POWERLIFTING USA

VOL.27 NO.11 AUG/2004 $3.95
$4.95 in Canada

WOMEN'S WORLDS

PRISCILLA RIBIC GRABS THE GOLD!

BRIAN SIDERS BREAKS KAZ'S TOTAL @ USAPL MEN'S NATIONALS

08
0 74470 76692 6

Gladiators Trained for Serious Battle

How Do You Train?

Gladiator Poster $14

Victory Or Death!
This is the first in a warrior series by famed artist Rick Timmons – Available exclusively through HOUSE OF PAIN. See original 30"x40" oil painting at www.houseofpain.com. **$4200**

Get an art quality 24"x36" poster – a beautiful full color reproduction on heavy paper (suitable for framing). This poster will look great in any law office, gym or home! **$14**

The Gladiator T-shirt is available on heavyweight 100% cotton. (M-4X) **$14**

Gladiator T-Shirt $14

LIKE A TATTOO, IT IS ART YOU CAN WEAR!
There is nothing like it anywhere at any price!

HOUSE OF PAIN
IRONWEAR

CALL & ORDER NOW:
888•463•7246 (888•H•OF•PAIN)
FAX ORDERS: **972•772•5644**
ORDER ONLINE: **www.houseofpain.com**
MAIL YOUR ORDERS & PHOTOS:
HOUSE OF PAIN • P.O. Box 333 • Fate, TX 75132

MasterCard VISA AMERICAN EXPRESS DISCOVER

COMBO OFFER!
Poster & T-shirt
ONLY $25!
(limited time offer)

the Most Potent Joint Formula on the Planet

Glucosamine(+HCl/-2KClso4/+NaCLso4/GLcNAc) Plus
Chondroitin Sulfate(A 4-sulfate, R=so3H, R1=H)

GLC Formula
Patent Pending
US00/30268

Just got Better

100% Pure Compound
Now in Capsules

Introductory Offer
One Time Saving
15%
Off MSRP

Mention this Ad to receive discount when placing order

WHOLESALERS WELCOME

NO PAIN

The World's Greatest Martial Artists Can't Let Joint Pain Slow Them Down. That's Why Top Professionals and World Champions Use the Best

GLC 2000

Todd Margolis, Rob Fletcher and Relson Gracie

Bas Rutten, Duane Ludwig and Fabiano Iha

In the ring or in the gym, being the best means pushing your body to the limit each and every day. That's why Professional Athletes and Medical Doctors rely exclusively on the Patent Pending formula found in GLC 2000 to help reduce pain, speed joint recovery and increase their flexibility.

Dr. Sherman G. Madere MD
Surgical Specialist
Co-founder CAPP Care
Preferred Physicians Guild

"GLC 2000 is the only product which effectively addresses glucosamine utilization. If you are serious about the care of your joints, GLC 2000 is as good as it gets."

Glucosamine Active Cellular Transporter and Nutrient Ionic Transfer

Conversion HCl,-KCl,+NaCl,NAD Ester Glucosamine 6 Phosphate

GLC 2000 is the ONLY joint supplement strong enough for the World Powerlifting Organization and strong enough for you.

Lynne Nelson APA
World Record Holder

"My knee and shoulder soreness from exercise has completely disappeared. GLC 2000 lets me concentrate on what's most important, taking my workouts and contest preparation one step higher."

GLC is the World's Only Full Spectrum Glucosamine formula scientifically engineered to help your body regenerate damaged and worn articular cartilage.

World Champion Gary Stevens

Forced into retirement November 1999 with degenerative arthritis in both knees

Attributes Full Comeback to GLC 2000
Year 2001 Earnings $11,864,491.00

"This is absolutely the best product I have ever used. The Doctors told me I was out of options, my career was over; but after only 3 months using GLC, the pain totally went away and I'm able to live my dream once again. GLC 2000 has literally given me my life back! Thank you GLC"

Jean Mae Cordova
82 years Young

525lb. Leg Press 120lb.x 2 Flat Bench

"I have suffered with arthritis pain for the last 65 years. After taking GLC 2000 for only 3 weeks the pain disappeared and has never returned! What a relief to work out pain free and wake up in the morning without the achy stiff joints. Thank you for such a wonderful product."

Patent Pending

Each Level Scoop Contains 3.5 grams of Pure GLC Guaranteed Assay

Chondroitin Sulfate	750mg
Glucosamine HCl	750mg
Glucosamine Sulfate	750mg
Glucosamine Potassium	750mg
N-acetyl D-glucosamine	225mg
Ascorbate	225mg
Manganese Proteinate	50mg

100% Pure Pharmaceutical grade powder

GLC's powerful powder delivery system is now available in free form and capsules to help increase your bodies uptake and absorption levels. This 100% pure compound guarantees superior bioavailability and utilization. Don't waste your time and money on denatured tablets or sugar water drinks. Take control of your joint pain just like the pros. Get serious, get GLC 2000.

Superior Compound. Best Price Guarantee

As the manufacturer and wholesaler we provide you the lowest price per gram of any reputable national brand GUARANTEED

Cost Analysis : Grams of Glucosamine and Chondroitin per $1.00*

Powder Concentrate 350 grams- $55.00 ea + $5.95 S&H
New Capsule Form 240 grams- $38.50 ea + $5.95 S&H

Call NOW Toll FREE
visit us on the web

1-866-GLC-DIRECT
866-(452-3473)
WWW.GLCDIRECT.COM

*These statements have not been evaluated by the Food and Drug Administration.. This product is not intended to diagnose, treat or prevent any disease. *3 month supply based upon 350 gram jar and average body weight of 175 lb.

Powerlifting USA
Post Office Box 467
Camarillo, CA 93011

Editor-In-Chief *Mike Lambert*
Controller *In Joo Lambert*
Statistician *Herb Glossbrenner*
Publisher *Mike Lambert*

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success, ... through their own love for the sport.... this is their magazine."

POWERLIFTING USA (ISSN 0199-8536) is published monthly for $31.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....$31.95
USA addresses, 2 yr.....$58.95
First Class Mail, USA, I yr...$54.00
Outside USA, surface mail $42 US
Outside USA, air mail ..$84.00 US

Telephone Orders
Subscription Problems
800-448-7693/805-482-2378
FAX 805-987-4275

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 27, Number 11 - August 2004 -

IPF WOMEN'S WORLDS.....Jim Ford.....5
USAPL MEN'S NATIONALS.....Dr. Pat Anderson.....10
WORLD POWERS.....Louie Simmons.....14
STARTIN' OUT.....Doug Daniels.....18
FORCE TRAINING.....Jim Wendler.....19
DR. JUDD.....Judd Biasiotto Ph.D.....22
LUKE IAMS .....Paul Sutphin 23
POW!ER SCENE.....Ned Low.....26
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....32
POWER NUTRITION.....Anthony Ricciuto.....34
HARD CORE QUESTIONS.....Rick Brewer.....37
WOMEN'S ALL TIME SQUATS .....Herb Glossbrenner.....38
WOMEN'S ALL TIME TOTALS .....Herb Glossbrenner.....39
WORKOUT OF THE MONTH.....Jeff Magruder.....40
JOHN SHIFFLETT PROFILE.....Will Morris.....41
USAPL CORNER.....46
POWERLIFTING USA BACK ISSUES.....48
COMING EVENTS.....Mike Lambert.....53
UNCLASSIFIED ADS.....94
TOP 100 SUPERHEAVYWEIGHTS .... Mike Lambert 95

ON THE COVER ..... newly crowned IPF Women's World Champion PRISCILLA RIBIC and BRIAN SIDERS as he broke the seemingly immortal total mark of Bill Kazmaier from Jan. 31, 1981

Copyright 2004 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

POWERLIFTING USA Magazine
ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ **State** ____ **Zip** _____

YES! SIGN ME UP!
Check one:

☐ **NEW**
☐ **RENEWAL**
☐ **Address Change**
(indicate previous address)

$31.95 for 12 monthly issues.
$58.95 for 2 years
(USA address rates)
Payable to: Powerlifting USA, Box 467, Camarillo, CA 93011
(MC/VISA also accepted)

POW!ERLIFTER Video Magazine is No. 1!

FREE "BENCH PRESS KINGS" VIDEO FOR NEW SUBSCRIBERS*

OUR HOT NEW ISSUE 39!

★ **800 LB. BENCHER MIKE MILLER & NAZARETH BARBELL Check out their BP Training!**

★ **SCOT MENDELSON in BP Action!**

★ **JAMES KEGRICE'S Serious Squat Workout**

★ **KEN TATE'S BP WORKOUT**

★ **MARI ASP, IAN DANNEY & MORE**

SUBSCRIBE TODAY!

CALL FOR BACK ISSUES

Yes, I Want to Lift Big! Sign me up for **POW!ERLIFTER** Video Magazine. Detach and mail this form with your check made payable to **POW!ERLIFTER** Video (Please allow 2-3 weeks for delivery.) You will be billed separately for upcoming issues. These other issues will follow, approximately every 3 months, at $19.95 per issue** plus S&H. And you are free to cancel anytime.

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

39 **Non U.S. residents add $3.50 per issue *Offer expires 10/31/2004. A "new subscriber" is someone who hasn't subscribed to Powlerlifter Video Magazine in the last 24 months.

SPECIAL SUBSCRIPTION OFFER	
First payment	$ 19.95 US
Shipping + handling	$ 2.95
Sub-Total	$ 22.90*
Sales tax (CA residents only)	
Total Enclosed	$

❑ Visa ❑ MC ❑ Am Express ❑ Discover

Card No. _____ **Exp. Date** _____

Signature _____

Mail to: POW!ERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213

SUPPLEMENT DIRECT!

The Best F#&%n' Supplements You'll ever buy. PERIOD!

LOW prices on PROVEN quality products.

We have everything you could ever need.

L-GLUTAMINE
500 gm-$19.99
1000 gm-$34.99
2500 gm-$79.99.

Pure Whey Protein
2 lbs. - $11.99
5 lbs. - $19.99
11 lbs. - $41.99
33 lbs. - $120.00

Pure Creatine Monohydrate
2500gm - $45.00
1000gm - $19.99
500gm - $11.99

High Performace Creatine
Grape/fruit Punch
7.7 pounds - $30

Pure Yohimbe
HCL 5mg
Buy one and get one FREE!
100 caps $20

Pure ENERGY
60 caps $6
2 bottles $10

Maximum Strength Fat Burners
120 caps $17
2 bottles $30

Pure Ribose
100 grams $20

Pure Tribulus Terrestris
500mg/250 caps $22.00

Pure 4-Andro-stenediol
100mg 100 caps
$17.99

Pure 5-Andro-stenediol
100mg, 100 caps
$15

Pure 19 Nor-Androstenedione
50mg 100 caps
$20

Pure DHEA
100mg
100 caps $15
25mg
100 caps $5

Pure Androstenedione
100mg
100 caps $15

Pure Whey Protein Isolate
2 lbs. - $24.99
5 lbs. - $49.99
33 lbs. - $264.00

DEXTROSE
11 pounds $11.99
50 pounds $39.99

Pure COMPLEX CABS
8 pounds $20
50 pounds $150

SUPPLEMENT DIRECT tests EVERY batch of EVERY one of our products at an independant laboratory to assure you of quality.

CALL TOLL-FREE 24 HOURS A DAY. PLACE YOUR ORDER TODAY!

1-888-776-7629

OR VISIT US ONLINE!

www.SupplementDirect.com

Questions? Call 805-546-1089 or Fax 805-546-8174

We carry over 500 brands and 20,000 products

Franchises now available in your area, call for details.

Supplement Direct. 12320 Los Osos Valley Rd. San Luis Obispo, CA 93405

IPF WOMEN'S WORLDS

as told to Powerlifting USA by Jim Ford

The International Powerlifting Federation (IPF) held it's 25th Women's World Championships for 2004 on June 2-6th in Cahors, France. The hosts were the French Powerlifting Federation (FFHMFAC) with meet director Christiane Guingal going all out to provide a first class competition. Cahors is a beautiful city in southwest France, not far from Toulouse, in very scenic rolling hill country that was breathtaking to behold. (This area produces some of the best wines in the world). Cahors itself is old and with many historic sites in this picturesque town on the Lot River. The venue for the lifting was in the older section of downtown, in the three story Palais de Sports, very impressive and well suited to World Championships. It was much different for those of us who have become accustomed to hotel venues for these competitions. Our accommodations for the championships were in a 'World Village' with a French country atmosphere at the "Mas de Saboth" Hotel and Resort. They provided individual 2-3 person private cabins & lodges in this wooded hillside resort that is used frequently for the French to take a holiday. Team USA arrived by several modes of transport; flying first to the one of a kind city - Paris. Some flew onto Toulouse; and then shuttled to the meet site. Others opted for the unique French train system that rocketed south out of Paris at record speeds and down to the meet site in just a few hours.

Champion of Champions...*Maria Revva of Russia (633.50), Priscilla Ribic of the USA (620.00), and Tatayana Eltosova of Russia (596.71).*

We had a good team this year, but we were short one lifter, as all-time great Bettina Altizer had personal matters that caused her to make a last minute withdrawal from the competition. The coaching staff was aware of the value of her loss, along with some of last year's standouts who were absent for various reasons: Sioux-z Hartwig, 2003 Gold medalist at 52 kg., was out with an injury; along with Jess Watkins, Kimmi Everett, Erin Dickey, Ann Leverett, Linda Schaefer, just to name a few. We have seen our Women's' Division thrive in recent years and knew after the last year's training meets and the qualifier this year that we had some outstanding talent among our women, who were now among the best prepared ever to go head to head. Our coaching staff was somewhat altered from past years, but more than up for the task. Federation President Larry Maile served as our Head Coach, as he has since the inception of USAPL women in IPF World meets back in 1998. His careful molding of this team and its steady improvement speaks highly of his talents. Missing from the staff this year was Mike O'Donnell, who has been a solid part of the women's coaching for the past few years. Assisting with the women's team coaching duties were Nil-Juanto of Sweden, Ivan Ribic of Washington, Brad Robbins of Iowa, and myself. Mike Hartle served as an unofficial coach, and was a great asset to the team; providing back adjustments, and helping in the warm-up area and with numbers. Monique Hartle, lifting for Canada, was a great asset for our team, as she spoke French and made

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

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

MILO: A Journal For Serious Strength Athletes is a 128-page book that comes out four times a year and sets the world standard for covering strength sports: Olympic-style weightlifting, strongman, Highland Games, arm wrestling, grip strength and just about everything else you'd expect from IronMind, a name that is synonymous with strength around the world.

Training and how-to, personalities, contests, history—featuring the biggest names not just in athletes, but also in authors and photographers—all in one powerful package. *MILO* brings you the best inspiration and information

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

Subscribe now . . . or buy a single issue and you'll see: there's nothing else like *MILO!*

No. 1282 One year subscription (4 books/year, 128 pp. each): $45.95 USA (CA customers please add 7.375% sales tax, total $49.34); US $55.95 Canada; US $65.95 all others

Single issues: Each $12.00 + $4.00 S&H USA (US$7.00 S&H Canada; US$11.00 all others)

IRONMIND®
Stronger minds, stronger bodies™

IronMind Enterprises, Inc.
P O Box 1228, Nevada City, CA 95959 USA
web site: www.ironmind.com
e-mail: sales@ironmind.com
tel: 530-265-6725; fax: 530-265-4876

communications much easier.

Thursday, June 3rd, 2004

44 kg. class - The 1st day of lifting started on a very active note as the two smaller classes (44 kg. & 48 kg.) had a total of only 15 lifters and so the flights were run concurrently. It was one of the tougher days for the shorthanded coaching staff of Team USA as we had three lifters going during this session: Ashley Robbins and Tina Carder at 44 kg. and Jenn Maile at 48 kg.. Last year's gold medalist @ 44 kg.. Raija Koskinen of Finland showed why she's the best at this weight in the world, by going 9/9 and bringing home the gold again. She was 20 kg. short of her winning total last year, yet was still 27.5 kg. over the 2nd place finisher Ashley Robbins of the USA. Last year's silver medalist @ 44 kg., Svetlana Tesleva of Russia, had moved up to the 48 kg. so the field was wide open for our USA lifters to shoot for medal placings. Last year Robbins was 4th with a 350 kg. total and was looking for a chance to improve on that. She missed her second squat of 150 kg. only to get it on a third, leaving her 2.5 kg back of the leader Koskinen. Raija won the squats and set a MWR with a dunk of 152.5 kg. 19 year old Tina Carder of the USA went 3/3 in squat, hitting a smooth 130 kg. and brought home the bronze for that lift. These three kept these placings through the meet, although Laurence Hernandez of France made a valiant effort to catch Carder on her third pull, but it was not to be. So, the veteran Koskinen of Finland repeated her victory; setting a MWR total of 390 kg.. Robbins and Carder of USA followed close behind for Silver and Bronze. Ashley's husband, Brad, who is a brilliant lifter himself, aided Ashley. He is also capable of doing some back adjustments and therapies to aid our lifters. I believe Ashley is one of the lifters who have benefited by their association with Quest Nutrition. I had heard of Tina's reputation, but after watching her lift, she made me a believer. She was well prepared and this little powerhouse will be a champion one day. The two medals by USA lifters got us started out right!

Raija Koskinen...*still the master at 97. (Photographs by the courtesy of IPF)*

48 kg.. Class - Last year's gold medalist, Olesia Lafina of Russia, had moved up to 52 kg.. Replacing her was the Russian Champion at 44 kg.. Svetlana Tesleva, who moved up for this battle with last year's silver medalist, Jenn Maile of the USA, and Bronze medalist Yukako Fukushima of Japan. Tesleva got in her usual giant squat with a clean 172.5 kg., followed closely by Maile at 160 kg. and Fukushima at 150 kg. The thinking was to get as much as possible into the subtotal, as a big pull was expected from Jenn Maile when the deads came around. Each of the three leaders missed one bench, Tesleva hitting a solid 100 kg. to stay in the lead, but Fukushima's' astounding lift of 122.5 kg. (270 lbs.) was enough to pull her even with Tesleva at the subs. Jenn hit a respectable 90 kg. BP that left her 22.5 kg. back. After Tesleva's first pull, a very easy one, it was her Gold for the taking. Battling for the Silver, Jenn tried valiantly for the runner-up spot, a repeat of the battle with Fukushima from last year's worlds where Jenn won by 2.5 kg., but this day the pull was just not there and the Silver went to Fukushima. Teslava had a strong, well-balanced lifting performance that gave her a 445 kg. WR total, still, it was another medal for the USA team.

Ashley Robbins...*into the medals.*

Friday, June 4th, 2004

52 kg. class - Last year's gold medal winner at 48 kg. Olesia Lafina of Russia, moved up this year to the class that had been dominated by the USA's Sioux-z Hartwig. This set up a battle between the Russian Champion Lafina and the 21 year old Ukrainian, Oksana Dymytruk. At last year's worlds in Chicago, the Ukrainians opted to post their power in the higher classes, with no women lifting below 60 kg. In the squats, both Lafina of Russia and Dymytruk of Ukraine went 3/3; as did Mervi Rantamaki of Finland. The Finn hit 175 kg. Cornette of France hit 177.5 kg. on her 2nd; with Dymytruk smoothly dunking 180 kg.. However, it was Lafina who stole the gold in squat with a whopping 212.5 kg. The Russian upped her lead with a fine 115 kg. BP. The next best was Ukraine's Dymytruk with 102.5 kg., followed by Rantamaki of Finland with 90 kg. In the pull both the Ukrainian and the Russian went 3/3; but even a final pull of 177.5 kg. by Dymytruk left her 10 kg. back of Lafina who brought home the Gold with a 470 kg. total and the world title. The Finn was 25 kg. back of the Ukrainian for the Bronze. Honorable mention goes to Yi-ju Chou of Taiwan who pulled a class high 180 kg. after missing two squats and two BPs.

56 kg. class - In this class an American returned to the lifting platform in the form of sensational young 18 year old Carley Nogle of Michigan. I had the opportunity to see Carley not only at the Nationals but also at the IPF North American Championships in April. She is one talented young up-and-comer who is well schooled and a true heir to the spot vacated by Michelle Amsden of USA. Another noteworthy detail of this class was the name of 21 year old Olena Dymytruk of Ukraine. Sound familiar? Well, she is the twin sister of our silver medalist @ 52 kg., Oksana Dymytruk. She competed last year at the Jr. Worlds in the 48 kg. class and won the Silver to USA's Jenn Maile at the meet in Poland. This class (123 lbs.), along with the 75 kg. class, was the largest in the competition. 2003 Champion Inna

Tina Carder...*first time at Worlds.*

IPF Women's Worlds - 2-6 June 2004 - Cahors, France

97 lb. class	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
Koskinen FIN	308	330	336	154	165	170	507	330	347	352	859
Robbins USA	314	~~330~~	330	143	154	~~165~~	485	286	314	~~319~~	799
Carder USA	248	264	286	137	~~154~~	~~154~~	424	264	~~292~~	292	716
Hernandez FRA	259	~~270~~	~~270~~	137	148	~~154~~	407	281	297	~~308~~	705
Ochoa ECU	281	~~297~~	~~297~~	~~143~~	~~143~~	143	424	264	275	~~292~~	699
Friedrich GER	236	~~253~~	~~253~~	170	~~181~~	~~181~~	407	198	220	~~231~~	628
105 lb. class											
Tesleva RUS	352	369	380	209	220	~~231~~	600	352	369	380	981
Fukushima JPN	~~314~~	314	330	259	270	~~275~~	600	319	341	~~352~~	942
Maile USA	308	341	352	187	~~198~~	198	551	341	~~380~~	~~385~~	892
Guillaume FRA	275	297	308	148	154	159	468	319	341	347	815
Balogova CZE	264	286	297	187	~~198~~	~~198~~	485	292	314	~~325~~	799
Lepanse FRA	286	297	308	159	176	~~187~~	485	286	308	~~330~~	793
Renuka IND	264	286	~~308~~	~~137~~	137	148	435	286	308	~~319~~	744
Tanaka JPN	242	259	~~270~~	143	154	~~159~~	413	264	~~286~~	~~286~~	677
Macken AUS	214	231	248	104	110	~~115~~	358	281	292	~~303~~	650
114 lb. class											
Lafina RUS	418	446	468	231	253	~~264~~	722	275	297	314	1036
Dmytruk UKR	369	385	396	225	~~236~~	~~236~~	622	352	369	391	1014
Rantamaki FIN	358	374	385	187	192	198	584	363	374	~~391~~	959
Sirkia FIN	352	~~363~~	~~363~~	209	~~214~~	~~220~~	562	358	374	~~391~~	936
Cornette FRA	363	391	~~396~~	181	~~192~~	~~192~~	573	336	358	~~385~~	931
Castro ECU	325	~~336~~	336	148	~~165~~	165	501	336	352	~~363~~	854
Chou TAI	286	—	—	132	—	—	418	363	385	396	815
Lagrange FRA	286	303	~~308~~	176	~~187~~	~~187~~	479	275	~~286~~	~~286~~	755
Gavornikova SVK	231	~~248~~	264	165	~~176~~	~~176~~	429	264	~~281~~	281	710
Svahn DEN	~~154~~	~~154~~	~~154~~								
123 lb. class											
Eltsova RUS	418	~~429~~	429	264	~~275~~	~~275~~	694	396	~~418~~	418	1113
Dmytruk UKR	~~402~~	402	~~413~~	~~242~~	242	253	655	374	~~396~~	396	1052
Maniak FRA	~~325~~	325	347	192	203	209	556	347	~~369~~	369	925
Kume JPN	314	336	~~347~~	~~225~~	225	236	573	330	347	~~352~~	920
Nogle USA	303	330	~~341~~	176	187	~~198~~	518	358	385	~~396~~	903
Hsu TAI	~~308~~	~~308~~	308	154	—	—	462	396	418	424	887
Hunter GBR	286	303	~~314~~	181	192	~~198~~	496	330	347	~~358~~	843
Molina ECU	341	~~358~~	~~358~~	143	154	~~165~~	496	308	330	~~347~~	826
Farque FRA	292	308	~~319~~	148	154	165	473	319	~~336~~	~~336~~	793
LiptakovaSVK	275	~~297~~	~~297~~	187	198	209	485	297	308	~~314~~	793
SatendraswriIND	231	264	297	115	126	~~132~~	424	264	286	~~297~~	710
Malugina UZB	374	418	429	209	225	236	666				
Kehanen FIN	413	429	~~440~~	~~187~~	~~187~~	~~187~~					
Flanders AUS	~~259~~	~~259~~	~~259~~								
132 lb. class											
Revva RUS	418	451	462	264	275	286	749	451	479	501	1251
Vitsyevska UKR	418	440	457	275	292	~~303~~	749	440	473	~~496~~	1223
Tatarova RUS	~~462~~	462	485	253	~~275~~	~~275~~	738	440	~~462~~	~~462~~	1179
Haapoja FIN	424	~~446~~	~~446~~	187	198	~~203~~	622	418	435	446	1069
Ikeya JPN	391	~~413~~	413	231	242	~~248~~	655	385	396	~~413~~	1052
Gaifulina KAZ	374	~~396~~	396	220	~~231~~	~~231~~	617	429	~~451~~	~~451~~	1047
Locatelli ITA	330	~~352~~	~~352~~	187	198	~~209~~	529	418	429	~~440~~	959
Tejwaswani IND	308	~~352~~	352	176	187	198	551	330	385	~~396~~	936
Falck GER	275	292	~~308~~	154	159	~~165~~	451	363	374	385	837
Gevers AUS	303	319	336	159	170	~~176~~	507	303	319	~~336~~	826
148 lb. class											

Filimonova was nowhere to be seen, but the Russians did bring highly nominated Tatyana Eltsova. In the squat, Eltsova won Gold with a 195 kg. lift; followed by Dymytruk of Ukraine with 182.5 kg. The third and fourth spots were close with Maniak of France with 157.5 kg and Kume of Japan with 152.5 kg. Although Eltsova only got her opening BP of 120 kg., it was best in the class. Dymytruk pushed a 117.5 kg. lift to finish in 2nd going into the subs, just 17.5 kg. back of leader Eltsova. Kume was ahead of Maniak by just 7.5 kg. for third and fourth positions. Carley Nogle of the USA missed thirds in the Squat & BP, but was positioned well at subs in 5th spot with a powerful pulling capacity. Eltsova & Dymytruk both missed their 2nd deadlifts, but Eltsova's 190 kg. pull elevated her total to top honors and a 505 kg. Total, 3rd best in Champion of Champions ratings. Maniak was only able to get her opener in the deadlift, but it was enough to give her the Bronze over 4th place finisher Kume of Japan. Nogle was doing her best lift, went 3/3, and had the class high pull of 192.5 kg., locking up a great 5th place finish for this young first time open women's competitor. More points for Team USA!

