370
T. Knudsvig	T. Brier	275
Open	308+ lbs. Raw	
P. Kath	C. Wolter	315
J. Taylor	198 lbs. Open	
G. Prill	C. Holleman	375
Master (50-54)	L. Rein	350
D. Hawkinson	360 242 lbs. Open	
242 lbs. (40-49)	J. Biewer	535!
G. Edwards	308+ lbs.	
308 lbs. Raw	K. Sartin	517
G. Peterson	275 lbs. Exhibition	
(60-69) Raw	A. Fiedler	615
G. Fink	180	

Doug Moore's The Gym Bench Press Classic is now history. Meet Director Doug would like to thank the competitors for their good sportsmanship, mannerly conduct and enthusiasm; Doyle Schultz from Marty's Auto Sales in Savage, MN for being the major sponsor; Health & Happiness Cafe for making it so easy to provide such a healthy, tasty, nutritional break for most everyone; Dragon Productions for capturing the fun on video (STW, call the Gym in Bloomington to get one!); Paul Pithey of Net Source Printing, Platform staff and referees, were Ulrike Kruger, Brian Hudyma, John Dorsher, Nick Rachuna, Nick Simones

and Dennis Green. Announcing was Jerry Gneere with Sandy Green taking care of registrations. Live music was provided by Doug Moore and the Muscletones (Brian Smith, bass guitar and Neil Adams, percussion). Doug would also like to thank the Minnesota Powerlifting Association and each and every spectator who supports The Gyms and powerlifting in Minnesota. The next event at The Gym in Bloomington will be MINNESOTA'S RAW MEET III on November 17. (Thanks to Dennis Green for providing the competition results)

8th Annual Border Classic BP 28 JUL 01 - Brownsville, TX

MEN	SHW
Teen	Jerry Duvall 500
105	Robert Jackson 370
Marty Contreras 185*	SUBMASTERS
123	165
Jesus Ortega 245	Charles Garcia 190
George Jackson 135	242
132	Cody Colchado 400
Joey Alaniz 235*	Al Mendez 275
148	MASTER
Mike Gaona 335*	165
Coty Hargett 135	Gene Diaz 245
165	Marloe Mosley
Juan Guerro 360*	181
Mario Vallejo 245	Ernie Garcia 265
Miguel Solis 220	Rick Garcia 350
181	Mario Banda
Duane Zbranck 305	242
Steve Romans 300	Leo Benavidez 340
220	R. Martinez 215
Roger Alanis 425*	Robert Jackson 390
Brett Buckelman 320	Mike Whitney 375
Angel Carrizales 280	MASTERS 50+
Ignacio Pinelaz 270	181
Julio Ochoa 245	Art Menton 335*
275	R. Contreras 330
Lenny Leal 325*	198
NOVICE	Pete Ramirez 330*
123	220
V. Villarreal 135	Felipe Silva 250*
165	275
Ramiro Morales 315	Aaron Gonzalez 335*
Santiago Castillo 315	LAW ENFORCEMENT
Jaime Garcia 295	165
Frank Rodriguez 295	Frank Rodriguez 295
181	181
David Salinas 330	Arthur Barrera 320
198	198
B. Chornopsky 280	David Blackmen 425
220	A. Benavides 320
Idelfonso Ortiz 225	220
242	Jose Ramirez 395
Noe Urrea 385	Joe Guerra 420
Mael Trevino 335	Santos Leal 380
Hector Casarez 315	242
275	Scott Lambaria 415*
Javier Lozoza 385	275
Mike Whitney 375	Flip Silva 415*
Arron Gonzalez 335	WOMEN
SHW	TEEN
Jerry Duvall 500	198
Gerald Johnson 355	Tomie McDaniel 130*
OPEN	Novice
148	123
G. Hernandez 245	S. Dowdall 115*
Coty Hargett 135	132
165	Denise Martinez 95
Jimmy Gonzalez 380*	181
Johnny Vasquez 345	Karen King 185
198	Anna Rojas 140
David Blackmen 425	SUBMASTER
Recardo Ayala 365	114
A. Benavides 320	Dee Bernal 135*
Juan Reyna 315	165
B. Chornopsky 280	Becky Valdez 155*
220	181
Clevon Rollins 440	Cyndi Crossland 275*
Joe Guerra 420	OPEN
Jose Tujilo 375	181
242	Cyndi Crossland 275*
Cody Colchado 400	Karen King 185

* denotes New Record. On behalf of the Mata Family and Tito's Gym, we would like to thank Valley Vista Mall in Harlingen TX for allowing us to promote our annual event at your mall. It was an excellent turnout with over 500 screaming supporters, which created a perfect environment for record setting lifting. 19 New RGV record were set. We had 84 participants; a new record for RGV bench press competitions. Our next meet will be in Nov. 2001 (Who is the Strongest Man in the Valley). For Info, Please call (956-504-3324) ask for Tito Pres. RGV Powerlifting Federation.