Medalists in the 105 lb. class *Fukushima, Tesleva, and Maile.*

60 kg. class - Russia's 2003 winner, Valenti Nelubova, did not return this year. Instead the Russians sent a double threat in the names of Marie Revva and Irina Tatarova, but many though the preliminary nominations gave the class to 2001 IPF JR. World Champ Larysa Vitsyevska of the Ukraine. Perfect lifting by Revva, going 9/9, and a gold in the DL made her class champion, and totaling 567.5 kg. gave her Champion of Champion honors. A valiant try was made by the Ukrainian Vitsyevska, but missing her 3rd BP and 3rd DL kept her back at the total by 12.5 kg. She did win Gold in the BP, and Tatarova won Gold in the squat, but she finished up with bronze overall, 20 kg. back of Vitsiyevska.

Olesia Lafina *prevails in the 114s.*

Saturday, June 5th, 2004

67.5 kg. class - This shaped up to be an epic battle between some of the best women lifters in the world. Many-time World Champ Marina Kudinova was a no-show, said to be out with a knee injury. Her very capable replacement, Zhanna Ivanova, though only 20 years old, came well prepared and with numbers to match. Also in the running were fellow Russian and Jr. World Champ Victoria Pisarenko and Ukrainian Jr. World Champ Lesya Humynska. The Ukrainian had edged out USA's Priscilla Ribic last year and won the Silver by 2.5 kg.. Rounding out the top contenders was the USA's Priscilla Ribic of Washington who has been making steady improvement since last year, freshly re-writing the record books in the deadlift and coming close to challenging Kudinova's total record. Of note, as well, were the strong performances of the two British lifters, Marian Gibson and Gillian Wright. In the squats Ivanova went 3/3 ending with class high of 240 kg. as did Pisarenko, who only got her opener. Pisarenko was lighter and got the gold for the squat. Priscilla got a hard opener at 227.5 kg. after being wrapped longer than ideal due to rack adjustments. The Ukrainian Humynska, who was lighter in bodyweight, matched it. In the BP Priscilla took top honors, despite getting bad hand-offs on one and two, but still managed to get 137.5 kg. passed. Her third was also a bad hand-off mistake, taking two tries, but she never got it in her groove, but ironically won the Gold in BP anyway. Ivanova of Russia and Gibson of Great Britain followed her. At the subs, it was Ivanova with 375 kg., Pisarenko 7.5 kg. back with 367.5 kg., and Ribic 10 kg. back with 365 kg.. Humynska of the Ukraine struggled with her BPs and only got her opener of 120 kg.. to stay in the meet with a 347.5 kg. subtotal. Priscilla's 1st Deadlift with 220 kg. put her in the lead and her second pull sealed the World Title. This world record holder in the deadlift went 3/3 in the pull and cruised to victory with a 20 kg. margin over the 2nd place Ivanova. There was a valiant try for the next three spots behind Priscilla, but it played out with Ivanova followed by Humynska and then Pisarenko. I must say that one of the most dramatic moments of the meet was when Priscilla came out on her 2nd deadlift, to seal the victory, and loudly playing on the audio system was Bruce Springsteen's "Born in the USA". All the spectators were on their feet, clapping, and for TEAM USA there was barely a dry eye in the house. She came out to try a 4th attempt WR @ 247.5 kg., but it was not there this day, and she had to settle for Gold in the BP and DL and her 1st IPF World Title. Her Wilkes points gave her the runner-up spot in the Champion of Champions calculations. Good job Priscilla!

Katie Ford... *PR deadlift and total.*

75 kg. - The USA's lifter in this class was Katie Ford of Texas, who cut down from 82.5 kg.. Last year's winner and breaker of three WRs Champion of Champions Svetlana Dedulya of Russia was not

(continued on page 92)

Russia's Galina Karpova... *an emotional winner off the platform*

Ribic USA	473	501	501	270	303	314	804	485	507	529	1333
Ivanova UKR	496	512	529	281	297	297	826	451	462	485	1289
Humynska UKR	485	501	512	264	264	264	766	473	485	507	1251
Pisarenko RUS	529	545	545	264	281	286	810	424	424	446	1234
Gibson GBR	380	380	407	281	292	297	699	407	429	429	1129
Wright GBR	341	363	363	220	236	236	584	396	418	429	1014
Rajeshwari IND	336	374	396	203	225	242	622	314	352	374	997
Iskandarova UZB	330	352	374	187	198	203	556	330	352	374	931
Bannister BAH	341	363	363	143	170	187	529	286	303	314	854
Jessop NZL	369	369	369								
165 lb. class											
Zaugolova RUS	485	507	529	297	314	325	832	473	496	512	1344
Bahriy UKR	462	462	479	297	314	325	804	473	501	518	1322
Blikra NOR	429	462	479	242	259	264	744	440	462	473	1218
Orsini ITA	440	462	473	264	275	275	738	440	462	468	1179
Nieves PR	418	446	473	231	259	264	705	402	440	440	1107
Ford USA	374	374	402	220	220	242	644	402	424	446	1069
Duhem FRA	352	374	374	242	259	264	639	396	418	446	1058
Sedlackova SVK	352	380	396	187	198	198	578	418	440	457	1036
Blasberry GBR	330	352	369	198	209	220	589	374	402	418	992
Spronk NED	325	336	341	209	220	225	562	374	396	396	959
Miyata JPN	319	319	341	242	242	242	584	319	341	358	903
Blessy IND	308	341	363	143	154	154	518	330	374	407	892
Martinez VEN	358	391	407	192	198	209	589	292	319	341	881
Munnings BAH	347	385	385	203	220	220					
181 lb. class											
Kudryavtsva KAZ	451	473	496	330	352	374	848	440	473	496	1344
Boroday UKR	507	534	545	297	319	330	865	451	473	490	1339
Strik NED	518	534	534	319	336	341	859	440	462	485	1322
Porter GBR	451	473	473	248	264	275	716	457	479	496	1195
Razhabova UZB	352	396	418	209	225	231	622	352	385	402	1008
Hung TAI	330	—	—	308	336	336	639	275	363	418	1003
Hartle CAN	297	325	336	198	209	209	545	286	308	308	854
Deepali IND	341	352	352	132	143	148	485	308	330	330	793
198 lb. class											
Lugovaya RUS	518	540	562	352	374	385	947	507	534	567	1515
Yavorska UKR	529	551	573	330	330	341	914	529	567	606	1482
Orobets UKR	512	534	551	347	363	380	931	462	485	496	1416
Herchnhein GER	391	418	435	281	297	303	733	462	490	490	1195
Stesenko UZB	418	451	457	209	231	253	705	374	418	462	1124
Brown USA	391	429	446	225	248	248	694	352	385	413	1107
Chang TAI	440	485	485	209	231	248	672	396	429	429	1069
Lindsay BAH	358	358	385	214	231	231	573	352	374	374	925
SHW											
Karpova RUS	617	617	639	363	380	396	1036	507	529	540	1576
Chao TAI	551	584	595	407	418	424	1003	462	485	507	1510
Willet USA	584	629	633	385	391	424	1025	451	473	485	1510
Olenytsya UKR	540	556	567	330	347	358	925	518	551	551	1444
Pavlova RUS	540	556	556	330	341	341	887	485	507	518	1394
Schaeffer NED	462	490	512	330	352	358	870	418	440	451	1322
Hall USA	473	518	529	231	264	297	793	451	485	485	1245
vd Meulen NED	440	451	468	303	314	325	782	374	396	407	1190
Last GBR	396	396	424	231	248	259	683	374	402	418	1085
Sampa IND	374	396	396	187	198	198	595	286	330	374	925
Curry BAH	501	501	501								

A new day has dawned in the land of Bench Press Technology. And INZER is on the cutting edge of it!

Reality:

the top Bench Presses have always come from Inzer gear – and it is no different in this exciting new time! *Questions?* *questions@houseofpain.com* When new Bench Press Shirts are developed, INZER is always the leader in real-world results and HOUSE OF PAIN will always have the best stock.

Are you tough enough?

Results, not comfort, make a bench shirt GREAT. From 300# to 900# and beyond – Inzer delivers results. Real-live platform-tested results. When you're ready for a new PR, call HOUSE OF PAIN for your new shirt at 1-888-463-7246 (1-888-H-OF-PAIN)!! If you're ready for a quantum-leap in support – try the New Inzer PHENOM Bench Press Shirt! Call HOUSE OF PAIN to get one now!

Bobby Leitz, spotter

Tiny Meeker on B/P

HOUSE OF PAIN IRONWEAR

- Squat Suits
- Deadlift Suits
- Bench Shirts
- Knee & Wrist Wraps
- Gym Bags
- Chalk
- Tanks & T's
- Everything a Powerlifter Needs

24 HRS / TOLL FREE

1·888·463·7246 • (1·888·H·OF·PAIN) • fax 1·972·772·5644

HOUSE OF PAIN • P.O. BOX 333 • FATE, TX 75132

www.houseofpain.com

Tiny Meeker (on bench) has benched 740# in the new RAGE and Bobby Leitz (spotting) has benched 705#. That is a single-ply RAGE. What can you bench in one?

MHP STRIKES BACK!

Pioneering the Era of TESTOSTERONE and HORMONAL MANIPULATION with Today's PRO-TESTOSTERONE TECHNOLOGY!

The original **T-BOMB** formula set an undeniable, unprecedented standard in the prohormone arena, with hundreds of thousands of satisfied users experiencing mind-blowing gains in rock-hard muscle. They've made it the #1 selling 1-Testosterone formula in America.

But given the recent state of affairs regarding the government's scrutiny of prohormones, **MHP** R&D scientists and nutritionists knew they couldn't rest on the merits of their prohormone phenomenon...

MHP teamed up with some of the top experts in the field of hormonal manipulation. As a result, they've gained access to amazing recently discovered technologies to achieve the ideal anabolic landscape for building muscle mass and improving male performance.

And now, they've pooled all of their resources and put them into the development of the first-ever "Pro-Testosterone" formula—a formula that manipulates your ENTIRE hormonal profile to maximize testosterone and optimize male performance. What they've done with this formula has set a new precedent, and it's appropriately called **T-BOMB II!**

Increases Your Natural Production of Testosterone by 400%

Clinical doses of the most proven testosterone-boosting compounds force your pituitary into overdrive! **T-BOMB II** stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, giving you explosive strength and head-turning gains in rock-hard muscle mass! **T-BOMB II's** incredible testosterone boosting effects blow away any other testosterone formula on the market!

Cripples SHBG and Increases "Free Testosterone"

Elevated testosterone is only beneficial if it is circulating in the blood as "Free Testosterone". Sex Hormone-Binding Globulin (SHBG) is a protein that binds to testosterone, rendering it useless. **T-BOMB II** doesn't just lower SHBG, it annihilates it! **T-BOMB II** frees up even more testosterone for even greater gains in mass and strength. Increased sex drive is another positive "side effect" you can look forward to experiencing.

Stops Testosterone to Estrogen Conversion

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme in the body converts some of your testosterone into the female hormone estrogen, which is responsible for many negative side effects, including the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-Aromatase inhibitors found in **T-BOMB II** eliminate the conversion of testosterone to estrogen—a main concern for bodybuilders and a tremendous triumph for **MHP** R&D formulators.

Blocks Estrogen Receptors

Stage 2 of **T-BOMB II's** "estrogen assault" uses estrogen-blocking compounds to clog the receptors, assuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With **T-BOMB II's** two-stage assault, testosterone, and only testosterone, dominates your hormonal composition.

Lowers the Conversion of Testosterone to DHT

Testosterone can also convert into a hormone known as DHT, which is responsible for the negative side effects such as baldness and acne. **T-BOMB II** provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with Testosterone for the androgen receptor, leaves *even more* receptors open for Testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Super Charger!

It's the latest breakthrough in hormonal manipulation and it has the entire bodybuilding world buzzing! This is how it works: When testosterone arrives and docks at the muscle cell receptor site, it must interact with "2nd Messengers". The "2nd Messengers" communicate to the muscle cell nucleus that testosterone has arrived and to carry out its anabolic effects. The more efficient your 2nd Messengers are working, the louder the signal they send. Referred to as *signal transduction*, this amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased ten-fold!

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength that they are offering a **100% money back guarantee** if you're not satisfied with **T-BOMB II**.

NO QUESTIONS ASKED!*

Available at ...
GNC Live Well.

*All returns must be accompanied by a receipt at point of purchase.

Call Now or Order Online:
1.888.783.8844
www.maxperformance.com
Int'l 973.785.9055

MHP
MAXIMUM HUMAN PERFORMANCE

USAPL MEN'S WORLDS

as told to Powerlifting USA by Dr. Pat Anderson

Bayou country was the setting for the 2004 edition of the USAPL Men's National Championships of Powerlifting. Over 100 of this country's top strength athletes converged upon Baton Rouge, Louisiana to set records and compete for class titles. In addition, for the first time ever, this year's competition featured eight of the top female lifters who came for the sole purpose of attempting USAPL and IPF world records. The newly remodeled Holiday Inn was the site for this year's contest, conveniently located just off the highway about 10 minutes from downtown Baton Rouge. Many lifters and spectators took the short drive down to New Orleans at some point during the weekend. Experienced meet director and former Masters World Champ Paul Fletcher put on a show for the ages. Paul becomes the first meet director to host both a USPF Seniors (1995) and USAPL Seniors. In fact, this year's venue was just a stone's throw from Paul's 1995 location. I had the privilege of being one of a handful of lifters who competed in both contests and can unequivocally state that as good as the '95 Seniors was, Paul and his crew have advanced their presentation skills up several notches. From the Rick Fowler designed website that was updated weekly for several months out, to the hospitality table that greeted the arriving lifters, one could easily see that this was a first class championship event. The lifting took place in what was actually three separate ballrooms with the dividers removed. Vendor booths outlined the back walls with plenty of spectator seating. A world's-like warm-up room with four fully stocked platforms and a separate on deck area that could easily seat 15 lifters was very well received by the lifters. Adjacent to the platform, a large projection screen kept the crowd updated with a running image of the attempt score sheet. Additionally, the bar loaded score program provided the upcoming lift in pounds and kilos, the attempt number, and the time remaining ... for all to see. To the left of the platform was a coaches box and a jury table which was manned all weekend by International referees. On the other side of the platform was a large announcing table that was manned superbly throughout the weekend by Reed Bueche. Canada's Mike Armstrong was a constant figure at this table providing real time updates on his computer that was so fast he was able to have a complete printout available within seconds of the final lift in each session. His work allowed the trophy presentation to begin almost immediately and was very helpful to myself in calculating the world team standings. Thanks Mike!

Friday morning started out in familiar fashion with Ervin Gainer earning his 7th consecutive trip to the IPF Worlds with a 1251 total. Despite only making five attempts, Ervin registered PRs in the bench, deadlift and total. The 308 lb. bench was particularly satisfying for Ervin as that was the lift he had bombed in at the Worlds in 2003. After a tough 2nd attempt pull with 518, Ervin called it a day and passed his 3rd. He later informed me that he felt some tightness on that lift and wanted to save it for Capetown in November. It's not hard to imagine a 600 kilo (1322) total in Ervin's future via 462, 325, 534 - an accomplishment never achieved by a U.S. 114er. Minnesota's Tony Scheldrup started 3/3 and finished that way as well to take the runner-up spot. A name to keep an eye on for the future is 2003 Junior World Silver Medalist Jeremy Scruggs. Jeremy started strong in the squat where his 3rd attempt would have put him in the lead, but he was unable to register a bench to stay in the competition.

***Ervin Gainer** won in the 114lb. class for his 7th trip to the Worlds.*

The overwhelming favorite in the 123 lb. class was defending Seniors champ and IPF Junior World Champ, Damario "Doc" Holloway. Unfortunately for Doc, this was not to be his day. Two squats and two benches put Doc into a subtotal tie and he was ready to pull for the win, a spot on the World team, and maybe even some records to boot. In January, Doc registered a 570 pull at the Louisiana states and there was some talk that 600 wasn't too far off for this young man. On this day, 30 kilos less would be his undoing. Three tries at 534 were unsuccessful and Doc's day was over. Bombing is never good, but champions learn from it and come back stronger and so will Doc. The beneficiary of Doc's mishap was teenager Mike Kuhns of Pennsylvania. Mike struggled in his Open debut, making just one successful attempt in each discipline. However, that was enough to put him tied with Doc at subtotal and despite opening with more than 200 lbs. less than Doc in the deadlift, he ended up on the victory stand and with a permanent place in the Seniors record books.

Rumors had been abounding about Caleb Williams entering the 132 lb. class in Baton Rouge. In April, Caleb had blown the doors off the 148s at the Collegiates, winning by more than 300 lbs. Working closely with Sherman Ledford of Quest Nutrition, Caleb had been able to keep his strength up while losing weight in the months since then. Shortly before the Seniors, Caleb hit a local qualifier at 132 and the rumors had come true. While Caleb did not lift well, particularly for his standards, strength was not the problem. It was simply a comfort and control issue. Like Michael Jordan with a basketball or Tiger Woods with a golf club, Caleb has complete mastery over the bar and weights he handles. Everything looks light on his back or in his hands and you are genuinely surprised when he doesn't complete the lift. For his first meet at 132, Caleb had lost some of that invincibility. You could clearly see how he was densely packed with muscle and his 600 squat at 132 showed a glimpse of the numbers to come. He simply needs more time under heavy iron at the lighter weight and his endless potential will shine through. With all that being said, a 1470 total at 132 is awesome and 11 times bodyweight on a 4/9 day is even more so. Caleb and Sherman will get right back to work and in November he will provide the U.S. with its best hope for a Gold Medal at 132 since the legendary Lamar Gant.

***123lb. champ Mike Kuhns,** with Sioux-z Hartwig (who took all these excellent photographs!)*

***132 lb. winner Caleb Williams,** with Quest 's Sherman Ledford.*

Allen Whigham had his best Nationals performance to take the runner-up spot. With a pair of 540 lb. lifts wrapped around a 259 bench, Allen was able to go over 10 times bodyweight himself. Allen's performance exceeded the World team qualifying standard, which is the average 5th place total from the previous five Worlds, so he will be in consideration for one of the alternate spots on the team. Local master lifter, Tim Smith took 3rd including 3/3 pulls ending at a nice 468. Two-time American Open Champ Jimmy Kavarnos returned to the Seniors to take the final spot in this class. Jimmy, a very popular lifter and accomplished photographer, put over 100 lbs. on his total since last year's meet.

The pre-meet speculation was on a three-way battle at 148 between defending champ Scott Layman, last year's runner-up Greg Simmons, and the 2003 3rd place finisher Keith Scisney. These three lifters are perennial Nationals contenders and have battled each other for the past several years. Typically the best squatter of the trio, Scott had to repeat 578 on his 3rd to take the early lead. After a surprising miss at a 534 lb. opening squat, Greg made his next two to hang close, including a nice 567 that Greg was visibly very pleased with. Keith matched Greg's 567 with a comeback 3rd himself. Keith fell behind in the bench with 341, while Greg's roll continued to a 3/3 374. Scott added to his lead with a 380 bench. At subtotal, Scott held a 7.5 kg. lead over Greg with Keith falling 22.5 kg. back. The deadlift looked to be an opportunity for Greg and/or

***Simmons** hard work has paid off.*

Keith to come back, as it is Scott's weakest lift. The door swung wide open when Scott missed his first two attempts at 507. Greg was now in a commanding lead with a 2nd at 540. When Scott was unable to complete his 3rd try and was therefore unable to register a total, it appeared that Greg's lifelong dream had come true. The bar was loaded to 573 for Keith's 3rd and the victory, a moment of truth between two long-time competitors with a national title and a trip to the Worlds on the line. Keith began the pull with a strong drive, but the bar stalled about halfway and Greg was the Champion. Kudos to all three men for putting on a great show and special honors to Greg for the win. Greg's story is one that the majority of powerlifters can relate to, a story of years of hard work and perseverance. A story filled with some great joys and some tough disappointments intermixed with the rigors of life including school, work, and family commitments. Now at the tender young age of 39, on the cusp of joining the Master ranks, Greg joins an illustrious group of names in powerlifting lore. In four short months, Greg will join nine other men for the greatest honor a powerlifter can receive, the honor of representing his country at the World Championships of Powerlifting. Rounding out the class was Casey Brown, a master lifter from Colorado who took 3rd courtesy of a class high 562 deadlift. In 4th, with the highest bench of the class, was Minnesota's Paul Wong.

One of the largest groups of 165ers in recent memory lined up to contest for the National title. Wade Hooper was the obvious favorite in anticipation of his 10th consecutive Senior National Title, the longest active streak in U.S. Powerlifting. In November, Wade had his best day ever with an 8/9 performance to take 4th in the Worlds. On this day he was even stronger. After opening with a VERY easy 699, Wade's second attempt was tougher than expected. The descent appeared fine, but as he hit the bottom, the bar seemed to whip down as he tried to drive up and it caused Wade to get out of his trademark groove. After a little forward lean, Wade got his hips back under him and drove it to completion. The lift sapped Wade's strength and a WR attempt at 745 was not close. Wearing an Inzer Rage bench shirt, Wade's bench has made rapid progress. In the write up for this meet last year, Mike Lambert stated that Wade might have an IPF bench record in his future and that prediction came true. A 502 second attempt broke Lance Kirchner's World Record and Wade even gave 512 a run as well. A PR 606 pull gave Wade a PR 1835 total (just 30 kgs. off Furashkin's WR total) and served notice internationally that Wade is ready to win another IPF World Title. With the squat and bench records already in Wade's name and a Junior and Open World Title on his resume, Wade is challenging to be the greatest 165er in U.S. history.

***Wade Hooper** going for multiple world records at 165.*

Eriek Nickson pulled a crowd rousing 650 deadlift to take 2nd place. Eriek continues to improve and despite only getting one squat, he finished 100 lbs. ahead of 3rd place finisher James Benemerito. Due to work demands, James only trained three weeks for this meet and used a double overhand sumo pull of 567 to total 1529. Todd Straub of Ohio rode a 3/3 squat to a 4th place finish. A local Bayou resident, Dr. Robert Wood, went 8/9 to take 5th place. After making his first eight attempts, Jamie Stark missed a 562 pull that would have passed Wood. Mike Cagliola's 418 bench helped keep Pat Keenan at bay in the battle for 7th. Another Louisiana lifter, Devin Cagnolatti, was next, closely followed by Bench World team assistant coach Donovan Thompson. Long time Nationals competitor, Kenny Davis, did not complete a deadlift and last year's runner-up, Mike Macri, fought out a desperation 3rd squat only to be denied by the judges.

***At 181...** the finishers included Josh, Dave, and Steven (left to right)*

***Ladies Night ...** saw Liz Willett exceeding the IPF World Record.*

On Friday night, a unique treat was offered to the crowd as Paul Fletcher instituted a USAPL first, Ladies Night at the Men's Nationals. Paul invited eight of the top women in the USAPL to try to set records, both USAPL and IPF. At 114, Jennifer Hollier, tokened in the squat and was unable to register a bench. Also at 114, Deb Hairston tokened in the squat and pull and set a Masters record bench of 138. At 132, Jennifer Thompson struggled in her best lift, the bench press, but was able to register her opener of 286 on a 3rd and even tried a WR on a 4th. The star of the show for the ladies was Priscilla Ribic at 148. A PR squat of 518 was followed by another PR of 314 in the bench. Priscilla holds the current WR deadlift at 148 and her first two attempts were dispatched easily. A try at 551 to up her record was a close miss and left Priscilla with an astounding 1355 total at 148. Priscilla's Wilks score of 631 is the highest recorded by a U.S. lifter, male or female.

At 165, Christy Newman had major lift-off troubles in the bench and was unable to complete any of her tries at 292. In 2nd at 165 was Gilly Martinez, who fought out a tough 402 squat to completion. Katie Ford struggled from the start, but still managed to total over 1000 on only 3 lifts. At SHW, Liz Willet tried historic weights on every attempt. In the squat, Liz smoked 600 and 644 only to be turned down 2/1 on depth. A bump up to the magical 300 kg. barrier (661 lbs.) was taken a little deeper and still crushed, and this time the lights were in Liz's favor. A 700 squat is in Liz's immediate future. Unfortunately for Liz, she was not able to make her squat official as she bombed in the bench. Her 402 opener did not get to her chest. Two tries at 424 were locked out, but turned down for what appeared to be the bar going back down on the ascent. Strength was not an issue and 450+ is there for Liz.

History was destined to be made at 181. First, there was the return to the seniors of the legendary Mike Bridges. Whenever a roll call of history's greatest powerlifters is made, if Mike's name isn't first it doesn't take long for it to be called. Next, we had the return of a more recent superstar, David Ricks, in what was the first head-to-head match up of dueling 5-time World Champs in Senior National meet history. Last, and as you will soon see, certainly not least, was Junior

(continued on page 85)

GEARMAN NUTRITION

ALWAYS RESEARCHING THE NEWEST
ATHLETIC SUPPLEMENTS
INCLUDING

DUAL ISOLATE PROTEIN 9 FLAVORS
POWERFUL PROHORMONES
ATHLETIC MULTIVITAMINS
BUFFERED CREATINE
GLUTAMINE
JOINT CARE
BCAA'S
AND WHILE SUPPLIES LAST

METHYL 1 TEST TABS
$44 FOR 80 10MG TABS

ONLY PRODUCTS PERSONALLY TESTED
WILL BE ADDED TO OUR PRODUCT LINE

ELITE GEARMAN USERS

1-813-843-7652
www.GEARMANNUTRITION.com

QUEST NUTRITION

Congratulations to Brian Siders for breaking Kaz's World Record Total!

Coming Soon: *JSF 5500 The Ultimage Joint Support Formula!*

- Ana Pro
  - Anabolic Protein Formula
  - 22 vitamins and minerals
  - Patented digestive enzyme system
- Synergy
  - The all-in-one formula
  - 34 grams of protein
  - 5 grams of creatine
  - 3 grams of glutamine
- Hard Core
  - The ultimate anti-catabolic formula
  - (HMB, Glutamine, MSM)

To place an order or receive more information visit us at:

Quest-Nutrition.com

Or call: (770) 495-0787

QUEST NUTRITION
3000 Mattison St. NW
Duluth, GA 30096

PHYSIQUE BODYWARE

HARDCORE GEAR!

725
Y-Back Stringer
HOT COLORS!
$9.98ea*
*with purchase of 3 or more.
Reg $14.95
Sizes: M/L, XL/XXL
Black Rib, White, Grey, Navy Blue, Red, Yellow, White Mesh, Red Mesh, Grey & White Stripe, Lime, Oatmeal, Pacific Blue, California Blue, **Camo**: Green, Blue, Sea Green

701
Tapered Big Top Shortsleeve
Oatmeal, California Blue, Grey
Size: Oversize
Embroidered Logo
702
Tapered Big Top Longsleeve
Sale $39.95
Reg $69.95

754
Physique Jacket
Oatmeal, California Blue, Grey
Sizes:M/L, L/XL
Sale $59.95
Reg $69.95
Embroidered Logo
719
Slinky Top
716
Baggies
Sale $19.95ea
Reg $29.95
Reg $39.95
California Blue (shown), Midnight Blue, Miami Blue, Olympia Grey, Bronze, Red, Iron Black, Emerald Green, Sizes: M/L, L/XL, XL/XXL
Sizes: M, L, XL
Royal Blue, Black, Grey, Red, Navy Blue, Denim Blue

888-932-7488
www.physiquebodywareusa.com
16 Birch Hill Drive • Poughkeepsie, NY 12603
All major credit cards accepted. Call 845-473-4832 for Catalogs
15 day exchange only. Must call for authorization # on all returns.

NO PAIN... BIG GAINS

PHILIPPI...NO PAIN!

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

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

MILLER...NO PAIN!

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

Mike Miller
- 2510 lb. Total
- 1855 lb. Subtotal
2nd Highest of All Time

KIRIT...NO PAIN!

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

Steve Kirit
- America's Strongest Man

NEW PATENTED JOINT FORMULA
PROVIDES INSTANT PAIN RELIEF!

If you train heavy and hard, you've had to deal with *aching muscles* and *frustrating joint pain*. No matter whether you're squatting, benching or deadlifting... you've trained around these injuries, not wanting to slow down on your fast track to continuous growth and explosive strength. But the reality is, you're only as strong as your weakest link. Injuries limit your potential to achieve maximum strength, and you can't make serious gains if your joints can't handle the heavy weight!

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

RELEVE
NATURE'S MOST POWERFUL JOINT SUPPORT FORMULA WITH ISOOXYGENE™ "THE PAIN ELIMINATOR"

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

Don't let joint pain or muscle soreness limit your growth and strength potential. If you're experiencing joint pain or discomfort take RELEVE 30 minutes before your workout and TRAIN HEAVY and HARD – WITHOUT PAIN!

Also Available at GNC Vitamin Shoppe

Call Now or Go Online to Order
1-888-783-8844 or www.maxperformance.com

MHP MAXIMUM HUMAN PERFORMANCE

TRAINING

WORLD POWERS

as told to Powerlifting USA by Louie Simmons

In this article the training methods of the most successful countries in weight lifting will be examined.

In Bulgaria, where many of the greatest lifters come from, the system is straightforward. Anyone who wants to reach the top (juniors and seniors) must go through the main training facility. They do few exercises. This requires that one is ideally built to succeed, with a particular body structure and muscle type. One must also possess a high work capacity with near-limit weights. As many as six training sessions par day are used. This was a proven system and was used for more than 20 years. Only the strongest survived. This system produced high results, as well as a high burn-out ratio.

Bulgaria is a small country and is economically depressed. Sport was a way out of poverty. This meant that everyone tries his best, for himself and his country. For every lifter that makes it, many go back home denied entrance. The Bulgarian training system was designed to produce one goal: one Olympic medal run. They succeeded through the process of selection of body structure to progress with a small number of exercises: snatch, clean and jerk, power snatch, power clean and jerk, and front and back squats. The athletes had to have the ability to lift maximum weight in more than one workout a day with a 30 minute break between workouts. They had to be able to do the second workout with less time on warm-ups. The junior and senior teams trained together. There had to be top coaches. Normally there were three involved with the top 20 -lifters. Their national coach was Ivan Abadjiev. Because he was the top coach, little variation in the system occurred.

***Columbus, Ohio** was the site of the 1970 World Weightlifting Championships, where the Russian Superheavyweight Vasili Alexeev became the first man to clean and jerk over 500 lbs., highlighting decades of record breaking in that sport by his countrymen through their rigorous approach to training. Columbus continues on the evolutionary edge of strength development through the work of Louie Simmons at Westside Barbell, consistently producing some of the strongest men and women in history. (Bruce Klemens photo)*

Another super-power was the former Soviet Union. Their system was very thought out. They sought to develop top lifters with an assortment of means. The former Soviet system was vast, consisting of many thousands of lifters and a large number of coaches, many former highly ranked lifters. With so many coaches, many combinations of training evolved, consisting of different loading schemes, exercises, tapering methods, and restoration. Because of the many types of body structures, it became clear that the same exercises would not work for everyone.

In 1972, the Dynamo Club experimented with a system of exercises that were constantly revolved. A group of 72 lifters, all masters or international masters of sport, used 20-45 different exercises. At the end of the experiment, only one lifter was satisfied with the number of exercises; the rest wanted more. This was the conjugate method.

Much research was brought to the United States after the fall of the Iron Curtain. Do you know who were the first Soviets to participate in the Olympics? They were not sportsmen, but camera men and biomechanics experts and coaches. They studied the best athletes from all over the world and at first copied them. Later, however, they introduced new innovations in training. (This is exactly what Westside has done.) They had so much training data that many of their own coaches could not access it all. Nevertheless, they had hard proof of what works and what doesn't.

Many of their coaches were top lifters, training along with other lifters. The very best were on the national of military teams. They were proud of their heritage and defended it fiercely. Their training methods spread to other communist countries. They had templates to examine the strength and weaknesses of all athletes. Here is an example for a 110 kg. lifter (from *Weight Lifting Fitness for All Sports).* To be superior, a 110 kg (242) had to be capable of the following:

Power snatch	396 pounds
Power clean	484 pounds
Front squat	573 pounds
Back squat	639 pounds
Close-grip BP	418 pounds

Does the U.S. weightlifting team do this? Hell no. This can be the difference between progression and regression.

I have used the methods of many Russians. I have thanked some of them before, but can't possibly thank all of them or mention all their names. But here are some of them.

V. Zatsiorsky's book, *Science and Practice of Strength Training,* confirms that Westside is on the right track.

Y. V. Verkhoshansky was the father of the shock system of training.

A. S. Medvedyev, with his insight into training and restoration,

LOUIE SIMMONS' PRESENTS

Training Secrets of Westside Barbell Club

Now on Video and DVD!

	VIDEO	DVD
Squat Workout	$54.95	
Bench Workout	$54.95	$59.95
Bench Press Secrets	$39.95	$44.95
Squat Secrets	$29.95	
Deadlift Secrets	$35.95	$40.95
Special Strengths	$54.95	$59.95
Reactive Method	$44.95	$49.95
Vogelpohl XXX	$49.95	$54.95

Shipping/handling.....$6.50

Send Check or Money Order to:

Westside Barbell Club
3884 Larchmere Drive
Grove City, Ohio 43123
http://www.westsidebarbell.com/

Back View of dog appears on back of t-shirt

WESTSIDE BARBELL
3884 Larchmere Drive Grove City, Oh 43123
PHONE (614) 801-2060

brought my attention to the importance of changing volume and intensity during different phases of training.

A. S. Prilepin's research in determining the optimal training loads by intensity zone and number of lifts per workout is the foundation of training at Westside.

Another super-power is the Chinese. They have made great strides in all sports, but weight lifting is in the forefront. The Chinese have always been proficient in weight lifting. They have thousands of candidates to choose from. They have always lead the way in acupuncture, acupressure, Tai Chi, and meditative methods. Their system was strengthened by adding former Soviet coaches. They have raised high-volume training to new heights. In a video filmed in a world championship training hall, I saw a 14 year old boy squat 370, snatch grip deadlift 330, and clean/jerk 242. This was at a body weight of 110 pounds!

The Chinese select a group of lifters whose body can withstand the maximum loads required to reach the Olympics. They have barracks after barracks of lifters to choose from. It's a way out of poverty. They pick the best coaches, then assemble the best lifters. They already had perhaps the best psychological and physiological methods. Add all this up and you have a juggernaut. It's quite simple really. They break training down into separate units to make a whole. This is an example of the conjugate method.

In addition to the Russian method, now we have the Chinese method to learn from. But will we? With similar methods taught by the Russian coaches but with a higher work capacity, there seems to be no limit.

I have talked about three powerhouse countries. What about the fourth—Westside Barbell? Many people compare the world's best lifters to ours. Some say, "Hey Louie, those Russian lifters are some of the greatest and they don't follow your methods." They also bring up names such as Ed Coan, Steve Goggins, Becca Swanson, and Gary Frank, who is the strongest man I've ever seen. They say, "Why don't your guys squat as much as Brent Mikesell or bench like Gene Rychlak, and what about Andy Bolton's deadlift?" Well, these lifters are spectacular to say the least, and they have my admiration and respect. They make a lift that seems unbreakable but then manage to break it.

But nowhere else is there a stronger collection of lifters than at Westside. In international competitions, they score the top six lifters. Our top six guys rival those of any other nation. They look like this on the Westside all-time ranking list.

1. Chuck Vogelpohl's 2319 total at 220—3rd all-time
2. Joe Bayles's 2300 total at 242—4th all-time
3. John Stafford's 2415 total at 275—4th all-time
4. J. L. Holdsworth's 2340 total at 275—6th all-time
5. Mike Ruggiera's 2505 total at SHW—6th all-time
6. Matt Smith's 2502 total at SHW—7th all-time

These totals were all made within the last 12 months. In addition, behind these six, we have more back-up than an NWA concert. Amy Weisberger is only 16 pounds off a 10 times bodyweight total at 132. We had the youngest 700 bencher, Kenny Patterson, at 22 years old, in 1995. Kenny was also the lightest to bench 700 (701) at 238. George Halbert beat that, 733 at 215. We had three teens bench over 600. Anthony Clark was first to bench 600 as a teen. Then it was Westside's Andre Henry (605), Tim Harrold (615), and Mike Brown, who as of April made 670 easily at barely 19 years old. At the same meet J. L. Holdsworth made 775 at 284, and another lifter who may not be so familiar, Paul Keys, hit 750 at 286; the last two hit 800 on third attempts but got them turned down.

At the time of writing, Tim Harrold became the youngest man, at 20 years old (2/4/84), to bench 700, and I believe the youngest to total 2400. This pushes our 700 benchers to 8 and those with a 2400 total or higher to 4. John Stafford totaled 2415 at 275. Matt Smith and Mike Ruggiera totaled 2502 and 2505, respectively. No gym has four totals like this.

Let's not forget Fred Boldt's 584 at 181. He will be our next world record holder.

We had four men break the all-time bench record: Doug Heath, Kenn Patterson, George Halbert, and Rob Fusner. These men have accumulated 20 all-time records. We recently dropped the 500 bench club at Westside: we felt that having 63 members on the list over the years took some luster off it. So now we calculate only 550 and up; we have 43 on this list.

Chuck Vogelpohl is the lightest lifter to squat 1000. At 220 bodyweight he has made 1025. His best lifts add up to 2419.

We also have 23 members who squat 800 or more, 8 over 900, and 4 over 1000. We have 8 lifters who bench 700 or more and 7 800 pound deadlifters. Twelve members total 2000 or more, 8 total over 2100, 6 total over 2200, 5 total over 2300, and 4 total over 2400.

I wrote this article for all of you, like Roy Jones Jr. says, in case you forgot... "Some of our own lifters don't know our history, and I just wanted to inform our fans and anyone else who would listen."

Westside Barbell
614-801-2060
www.westside-barbell.com

TOPPER SUPPLY COMPANY
2108 S. HIGH STREET
COLUMBUS, OHIO 43207

THE SEARCH STOPS HERE!!!
THE COMPLETE POWERLIFTING ASSEMBLY:
5/8" SET $94.95 1/2" SET $79.95
ELITE AND PROFESSIONAL POWERLIFTERS

TO ORDER CALL TOLL FREE
866-4CHAINS(866-424-2467)
ASK FOR LARRY, IVAN OR RON
MONDAY THRU FRIDAY 7:30AM TO 4:30PM
SATURDAY: 7:30AM TO 12:00PM EST.

WWW.TOPPERSUPPLY.COM
LOUIE SIMMONS TRAINING SECRETS

The Fastest Way to Increase Speed and Power. Guaranteed.

The Fastest Welterweight Boxer
19-0 (18 KO)

"When Kerm took it **the first time**, it was ridiculous how he performed. **He was like a machine**, extra fast and strong, with his right hand coming off like it was shot out of a cannon. We will need more of it..."
Joe Pastore, Strength Coach, Team Cintron
Kermit "Killer" Citron, 19-0 (18 KO)

The Strongest Presser in History
875.6 lb. Bench-Press

"The power and speed it generates is like nothing I've ever tried. Take it from a world champion who's seen it all... **this product really, truly works.** Run, don't walk, to get it while you can."
Scot Mendelson, World's #1 Bench-Presser
9 World Records in Powerlifting

FOX SPORTS NET

Used by 19 World Champions, No Paid Testimonials As Featured on FOX Sports and CBS...

As featured on FOX Sports Net and CBS' "Science of Fitness", BodyQUICK (Cognamine) is the world's first Olympian-tested neural accelerator, designed to **improve fast-twitch muscle fiber recruitment and oxygen delivery within 60 minutes** of the first dose.

Clinically Supported Science: Designed for Athletes

Based on 6 years of scientific development and **testing by 19 world champions**, BodyQUICK works by facilitating the production of acetylcholine, a key neurotransmitter necessary for muscular contraction. By improving how messages are sent through the body, BodyQUICK has electrified the world of professional sports, allowing athletes to **train faster, stronger, and longer** than with conventional supplementation. Just 1 of the 18 active components alone has been demonstrated with computer-administered testing to safely **increase reaction speed in excess of 35%. BodyQUICK™ does not contain ephedrine or other dangerous stimulants, and is approved by the ASDA for sports use.**

110% Guaranteed Results within 60 Minutes of the First Dose

BodyQUICK™ is used by both world-champion professional athletes and preparing 2004 Olympic athletes for its dramatic effects on reaction speed and muscular contraction. **It is the only neural accelerator 110% guaranteed to work within 60 minutes of the first dose.**

Forget creatine, forget ephedrine, and get the next generation of real-world results in 60 minutes or less—get BodyQUICK.
Experience the difference today...

Try it risk-free for 60 days!

First 100 trial orders get a FREE performance manual!
Visit **www.trybodyquick.com** or call **1-877-663-3438**
Become a Reseller/Retailer ($350 investment):
www.trybodyquick.com

Learn the 5 Secrets of the World's #1 Bench-Presser

FREE Article!

Scot Mendelson: World's #1 Bench-Presser
9 World Records, 875.6 lbs. and 713 lbs. Raw — Speed = Power

It's difficult to imagine a 334 lb. man with a six-pack. Then again, it's difficult to imagine any human bench-pressing over 800 lbs.

Scot Mendelson is an NYU graduate and the world's top bench-presser, with 9 world records and a 875.6 lb. bench-press in competition. He has bench-pressed over 1,000 lbs. in training, more than many professional athletes can squat and deadlift combined.

Although Scot can squat 1,000 lbs., he emphasizes: "I'm a bench-press specialist."

For aspiring bench-press specialists, Scot offers the following 5 tips for building world-class upper-body power:

(continued at bottom left)

1) Put your back into it:
The use of proper technique makes the primary movers the back (latissimus dorsi), triceps, and rear deltoids. On a standard 15-17" bench, pull your shoulder blades together so the shoulders rest on, and not off, the bench's surface. This shortens the distance from the chest to full extension and eliminates your arms' weakest range of movement.

2) Train for triples:
Dedicate one work-out per week to the bench-press, performing 5-8 sets of 3 reps with 5-7 minutes between sets. Use 60% of your 1-repetition maximum (1RM)...

For Scot's complete training schedule and full world champion training profiles, visit **www.bodyquicken.com** *today.*

If You're An Athlete, You Need to Read This...

As featured on Fox Sports: following 6 years of scientific development, BodyQUICK is the world's **first Olympian-tested athletic speed supplement**, designed to quickly and **safely improve athletic speed and power within 60 minutes** of the first dose. BodyQUICK has been proven effective by **over 20 world champions and over 50 national champions**. How does it work? BodyQUICK is formulated to increase fast-twitch muscle fiber recruitment by facilitating the production of key neurotransmitters. By improving how messages are sent through the body, BodyQUICK has electrified the world of sports, allowing athletes to **train faster, stronger, and longer than possible with conventional supplementation**. Forget creatine, forget ephedrine, and get the next generation of real-world results—get BodyQUICK. Experience the difference today...

bodyquick

Join 20+ World Champions...
Call or visit now to try your risk-free 60-day trial!
www.trybodyquick.com 1-800-647-6382

STARTIN' OUT

A special section dedicated to the beginning lifter

CHALK AND POWDER

as told to Powerlifting USA by Doug Daniels

Controlling friction is a highly overlooked and underestimated aspect of the sport of powerlifting. Harnessing when and where friction should be either increased or decreased can make a huge impact in your results in both training and in competition. The two main tools to harness friction are chalk and powder. In a nutshell; use of chalk increases friction, while the use of powder decreases it. Knowing the when, where, and how is the key.

First, let's start with chalk talk. Again, chalk is used to increase friction or resistance. Spreading chalk on the palms of your hands improves grip due to the increased resistance that causes the bar to drag a bit more on the skin. This is especially valuable for the deadlift where grip can be more than half the battle for some lifters. Spreading chalk on your hands can also be used for the squat or bench for a more confident grip. It can also be spread on a lifter's back for the squat. This will help prevent the bar from rolling down during the lift. Similarly, chalk can also be spread across a lifter's back, shoulders and butt prior to the bench press to reduce sliding on the bench while bench pressing. As you can see, chalk can make its mark on all 3 powerlifts. Not to be overlooked is chalk's contribution to a lifter's confidence and psyche. Applying that chalk to your hands, etc., is usually the last action taken prior an attempt.

Baby powder or talc has the opposite effect of chalk. Baby powder is spread on a lifter's thighs and shins for the deadlift to help the bar slide up to lockout. Here, resistance or friction must be reduced. Be very careful as to not get any powder on your hands which could compromise your grip and could cause you to drop the bar. The best way to apply powder is to squeeze it from the container direct on your thighs and shins while being careful not to get any on your hands. Next, turn the container upside down and use it to spread the powder evenly over your thighs and shins. Apply powder just before putting your belt prior to taking your deadlift attempt.

Powder can also be used to ease getting on your bench shirt and squat suit. Apply some powder to your body, and then put our shirt or squat suit on. It absorbs some of the sweat and helps the gear slide on your body with less effort. Getting that tight gear on can really sap your energy, so every bit of energy saves helps. Spreading a little inside your lifting shoes can also help combat foot odor. Remember to wipe off any powder residue from your hands after applying the powder. Perhaps a training partner or coach can help with the application.

***Chalk and Powder** ... when properly applied, can be instrumental in a limit deadlift attempt, like this one by a very muscular Arnold Coleman in WPO competition.*

Use a little a common sense and courtesy when using chalk and powder. First, bring your own stash. While many meets supply chalk, over the course of the meet, they tend to get used up, broken or borrowed by other lifters. You can order chalk blocks from ads in this magazine. Bring at least 2 chalk blocks and store them in a Tupperware-like container. Toss them in your gym bag before you leave for the contest. I would keep one in your car as a spare and the keep other out of sight from other lifters or your stash will quickly disappear. Baby powder is seldom supplied at meets, so purchase some in a squeezable container.

Over the course of a meet, chalk may accumulate on the knurling of the power bar from other lifters. If too much accumulates, the bar will become hard to grip. If you see this, request the spotters brush the chalk residue off the bar before your attempt. Chalk and powder can also accumulate on the lifting platform, which can create a safety hazard for both you and the loaders and spotters. If the platform gets messy, ask the spotters to wipe the platform before your attempt. Courtesy and a little common sense come into play. Apply chalk and powder off the platform; everyone will be better off if you set the right example.

Controlling and harnessing friction is critical to achieve optimal results in training and competition. Use friction as a tool to your advantage like you would a squat suit or lifting belt. My tips and suggestions are all common sense and require little or no expense of energy and in some most actually save energy. They also apply to lifters of all levels and persuasions. Don't underestimate any aspect of powerlifting, least among them chalk and powder.

Doug Daniel's Web address: members.aol.com/ddanil12345/default.htm

FORCE TRAINING

by Jim Wendler and Elite Fitness Systems

We've been getting a lot of questions lately, on the phone, on our Q/A and in Force Training seminars on the how and why of working up to a heavier weight on your dynamic effort training days. There is a lot of confusion on how to do it and why it should be done.

The biggest reason why you need to attempt heavier weights on this day is to help learn and reinforce proper technique in the lifts. How many times have you or your training partners look great with 60% of your max but as soon as you put 80+% on the bar, your technique goes awry? It's very easy to have good form with light weights, but very difficult to have good form with limit or maximal loads. One of the best ways to address this problem is to take a heavier weight after your dynamic effort sets. This way you can take the form that you used on your lighter sets and apply it on the same day.

Working up on dynamic squat day

On this day, perform your prescribed sets, which are usually 6-10 sets of two reps. Sometimes a lifter will cut short his workout a couple of sets and start working up. If he does this, he will cut 2-3 of his working sets. If you are using chains and/or bands on this day, keep them on the bar. This is especially true if you are using bands. When using bands, there is an accelerated eccentric phase that your body becomes used to and if you take off the bands, your body will have to relearn and adapt to a slower eccentric phase. An example workout would look like this for an 800 lb. squatter. He is scheduled to perform 8 sets of 2 repetitions at 405 + an average band.

5x2 @ 405 + average band
1x2 @ 455 + average band
1x1 @ 505 + average band
1x1 @ 545 + average band

Notice that the band is kept on during all sets. The rest periods can be extended to accommodate the increased load. This can be anywhere between 2-4 minutes. Working up on this day can happen every 2-3 weeks. As a lifter approaches his meet day (6-8 weeks out) he can try for records. For example, a lifter before his last meet hit a 600 lb. box squat with a strong band. To test his strength, he will try for a new record, say 635 with strong bands. If a lifter is several months from a meet, he can still work up, but not try for a record. This is done to ensure that his form and technique is still up to par. These weights would be around 80-90% of his best box squat max with the given band or chain. The important thing is to not turn this into a maximal effort. Some things to look for when working up is if you can maintain a proper arch in your lower and upper back, if your squat form on a box is similar to your regular squat and if you are able to maintain the integrity and stability in your abdominals and low back when unracking the barbell.

***Massive Superheavyweight Superstar Mike Ruggieria** has to walk that fine line between hitting the prescribed Westside weights in training and keeping the groove that maximal competition attempts require at the same time. (Mike Lambert photo)*

Working up on dynamic bench day:

Similar to the squat day, if you are using bands and/or chains, they will remain on the bar when you work up. This is for the same reasons as listed above. An example workout would look like this. A lifter is scheduled to perform 8 sets of 3 repetitions with 225 + 2 pairs of chains per side.