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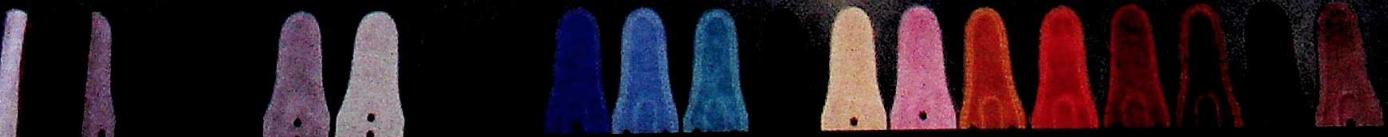
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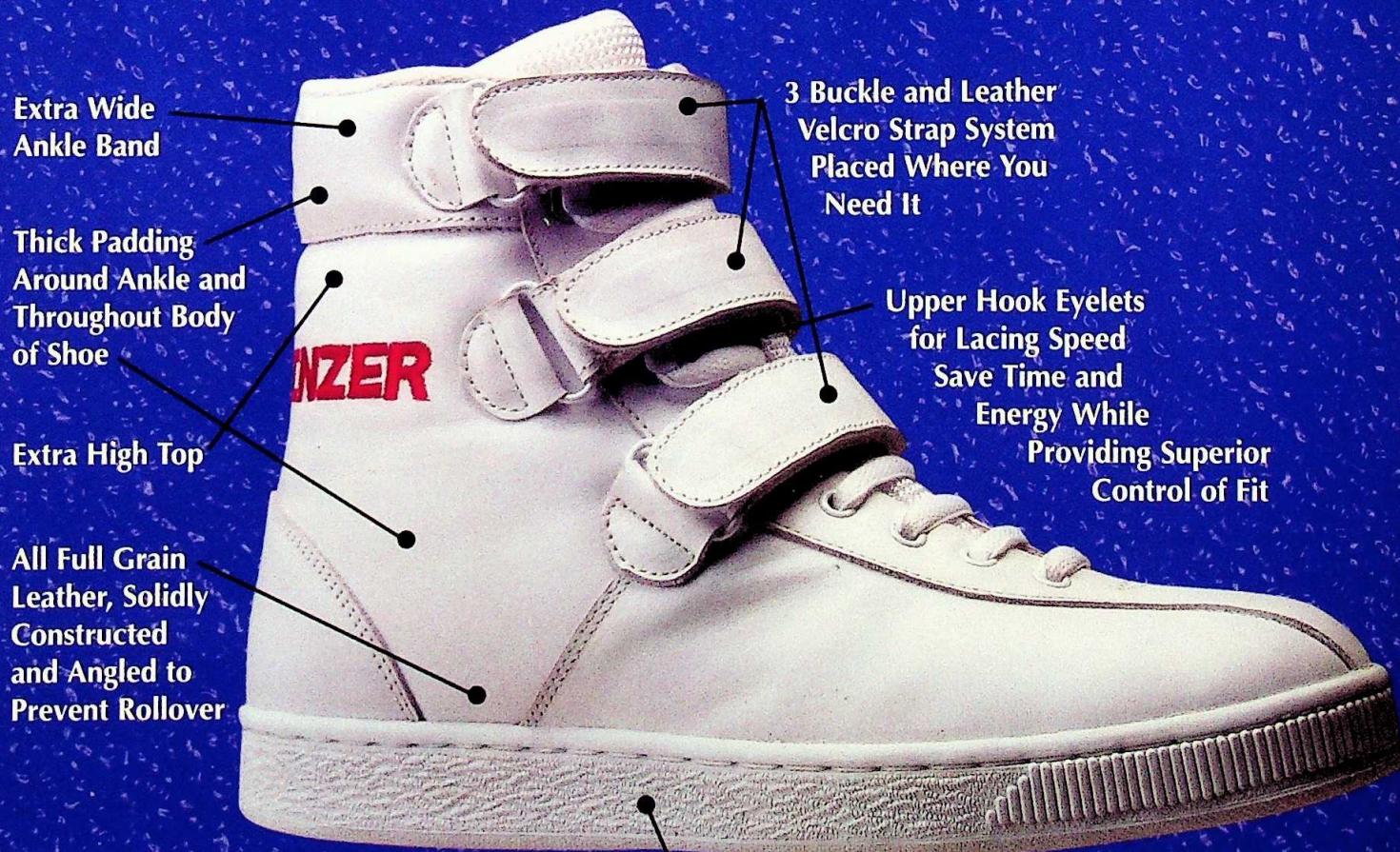


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