5x3 @ 225 + 2 chains/side
1x2 @ 315 + 2 chains/side
1x1 @ 365 + 2 chains/side
1x1 @ 405 + 2 chains/side

Notice that the chains remain on the bar between all sets. Again, the rest periods can be extended. You can use whatever grip you want, but I would advise you to use the grip that you feel is the strongest on that day. Generally the last set should fall between 80-90% of your raw max, but this will obviously change if you are using chains and bands. The important thing to remember is the reason why you are doing this; to perfect form with heavier weights. This would happen every 2-3 weeks and should not turn into a maximal lift. What we've noticed is that when trying heavier weights on the bench, lifters have trouble with the following: proper bar path on the eccentric and the concentric, keeping the shoulder blades pulled together and tight (not flattening out), proper wrist position and control and stability at the top of the lift. Don't be afraid to use a competition grip when performing these sets. Too many times I hear of lifters that have trouble with their set up and execution with their competition grip. It is paramount that you use this grip if you are having trouble with stability and bar path during maximal attempts.

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

Someday I will...

EQUIPMENT SEMINARS FORUMS Q&A ARTICLES

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

Elite Fitness Systems will be there every step of the way providing the most advanced training, information and equipment the world has to offer.

ELITE FITNESS SYSTEMS
WWW.ELITEFTS.COM
1.888.854.8806

ONE STOP DISCOUNT CENTER

LEATHER PADDED ANKLE STRAP - $14.95

POWER LIFTING GLOVES WITH WRIST WRAPS - $19.95
#IM-5460 (M, L, XL)

UNBEATABLE PRICES & QUALITY
SERVING INDUSTRY SINCE 1974

GLUTE & HAM STRING MACHINE #C82626W

$249
(Step shown costs extra)

Specially Designed Diamond Toe Plate for Foot Support
Adjustable Horizontal & Vertical Slide
Special Contoured Seat
Front & Rear Hand Grips
2" X 4" Base for Stability
60"L x 26"W X 51"H

Specially Designed Step (black)- $69.95
(#c-82625-STEP-B)

LEATHER DIP BELT
$29.95

POWER LIFT KNEE WRAPS
#IM-5650

$19.95
(Free shipping)

REGULATION COMPETITION BENCH
(C-PRO952025W)

2" X 4" Steel Tube
Deluxe Padding
6000 lb. Capacity

$229.95

$34.95

1/2" thick top quality Leather
POWER LIFTING BELT

$24.95
One Size Fits all
LEATHER HEAD GEAR

TRICEP ROPE

$14.95

LIFTING CHAINS

COMES WITH CR. COLLARS

Junior Chain 30lb/pr-$99
Medium Chain 44lb/pr- $109
Heavy Chain 60lb/pr - $149

FAT BAR (GRIP BAR)
#IM-0055

KNURLED & CHROME PLATED
CHROME PLATED COLLARS INCLUDED

(IM-0055-2H) - 2" TUBE STEEL -$79.95
(IM-0055-2.5H) - 2.5" TUBE STEEL - $99.95
(IM-0055-3H) - 3" TUBE STEEL - $119.95
(IM-0055-2S) - 2" SOLID AXLE - $199.95 - 75 lbs.
(IM-0055-2.5S) - 2.5" SOLID AXLE - $249.95 - 106 lbs.
(IM-0055-3S) - 3" SOLID AXLE - $349.95 - 175 lbs.

DRAG SLED- #C-1150-Z

$89.95

SAFETY SQUAT BAR - 84" LONG (IM-0210-O) - $219.95
MEGA SAFETY SQUAT BAR - 92" LONG (IM-0220-O) - $249.95

SQUAT CAMBERED OLYMPIC BAR
#IM-0200

$129.95

8510 POWER RACK SYSTEM

$349

1" Dia Solid Chrome Plated Steel Pins
Holes Spaced every 2" for Progressive Lifting
Heavy Duty "J" Hooks
Front Chin up Bars
1000 lb. Load Capacity

WEIGHTED VEST-50 lb.
#IM 5634

ONE SIZE FITS ALL
ADJ. 2LB - 50 LB.

$129
(Free shipping in usa)

MEGA SHRUG/HIP BAR

SHOWN WITH 9 X 45 lb. PLATES ON EACH SIDE #IM-0063-O

$199
Plates costs extra

FARMER'S WALK - 2"

AVAILABLE IN CHROME & BLACK KNURLED HANDLES WITH CR. PLATED COLLARS

BLACK FINISH: $99.95
CR. FINISH: $139.95

FARMER'S WALK - 5.5"

AVAILABLE IN CHROME & BLACK KNURLED HANDLES WITH CR. PLATED COLLARS

BLACK FINISH: $199.95
CR. FINISH: $249.95

New York Barbell of Elmira

160 Home St., Elmira, NY 14904
Tel:800-446-1833; Fax:607-733-1010

081004

WEB: www.newyorkbarbells.com

DR. JUDD

The Mind IS A Miracle

as told by Judd Biasiotto Ph. D.

"The mind is its own place, and in itself can make a Heaven of Hell, a Hell of Heaven."

John Milton

I would like to talk to you about something I feel we can all improve upon, that will not only make us more successful in sports, but will also make us more successful in life. What is it? INTELLIGENCE!

It's been said that the phrase intelligent athlete is an oxymoron. You know, an idiosyncrasy of speech that contradicts itself, like an idiot savant, a silent scream, genuine imitation, living dead, or passive aggression. Here is one I really like — a twelve-ounce pound cake. At any rate, people believe that if you are intelligent you can't be an athlete or vice versa. Of course, the tease is that brainy folk are intellectually cognizant and athletes are intellectually constipated. I believe this is a marvelous joke; unfortunately we are the punch line. I hate to say this, but there may be some credence to that declaration.

If you don't believe me, check these quotes out from some of the athletic elite.

"I wish he had children so I could knock them down and step on their testicles." Mike Tyson - World Boxing Champion

"My sister is expecting a baby, and I am not sure if I am going to be an uncle or an aunt." Chuck Nevitt - North Caroline State basketball player

"He treats us like men. He lets us wear earrings." John Jenkins - University of Houston football player

"No body in football should be called a genius. A genius is a guy like Norman Einstein." Joe Theismann - Football commentator

"You guys line up alphabetically by height and pair up in groups of threes and then line up in circles." Bill Peterson - Florida State Football coach

"I've never had major knee surgery on any other part of my body." — Winston Bennett, University of Kentucky basketball forward

I know I am using rhetorical overstatements here to make a point, but I have to believe that enhancing intellectual prowess is one area where a lot of athletes are not willing to pay the price. This is a mistake of significant magnitude, because without intelligence we can never truly become all that we can become. Intelligence is one of the most important aspects of being human. It is essential to our growth. It brings a miraculous dimension to our being. More importantly, it gives us the capacity to more fully understand our selves, our world, and the people who are in it. It's a very special human quality that allows us to step out of ourselves and observe and understand the wonder and magic of others from within. When you grow intellectually your entire life is enriched, as well as the lives of people with whom who you interact. With intelligence you can shape your environment, control your destiny and carve out your future. Intelligence gives us hope, desire and utility. It's an extraordinary attribute that can take us to new horizons, give us innovative dreams, and augments our uniqueness. It can bring us greatness.

***Rob Wagner** is one of the strongest and smartest powerlifters around, just recently having earned his Ph.D. (Photograph by Mike Lambert)*

I know exactly what you are thinking, "So what! It doesn't make my deadlift or squat any better." You big dummy ... you're wrong again.

In sports as well as in every aspect of life, intelligence can take you to a higher level. What a lot of athletes don't seem to comprehend is that the body serves the mind. It's not the other way around. If you have a strong mind, your body will follow. In fact, there is considerable research in the field of psychomotor development which has revealed a linear relationship between the knowledge an athlete has about his sport and how well he performs. In short, the more information extended to an athlete about the demands of his sport, the more likely it is that he will excel.

Because of this fact, coaches in the Eastern Bloc countries, mainly the Soviet Union, Czechoslovakia, and East Germany, require that their athletes engage in intellectual training. Coaches in these countries will frequently assign readings to their athletes; at other times discussions are held and lectures are given by authorities who discuss the psychological or physiological ramifications of the activities in which the athletes are engaged. Also, athletes are frequently exposed to training films in which their own movements are analyzed and compared to those of more proficient performers around the world.

These programs have consistently shown that athletes who are intellectually prepared for the demands of competition perform significantly better than athletes who didn't receive such training. In other words, it's brains not brawn that many times will make the difference between being good and great. Sports isn't just "pumping up" your body; you have to "pump up" your brain too. Wasn't it Plato, the founding father of sport, who said, " ninety percent of sports is half mental"... or was that Yogi Berra? Anyway, it is not the arithmetic or who said it that is important, it's the concept. If you want to be great in sports or any other field of endeavor, you have to use your brain.

I know this was true of my career. There were a lot of athletes who had greater physical prowess than I — athletes who should have beaten me easily, but never could. Let's be honest, at best I had the body of an eleven-year-old stamp collector. There is no way I should have been able to beat some of the guys that I did. It was my intelligence that saw me through. When I was competing, I went to great pains to procure as much information as possible about my sport. I read practically everything I could get my hands on — books about training routines, ergogenic aids, nutrition, etc. I also called and visited prominent coaches and athletes. I looked for every little edge. I looked at everything that I thought could enhance my performance. I studied bio-mechanics, hypnosis, biofeedback, sports medicine, etc. I even looked into how music, lighting, and colors affected performance. In short, I played the game above my shoulders, and for me it paid off. And here is a news flash! I'm just an ordinary guy. Anything I can do, you can do, too, and some of you can probably do it better. As I said before, if you're willing to work hard, and use your intelligence, you can be or do anything you want in life. Yes, you can fly if you believe you can. The mind is limitless.

Remember this too, the best way to predict your future is to create it.

JOHN L. (LUKE) IAMS
1949-2004

John L. ("Luke") Iams, 55, of New Martinsville, WV, died April 10, 2004 in Wetzel County Hospital. He was born February 05, 1949. He was a graduate of Fairmont State College and the Pittsburgh School of Mortuary Science. He was a Powerlifter, and the owner of Luke's Gym. In view of his passing, the memories I have of Luke are many. Mike Lambert has allowed me to share a few.

In October of 1975, I met Luke Iams while lifting at a bench press contest at the Parkersburg YMCA. As AAU Weightlifting, Powerlifting, and Physique Chairman for West Virginia, I introduced myself to Luke and asked him "point blank" if he would hold the WV State Championship beginning in 1976? Without hesitation, Luke agreed to conduct the event at the earliest possible date.

On February 14th, 1976, Luke directed the very first official WV State Powerlifting Championships and Mr. WV Physique Contest. Lifters at the event were Luke, myself, Ernie Nagy, Herb Fitzsimmons, Nick Busick, Vince White, Chuckie Dunbar, Don Hundley, and several others. From that day forward, we actually became a "lifting family", looking forward to returning to the state meet each year.

Beginning in 1977, Luke served as WV Powerlifting Chairman until April, 1982. During the 1970s, long distance telephone calls were not cheap. Luke would often call me in the evenings and discuss Powerlifting meets, plans, etc., sometimes for hours! Rather than 28 years ago, it seems as though it has only been 28 days.

Luke earned SHW Elite status on April 1st, 1979. The contest was Luke's finest hour, as he went 875 SQ – 600 BP – 605 DL for a 2080 Total, placing him into the archives of the WV Powerlifters Hall of Fame. Several pictures were published of this commemorative event in PL USA with an article written by Ron Giarletto. The 875 SQ ranked #4 in the next SHW TOP 100, the 600 BP #2 & the 2080 TL #6.

Leader of the "Wild Bunch" ... LUKE IAMS *... on his greatest day of lifting 875, 600, 605, 2080. (Photograph by Vince Trupiano)*

Luke performed squats in competition very deep and with good acceleration. The Iams method of "psyching up" prior to attempts was so popular the CBS Sports Spectacular aired his lifting from the Auburn, Alabama World Series of Powerlifting during the Summer of 1980, several months after the actual event. Had Luke been blessed with the ability to pull Deadlifts in proportion to his outstanding Squat and Bench Press, he probably would have won the IPF Worlds. To this date, Luke remains the first and only West Virginian to officially Bench Press 600 without the use of a Bench Press shirt.

Luke's *Psyche Up Routine was a spectacular sight to see.*

From 1976 to 1981, Luke Iams hosted some of the most memorable Powerlifting competitions that I have been associated with. Each year, the audiences present for the Powerlifting, held in the Magnolia High School Gymnasium, were enthusiastic and very large in number because of the achievements and promotional efforts of Luke Iams and the local lifters from LUKE'S GYM. For all of those associated with Powerlifting, especially in WV, the memory of Luke Iams will live on.

PAUL SUTPHIN

MAJOR POWERLIFTING ACHIEVEMENTS OF LUKE IAMS INCLUDE:

1976 - WV State Champion,

1977 - WV State Champion: 750 - 510 - 585 - 1845 (PL USA Vol. 1, TOP 100, Luke's 1977 lifting earned him the following rankings: #7 SQ 799, #6 BP 539, #15 TOT 1845). He lifted in the Seniors 8/20/77 in Santa Monica, CA, at a bodywt. of only 306, in a field of 8 competitors, he tied for the 2nd highest squat with 799. He coached young Chuckie Dunbar to a win at 114 (Chuckie was also a New Martinsville, WV resident).

1978 - Y Nationals 1/22/78 2nd to Dave Waddington in SHW: SQ 805, BP 535, DL 520, TOT 1860. 4/01/78: WV States Winner SHW 750 550 600 1900. 5/06/78: Chattanooga Open 810 550 585 1945 (this was a 24 hour event, one of the world's most famous contests with 204 lifters and 38 physique contestants) Junior Nationals @ "Shell Shock - Little Rock", Arkansas. Winner with 821 573 578 1973 (Note: in 1978, the JRs had no relation to an age group. It was a "stepping stone" to the Sr. Nationals and the lifter could only be a one time winner). YMCA National Champion @ Sandusky, Ohio. Nov/78 PL USA Vol. 2, No. 5 ran a story on Luke and the Wild Bunch, written by Ron Giarletto. On the TOP 100 SHWs, Luke was #4 on SQ, #2 BP, and #8 on TOT. National caliber lifters for the Wild Bunch included MW Jack Wilson, 198 lber. Roger Estep, and multi-Sr. National Champ at 114 lb., Chuckie Dunbar.

1979 - 4/01/79 - WV State Champion ... totaled 2080. 5/04/79 - Luke lifted in the prestigious Hawaii Invitational (PL USA Vol. 2, No. 12 JUN/79 has a photo of Luke Iams and Gus Rethwisch in a 'posedown'). 8/18/79 - Luke placed 4th @ SHW in the Sr. Nationals (referred to as the Meltdown in Mississippi) benching 573 and taking only a token SQ & DL.

1980 - WV States winner 3/30/80. 4/19/80 - 3rd @ World Series of Powerlifting in Auburn, Alabama 727 529 600 1857. 7/13/80 - 6th place finish @ Seniors 771 SQ, 562 BP, 551 DL, 1884 TOT

1981 - WV States Winner @ 275: SQ 733, BP 529, DL 562, TOT 1824.

1989 - USPF Masters comeback 5/14/89 @ SHW - 2nd to Paul Wrenn, 40-44 age group, SQ 749, BP 540, (unable to perform DLs with poundage of any significance - refer to PL USA Vol. 12, No. 12, May 1989)

1994 - USPF WV State Champion SHW Class.

Championship Series

Gary Frank

Scot Mendelson

Shirts
$16.95

Brent Mikesell

F-200 Super Bench
$795.00

F-709 Squat Stands
$1395.00

F-806 Olympic Bar Lift
$195.00

F-100 8x8 Power Platform $1495.00
F-101 8x12 Power Platform $1995.00

FORZA
STRENGTH SYSTEMS

VISA

DISCOVER

MasterCard

AMERICAN EXPRESS

11505 E. Trent Ave - Spokane, WA 99206 - 1-800-769-9259
www.forzastrength.com

HARDCORE

THE MOST ADVANCED SQUAT SUIT EVER DEVELOPED

HardCore material has the most rebound power of any power material.

HardCore has a definite stopping point after coil, then rebounds to full return.

The HardCore is designed by the powerlifting gear experts and is patented with two U.S. patents.

New CoreLock© prevents slipping of the legs without constricting your thigh. (leg slippage is a major cause of slack in butt area in other brands).

Squeezes the body like a powerful wrap, ensuring support even in the top range. The perfect amount of non-stretch and rebound combination.

Unlike another companyís attempt at a ìpremium suitî that has shown to fail with repeated blowouts, the HardCore is virtually blow proof as proven in recent top level competitions.

The design and thickness of material provides a level of comfort that, until the HardCore, has been a non-existent feature of squat suits.

HardCore material is over 40% heavier than the closest fabric on the market.

Compared to the HardCore, a competitorís attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their ìpremiumî price for a lesser suit, consider the proven, world-record-breaking Champion and Z Suits are a much better price and value).

HardCore material was engineered and created to exact specifications for powerlifting gear. A first.

A true investment and long term savings. Until now squat suits have been a replaceable item. Now with the HardCore, you wonít need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

Does not sag or get baggy in the butt as is known of a competitorís attempt at a ìpremium suitî. Only HardCore has Memoryô which retains its shape and power after every use.

The largest research and development production ever in powerlifting gear technology. Only Inzer Advance Designs could bring this new evolution to the powerliftng world.

Built for all squat stances and styles. After you pull the crotch up and secure the HardCore legs in place, the CoreLockô will help your legs stay firmly planted whether you use wide stance, ultra wide or close.

The bottom line: When fitted properly, you will squat significantly more in a HardCore, over a longer time and with more comfort and safety. You will move the increased poundages with greater ease than ever before!

A FEW OF THE POWERLIFTING GREATS WHO RELY ON THE HARDCORE

GARRY FRANK · JESSE KELLUM · TONY CONYERS · ED COAN

INZER ADVANCE DESIGNS inzernet.com 800.222.6897 903.236.4012

POW!ER SCENE

The lifters *who participated in POW!ERLIFTER VIDEO's shoot at Mike Miller's Nazareth Barbell.*

Elena Seiple...*impressive totals!*

Joe Mazza *is in great form.*

A few months ago, *POW!ERSCENE* took a trip to Mike Miller's Nazareth Barbell in Pennsylvania. We saw big Mike (800+ BP), 700+ bencher Bobby Fields, BP WR holder Gene Rychlak, and star bodybuilder/powerlifters Heather Lee and Elena Seiple, but absent that day were Shawn Lattimer (859 BP at this year's Arnold) and his MHP teammate, Joe Mazza, who do a lot of their training at Nazareth Barbell.

So we went back, and this time there was an even bigger gang of lifters (see picture) that included Shawn and Joe, and we shot a big feature segment for *POW!ERLIFTER VIDEO*, with Mike doing the coaching and Shawn, Joe, Bobby, and Elena doing the bench press training.

Shawn told us he's looking to move past that 859, and into the 900's.

After some smaller meets this year, he'll be aiming for next year's Arnold. Shawn's also got a new endorsement deal, with HeadBlade, which makes razors and creams for head shaving. As you can see, Shawn is an appropriate spokesman. For more on Shawn, check out his website, shawnlattimer.com

Nazareth Barbell, Elena Seiple, and Heather Lee all have websites for you to learn more about them, so go visit nazbar.com, elenaseiple.com, and heatherleenj.com, if you'd like. Elena's site has been chronicling her powerlifting efforts, and in her recent meet, she hit 500 SQ, 285 BP, and 470 DL, weighing 159. Wow!

Nazareth Barbell is hosting some serious upcoming seminars, two-day Full Power Seminars. On Oct. 2 & 3, the seminar will feature Mike and scheduled guest lifter Bob Youngs; on Dec. 4 & 5, the guest is scheduled to be Brian Weston. For early registration, the cost is only $175. For further info, call 610-438-2902.

Another big bencher from the East, New Jersey's Joel Toranzo, was out here in California with his family for a little Summer vacation. Joel, who competed in this year's Arnold, is recovering from partial tears in his triceps, but he's already planning his comeback. We got a picture of him in front of Gold's Gym in Venice (*POWER!SCENE'S* main gym), but back home, Joel does a lot of his training at New York's Iron Island Gym.

Many time masters champion lifter Brian Meek showed us his deadlifting routine for a *POW!ERLIFTER VIDEO* segment, along with his training

Mike Miller (l) and Shawn Lattimer (r) *get serious discussing their workout. (Photos by Ned Low)*

Ron Perkins (l) and Brian Meek (r) *at Norwalk's American Eagle Gym which is operated by Randy Houston (below right).*

New Jersey's, Joel Toranzo, *visited Gold's Gym in Venice, CA., during his family vacation.*

partner Ron Perkins. We shot with them at Norwalk's American Eagle Gym, now being run by Randy Houston. Brian had lots of thoughts and tips to share with our viewers,

Mark Phillips (l) with Rick Brewer (r) *at the 2003 WABDL Worlds.*

and even though we've been shooting *POW!ERLIFTER VIDEO* since 1992, and have shot with many top lifters, it's amazing how there are always new ideas and insights on how to improve your training and competing that we haven't seen or heard before. Brian gave us a lot of valuable wisdom.

For more with Brian, or Nazareth Barbell, or the many other top lifters and gyms showcased in *POW!ERLIFTER VIDEO*, call 800-227-2355.

And, finally, House of Pain's Rick Brewer passed along that their "new distributor program has launched with a white smoke start! The newest distributor is powerlifter Mark Phillips of TN, shown here with Rick Brewer at the 2003 WABDL Worlds in Las Vegas, NV. Distributorships are still available in many states." So, if you're interested, call Rick at 972-772-8600.

Hoping you've had a great summer, and you're staying strong and healthy. See you on video.

Ned Low

INZER
ADVANCE DESIGNS
We Make Power Gear A Science
1-800-222-6897
903-236-4012
IMMEDIATE SHIPPING
MC, VISA, D., C.O.D.

INZER BLAST SHIRT

Patent # 4473908

The patented Inzer Blast Shirt is guaranteed to be at least twice as effective as any shirt existing.

The strength and durability characteristics of the exclusive material used in the Inzer Blast Shirt is the best for support throughout the range of motion and makes it virtually impossible to tear.

Proven by the Greatest Bench Pressers in the world.

"With the Inzer Blast Shirt, I just blow the weights off my chest! It's truly awesome."

Ken Lain
722 lb. Bench at SHW

"I've set many world records wearing the Inzer Blast Shirt. It's the greatest shirt for benching power!"

Mary Jeffrey
275 lb. Bench at 123 b.w.

"The Inzer Blast Shirt gives great explosiveness off the chest that carries through to the top."

Anthony Clark
775 lb. Bench
First Teenager ever to crack the 600 barrier!

"This is the shirt that will blast your bench to the ceiling."

Mike Hall
633 lb. Bench
ADFPA-USPF
National Champion

Plus these all time best benchers:

Jan Harrell-385 Bench. Most ever by a woman.
David Bullock-470 Bench World Record 148's

Inzer Advance Designs offers the most personalized service in the business. Your satisfaction is totally guaranteed. All orders are shipped immediately! Overnight air and two day air are available on request. Each shirt, suit and brief is inspected and marked with its own quality control serial number.

Most all the latest developments in Power Gear technology come from Inzer Advance Designs first. Plus, we continually improve on already superior products so the products we send you are always the most advanced to date!

INZER ERECTOR SHIRT

-Customized-

Upper torso support when deadlifting and squatting. Call or write for more details on this special garment. Allow 3 days before shipping for special tailoring on Erector Shirt.

GROOVE BRIEFS

BY INZER

The ultimate competition-legal underwear for Powerlifters will give you much more explosiveness in your squat. Guaranteed immediate results.

Now used in world record setting performances. Everyone who has tried them says—Groove Briefs work!

Z-SUIT and CHAMPION SUIT on next page→

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Inzer Blast Shirt - $38

Save $10. Buy 2 for $66

Inzer Erector Shirt - $38

Please indicate size or include **relaxed** measurements of

shoulders____ chest____ arm____

Colors: ☐Black ☐Navy Blue ☐Royal Blue ☐Red

Groove Briefs - $20

Ht.___ Wt.___ Upr. Thigh___ Hips___

ITEM	SIZE	QTY.	PRICE	SUB–TOTAL
			SHIPPING	$6.00
			TOTAL	

Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

INZER ADVANCE DESIGNS

We Make Power Gear A Science

P.O. Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

INZER ADVANCE DESIGNS

We Make Power Gear A Science

1-800-222-6897

903-236-4012

IMMEDIATE SHIPPING

MC, VISA, D., C.O.D.

Z-SUIT

When Fitted properly, the Z-SUIT will substantially increase your squat over any other suit on the market, thanks to the special Z-lock leg design. Z-SUIT locks in on your leg to prevent slipping up the back of thighs.

Z-Lock (anti-slip mechanism)

Z-SUIT

Other suits slip and cause slack in hip area.

Z-SUIT stays maintaining tightness.

Worn By:

Anthony Clark
2531 TOTAL/1031 SQUAT

John Inzer
744 SQUAT at 165 b.w.

O.D. Wilson
1003 SQUAT

Jesse Jackson
711 SQUAT at 148 b.w.

Matt Dimel
1010 SQUAT

KNEE WRAPS

NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps. Super comfortable, easy to wrap to maximum tightness

INZER IRON WRAPS - Style Z- Powerful rubber strand construction. For those who like that super squeeze feel.

Iron Wraps A or Z- 1 pair $22, 2 pair $40

A few of the growing number of powerlifters who wear Z-SUIT and/or Champion SUIT

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

CHAMPION SUIT

The CHAMPION SUIT will endure more stress and outlast any other suit on the market!

6 Month Guarantee Against Blow-outs on Both CHAMPION SUIT and Z-SUIT

CHAMPION SUIT

CHAMPION SUIT has more comfortable leg openings than Z-SUIT, plus provides complete hip support necessary for squatting the heaviest poundages.

Now With Wider Straps Than Pictured

☐ MC ☐ VISA ☐ COD ☐ Check ☐ Money Order

Please indicate size or include measurements of:

Height _____

Weight _____

Upper Thigh _____

Buttocks _____

CHAMPION SUIT and Z-SUIT colors:

☐ Black ☐ Navy Blue ☐ Red ☐ Royal Blue

$42 or 2 for $76

ITEM	SIZE	QTY.	PRICE	SUB–TOTAL
			SHIPPING	$6.00
			TOTAL	

Overseas orders add 10% surface or 20% air mail.
Texas residents, please add 8.25% sales tax

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

INZER ADVANCE DESIGNS

We Make Power Gear A Science

P.O. Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

ASK THE DOCTOR

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

Dear Mauro: I was told by Rickey Dale Crain that you have stated that all andros leave metabolites in the system that are detectable in steroid testing for up to a year. I thought that only the 'nor' andros left such metabolites. How long do andros like methyl 1-test and 1AD stay in the system? - **Joe S.**

Hi Joe: *I probably didn't make myself clear to Rickey when we talked about this subject. Unfortunately, the whole business about retrospectivity of anabolic steroids and prohormones is very muddled and even those that put themselves forward as experts have it wrong. In fact, there's a lot of confusion and misinformation about the effects, side effects and transformation of the various prohormones, fueled by the absolute drivel that the manufacturers of these compounds promulgate, but that's another story. I'll try to answer your question about retrospectivity in an organized way without going into excessive amount of details about individual steroids and prohormones, metabolites and technical aspects of the analysis.*

First of all, the parent compound and metabolites of all the prohormones (including the norsteroid ones that produce nandrolone, metabolites but not necessarily nandrolone, 1,4 Androstadiene-3,17 dione and it's methyl/ethyl derivatives that may produce boldenone metabolites – but not necessarily boldenone itself – in other words you're likely not getting the effects of the anabolic steroid boldenone by taking the prohormone, but it may result in a positive test, and the rest of the pack including 1-AD, 1-testosterone and all the derivatives) act similar to the parent compound and metabolites of oral anabolic steroids. The detection time for the parent compound and metabolites varies between a few days to up to four weeks depending on the steroid itself, the amount used, the amount of time it's used, the equipment used for analysis, and, of course, variations in metabolism of the steroids depending on individual polymorphisms. Unless carbon isotope testing is done, the use of DHEA, at least for men, is not detectable as it has minimal effect on the endogenous production of testosterone. Androstenedione and other andros have a retrospective time (the time the compound and/or metabolites may be detectable after the last dose is taken) may be detectable for four hours (low dose) to three days or so (high doses) by both or either carbon isotope testing and increased levels of testosterone and decreased levels of epitestosterone which may result in an increase in the testosterone/epitestosterone ratio greater than 6.

The confusion partly lies in the way that an anabolic steroid is administered, whether parenteral (injectable) or oral/buccal/dermal and the resulting detection times – this confusion is extended to the prohormones even though these are mainly used orally, bucally and topically. There's a vast difference between oral/buccal/topical (I'll refer to all of these as oral from now on) and injectable steroids for various reasons, some of which haven't been fully worked out. Two of the reason involve the inflammatory response secondary to the injection and the incorporation of the ester form of the steroid into body fat, some steroids more than others.

Since steroids are fat soluble, and made more so by esterification with various lengths of fatty acid molecules (esterification of the molecule with long-chain fatty acids has been shown to retard the rate of absorption of free steroid. The choice of fatty acid alters the duration over which the hormone may exert its pharmacological activity, with the absorption rate being inversely proportional to the length of the fatty acid used for esterification) the molecule is incorporated into fatty acid tissue, much of it locally, but some also in body fat depots all over the body, and thus turn over when the fat turns over. The steroid would thus be released into the systemic circulation and be subject to conjugation in the liver and subsequent excretion into the urine.

The process of incorporation of the steroid ester is likely enhanced by the cytokines and other factors released locally secondary to the inflammatory response that occurs with the actual injection and the presence of substances that act as foreign bodies (both the esterified steroid and the preservatives used – and other contaminants depending on the source of the injectable steroid) and are irritating to tissues when injected.

It's also probable that because of the inflammatory action and secondary response (some scarring is involved in all injections, and there is extensive scarring over time in areas that are chronically injected), there is some residual amount of steroid that is essentially trapped at the injection site as the blood supply to it may be compromised. This residual amount would eventually be released over time and metabolized, resulting in low levels of metabolites appearing in the urine over a period of several weeks and possibly months. A lot of course would depend on the steroid formulation itself, how much was injected, whatever else is in the injection, how many times the area was traumatized, etc.

The acute and chronic inflammatory responses affects surrounding tissue resulting in decreased absorption and even more important the amount of residual amount of injection material that remains in and around the injection site for prolonged periods of time.

All of this doesn't occur when you use the steroids, including prohormones, orally as the body handles these compounds much differently than drugs that are injected and as such has more control over the partitioning, metabolism and accumulation and release of the drug. And more importantly there is no inflammatory response and residue left behind so that long term release of metabolites from this residual amount just doesn't happen. On the other hand, even though injectable prohormones are not available as a nutritional supplement, I have heard of people injecting themselves with powdered prohormones that were meant for use orally. In these instances, especially if they're using the norsteroids or others that produce metabolites that are the same as the metabolites produced by anabolic steroids, there is the possibility of residual amounts of the steroids remaining in the tissues and subsequently much longer retrospective times.

I hope that this information clears up some of the confusion. Best regards, ***Mauro***

WOULD YOU LIKE TO ADD 100 POUNDS TO YOUR SQUAT AND DEADLIFT?

LOUIE SIMMONS'

REVERSE HYPER MACHINE

Roller Hyper
$1590.00*

Pro Hyper
$1225.00*

Standard Hyper
$825.00*

*Shipping Included

Patent #5356359

WESTSIDE BARBELL
3884 Larchmere Drive Grove City, Oh 43123
PHONE (614) 801-2060

INZER
ADVANCE DESIGNS

NEW AND AMAZING!

IRONWRAPS

enable you to lift more than ever before.
A leap ahead in powerlifting knee wrap technology.

IRONWRAPS Z stores a very dense, propulsive energy that produces more power than any knee wrap ever before!

Everything about this wrap exceeds any previous wrap.

VERY, VERY POWERFUL!

"I've tried every knee wrap ever made and the Ironwrap far outperforms them all."

Louie Simmons

"Ironwraps are the best I've ever used."

Bull Stewart

IRONWRAPS Z
(actual size)

IRONWRAPS A are super comfortable. Very big support, especially behind your knees for explosive rebounds out of the bottom of the squat. Like squatting on a cloud. It's amazing how Ironwraps A provide so much powerful support to be so comfortable!

IRONWRAPS A
(actual size)

[illegible] it to yours[illegible] [illegible] the greatest [illegible] wraps of all!

[illegible] Inzer Power Gear is backed by the Inzer Performance Guarantee.

Guaranteed to out perform any other brand.

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____

Qty.

_____ Ironwraps A $22 _____
_____ Ironwraps Z $22 _____
2 pair $40 Shipping $6.00
Total _____

Overseas orders add 20% surface or 30% air.
Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS
P.O. Box 2981 • Longview, Texas 75606

NUTRITION

WHAT POWER NUTRITION CAN DO FOR YOU!

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

It has been close to three years now that I have had my Nutrition column here at *Powerlifting USA*. In this time period I have worked with numerous World and National Champion Powerlifters from all weight classes. These include such great lifters as Phil Harrington, Ron Palmer, Joe Mazza, Steve Goggins, Gene Rychlak, Kara Bohigian, Dr. Larry Miller, Hennis Washington III, Jason Burnell, Karen Sizemore, Jamie Harris, Amy Wesiberger, Tee "Skinny Man" Meyers, Glenn Ross and the strongest man to ever walk the planet, none other then Garry Frank! These are not all the world champions I have worked with, just a few off the top of my head. From my experiences in the powerlifting nutrition trenches I have seen it all, but the happiest times are those when I see my athletes surpass boundaries they never thought possible. To see my athlete taste the sweetness of success is something that all coaches can take pride in. With my column I try to inform the aspiring powerlifter of how they can take their performance beyond their genetic limits. With my nutrition ideas and theories many athletes at all levels have gotten major improvements not only in their lifts but their health as well. If you are a regular reader of my column then you will have seen some of the bozos who send me uneducated stupid questions, trying to pull my chain and discredit what I do. Of course, I always have not only a slick answer for these fellows, but I put them in their place from a scientific point of view as well as a real world results angle. A lot of people who are neither hardcore skeptics or true believers from Day One still are curious about what a proper power nutrition plan can do for them. Well, in this article I am going to layout some of the things that following a customized nutrition plan can do for you - the hardcore powerlifter. Hopefully, after reading this column those who have yet to see the light will have a better understanding of what I focus on when developing private nutritional programs.

Strength Beyond Belief

Being a diehard lifters, the first thing we should discuss is how the nutrition plan will affect your strength. To most of you, this is the only thing that is important but later on you will see that there are many other factors that should be of concern as well. As you should already know, strength is controlled by many factors and variables, not simply just throwing around heavy weights and hoping that you will one day grow up to be big and strong. A proper nutrition plan will help you increase the strength and power of your muscles and tendons. If you cannot strengthen your muscles and tendons on a consistent basis you might as well give up powerlifting because you won't be too successful. Strength is not just related to your muscles and tendons. The hormones that float through your bloodstream play a huge role in your performance. If you think that a properly designed nutrition plan won't cause major influences on your hormones, then you better get your head checked. What you put in your body is no doubt one of the most important variables that control your hormonal levels, both good and bad. If you have ever talked with someone who has followed one of my customized nutrition plans you will soon find out that once you have entered the "Nutrition Realm", there is no going back. Once you see how much difference it makes in your strength, energy level, volume workload, endurance, recovery, hormonal balance and much more, you will never be able to go back to what you were doing before. In fact, you will wonder how the hell you survived after eating so horribly over the years. Not only that, but you will be wondering how much bigger your total could be right now if you started a proper nutrition plan years ago. Well, it's not too late, so don't get left behind with your disastrous eating habits.

Improving Your Endurance and Volume Workload

Once you start following a customized nutrition plan, you better get ready to leave your training partners in the dust. You may think I am just blowing sweet words in your ear, but within just a few weeks you will see that the volume workload that you are handling will be much greater. Not only will you be handling much more in total tonnage per workout, but you won't feel as drained at the end of the workout. This is what my clients notice right away. Their endurance in the gym is way up and their energy, even after a very tough workout, is still high. Remember, the more volume you can handle the stronger you will get, so don't think this added bonus isn't going to have a major effect on your total. It is going to make a huge difference and it is one that you will see very early on once you get your plan on track.

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

Optimizing Your Body Fat Percentage

I know this topic can be a little touchy for some of you out there, but it doesn't have to be. Getting your body fat percentage to a decent level will do a lot more for you than you can imagine. First off, leaning out can really help your lifting. How many times have you seen lifters with big bellies have a hard time getting down to the bar in the deadlift? I have seen this at just about every contest I have ever been to. Not only this, but that extra spare tire will also bring down your leverages in the deadlift. Just ask anyone who has gotten rid of that extra "Love" around their waist — they can attest that their strength has gone up. Let's face facts. If you are carrying too much fat, it will actually hurt your lifting in the long run, not help it. I don't expect powerlifters to get all shredded like bodybuilders, but the fact is the large majority of lifters do carry too much bodyfat. The tide is changing though. Just take a look at a lot of the top lifters and you will see that they are much leaner and harder than in years past. They are realizing they are becoming more efficient lifters by turning the spare tire in for a hard set of abs. Just take a look at lifters like Phil Harrington, Ron Palmer, Hennis Washington III, Angelo Berardinelli, and Joe Ladnier, just to name a few. These guys could step on a bodybuilding stage and do some damage and they are all at the top of their classes in powerlifting. Not only will dropping the extra roll help your lifting, but it will also have a very positive effect on something even more important than lifting - your health. Heart disease is the number one killer for American males and if you don't watch your eating plan you can also become another statistic. Don't let that happen, eat for power, but eat clean and your lifting and heart health will thank me later. I guarantee it!

Recovery and Injury Prevention

You may be wondering what does Power Nutrition have to do with recovery and injury prevention. Well, just about everything. The best strength coaches in the world will tell you that your program is only as good as your rate of recovery. You can be on the best program ever invented, but if you can't recover from it you will regress in your strength instead of going forward. Nutrition will play a major role in how fast you recover between workouts. I would say that you could recover a full 24-48 hours in advance by following a proper nutrition plan. One of the major keys is your post workout nutrition plan. This will play a vital role in how fast you will be back in the gym and how fast your body recovers from the battle you put it through. Not only will this help in your recovery, but it will also help in injury prevention. How many times did you have a little tendonitis flare up to only let it go and in no time it was a major ailment that was dragging you down? Proper nutrition and supplementation can help prevent injuries before they occur and can also help in the healing process. You can definitely heal much faster with a proper nutrition plan that is designed for injury recovery, than by just going with whatever comes your way. Take care of your nutrition plan and when you are injured your nutrition plan will take care of you!

Maintaining a Healthy Blood Profile

One of the things a lot of lifters have gotten out of my column is that not only do I emphasize being a bigger, stronger lifter, but I also address the importance of being a healthier lifter as well. What good is it to total over 2400 pounds if your arteries are clogged and your kidneys look like they have been through a cheese grater. You can't enjoy powerlifting from a coffin, so taking care of your health really is the most important part of your

Kara Bohigan, *lifting at the WPO Finals last year, is a nutrition client of Anthony Ricciuto's. (Photograph Mike Lambert - Powerlifting USA)*

nutrition plan. A lot of you younger bucks might think otherwise, but as you get older you will see the truth in what I am saying. I can just see all the master lifters agreeing with my words, especially those who have suffered from different health conditions latter in their career. I hate to say this, but the majority of it has to do with their lifestyle and nutritional habits. The first area I would like to discuss is heart disease. As you should already know, it is one of the biggest killers of American men, so if you are of the male gender you should be paying attention. Your nutritional intake has a direct effect on your cardiovascular health. If you suffer from such conditions as high cholesterol, arteriosclerosis, and angina or have had a heart attack, except for the very small percentage that is caused by a genetic disorder, you can only blame yourself for this. Powerlifters train all the major muscle groups looking to strengthen the lower back or their glute tie ins for a better deadlift lockout, but then they forget to take care of their most important muscle of their body ... their heart! I personally have known several powerlifters that suffer from cardiovascular diseases like the ones mentioned above. Heck, heart attacks are almost commonplace among a lot of lifters. High cholesterol and tryglycerides levels are also a problem among many lifters. This can only set you up for a massive heart attack. I know a lot of lifters don't like to think about these things, but you can only keep your head in the sand for so long. Type II Diabetes is another disease that I have seen in a lot of lifters as well. For those of you that don't know Type I Diabetes is something you are born with. Type II Diabetes is a different kind, that most of the time is caused by nasty nutritional habits, coming back to bite you on the butt like a rabid pitbull. Diabetes that isn't taken care of will, no doubt, shorten your lifespan, and make your quality of life not so nice. A proper nutritional program can most definitely help you prevent getting Type II Diabetes. As for those that already suffer from the condition, a properly laid out nutritional plan can help you more than you think. I have worked with several lifters who have completely dropped their medication in a 6 month period just by changing their lifestyle and nutritional habits. Their medical doctors were amazed at how they have controlled their blood sugar levels in such a short time, just by optimizing their nutrition plan. Take care of your long-term health, otherwise you will regret it when its time to pay the piper!

Chemical Enhancement Like Never Before

One of the main things that I like about powerlifting is that it is one of the most non-hypocritical sports on the planet. The whole "Chemical Performance" topic in sports is one controversial topic. Heck, we even had George Bush talking about it in his State of the Union Address. What I like about powerlifting when it comes to this topic is that we have the most realistic point of view on this complex and controversial subject. Whether you are for or against chemical performance enhancement in sports, you can't ignore the fact that millions of athletes around the world do use drugs to take their performance beyond their natural abilities. Given the use of performance enhancing drugs, we must understand how they affect the body. We are all aware of the side effects that these drugs can have on the body. With this in mind, we must now know how to protect the body from their effects. Anabolic steroids, Growth Hormone, IGF-1, diuretics, thermogenic drugs, Insulin, chemical cell volumizers, all affect the body. What the chemically enhanced lifter must realize is that prevention and maintenance is the key to increasing their performance and keeping them healthy. Two of the most taxed organs for the enhanced lifter are the kidneys and the liver. Keeping them in proper working order is of high importance unless you want to be on dialysis the rest of your life. A proper nutritional plan will take this into consideration. Proper natural supplementation will also play a huge role in keeping these organs healthy. One of the most common side effects of taking different oral steroids is elevated liver enzymes. This is a very serious matter and it can most definitely be controlled through a proper nutrition and supplementation plan. Another thing that I do with my chemically enhanced lifters is to constantly cleanse the different organs of the body. The purpose of this is to get rid of the build-up of toxins in the body that can cause many health conditions down the road. One common liver detoxifying cleanse that I do will flush toxins from the liver and gall bladder. This process takes a couple days to complete, but the end result is something that has to be seen to be believed. When one of my lifters saw what came out of his body after one of theses cleanses he knew he would have been in big trouble down the road. Just refer to my "Liver Cleanse" column from a couple months back and take a look at the pictures of what came out of one gentleman who wasn't eating the healthiest diet in the world. Another thing that the chemically enhanced lifter will notice when he is following a customized nutrition plan is that his strength will take major jumps unlike before. Even if you are a world class athlete and you are already in the realm of the truly elite, you will still see your total go above and beyond what you thought possible. If you are chemically enhanced and you are not using a customized nutrition and supplementation plan, then I can guarantee you that you are not even scraping the surface of the kind of results that you should be getting from your "Enhancement" program. Believe me, whatever type of program you are on, you can increase the effects of it by anywhere from 15-50% by following a customized nutrition.

Conclusion

I hope that I have opened the eyes of some of you powerlifters who seem to ignore the nutritional sciences. Following a proper program can do more for your total and health then you can imagine. If you are not getting your nutrition plan dialed in, then you are giving your competition a major advantage. Don't give away that world title to someone else just because you decide to live a life full of fast food and sugar laden goodies. Powerlifters are athletes. If we are going to perform like a true strength athlete, we must wake up and catch up to all the other sport communities out there who have made the nutritional sciences part of their sport decades ago. In our spor,t we have advanced with equipment like never before. There are shirts out there that can put over 200 pounds on your bench. There are wraps that give so much rebound, they seemingly could spring you into the stratosphere. With the advent of all the science and technology that goes into the equipment of our sport, there are still world class athletes among us who are eating worse than a couch potato. If you are looking for real world results, then get your nutrition plan on track. I promise that you will be glad you did. If you are one of the guilty, it's now time to put down that pint of ice cream and throw down those hot dogs and feed your body like what you are - a true strength athlete!

If you would like to find out more about the customized Nutrition XP3 Program or have any questions please feel free to write me at: Aricciuto@X-tremepower.com.

LOUIE SIMMONS' PRESENTS

"Often Imitated, But Never Duplicated"

PLYO Swing
Patent Pending

The Grappler

Roller Hyper
Patent#5356359

PLYO Swing
$2,895

The Grappler
$300

Roller Hyper Machine
$1,590

Belt Squat Machine $2,800

Tread Sled
$1,295

Safety Squatbar
$349

Power Rack
$900

Belt Squat

Power Rack

Tread Sled

Safety squat bar

WESTSIDE BARBELL®

www.westside-barbell.com

3884 Larchmere Drive, Grove City, OH 43123 PHONE (614) 801-2060

HARD CORE Questions

as told to Powerlifting USA by Rick Brewer

It was the "morning after" a painfully good celebration the night before. As I leaned over to spot Steve Lawson on his BP set, with chains and bands and all the toys, I realized his "bref' smelled like "shine". For all of you city slickers, "bref' is what you breav in and out your lungs; and "shine" is what Uncle Clete brews in his still back of the shed. Moonshine. White Lightnin'. Liquid Fire.

In other words, we were working out in a highly flammable environment. So naturally, the question came up: "Does training with a hangover make you hard core?" Well, we put our foggy noggins to work and decided that: yes, if it is an occasional thing - it is hard core dedication. If you're always breevin' off shine, then you're just a drunk. Or an alcoholic, if you go to meetings. No offense, but that doesn't make you hard core.

Which brings us to an even more important question for you to ponder in your walk on the wild side. (A question of biblical proportions.)

Question: All these Hard Core gyms featured in the series have no distractions. Maybe it is even more hard core to train in a fancy chrome place, if you are tough enough to stay focused amongst all the babes. True? If you can concentrate on your workout amongst the sea of Lycra, Spandex, Silicone, and Short Shorts running around and twisting and sweating and bending over so that you can... (whoops, I forgot what I was doing for a minute there.) Does that mean you're really hard core?

Before I answer this question. Let me tell you women that you have an awesome power - which you should use for good. And, let me tell you men that the Good Book warns us about these babes in Proverbs Chapter 2. No offense to all the sweetheart Gym Girls that I know and love. OK; now, I'll answer.

Answer of Experience: First off, I have to admit there aren't many females where I train, so it was only logical for me to investigate by going to a local chrome palace to workout amongst the Gym Girls. Unfortunately, all the young hotties ran "that game"on me again. You know the game: where they pretend they don't know that I exist. Since I've grown older, they play this game more often - but I can see right through it. They can't trick this old dog that easily! Anyway, I got my workout without any real distractions - except that I was asked to leave when I began chalking up my entire body during my box-squat-war-dance. That's cool; I was pretty much done anyway.

But I wondered; would it have been tougher to stay focused if the Gym Girls hadn't ignored me? So I concocted another scientific test. I took half a bottle of "Horny Goat Weed" before my regular workout - and waited for 'Deliverance' music as I watched all the guys. Nothing. I saw no inner beauty; and outwardly they were the same smelly, hairy, ugly group of guys that I've always seen. In other words - no distraction. Maybe I'm just too hard core to notice. But on the way home; "Sweet Child of Mine" was on the radio as I passed a field full of goats. I pulled off the side of the road to admire one really cute one and (STOP). This part of the story is beside the point anyway - because I had already gotten my workout in. Anyway, to answer the original question ... what was the original question?

(Disclaimer/Note: the above should not be twisted into any sort of negative against the Horny Goat Weed product (manufactured by Pinnacle), which obviously worked almost exactly as the name would indicate. Furthermore, I happen to know that Sherry Goggins is a representative for Pinnacle, and that alone is enough to make me want to buy all of the Horny Goat Weed I can get my hands on. Sherry; we love you, and whatever you are selling - we want it!)

I've been writing about Hard Core Gyms for years. I've written about gyms where people train with rocks, concrete, and chains - where gym rats train in cold, dark basements - where people train in hear or snow - where old school monsters strive and struggle against all odds to add strength and size no matter what the cost.

Why do gym rats brag when they find a "Hard Core" gym? What did they find? Let's assume that serious hard trainers like to work out with others who are similarly dedicated to their craft. "Birds of a feather" and so forth. Sounds natural to me.

So, where do all the hard-core weightlifters go? To a hard core gym. What makes a gym "hard-core"? Peel all of the chrome off a regular family fitness center, and then does it become hard core? No. What if you cancel all of the water aerobics classes and fire the TAE-BO instructor? Will that do it? Nope, but all of these changes do help strip things down to the basics. What if we throw all of the stair steppers, bikes, treadmills into the parking lot? Sure, I'm for it - but that won't make anything more than a big mess (by itself). Maybe it is a little simpler than this. . .

Hard Core Gyms are anywhere Hard Core weightlifters are. When chalk covered Neanderthals groan under a heavy load - Hard Core is born. Boiled to its essence, it is the supreme desire to conquer the inherent weakness in ourselves. Every lower animal has this desire, but some of the so-called higher level humans have had this innate longing bred out of their high-brow blue-blood DNA. To their detriment, we gym-rats contend.

To all of you blue-blazer, high-level, fancy-pants elitists who prefer the posh amenities of a highly chromed fitness center: eat a spinach souffle. To all of you hard-core low-level primates who still struggle for greater strength with every fiber of your being (no matter where you are): we salute you. HOUSE OF PAIN has your gear.

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

No amount of Horny Goat Weed *will make these guys attractive! (Photograph courtesy Rick Brewer of House of Pain)*

Herb Glossbrenner's WOMEN'S ALL TIME TOP SQUAT RANKING

97 lb. class

376.99	Koskinen, R	63FIN	28NOV03
363.76	Lafina, O	79RUS	05NOV99
358.25	Tesleva, S	75RUS	25MAY00
347.23	Chen, Chun Ju	82TPE	25MAY00
341.72	Chen, Wei Ling	82TPE	22MAY03
330.69	Eduviges, M	VEN	10SEP03
330.69	Robbins, A	77USA	03JUN04
325.18	Chen, Yen Ying	79TPE	09SEP97
320.77	Chang, Lien Ju	75TPE	03NOV97
320.00	Grimwood, E	70USA	21OCT00
319.67	Yang, Shu Ju	73TPE	02MAY96
319.67	Prinkkala, A	55FIN	09AUG97
314.16	Palk, D	USA	30JAN88
314.16	Jokitalo, L	61FIN	15MAR92
314.16	Chamundeswari, C	70IND	14SEP95
314.16	Irkutsk, N	78RUS	26SEP00
314.16	Hara-Kawasaki	67JPN	21AUG01
314.16	Golubeva, O	70RUS	10MAR04
308.65	Benford, S	USA	21NOV91
308.65	Hsu, Yen Ping	TPE	93

105 lb. class

440.93	Lafina, O	75RUS	26FEB03
399.04	Koskinen, R	63FIN	08MAR03
391.32	Tesleva, S	74RUS	10MAR04
385.81	Taranova, Y	79RUS	26FEB00
385.81	Chen, Kuan Ting	77TPE	20AUG01
380.30	Shapovalova, V	83RUS	30MAY02
375.89	Thysse, P	RSA	07NOV92
374.79	Dmytruk, O	83UKR	10SEP03
364.87	Chen, Yen Ling	79TPE	99
363.76	Eltsova, T	78RUS	26SEP00
358.25	Marlina	79INA	03NOV97
358.25	Salamon, N	70RUS	01MAR00
358.25	Chen, Kuan Jing	77TPE	22MAY03
358.25	Trublina, I	83UKR	28NOV03
352.74	Maile, J	84USA	25SEP02
352.74	Ufimtseva, T	77RUS	10MAR04
347.23	Ryzhkova, A	86RUS	25SEP02
347.23	Tokareva, N	84RUS	12JUN03
342.82	Krylova, I	78RUS	18JUN98
342.82	Barlow, L	59USA	10JUN00

114 lb. class

473.99	Lafina, O	79RUS	10MAR04
451.95	Sommers, K	65USA	04JUN98
440.93	Nikolaenko, S	81RUS	26FEB03
415.00	Parrish, S	62USA	12APR03
408.96	Pavel, P	RSA	09NOV96
407.86	Jeffrey, M	60USA	21NOV87
407.86	Belova, O	75RUS	26NOV99
407.86	Eltsova, T	78RUS	23MAY01
407.86	Tokareva, N	84RUS	10MAR04
404.55	Tatarova, I	75RUS	99
397.93	Koskinen, R	63FIN	25JAN03
396.83	Dmytruk, Oxana	83UKR	02MAR04
391.32	Cornette, S	75FRA	22MAY03
391.32	Ryzhkova, A	86RUS	10MAR04
385.81	Ayugina, I	76RUS	26SEP00
385.81	Shadrina, E	82RUS	00
385.81	Taranova, Y	79RUS	10MAR04
385.81	Rantamaki, M	74FIN	03JUN04
382.60	Dolman, S	46NDL	24JUN91

123 lb. class

496.04	Filimonova, I	76RUS	26FEB03
473.99	Eltsova, T	78RUS	10MAR04
468.48	Hyser, V	73RSA	09NOV01
462.97	Gibson, V	69GBR	09NOV96
450.00	Weisberger, A	65USA	20FEB00
446.44	Kanutkina, V	79RUS	10MAR04
440.92	Jeffrey, M	60USA	16JUL88
440.92	Thomas, L.J	66GBR	05DEC03
435.41	Chan, Cien Ming	76TPE	99
435.41	Tatarova, I	75RUS	26FEB03
429.90	Kehanen, V	79FIN	08MAR03
429.90	Nikulina, E	77RUS	10MAR04
424.40	Belova, O	75RUS	21MAY99
424.40	Aboulina, V	67UKR	29NOV03
424.40	Dmytruk, Olena	83UKR	02MAR04
424.40	Pavlovskaya, K	83RUS	10MAR04
423.19	Boudreau, C	67USA	21JUL95
420.80	Steenrod, V	49USA	28JAN84
418.88	Prymenchuk, T	72UKR	02MAR04

132 lb. class

556.67	Avigliano, N	56USA	25AUG02
529.11	Warman, M	58USA	10NOV96
515.00	Weisberger, A	65USA	08AUG03
507.06	Tatarova, I	75RUS	10MAR04
486.12	Abramova, I	74RUS	02DEC00
485.02	Potselueva, G	80RUS	10MAR04
468.46	Fomina, E	69RUS	02MAR01
462.97	Amdahl, B	69NOR	09APR94
462.97	Huyser, V	73RSA	21JUN01
462.97	Malyugina, N	80UZB	01MAY03
462.97	Revva, M	77RUS	05JUN04
457.46	Shafer, R	59USA	29JAN83
457.46	Liggett, M	58USA	06JUL91
457.46	Kudinova, M	77RUS	20JUN97
457.46	Guminska, L	80UKR	31MAY02
457.46	Nelubova, V	66RUS	23MAY03
457.46	Solovyeva, L	78UKR	05JUN04
446.44	Altizer, B	62USA	07MAY95
446.44	Marx, I	70BEL	29NOV97
446.44	Sasko, O	82UKR	23FEB00

Karen Sizemore *... Big Numbers. (Ned Low)*

Julie Scanlon *... before she broke her arm.*

Ilja Strik *... at the 2003 Arnold Classic (Ned)*

148 lb. class

551.16	Kudinova, M	77RUS	26FEB03
551.16	Zurcher, A	78SWI	04MAY03
551.16	Borodkina, V	79RUS	10MAR04
530.21	Liggett, M	58USA	17NOV00
529.10	Pisarenko, V	79RUS	05JUN04
529.10	Ivanova, Z	84UKR	05JUN04
518.09	Guminska, L	80UKR	27FEB03
512.88	Ivanova, L	63UKR	09JUN00
512.88	Yakovleva, A	83RUS	10MAR04
510.00	Shafer, R	59USA	22NOV83
507.06	Warman, M	58USA	10JUN00
507.06	Vaughn, A	80USA	08MAR03
507.06	Ortega, M	77USA	29NOV03
501.55	Ribic, P	73USA	05JUN04
496.04	Tanakova, E	64RUS	28MAY94
496.04	Sjostrand, L	68SWE	01MAR97
490.53	Frangi, I	64ARG	26MAY00
485.02	Amdahl, B	69NOR	14OCT99
485.02	Orsini, A	64ITA	19MAY99
485.02	Barybina, N	83RUS	10MAR04

165 lb. class

600.75	Scanlon, J	76USA	05MAR04
589.74	VanDeWeghe, S	55USA	13DEC98
573.20	Kudinova, M	77RUS	01MAR01
567.69	Dodd, L	57USA	21NOV91
562.18	Dedyula, S	75RUS	24MAY03
562.18	Zaugolova, J	81RUS	11SEP03
562.18	Phelps, R	77USA	05JUN04
551.16	Reshel, D	55USA	11MAY93
542.34	Zhukova, E	72UKR	22MAY99
540.13	Stiklestad, A	75NOR	20JUN97
534.62	Byland-Rohal, T	60USA	26JAN85
534.62	Puzanova, T	74RUS	01MAR01
529.11	Ivanova, L	63UKR	28FEB02
529.11	Mills, J	71USA	29MAR03
523.60	Earney, D	54USA	31MAY96
519.19	Laha, S	IND	24JUN91
518.09	Millen, K	67NZL	24JUN91
518.09	Frangi, I	64ARG	28NOV98
518.09	Terentyeva, A	75RUS	28FEB02

181 lb. class

622.81	Mills, J	72USA	29NOV03
620.00	Grimwood, T	64USA	15APR95
580.00	Reshel, D	55USA	11MAY93
573.20	Mazaylova, E	82RUS	11MAR04
573.20	Murasheva, A	83RUS	11MAR04
567.69	Byland-Rohal, T	60USA	16JUL88
562.18	Puzanova, T	74RUS	24MAR03
562.18	Mendelson, S	72USA	05JUN04
562.18	Ford, K	66USA	05JUN04
556.67	Ignatenkova, E	71RUS	27MAY00
551.16	Shetty, S	59IND	04MAY01
545.04	Boroday, K	83UKR	06JUN04
540.13	Posmitna, V	66UKR	01JUN02
540.13	Rivieccio, A	62USA	07JUN03
540.00	Boshoven, L	58USA	30MAY99
534.62	Stiklestad, A	75NOR	08MAR97
532.42	Millen, K	67NZL	02NOV91
529.11	Rumyantseva, N	71RUS	03DEC00
529.11	Ivanova, L	75UKR	30NOV02
529.11	Watkins, J	80USA	11SEP03

198 lb. class

634.93	Swanson, B	73USA	14JUN02
633.00	Reshel, D	55USA	15MAY88
595.25	Kurina, Y	81RUS	27FEB03
573.20	Millen, K	67NZL	28MAY94
573.20	Lugovaya, I	74RUS	11MAR04
573.20	Yavorska, I	81UKR	06JUN04
562.18	Mendelson, S	72USA	07DEC03
557.77	Corson, S	67USA	18JUN93
556.67	Costanzo, L	54USA	08MAY88
551.16	Shcheglova, V	83RUS	27FEB03
551.16	Murashova, A	83RUS	12JUN03
551.16	Orobets, I	71UKR	06JUN04
540.13	Posmitnaya, V	66UKR	27MAY01
529.11	Blair, C	64AUT	06MAY00
529.11	Payusova, N	75RUS	00
529.11	Lytvyn, G	83UKR	11SEP03
529.11	Strik, I	73NDL	30NOV03
518.09	Avilkina, E	77RUS	00
507.06	Look, L	70USA	02JUN02

SHW

777.13	Swanson, B	73USA	15NOV03
661.38	Willett, L	72RUS	09JUL04
650.36	Karpova, G	68RUS	11MAR04
628.32	Costanzo, L	54USA	22NOV87
625.00	Sizemore, K	64USA	12APR03
617.29	Lee, Chia Sui	77TPE	07OCT99
617.29	Avilkina, E	77RUS	27FEB03
611.78	Trujillo, J	64USA	31JUL94
607.37	Chao, Chen Yen	71TPE	99
606.27	Shaw, D	64GBR	JUN00
595.25	Pavlova, A	68RUS	04MAR01
578.71	Scheglova, V	83RUS	11SEP03
575.00	Arvin, J	67USA	29MAR97
567.69	Olenytsya, V	84UKR	06JUN04
556.67	Robertson, K	60AUS	06DEC98
551.16	Kurina, J	81RUS	14JUN01
551.16	Ganenko, A	75UKR	28FEB02
545.64	Todd, J	48USA	31JAN81
545.64	Corson, S	67USA	24APR93
545.64	Alvarado, M	83VEN	12SEP02

Herb Glossbrenner's WOMEN'S ALL TIME TOP TOTAL RANKING

97 lb. class

936.97	Tesleva, S	75RUS	25MAY00
914.92	Koskinen, R	63FIN	29NOV02
859.80	Chen, Chun Ju	82TPE	99
859.80	Chen, Wei Ling	82TPE	22MAY03
821.22	Lafina, O	75RUS	06NOV99
821.22	Viitasaari, V	54FIN	26FEB00
816.81	Prinkkala, A	55FIN	28FEB98
815.71	Golubeva, O	70RUS	10MAR04
806.89	Chang, Lien Ju	75TPE	12APR98
804.69	Janot, N	69FRA	27NOV93
799.18	Shapovalova, N	78RUS	26SEP00
799.18	Irkutsk, N	78RUS	26SEP00
799.18	Robbins, A	77USA	04JUN04
795.87	Benford, S	USA	21NOV91
793.66	Leverett, A	54USA	28JUL90
793.66	Ryzhenko, O	75RUS	10MAR04
775.00	Grimwood, E	70USA	21OCT00
771.62	Jones, C	51USA	01JUN85
771.62	Wolsey, H	61GBR	23MAR91
771.62	Chamundeswari, C	70IND	14SEP95

105 lb. class

992.08	Tesleva, S	75RUS	10MAR04
975.55	Lafina, O	79RUS	26FEB03
970.03	Shapovalova, N	83RUS	26FEB03
959.01	Koskinen, R	63FIN	08MAR03
949.09	Fukushima, Y	70JPN	12JUL03
947.99	Maile, J	84USA	25SEP02
943.58	Yamskich, E	74RUS	26NOV99
942.48	Chen, Kuan Ting	77TPE	15MAY02
920.43	Dmytruk, Oxana	83UKR	10SEP03
909.41	Marlina	79INA	31OCT97
909.41	Taranova, Y	79RUS	26FEB03
905.00	Krylova, I	78RUS	21JUN98
903.90	Eltsova, T	78RUS	00
903.90	Salamon, N	70RUS	10MAR04
887.36	Simmons, D	52USA	28JUL90
879.64	Thysse, P	RSA	07NOV92
876.34	Delmore, A	67USA	07DEC96
876.34	Trubilina, I	83UKR	02MAR04
859.80	Jones, M	53USA	19MAY84
856.50	Setowati, Y	84INA	15MAY02

114 lb. class

1125.46	Nikolaenko, S	81RUS	26FEB03
1074.75	Belova, O	75RUS	26DEC99
1063.73	Lafina, O	79RUS	10MAR04
1052.71	Jeffrey, M	60USA	21NOV87
1019.64	Sommers, K	65USA	04JUL98
1016.33	Tatarova, I	75RUS	99
1014.13	Dmytruk, Oxana	83UKR	02MAR04
1003.10	Eltsova, T	78RUS	27FEB02
993.18	Starova, L	70UKR	24FEB00
992.08	Ayugina, I	76RUS	24MAY00
979.96	Lin, Li Min	70TPE	31OCT97
975.00	Parrish, S	62USA	08AUG03
970.03	Tyree, V	73USA	20MAR99
970.03	Tokareva, N	84RUS	10MAR04
970.03	Kono, A	75RUS	10MAR04
964.52	Maile, J	84USA	29MAR03
959.01	Rowell, D	57USA	07JUN84
959.03	Dmytruk, Olena	83UKR	10SEP03
959.01	Rantamaki, M	74FIN	04JUN04
954.60	Marlina	79INA	15MAY02

123 lb. class

1207.03	Eltsova, T	78RUS	10MAR04
1180.00	Weisberger, A	65USA	20FEB00
1173.96	Filimonova, I	76RUS	26FEB03
1151.92	Boudreau, C	67USA	21JUL95
1151.92	Gibson, V	69GBR	09NOV96
1135.38	Hyser, V	73RSA	10NOV01
1124.36	Belova, O	75RUS	19MAY99
1124.36	Chan, Cien Ming	76TPE	99
1118.15	Nelubova, V	66RUS	25MAY01
1102.31	Jeffrey, M	60USA	16JUL88
1102.31	Kanutkina, V	79RUS	10MAR04
1096.80	Dmytruk, Olena	83UKR	02MAR04
1085.78	Prymenchuk, T	72UKR	02MAR04
1080.27	Tatarova, I	75RUS	26FEB03
1063.73	Steenrod, V	49USA	28JAN84
1063.73	Abdulina, V	67UKR	02MAR04
1058.22	Pavlovskaya, K	83RUS	10MAR04
1052.71	Myers, T	70USA	21JUN87
1047.20	Savola, P	68FIN	30MAY02
1041.68	Johnson, F	58USA	26JAN85

132 lb. class

1306.24	Weisberger, A	65USA	07NOV03
1251.12	Revva, M	77RUS	10MAR04
1235.61	Tatarova, I	75RUS	10MAR04
1234.59	Avigliano, N	56USA	25AUG02
1223.56	Vitslyevska, L	78UKR	05JUN04
1219.16	Abramova, I	74RUS	02DEC00
1196.01	Warman, M	58USA	10NOV96
1190.50	Fomina, E	69UKR	02MAR01
1190.50	Nelubova, V	66RUS	29NOV02
1173.96	Liggett, M	58USA	16JUL88
1162.94	Poletaeva, I	82RUS	10MAR04
1159.63	Marx, I	70BEL	29NOV97
1151.92	Kudinova, M	77RUS	20JUN97
1146.40	Shafer, R	59USA	29JAN83
1146.40	Potselueva, G	80RUS	01OCT03
1146.40	Gaifulina, A	79KAZ	01MAY03
1135.38	Poplavska, S	66UKR	02MAR04
1129.87	Gibson, V	69GBR	05JUL97
1129.87	Guminska, L	80UKR	31MAY02
1129.87	Iskandarova, V	74KAZ	24MAY03

***Susie Benford**.. her '91 lifts still rank.(Pennell)*

***Mariah Liggett** ... at the 1983 Women's Nationals. (Photo by Kathy Tuite Leistner)*

***Cheryl Jones** ... many time National champ.*

148 lb. class

1405.45	Kudinova, M	77RUS	26FEB03
1394.42	Bohigian, K	75USA	07NOV03
1355.84	Ribic, P	72USA	05JUN04
1322.77	Guminska, L	80UKR	27FEB03
1295.22	Borodkina, V	79RUS	10MAR04
1289.70	Ivanova, Z	84UKR	05JUN04
1280.00	Shafer, R	59USA	22NOV83
1273.17	Barybina, N	83RUS	10MAR04
1267.66	Yakovleva, A	83RUS	10MAR04
1262.15	Sjostrand, L	68SWE	06SEP97
1262.15	Ivanova, L	63UKR	09JUN00
1256.64	Liggett, M	77USA	03NOV94
1251.12	Ortega, M	77USA	29NOV03
1251.12	Khumynska, L	80UKR	05JUN04
1234.59	Zurcher, A	78SWI	04MAY03
1234.59	Pisarenko, V	79RUS	05JUN04
1224.54	Iskandrova, V	74KAZ	02MAY03
1212.54	Orsini, A	64ITA	25MAY01
1207.03	Frangi, I	64ARG	25MAY01
1205.00	Vaughn, A	80USA	30AUG03

165 lb. class

1449.54	Dedyula, S	75RUS	24MAY03
1444.03	VandeWeghe, S	55USA	13DEC98
1430.00	Scanlon, J	76USA	20DEC03
1416.47	Bohigian, K	75USA	07JUN03
1405.45	Kudinova, M	77RUS	02MAR01
1402.14	Zhukova, E	72UKR	22MAY99
1394.41	Phelps, R	77USA	04JUN04
1388.91	Terentyeva, A	75RUS	02OCT03
1377.89	Zaugolova, Y	81RUS	11SEP03
1358.05	Rohal-Byland, T	60USA	26JAN85
1344.82	Earney, D	54USA	31MAY96
1339.31	Sell, D	70GER	02DEC00
1333.80	Mills, J	71USA	29MAR03
1330.00	Reshel, D	55USA	23MAY92
1329.39	Millen, K	67NZL	24JUN91
1328.29	Bagriy, T	74UKR	03MAR04
1322.77	Puzanova, T	74RUS	01MAR01
1317.26	Dodd, L	57USA	21NOV91
1311.75	Wiezkowiak, A	75GER	19MAY99
1311.75	Ignatenkova, E	73RUS	19MAY99

181 lb. class

1540.00	Grimwood, T	64USA	15APR95
1537.72	Mills, J	72USA	29NOV03
1488.12	Mazaylova, E	82RUS	11MAR04
1480.00	Reshel, D	55USA	16JUN90
1438.50	Ford, K	66USA	05JUN04
1406.55	Millen, K	67NZL	25JUL93
1388.91	Ignatenkova, E	71RUS	27MAY00
1388.91	Puzanova, T	74RUS	27FEB03
1383.40	Murasheva, A	83RUS	11MAR04
1372.38	Rumyantseva, N	71RUS	03DEC00
1370.00	Boshoven, L	58USA	30MAY99
1361.35	Rivieccio, A	62USA	07JUN03
1358.05	Kudryavtseva, T	82KAZ	02MAY03
1355.82	Mendelson, S	72USA	05JUN04
1350.33	Byland-Rohal, T	60USA	09NOV85
1350.33	Watkins, J	08USA	11SEP03
1344.82	Blair, C	64AUT	13MAY99
1344.82	Wiezkowiak, A	75GER	27MAY00
1344.82	Rychkova, O	74RUS	12OCT01
1339.30	Boroday, K	83UKR	06JUN04

198 lb. class

1566.38	Swanson, B	73USA	14JUN02
1564.00	Reshel, D	55USA	15MAY88
1521.19	Lugovaya, I	74RUS	11MAR04
1504.56	Millen, K	67NZL	28MAY97
1482.51	Yavorska, I	81UKR	06JUN04
1416.47	Orobets, I	71UKR	06JUN04
1388.91	Kurina, Y	81RUS	12APR03
1350.33	Blair, C	64AUT	05MAY00
1344.82	Chatimchenko, A	68RUS	27SEP00
1339.31	Costanzo, L	54USA	31JAN88
1339.31	Posmitnaya, V	66UKR	25MAY01
1333.80	Gaiduchenko, L	56UKR	15OCT93
1333.80	Shcheglova, V	83RUS	27FEB03
1333.80	Zavodszky, T	71HUN	30NOV03
1330.00	Arvin, J	67USA	12NOV95
1328.29	Murashova, A	83RUS	12JUN03
1322.77	Korshunova, A	68RUS	24MAY98
1322.77	Rumyantseva, N	71RUS	11MAR04
1317.26	Polischuk, N	78UKR	28FEB03
1315.00	Allen, K	USA	26APR97

SHW

1895.98	Swanson, B	73USA	05MAR04
1576.31	Karpova, G	68RUS	11MAR04
1532.22	Lee, Chia Sui	77TPE	00
1532.22	Shaw, D	63GBR	JUN00
1532.22	Chao, Chen Yeh	71TPE	25MAY03
1521.19	Willett, L	72USA	21SEP03
1500.00	Sizemore, K	64USA	30MAR02
1485.00	Arvin, J	67USA	29MAR97
1477.10	Pavlova, A	68RUS	11MAR04
1446.23	Robertson, K	60AUS	06DEC98
1444.02	Olenytsya, V	84UKR	06JUN04
1438.52	Scheglova, V	83RUS	11SEP03
1421.98	Costanzo, L	54USA	22NOV87
1412.16	Payusova, A	75RUS	27SEP00
1410.96	Trujillo, J	64USA	31JUL94
1405.45	Herchenhein, U	62GER	16SEP94
1405.45	Avilkina, E	77RUS	27FEB03
1377.89	Reshel, D	55USA	01DEC89
1350.00	Nawrocki, L	USA	20OCT90
1336.00	Ganenko, G	75UKR	28FEB03

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 Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example; if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply the poundages specified 1.2 (600 divided by 500).

Jeff Magruder's 16 Week Bench Program

Jeff performed all of these exercises indicated on Mondays ('L' - light) and Thursdays ('H' - heavy).

Weeks	1-4	5-8	9-16
EXERCISES	SETS/REPS	SETS/REPS	SETS/REPS
BENCH PRESS	-	L- 4x5/5/5**	L- 5x5
	-	H- 4x5, 3x3 forced#	H-5x5, 5x3, 3x3$
CLOSE GRIP BP	—	L- 3x8	—
HIGH NECK BP	—	H- 3x3	—
INCLINES	3xmax*	–	–
FLYES	3xmax	L - 3x8	5x6
		H - 3x5	
PEC DECK	3xmax	–	–
CROSSOVERS	3xmax	–	–
BEHIND NECK PRESS	3xmax	L - 4x8	4x6@
CLEANS	3xmax	–	–
SIDE LATERAL RAISE	–	L - 3x8	3x6@
		H - 3x6	
FRONT LATERAL RAISE	–	L - 3x8	3x6@
		H - 3x6	
REAR LATERAL RAISE	3xmax	–	3x6@
DIPS	3xmax +	–	–
REVERSE DIPS	3xmax&	–	–
TRICEP PUSHDOWN	–	L - 5x8	5x6@@
		H - 5x6	
REVERSE TRICEP PUSHDWN	3xmax	–	–
1-ARM TRICEP EXT.	–	L - 5x8	–
		H - 5x6	
LYING TRICEP EXT.	–	–	5x6@@

Below is Jeff's contest training regimen (the last 8 weeks of the overall program) in specific detail. These exercises are performed on Mondays and Thursdays with the latter being the heavy day.

WEEK	HEAVY DAY	LIGHT DAY	COMMENTS
1	5x5x505	5x5x405	Heavy day should feel easy.
2	5x5x515	"	Light days remain constant throughout cycle.
3	5x5x540	"	
4	5x500	"	
	5x515		
	3x5x540		
5	5x515	"	
	5x540		
	3x5x550		
6	3x500	"	This is Jeff's last tough heavy day.
	3x515		By now his power is already established.
	3x540		
	3x550		
	3x565		
7	3x500	"	Heavy days now used only for maintenance.
	3x525		This is when he experiences a residual effect.
	3x3x545		Full recuperation is facilitated.
8	3x425	"	
	3x450		
	3x475-500		

***JEFF MAGRUDER** was one of the great record busting benchers of the 80s and 90s. His unique approach to bench training was described in PL USA by his friend John Comereski, and this notion of the "residual effect" was adopted by Greg and Dawn Reshel in their training programs. Intentionally overtraining during part of your training cycle, and then backing off to take advantage of the body's eventual response to the overtraining stimulus was the key to its effect.*

"Weeks 1-4: You will get weaker due to overtraining, but this is necessary for the residual effect to take place later. Poundages remain the same in each exercise throughout this phase. Weeks 5-8: This is an overload regimen that will add to your overtraining and allow for a more full residual effect. This phase of training concentrates on the muscle confusion theory whereby you are shocking your muscles in different ways. Weeks 9-16: This is the actual contest training phase. Here Magruder becomes more concerned with the weights he is handling. He also cuts out many of his assistance exercises.

* These maximum repetitions are performed quickly until Jeff reaches failure, where he cannot do another rep.

+ With this exercise Jeff does as many as 50 reps quickly, until he feels a "pump", then he slows his remaining reps until he reaches muscle fatigue.

& This exercise is performed between 2 benches with 90 pounds placed on Jeff's lap. He will perform roughly 15 reps, until a "pump" is present, then he slows his speed and pauses each rep in the lowered position.

** Each of 4 sets is performed in super-set manner whereby Magruder performes reps, rests 10 seconds and then repeats this until 15 reps are completed. This 15-rep set is repeated 4 times. Jeff usually uses about 405 lbs. on the bar for these.

Here Jeff adds anywhere from 60-80 pounds on his sets of 5s and performs forced reps with the help of his partner.

@ There are not performed during the last 4 weeks of this training phase.

@@ These exercises are cut-out for the last week of training.

$ These rep ranges are dependent upon where Magruder is in his training cycle."

POWER PROFILE

a detailed PL USA look at some of the best lifters in the world

JOHN SHIFFLETT, Virginia Powerlifting's Ambassador of Good Will, and then some ... *by Will Morris*

Many of us, once our competitive powerlifting career is over, will just walk away from the sport. We know if we stay too close, the Iron Bug will bite us again. That will mean gaining more bodyweight, lifting heavier weights, depriving the family of our time, and, in some cases, putting our health in jeopardy. There is a rare breed, though, a person who truly loves the sport so much that he can not walk away from it. Such a man is John Shifflett and if you live in Virginia, and his name is not familiar to you, well ... you just don't know "squat".

Few men in Virginia, or elsewhere, have done as much as John has in the last 20 plus years to promote powerlifting. John has held close to 200 contests, and has helped steer hundreds of aspiring young lifters into the ADFPA/USAPL and drug free competition from those little 15-20 lifter contests. John keeps a supply of powerlifting suits, etc. for those young men and women who do not have them. John knows how tough it is, from his own experience, to go out and purchase squat/bench suits, wraps, pay entry fees for the contest, buy your membership card, etc. For a young person, the sum of $200 - $300 dollars to participate in a contest is a lot of money.

Another one of John's favorites is his annual Greene County Strong Man and Woman contests. He will have several weight classes, with both strength and speed events, such as the tire flip, truck pull, rock carry, dumbbell run, etc. John has been holding this event for over 15 years at the Greene County Fair, where it is one of the more popular events. It is always competitive and fair, and strength athletes from all over come to Greene every August for this event.

John really likes the big ones. He co-promoted the 1998 and 2002 USAPL National Masters in Charlottesville, Virginia and has promoted several other national meets as well, but the ADFPA/USAPL is his true love. John has co-promoted 18 straight (1986 through 2003) ADFPA/USAPL Virginia State Powerlifting contests, the longest running USAPL event in Virginia. John is not just the Meet Director, but he will also announce, spot, load, do lift-offs in the bench press, do the weigh-in, perform equipment checks, answer questions, go out and pick up food, give the rules briefing, etc. Simply put, John is everywhere doing whatever is needed to make the contest run smooth. Most remarkably, he never loses his cool; and if he did, most likely you would not even notice it.

John Shifflett, *the USAPL Chairperson for the State of Virginia.*

Over the years, on hundreds of occasions you would hear John announcing, "This is so and so's first contest" or "Let's get behind so and so as he needs this lift to stay in the contest". To John, it makes no difference if it is your first contest or if you are a National Champion, he roots for everybody the same way.

In December 2002, John decided to run for the Virginia State USAPL Chairman, and he won with a 96% to 4% vote. As a matter of fact, the man running against John apologized to him saying, "I didn't know you were interested". The vote for the vacant chairman's slot, was the first ever taken in 17 years. To my knowledge, the other 4 to 5 State Chairmen in the last 20 years had been hand picked. This is not necessarily good for the sport. At any rate, John will do a great job, because he truly cares about powerlifting and about people.

How about John, the Lifter? John began competing in the early 1980s. He started in the 123 lb. class and has moved up over the years to 198 lbs. plus. Although he has not squatted or deadlifted in a contest for many years, he still likes to bench, and on a good day, he will put up something in the mid to upper three hundreds. He wants to bench 400 in the near future, but his spare time is limited. Back in the day, John could squat in the low 500s, bench in the mid 300s, and deadlift in the high 400s at around 180 pounds or so. Keep in mind, this was drug free and with 1980s equipment. John would like to compete in a USAPL National Masters contest, but finding the time to train is the killer.

John earns his bread working for a fuel dispersing company in Culpeper, Virginia, which is about 35 miles from his home. He has been married for over 20 years to Doris and they have two sons, John Jr., 20, and Jeremy, 15. John goes to church on Sundays and stays involved with his family. John does not run people down, but if he says something, believe him.

John is against any drug usage and with his broad knowledge of names and totals, his keen eye will ferret out any lifter whose total has miraculously gone up recently, and he or she will be tested. Several years ago, a lifter competed at one of John's meets, and his lifts had really improved, even though he had moved up a weight class. Before I could say "What do you think?", John was leading him back for testing. He failed and was ejected (this was when the polygraph was in use by the ADFPA).

Under John's guidance, the USAPL Virginia State Championships has grown from 20 to 25 lifters in 1985/86 to well over 100 powerlifters today. Nowadays, it is tough holding contests in Virginia, as other organizations are growing in this state, but John is a fighter and his contests are well run and, more important, the judging is fair. Also worthy of note, I cannot ever remember a bid being put in against John to hold a contest. Not bad, huh?

I, like many others, fear that should John decide to get out of powerlifting, it might spell the end for much of "drug free" powerlifting in Virginia. For now, we don't have to worry because John is looking to hold more USAPL contests. His problems are universal, as finding help is becoming harder and harder. John does not mind to pay for help, just ask some of the judges, announcers, etc. that came to the 2002 USAPL National Master Meet in Charlottesville, Virginia. They will attest that John put out over $2,000 for many of those people who came to help.

John is a National USAPL Judge and throughout the year he will go to southern Virginia or northern Virginia to help referee contests. He will not hesitate to tell you that you are high in your squat or that your butt came off the bench. I remember a contest where John and I were side judges and I threw a white light on a lifter and John threw a red light. I looked over at John and before I could say anything, John noted that he was not there on my side, that is to say, John calls them as he sees them.

In closing, I have known John for over 20 years and during that time many of my friends have passed on or out of this sport. John Shifflett is constant and steadfast. He has always been there for me, never prying or nosy, but just there. Several years ago, I walked away from competitive powerlifting and John encouraged me to return, as he has done for many others. I, like many, am better off because of John. Finally, I think I speak for all who are involved with powerlifting in Virginia, we sincerely hope John will hang around and continue to hold contests of strength. Thanks for being there for us, John.

***At the APA Moses Lake Open, Ryan Kennelly** tried a 900 BP several times and was almost successful on one of the attempts. (Scott Taylor)*

APA Moses Lake Open
19 JUN 04 - Moses Lake, WA

DEADLIFT		D. Longmire	425
198 lbs. T3		J. Buchmann*	405
V. Heinemann	525	A. Bess*	300
M2		242 lbs.	
J. Wolbers	605	C. Smith	545
220 lbs. Open		M1	
W. Dirk	525	T. Pyle	400
275 lbs. M1		J. Horn*	520
B. King	505	308 lbs. T3	
BENCH		T. Corwin	550
Open 181 lbs.		M. Davis*	550
B. Owens	385	T. Corwin*	550
198 lbs. M2		Open	
J. Wolbers	375	R. Kennelly	---
Open 220 lbs.		SHW M1	
W. Dirk	545	P. Ratsch	620

*=Drug Tested. Special thanks to Sleek Physique for providing a great meet venue, providing some great equipment, and some outstanding spotters who worked hard throughout the day, keeping lifters from injury. I'd also like to thank the referee's for doing a great job and of course the staff of Sleek Physique who did a lot of hard work making this an enjoyable event for all. Lifting quality was outstanding to say the least. Paul Ratsch set a master record 620 bench, 19 year old Terry Corwin of Oregon benched an awesome 550. As usual, 56 years young Jon Wolbers of Canada came down and moved a lot of heavy iron doing some spectacular lifting. Lots of great lifting took place. The highlight of the day was Ryan Kennelly's opener of 880 which he nearly got due to set up problems, stalled at the end of the lift. Ryan proceeded to attempt 900 three times and it cam REAL close to competition on one of the attempts. It was obvious he is there... just some technical difficulties preventing it from happening today. The APA returns to Moses Lake in the fall to run a full power event. (Thanks to Scott Taylor for results)

Terry Tate BP Classic 2
17 APR 04 - Galt, CA

BENCH		242 lbs.	
MEN		T. Williams	405`
Youth (raw)		275 lbs.	
(7-9)		M. Knight	570
98 tbs.	50	J. Thomas	365
D. Knight		Master (45-49)	
(10-12)		275 tbs.	
88 lbs.	85*	M. Knight (264)	
M. Knight		570	
Teen (raw)		STANDING E-Z	
(13-15)		BAR CURLS	
198 lbs.		Youth	
T. Knight	300*	88 tbs.	
J. Phillips	185	D. Knight	20x100
Open		Open	
220 lbs.		242 lbs.	
B. Peterson	355	T. Williams	175x1
275 lbs.			
M. Knight	250x1, 200x15		

*Personal Record. The Terry Tate BP Classic 2 was held on Saturday, April 17, 2004, at the Dungeon Gym in Gait, California. This year's Terrible Terry Tate, "Office Linebacker", BP Classic 2, included the Bench Press, as well as the Two Arm Barbell Curl. Just like Terry, the lifters here showed 100% heart, all day, every day". First up, "Bringing the Pain" in the bench press was 7 year old David Knight, who bench pressed 50 lbs. raw. David is built like alittle version of the great Don Reinhoudt. Next, was 12 year old Michael Knight, who took time out from freestyle skateboarding to bench a nice 85 lbs. raw, for a new PR at 88 lbs. bwt. 15 year old, Tony Knight benched a huge 300 raw for a new PR at 198 bwt. Tony's been training heavy during the off season, getting ready for the Galt High School 2004 football season, when tie brings "The Pain Train" back on the football field. Bob Peterson benched a big 355 In the 220 class. Terry Williams PRed with an easy 405 bench in the 242 class, just missing 425. And finally, 45 year old, Master Lifter, Mike Knight opened with 405 raw, and quoted Terry Tate as he held the bar at his chest waiting for the press command, yelling, 'When it's Show-time, it's Go-time!", before easily pressing it to lockout. On his second attempt, Mike blasted up 550, using his INZER double-denim bench shirt. On his third attempt, Mike benched a big 570, "Up in this Humpty-Bumpty", weighing 264 bwt., which was a new Terry Tate Classic Record. Also, Mike lifted "unassisted", he did not use a liftoff, taking all of his attempts, and 570, out of the rack by himself, before performing the lifts. After the bench press competition, there was a Two Arm Curl Competition/Exhibition. Chalk and wrist wraps were the only equipment allowed (no straps). Terry Williams curled 175 lbs. for 1 rep. Mike Knight curled 250 lbs. for 1 rep and 200 lbs. for 15 reps. Also competing in the EZ Bar Curl competition, 7 year old, David Knight curled the EZ bar for 100 reps!!! That's right, the 20 lb. bar for 100 reps (non-stop). David weighed in at 98 lbs. bwt.. A barbeque was held immediately following the event, where the competitors got their fill of steaks, chicken, and enough Terry Tate quotes to last until the next Superbowl. There was definitely no "Tippy-Toe'in Up in Here" when it came to eating. The meet was put on by "Triple-T Promotions" and they'd like to thank the spotters and judges, Joe Weiss, Darryl Skeva, Kurt Heath and Bob Morris. Thank you to Powerlifting USA. (Thanks to Kurt Heath for these results)

AAU Richmond International (kg)
31 Oct-2 Nov 04 - Richmond, VA

Raw	SQ	BP	DL	TOT
Male				
97				
Jared Fleming	92.5	50	110	252.5
Teenage 18-19				
123				
V. Navarre	107.5	87.5	137.5	332.5
4th	110		142.5	
165				
Junior 20-23				
S. Redgate	177.5	145	180	502.5
Teenage 16-17				
165				
C. Ballance	150	107.5	195	452.5
4th			200	
H. Pavasko	147.5	90	175	412.5
Youth 12-13				
M. Wilson	80	60	117.5	257.5
4th	97.5		122.5	
181				
Kids 10-11				
Peter Collins	65.5	37.5	70.5	173.5
Lifetime/Masters 50-54				
Frank Sumner	112.5	125	157.5	395
Masters 50-54				
Frank Sumner	112.5	125	157.5	395
198				
Junior 20-23				
Nate Roten	235	150	272.5	657.5
Hollingsworth	170	127.5	162.5	460
Lifetime/Masters 60-64				
Oscar Rickman	165	107.5	200	472.5
Masters 60-64				
Oscar Rickman	165	107.5	200	472.5
Open				
Wayne Pennell	222.5	157.5	262.5	642.5
Hollingsworth	170	127.5	162.5	460
220				
Masters 55-59				
Jack Roten	242.5	142.5	260	645
4th	245			
Open				
A. Montgomery	185	130	205	520
242				
Junior 20-23				
Matt Roten	245	152.5	260	657.5
275				
Junior 20-23				
Ben Bowman	150	167.5	145	462.5
Masters 55-59				
Tom Dorsey	182.5	127.5	220	530
Open				
Baron Dixon	285	197.5	282.5	765
Submasters 35-39				
Baron Dixon	285	197.5	282.5	765
319				
Lifetime/Masters 40-44				
Dan Bescher	210	155	210	575
Masters 40-44				
Dan Bescher	210	155	210	575
Women				
105				
Lifetime/Masters 50-54				
Evelyn Newton	55	35	87.5	177.5
4th			92.5	
Masters 50-54				
Evelyn Newton	55	35	87.5	177.5
4th			92.5	
181				
Masters 45-49				
Betty Odom	52.5	45	102.5	200
International Asissted				
Men				
132				
Masters 40-44				
O.R. Toledo	145	92.5	195	432.5
Teenage 18-19				
E. Rodriguez	172.5	90	192.5	455
4th			201	
Military/Open				
165				
Chris McCool	180	132.5	172.5	485
181				
Lifetime/Masters 65-69				
T. Trevorah	137.5	107.5	162.5	407.5
198				
Law/Fire Open				
C. Hession	190	157.5	190	537.5
Law/Fire/Submasters 35-39				
C. Hession	190	157.5	190	537.
Lifetime/Masters 50-54				
Pat Aulicino	167.5	167.5	252.5	587.5
Masters 60-64				
N. Gregory	217.5	137.5	205	560
220				
Masters 45-49				
D. Runner	245	145	237.5	627.5
Women				
114				

Ellen Trevorah deadlifting at the AAU Richmond International. (Photograph by Barbara Beasley)

Junior 20-23				
S. Rodriguez	105	42.5	122.5	270
132				
Lifetime/Masters 45-49				
B. Beasley	110	67.5	132.5	310
Lifetime/Open				
B. Beasley	110	67.5	132.5	310
Masters 45-49				
B. Beasley	110	67.5	132.5	310
Open				
B. Beasley	110	67.5	132.5	310
165				
Junior 20-23				
Giselle Costas	172.5	92.5	215	480
Lifetime/Masters 45-49				
Jill Meads	140	65	140	345
4th	142.5			
Lifetime/Open				
Jill Meads	140	65	140	345
4th	142.5			
Masters 45-49				
Jill Meads	140	65	140	345
4th	142.5			
Open				
Jill Meads	140	65	140	345
4th	142.5			
181				
Lifetime/Masters 65-69				
Ellen Trevorah	92.5	57.5	105	255

Richmond International Best Lifters, Best Assisted Open Male: Chris McCool, Best Assisted Master Male: Nestor Gregory, Best Assisted Master Female:Barbara Beasley, Best Raw Open Male:Baron Dixon, Best Raw Master Male: Jack Roten, Best Raw Master Female: Evelyn Newton. (Thanks to Barbara Beasley for the results)

2nd UAPC/APC Push/Pull
13 Mar 04 - Davenport, IA

BENCH ONLY		110k	
Master/W		Rob Luyando	565*
67.5		125k	
J. Vrombaut	95	C. Cravatta	430
Teen		C. Vela	435
82.5		140k	
David	320	C. Robinson	440
90k		Submaster	
C. Frizzill	305*	140+	
M/45-49		H. Oliver	500
82.5		DEADLIFT ONLY	
Rick Dexter	340	Open	
100k		125k	
Scott Lee	460*	Tim Muriello	565
4th attempt	460*	75k	
Mike Frizzell	450*	Steve Rieger	420
M/50-54		100k	
75k		Dana Espe	575*
Ken Beach	290*	4th attempt	640
110k		125k	
Ray Haynes	410	D. Escalante	660
Open		M/45-49	
90k		110k	
R. Laitres	415	Gary Kosman	600
H. Sullivan	415	M/55-59	
Dan Phipps	370*	75k	
100k		Bob Weber Jr.	515
Jay Cravatta	515*		

WOMEN	BP	DL
Master/W		
Push/Pull		
56k		
Sheila Rouse	120*	250*
Open/W		
67.5k		
K. O'Connor	150	335
60k		
Dorothy Olson	125	250
75k		
J. VanDeursen	185	330
DL		
Teen		
90+		
Tracie Stark	220	325
M/50-54		
60k		
K. Middleton	115	230
MEN Push/Pull		
Open		
82.5		
Kurt Hook	315	555*
90k		
Robert Casey	465*	585*
110k		
Bill Zacharias	---	500
125k		
Bob Weber III	520	640
T/18-19		
90k		
Ryan Grage	300	515
4th attempt		530

The week before the meet, Dan Burich from the local TV channel, WQAD, did a segment on Powerlifting for his Sunday night sports program. Ed Angstrom, James Rouse and Bob Weber demonstrated technique and discussed the upcoming contest. The Push/Pull was a huge success, topping last year's contest. The spectators filled the house, standing room only! The Davenport Holiday Inn was the site for the competition. Competitiors from as far away as Connecticut, including world record holder Scott Lee and his son David and Russell Laitres. There was a large contingency from Joliet and Chicago, IL. This was a great opportunity for local "Iowa" lifters such and Team Weber of Clinton, Rick Dexter, Kathy Middleton, Ray Haynes, Hershal Walker and Chris Robinson of Davenport. American records were set by lifters like Ken Beach, setting three records in his "first" competition, Scott Lee, setting records in the UAPC and the APC, Kurt Hook of Fulton, IL, father and son Mike and Casey Frizzell of Greymont, IL Robert Luyando of Rock Falls, IL, and one of America's Military, Dan Phipps of Camanche, IA, Jay Cravatta of Clinton, IA, awesome Robert Casey of Joliet and world record holder and Rouse house team member, Sheila Rouse of Joliet. It was a family affair for the Angstroms, who are becoming old hands at this. Ed, his wife and 4 daughters worked every aspect of the competition. Awesome spotters and loaders, great judges like Steven Parkhurst, Geri Weber, Ed Angstrom and James Rouse. A special thanks goes out to DJ Clark of DJ's Body Shop, Davenport, for providing his equipment for the competition and Dan Howell of Davenport for hauling, unloading, loading and anything else he could do to help. The "3rd Annual" promises to be bigger and better! (Thanks to Ed Angstrom for providing these meet results)

ASSOCIATION OFFICE COPY

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

ANNUAL MEMBERSHIP DUES

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

Aerobics, Badminton, Baton Twirling, Bowling, Canoe, Cross Country, Diving, Fencing, Golf, Jump Rope, Physical Fitness, Physically Challenged, Racquetball, Rowing, Sailing, Squash, Swimming, Table Tennis, Tennis, Track & Field, and Volleyball

	Regular Fee	"AB" Fee
Adult Athletes in the Following Sports: Baseball, Biathlon, Basketball, Broomball, Cycling, Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting	20.00	23.50
Adult Athletes in the Following Sports: Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling	20.00	25.00
Adult Athletes in the Following Sports: Chinese Martial Arts, Judo, Jujitsu, and Karate	**Not Available**	25.00
Adult Tae Kwon Do Athletes	20.00	**Not Available**
Adult Powerlifting Athletes	30.00	35.00

AAU National Headquarters
c/o The Walt Disney World Resort
PO Box 10,000
Lake Buena Vista, FL 32830

SPORT CODE ____ ____ ASSOCIATION CODE ____ ____

MEMBERSHIP CATEGORY *CHECK ONE:* ___ Athlete ___ Coach ___ Official ___ Volunteer

CHECK ONE: ___ Youth Program ___ Adult Program **Added Benefit** ___ Yes ___ No

Club No.: Club Name: E-Mail

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? ☐ Yes ☐ No

Date of Birth | Age | Sex ☐Male ☐Female | Application Date | Social Security Number

First | Middle | Last

Address

City | State | Zip Code

County | Phone (With Area Code)

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 _____

Back Issue of the Month

On the cover of the NOV/94 issue of PL USA *we had several of the stars of the WDFPF World Championships in Minnesota: Doan Nguyen, Ray Benemerito, Bettina Altizer, and Bull Stewart. Among the other winners were Greg Jones, Beau Moore, and Sergei Alexeev (Herb Glossbrenner declared him to he one of the two lifting sons of L legend Vasili Alexeev!). Also this issue, Herb commented ı the state of equipment in PL ith his controversial "Has werlifting Become a Mockery Strength" article. We had a ot of Anthony Clark's all time cord breaking 739 BP. "Alces ... a new generation ostimulant from Russia was scribed by former Soviet rformance guru Dr. Moris ber. We had a report on the IPF Worlds held in exotic BALI, lonesia, as well as the Goodwill mes in St. Petersburg, Russia ere powerlifting was contested an exhibition sport. Dr. Ken Leistner dug into the notion that PL judging for yesterday's stars might not be the same as for the stars of 1994. Louie Simmons talked about the "forgotten" training method of Isometrics. Tony Kamand, with an 845 squat in the 181s, had his squat routine as our Workout of the Month, for the beginner and intermediate lifter. Big Bencher Craig Tokarski was interviewed, and Joe McAuliffe was pictured with a record setting 478 BP at 198 (boy, has he come a long way since then!) On our ADFPA TOP 20 for the 275s, Greg Lowe had the Number One squat (920), deadlift (775), and total (2145) and Johnathan Byers the top BP (589). Hank Sargent was 13th in the squat (735), Karl Gillingham 9th in the bench (520), Tony Leiato was 14th in the DL (683), and Mike Anderson was 20th in the total (1780). On our TOP 100 for the 148s, Tony Conyers had the best squat (685) and total (1735), with Greg Warr nailing Numero Uno in the BP (510) and Dan Austin prevailing in the deadlift (697). Mariah Liggett was 47th in the squat (501), Paula Suzuki was 85th in the BP (325), future World Masters Champion Pat Beaumaster was 96th in the DL (480), and original ADFPA Executive Committee member Nick Theodorou was 74th in the total (1234). You can still get this back issue, and dozens of others. See pages 48-51 for details and synopses of the available issues, and be sure to check out our special prices on bulk quantity orders of as many different copies as you might be interested in.*

USAPL Great West PL & BP
22 May 04 - Rapid City, SD

	SQ	BP	DL	TOT
Teen 13				
123				
A. Taylor	159	121	214	495
Teen 12				
148				
K. Swenson	137	77	198	412
Teen 14-15				
C. Herrman	313	154	434	902
Kenny Wells	159	154	275	588
James Peltier	159	132	225	517
D. Michaud	225	198	308	731
Cody Matney	176	115	286	577
Jon R. Legs	159	115	231	506
FlyingHorse	203	143	280	627
Darren Wells	148	126	203	478
16-17				
Sam Kuiper	440	269	423	1133
J. McLellan	319	181	302	803
N. Vessar	220	203	357	781
StandingCrow	242	181	291	715
Phil Davis	258	198	302	759
C. Red Bird	137	165	308	610
Flying Horse	220	159	341	720
G. Verbeski	214	132	302	649
Teen 18-19				
275				
B. Adams	517	313	467	1298
Womens				
Open				
D. Merrival	225	181	291	698
M. Rilling	253	148	275	676
Val Feral	181	93	225	500
Masters				
181				
J. Lerew	225	132	286	643
Mens				
Open				
148				
P. Nguyen	357	253	440	1050
C. Rohwer	253	220	390	863
165				
B. Rilling	445	357	500	1303
K. Aragon	401	291	407	1100
Mutschelknau	335	275	401	1012
181				
Leo Sanchez	500	291	561	1353
Todd Craig	429	275	511	1215
220				
J. Murphy	500	269	467	1237
242				
K. McKnight	374	341	429	1144
275				
J. Kunzman	528	401	544	1474
Fred Dupris	528	390	528	1446
Brian Waala	506	375	489	1353
B. Adams	517	313	467	1298
40-49				
J. Kunzman	528	401	544	1474
K. Aragon	401	291	407	1100
David Brown	489	330	473	1292
50-59				
Greg Hunter	346	269	418	1034
Steve Hill	324	236	352	913
Ron Root	275	225	368	869
60-69				
Jerry Ochs	319	209	374	902
Bench Press				
Female				
Teen 14-15				
R. Webber	77			
Teen 16-17				
Trina Ramos	99			
C. Webber	93			
Gwen Smoke	71			
Male				
Teen 14-15				
D. Michaud	198			
Zack Potvin	181			
S. Iron Cloud	209			
16-17				
Standing Crw	181			
Phil Davis	198			
Teen 18-19				
B. Kills Small	203			
N. Fool Head	203			
Womens				
Open				
D. Merrival	181			
Masters				
D. Kullard	137			
D. McKnight	121			
Mens				
Open				
181				
M. Dowling	401			
M. Shane	385			
220				
G. Elliott	412			
R. Lang	407			
C. Eisemann	374			
242				
K. McKnight	342			
275				
R. Miller	467			
Masters 40-49				
Randy Lang	407			
Craig Kirsch	341			
Dale Pearce	352			
Masters 60-69				
Jerry Ochs	209			
G. Handley	209			

*Best Teen Lifter Sam Kuiper. Best overall Brad Rilling. This meet was huge (like you know what!) for the Rapid City YMCA! 60+ registered lifters, 59 competitors for Powerlifting and Bench Press! Once again, I have to thank Steve Howard (USAPL State Chair) for all his help and guidance! And to also thank Mike Laird for his scoring program that made the awards presentation go a lot faster! My referres were fantastic ... I learned from them as the day went on. Thank you to: Ron Weiterbach, Dan Gaudereau, Renee Catron-Blair, Brent McCune, Kirk Spell and Steve Howard. So many records were set and broken that the referees hands got blisters from signing all the record forms! We had alot of teen lifters and new lifters. Hope they all keep it up! Thank you USAPL for allowing me to direct this great event! Thank you Todd for getting me through it! See you all in the Fall! Nicole Craig. (Thanks go to the USAPL for submitting results to PL USA.)

USAPL Rocky Mountain Open
22 May 04 - Pocatello, ID

	SQ	BP	DL	TOT
Men				
Open				
148				
S. Myers	385	270	470	1125
M. Haynes	375	285	450	1110
165				
E. Millburn	415	335	430	1180
C. Murphy	300	190	345	835
181				
M. Hudson	490	300	485	1275
J. Rogers	440	275	440	1155
J. Bourguin	340	255	470	1065
C. Glading	315	220	340	875
198				
J. Barrett	400	290	485	1175
R. Williams	540	—	540	1080
Tom Dowers	400	250	390	1040
J. Schmidt	—	—	—	—
220				
S. Mecham	570	475	555	1600
D. George	425	250	460	1135
Will Reece	—	300	—	300
242				
D. Flonta	525	370	460	1355
275				
Andy Watson	570	470	575	1615
Teni Pulu	455	295	375	1125
M. George	325	260	420	1005
Clark Geslin	300	250	450	1000
Cunningham	275	245	405	925
SHW				
A. Snider	640	500	585	1725
Jason Ward	360	365	430	1155
Mens				
Teen				
Eric Millburn	415	335	430	1180
Danny Flonta	525	370	460	1355
Troy Ladish	460	250	460	1170
Jaeson Rogers	440	275	440	1155
Tom Dowers	400	250	390	1040
David George	425	250	460	1135
Teni Pulu	455	295	375	1125
JD Diaz	345	195	345	885
P. Baptista	335	215	405	955
C. Murphy	300	190	345	835
Mike George	325	260	420	1005
Cunningham	325	260	420	1005
Kent Wetzel	—	—	—	—
Open light				
Donna Marts	305	185	315	805
V. Satterlee	200	130	255	585
M. Jackson	225	165	290	680
S. Jenson	175	125	220	520
Women				
Open hwy				
Holly Oxford	355	235	385	975
Kate Ahlers	320	200	385	905
S. Haycock	175	310	250	560
Mens				
Masters				
Mike Hudson	490	300	485	1275
Russ Nielsen	440	285	475	1200
Jerry Schmidt	—	—	—	—
Mens				
Open				
Bench				
181				
S. Judalt	400			
B. Barnes	355			
Bob Baker	350			
B. Parke	330			
220				
R. Nielsen	500			
J. Zolynski	400			
275				
A. Watson	470			
319				
C. Nielsen	280			
SHW				
Peter Herdt	375			
Womens				
Open				
Bench				
198				
Holly Oxford	235			
Women				

(Thanks to USAPL for submitting results)

POWER PEOPLE

"The PIT" *... team champions at the USAPL Deadlift Nationals ... bottom row, sitting, Eugene Hall; kneeling, Derek Wallace, Dan Payne, Dano Hall, Kelvin Hayes, Bryan Mayhew, John Thomas; standing, Randy Pirtle, Sean Herron, Tim Money, Pat Payne, Eddie Williams, Dick Conner, Wes Lowey, Bruce Thomas, Clemmon Swinney, Dave Wedding, Dustin Minks. See the results and report of this meet, starting on page 48. (Photo courtesy of Dick Conner)*

USPF Battle of the Bay BP/DL
22 MAY 04 - Livermore, CA

Bench Only
Women
Open Women
C. Henesian 171
Men
148
Teen 13-15 Men
C. Tremblay 143
181
Open Men
M. Mendez 265
198
Open Men
Ty Weston 298
Open Men
Todd Robinson 292
Master Men 45-49
Todd Robinson 292
Master 55-59
D. Cummerow 336
220
Teen 16-17 Men
A. Contreras 254
Open Men
Jerry Tremblay 413
Open Men
Luis Castillo 402
Open Men
Matt Marriott 375
Open Men
Michael West 364
242
Open Men
Dan Varela
Master Men 45-49
Clinton Sims 435
Master Men 60-64
Mike Bonifield
275
Open Men
S. Cartwright 518
Open Men
Len Webb 480
Open Men
Rick White 402
308
Open Men
Matt Carter 298
SHW
Open Men
Leo Contreras 402
Master 50-54 Men
Leo Contreras 402
Deadlift Only
Men
148
Teen 13-15 Men
C. Tremblay 347
181
Open Men
M. Mendez 502
Master 55-59 Men
Bill Ennis 502
198
Open Men
Ty Weston 429
Open Men
Todd Robinson 220
Master Men 45-49
Todd Robinson 220
220
Teen 16-17 Men
A. Contreras 353
Open Men
Jerry Tremblay 601
Open Men
Michael West 463
242
Master Men 45-49
Clinton Sims 601
275
Open Men
Rick White 524
308
Open Men
Matt Carter 402
SHW
Open Men
Leo Contreras 463
Master 40-44 Men
Art Ramsey 518
Master 50-54 Men
Leo Contreras 463

State Single Lift Bench Records set: Christina Henesian, 132 lb class, Junior 20-23, 170 lbs, Luis Castillo, 220 lb class, Junior 18-19, 402 lbs, Rick White, 275 lb class, Junior 20-23, 402 lbs. State Single Lift Deadlift Records set: Chris Tremblay, 148 lb class, Junior 13-15, 347 lbs, Bill Ennis, 181 lb class, Master 55-59, 501 lbs, Clinton Sims, 242 lb class, Master 45-49, 600 lbs, Rick White, 275 lb class, Junior 20-23, 523 lbs, Leo Contreras, 308+ class, Master 50-54, 462 lbs, Art Ramsy, 308+ class, Master 40-44, 518 lbs. American Single Lift Bench Records set: Rick White, 275 lb class, Junior 20-23, 402 lbs. American Single Lift Deadlift Records set: Bill Ennis, 181 lb class, Master 55-59, 501 lbs, Clinton Sims, 242 lb class, Master 45-49, 600 lbs, Rick White, 275 lb class, Junior 20-23, 523 lbs, Art Ramsy, 308+ class, Master 40-44, 518 lbs. Thanks to all of our valuable help at the meet: Bill Ennis, International referee, Steve Denison, National referee, Jason Burnell, National Referee, Rob Meulenberg, State Referee, Scott Cartwright, State Referee, Jason Burnell, score table computer input, Charles McGrue, spotter/loader, Chris Lefort, spotter/loader and Rick White, announcer and meet director. (Results by S. Denison)

NASA WISCONSIN STATE
03 APR 04 - Stoughton, WI

Sub-Master(2)	SQ	BP	DL	TOT
198				
J. Hou-seye	405	275	390	1070*
220				
J. Halverson	650	365	650	1665*
Master(1)				
165				
David Felton	385	260	580*	1225
181				
D. Anderson	505*	270	495	1270
(40-44)Pure				
220				
Marty Becker	650	410	600	1660*
M-5(Pure)				
Stuart Coogan	500*	260	540*	1300*
308				
Kerry Simplot	585*	375	500	1460
Master(2)				
275				
R. Sadowski	440	245	525*	1210
Powersports	C	BP	DL	TOT
Teenager(13-19)				
165				
Sephorn Tep	110	260	225	595*
181				
J. Smith	140	325	380	845*
Intermediate(24-29)		308		
Justin Cera	155	400	560	1115*
Sub-Master(2)				
242				
S. Parkman	180	350	530	1065*
Master(1)				
220				
Robert Vivier	130	200	460	790*
275				
Brad Edgar	175*			
SHW				
Jim Ray	130	425*	465	1020
Master(2)				
198				
S. Harris Sr.	140*	335*	435	910*
Master(3)				
165				
Richard Lee	85	115	200	400*

NASA Wisconsin Bench
24-29 Intermediate
181
Steve Harris Jr. 310
Master(1)
148
Andrew Olsen 280*
Master(2)
275
Terry Turner 370*
*State Record. (results from Robert Vivier)

NASA East Texas State (kg)
29 MAY 04 - Longview, TX

bpmp/243
Craig Bowen 177.5
cmp/243
Craig Bowen 62.5
dlhs/149
Mikey Hall 125
dlm1/shw
John Tabalet 192.5
dlnat/shw
John Tabalet 192.5
Bench
m1/243
Lee Elliff 222.5

Powerlifting	C/SQ	BP	DL	TOT
hs/115				
B. Williamson	37.5	70	110	217.5
hs/182				
Tad Peters	55	97.5	170	322.5
youth/115				
B. Dorman	11	10	35	56
Meet				
hs/115				
B. Williamson	110	75	132.5	317.5
jr/115				

m1/shw
Charles Lively 200
p+f/243
Jimmie Candie 215
pure/220
Michael Green 212.5
sm1/220
Michael Green 212.5
smp/220
Michael Green 212.5
teen/198
Andy Lawlace 170

Joseph Bray	132.5	80	155	367.5
jr/149				
Aaron Muntz	182.5	95	167.5	445
m1/149				
Doug Holland	127.5	92.5	182.5	402.5
m2/243				
Kevin New	242.5	125	197.5	565
sm1/182				
Jim Hill	175	122.5	182.5	480
sm2/149				
John Nasche	190	102.5	170	462.5
sm2/243				
Michael Dorman				
sm2/shw				
D. McCaskill	300	210	275	785
smp/149				
John Nasche	190	102.5	170	462.5
smp/198				
Bobby Frasier	237.5	145	222.5	605
teen/166				
Ethan Holland	150	70	152.5	372.5

(Thanks to Rich Peters for these results)

DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. DON'T TRAIN WHEN HURT - ALWAYS CONSULT YOUR DOCTOR.

ELITE FITNESS SYSTEMS carries the complete line of Flex Bands®. Flex Bands® were developed by former football coach Dick Hartzell. These are the only bands endorsed by Louie Simmons of Westside Barbell. Beware of imitators with inferior bands that are molded or bonded together. They are backed by full 1-year warranty. These are a must for any serious athlete! Four sizes are available, listed below in order of strength:

BANDS		COST/ONE BAND*
Mini	(1/2" wide, assorted colors)	$10.00
Light	(1-1/8" wide, Purple)	$18.50
Average	(1-3/4" wide, Green)	$22.50
Strong	(2-1/2" wide, Blue)	$28.50
Jump Stretch Regular Platform		$145.00
Jump Stretch Sumo Platform		$245.00

ELITE FITNESS SYSTEMS is proud to be your complete chain supplier. We sell only Galvanized chain, which means they will not rust! We also offer the complete chain setup packages which includes: (2) five foot length 5/8in chains, (1) helper chain, (1) oval snap hook, which hooks in the middle of the chain to allow for even loading. This oval snap hook will also keep your chains from falling apart in the middle of your set. Extra chains and setup packages are available.

5/8 CHAINS:	(2) 5/8in chains	$78.00*
Complete Set:	(2)chains,(1)helper chain, (1)oval snap hook	$99.95*
5-Station Chain Pack:	(5)complete sets (10)extra 5/8 chains	$815.00*

*Shipping charges additional, please call for quotes.
We accept Visa / MC / Discover / AmEx
Checks and money orders may be directed to the address below:

WWW.ELITEFTS.COM

ELITE FITNESS SYSTEMS
122 S. Main St. London, Ohio 43140
P 888.854.8806 F 740.845.0498

WWW.ELITEFTS.COM

USA POWERLIFTING CORNER

National Office
P.O. Box 668
Columbia City, IN 46725

Administrator: Barbara Born

Website:
www.usapowerlifting.com

Email:
USAPLADMIN@skyenet.net

President: Larry Maile, Ph.D.
Email:
L-MAILE@usapowerlifting.com

Vice President: Johnny Graham
Email: jtruck52@hotmail.com

President's Message: A smaller, friendlier powerlifting world

In my last column, I wrote about upcoming international travels of our Women's Open Team, and our visit to Brasil to participate in a friendly competition. Those trips are complete, with our teams having returned successfully.

The Women's Team placed third in the team competition, after Russia and the Ukraine, and well ahead of the remaining teams. We solidified our position at one of the top women's lifting powers in the world. Our success is a direct reflection of dedication of our athletes and coaching staff, and the growing strength of our women's program. To look at results, we were very successful in bringing home the medals. Priscilla Ribic won the 67.5 kg. class, Ashley Robbins brought home the Silver Medal in the 44 kg., class, and three of our team members won the bronze: Tina Carder (44 kg.), Jennifer Maile (48 kg.), and Liz Willett (+90 kg.). World records were exceeded by Carly Nogle (56 kg., sub-junior squat record), Bonica Brown (90 kg., sub-junior squat, bench, deadlift, and total records), Liz Willett (+90 kg. open squat record), and Harriet Hall (90+ Master squat record). Katie Ford reflected the trend that we have seen in our athletes over recent years, moving up in the nominations, and improving her personal record total. These results reflect the trend of improvement, and the depth our program is enjoying. Probably most noticeable, and contrary to our expectations, the U.S. Team was well received and supported by the crowd and the community (Cahors, France).

Our trip to Brazil really brought home the lesson that powerlifting is a vehicle for increasing understanding and diminishing the distances between peoples. Julio Conrado, the President of the Brazil Confederation of Powerlifting, and the Brusque City Organizing Committee arranged for our in-country transportation, hotel, and threw a banquet that rivaled any at a world championships. And the fans! They crowded the stage in every weight class, cheering, pounding the stage, and encouraging the lifters to "make their lifts." The U.S. Team included Justin Maile, Sean Di Cataldo, Sean McDermott, Vince Peters, Pete Alaniz, Sr., Luis Alvarado, and myself. We were photographed, signed autographs, and really had the opportunity to serve as ambassadors of the U.S. We were all presented with Team Brasil t-shirts, and wore them for the competition. To say that it was a great experience is an understatement. It is these experiences that remind us why we lift and what may be achieved when friendship and good competition are the focus.

Junior and Sub-Junior National Teams to the World Championships

Last issue, I highlighted the combined Sub-Junior and Junior World Championships, to be held in Pretoria, South Africa. Our team is taking shape, and looks to do very well. Specifically, though, I requested your support for these young people for travel assistance and sponsorship. This trip will cost each of these young people more than $2000. Please consider a tax-deductible donation to assist them in representing the United States at the World Championships. Information on our "Designated Beneficiary Program" is available at: www.usapowerlifting.com/forms/designated_beneficiary.shtml.

Top Twenty

This month, we feature the top 20 women at 82.5 kg. (181 lbs.) and the top 20 men at 100 kg. (220 lbs.)

U.S.A.P.L. CORNER

181								
1	Jessica Watkins	529	Jessica Watkins	314	Jessica Watkins	507	Jessica Watkins	1350
2	Ashley Sanders	380	Jean Maton	226	Malinda Baum	402	Jean Maton	987
3	Gily Martinez	380	Cathy Martin	215	Jean Maton	397	Malinda Baum	970
4	Sami Lee Chow	375	Sara Tomechko	215	Traci Till	391	Ashley Sanders	955
5	Jean Maton	364	Malinda Baum	209	Ashley Sanders	390	Sami Lee Chow	937
6	Malinda Baum	358	Kelly Louque	204	Margaret Mclean	380	Cathy Martin	931
7	Traci Till	358	Amy Hocutt	198	Maggen Mullin	375	Traci Till	920
8	Lacy Picou	355	Maggen Mullin	198	Amy Hocutt	369	Maggen Mullin	898
9	Tiffany Sommers	355	Sami Lee Chow	198	Cathy Martin	364	Amy Hocutt	887
10	Cathy Martin	353	Deborah Jackson	193	Sami Lee Chow	364	Tiffany Sommers	885
11	Detria Johnson	330	C. Armstrong	187	Lacy Picou	360	Lacy Picou	880
12	Satin Perez	330	Sabrina Freed	187	Tiffany Sommers	355	Kelly Louque	865
13	Maggen Mullin	325	Ashley Sanders	185	Detria Johnson	350	Detria Johnson	860
14	Amy Hocutt	320	Gily Martinez	185	Patricia Giddings	347	Gily Martinez	845
15	Ashley Parshe	320	Detria Johnson	180	Kelly Louque	342	Satin Perez	835
16	Kelly Louque	320	Satin Perez	180	Sabrina Freed	336	Sabrina Freed	832
17	Tiffani Bayer	315	P. Giddings	176	Jenny Majdan	331	Patricia Giddings	816
18	Amorett Kummer	309	Tiffany Sommers	175	Lindsay Burdick	331	Margaret Mclean	800
19	Sabrina Freed	309	Brandy Cox	171	Sara Tomechko	330	Deborah Jackson	799
20	Deborah Jackson	303	Traci Till	171	Tiffani Bayer	330	Ashley Porche	794
220								
1	Nick Tylutki	772	Tony Succarotte	580	Charr Gahagen	799	Nick Tylutki	1968
2	Scott Waits	739	Scott Waits	502	Nick Tylutki	755	Tony Succarotte	1947
3	Charr Gahagan	711	Dennis Allison	475	Scott Zwanstra	716	Charr Gahagen	1935
4	Brian Radulavich	711	Ryan Stills	470	Bubba Stokes	711	Scott Waits	1902
5	Ryan Stills	710	Jeremy Hartman	469	Jeremy Hartman	710	Scott Zwanstra	1846
6	Bubba Stokes	705	Scott Zwanstra	463	Tony Succarotte	694	Bubba Stokes	1841
7	Tom Hines	700	Rich Wenner	463	Jason Shoopman	683	Jeremy Hartman	1835
8	Tim McFarland	700	Charr Gahagen	463	Dewon Johnson	683	Ryan Stills	1810
9	Tom Hines	685	Nick Tylutki	457	Ryan Stills	680	Tom Hines	1800
10	Tony Sucarrotte	683	Tom Hines	452	Tim Henriques	675	Tim McFarland	1775
11	Travis Werner	680	Tim McFarland	452	Dewon Johnson	672	Rich Wenner	1720
12	Scott Zwanstra	672	Rich Kruzsely	452	Bob Heck	672	Bob Heck	1720
13	Bob Heck	672	Chris Hootman	452	Kenneth Reynolds	667	Brian Radulovich	1719
14	Jeremy Hartman	667	Guy Faulkner	450	Dennis Allison	665	Jason Shoopman	1718
15	Jason Burnell	656	Walter Savage	445	Scott Waits	661	Dennis Allison	1710
16	Lauren Cohen	650	Travis Werner	440	Brian Radulovich	661	Travis Werner	1705
17	Mike Lohmann	650	Scott Mecham	440	Geoffrey Esper	660	Chris Hootman	1703
18	Shawn Cain	645	Mike Godawa	440	Robert Hansen	656	Shawn Cain	1698
19	Jim Brown	634	Lauren Cohen	435	Mario Chasse	650	Jason Burnell	1698
20	Dewon Johnson	634	Mario Rojas	435	Chad Herrick	650	Dewon Johnson	1692

NASA Tennessee State (kg)
13 MAR 04 - Selmer, TN

Bench Only				
jr/276				
K. Arnold	215			
m1/182				
Scot Fickes	152.5			
whs/115				
T. Berryman	40			
pure/276				
Joseph Geddie				
Power Sports				
bpsm1/276				
P. Dempsey	187.5			
bpsmp/276				
Powerlifting	Curl/SQ	BP	DL	TOT
hs/220				
John Terrell	135	82.5	127.5	345
jr/182				
B. Champagne	165	110	195	470
m2/220				
Bruce Beerman	227.5	155	240	622.5
m3/220				
Ronnie Finch	197.5	130	192.5	520
mp/198				
Willie Agnew	250	182.5	265	697.5
mp/243				
R. Dilworth	310	205	272.5	787.5
nov/182				
Corey Blount	135	107.5	197.5	440
nov/243				
Jean Weche	162.5	125	185	472.5
nov/243				
David Beale	160	142.5	170	472.5
nov/276				
J. Whisman	300	167.5	287.5	755
pure/276				
Dennis Franks	295	182.5	262.5	740
sm1/243				
John Maggart				
sm1/276				
Dennis Franks	295	182.5	262.5	740
wsmp/123				
R. Hedrick	90	55	110	255
int/198				
B. Bradley	52.5	157.5	215	425
jr/243				
John Werner	80	145	260	485
m1/182				
Will Aldridge	170			
dlsmp/276				
Will Aldridge	205			
smp/243				
Tracy Whitson	42.5			
sqjr/243				
John Werner	278.5			
sqpure/shw				
M. Garrett	150			
sqsmp/182				
Eric Joseph	160			
wbpmp/149				
Lori Atkins	40			
Eric Coutu	65	145	210	420
m2/243				
Eddie Akins	62.5	160	205	427.5
nat/220				
Robert Gray	70	140	162.5	372.5
nat/243				
Tracy Whitson	42.5			
nat/276				
Bobby Kirk	65	162.5	205	432.5
pure/243				
Tracy Whitson	42.5			
pure/276				
Bobby Kirk	65	162.5	205	432.5
sm/243				
Tracy Whitson	42.5			
sm2/220				
Robert Gray	70	140	162.5	372.5
smp/182				
Eric Joseph	55	132.5	210	397.5

(Thanks to Rich Peters for providing these results.)

SLP National Police/Fire/Masters
22 MAY 04 - Tuscola, IL

BENCH PRESS		242	
master men 40-44		M. Hoskins	410*
242		police & fire/open	
D. Haycraft	550*	198	
police & fire/40-44		Mike Gugino	550*
198		(4th)	570*
Lee Roy Banks	425*	308	
(4th)	435*	M. Hopkins	465*
police & fire/45-49			

Team: Statesville Correctional Facility. Best Lifter - MIKE GUGINO. * Son Light Power national record. The first annual Son Light Power Masters/Police & Fire Nationals was a disappointment in numbers but a success in that all of the lifters set new national records, with all but one setting new personal records as well. In the masters competition Doug Haycraft finished the day with a great 550 personal best, which was also a new SLP national record as well. Doug lifted at 40-44/242. Lee Roy Banks used this competition to test his pec injury of last December, finding his strength is coming back strong. Finishing with a 435 national mark at police & fire, master 40-44/198, Lee Roy lifted 'raw'. Also at police & fire was 45-49/242 winner Michael Hoskins. Having moved down from the 275 class, Mike finally got his first official 400 bench, finishing with a national record 410. In the open police & fire division Mike Gugino came over from Brazil, Indiana with a goal of 550 in mind at 198. Weighing in at 197, Mike got that 550 on his final attempt, but came back with an all-time best 570 fourth attempt. This, again, was a new national mark for Mike, who also was awarded the best lifter trophy for the event. At 308 it was Michael Hopkins for the win. Making a personal best and national record 465 on his second attempt, Mike just missed 500 twice, showing he definitely will get that weight next time out! The Statesville Correctional Facility won the team honors with its members Lee Roy Banks, Michael Hoskins and Michael Hopkins. Thanks to my sons Joey and D.C. and my wife Susie for all their help and to Lee Roy Banks for always being there to cheer on the other competitiors. See you all next year! (Results provided by Dr. Latch)

***Mike Gugino** set an SLP National Police & Fire bench press record of 570 lbs. in the 198 lb. class and won Best Lifter at the SLP Police & Fire Nationals. (Photo Dr. D. Latch)*

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. These two break down each 24 hour period into cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis that a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for $14.95 plus $4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

USAPL Deadlift Nationals
04 OCT 03 - St. Louis, MO

Womens Open
Womens 148 Open
Carla Trosper 172.5
Womens Mstrs 40-44
Womens 148 Open
Carla Trosper 172.5
Womens Teenage
Womens 123 Teen
Alicia Roberts 92.5
Womens 181Teen
L. Pledger 142.5
Mens Open
Mens 114 lb. Open
Daniel Payne 125
Sean Herron 100
Mens 123 lb. Open
Dano Hall 142.5
Mens 132 lb. Open
John Hunn 190
Mens 148 lb. Open
Denny Belt 245
Pat Payne 230
Zach Branson 192.5
Mens 165 lb. Open
R. Cirigliano 250
D. Wedding 230
Mens 181 lb. Open
Brian Mayhew 205
C. Covington 187.5
Mens 198 lb. Open
Adrian Johnson 265
Bruce Thomas 240
Mens 220 lb. Open
Wesley Lowey 292.5
Rick Fowler 282.5
M. Woody 270
Eddie Williams 230
Mens 242 lb. Open
Chad Holmes 337.5
Terry Stanley 265
Mens 275 lb. Open
Kelvin Hayes 310
C. Swinney 272.5
Tim Mooney 270
Dustin Minks 250
Mens SHW Open
M. Ricker 295
J. Newsome 295
Mens Masters 40-44
Mens 148 lb. 40-44
Robert Fricke 140
Mens 165 lb. 40-44
Lynn Woodard 170
Mens 198 lb. 40-44
Bruce Thomas 240
Mens 275 lb. 40-44
R. Pirtle, 40 265
Mens Masters 45-49
Mens 148 lb. 45-49
Denny Belt, 48 245
Mens 165 lb. 45-49
R. Cirigliano 250
Mens 181 lb. 45-49
Curtis Wright 265
Mens 220 lb. 45-49
Wesley Lowey 292.5
James Bell, 48 205
Mens Masters 50-54
Mens 242 lb. 50-54
John Thomas 205
Mens Masters 55-59
Mens 181 lb. 55-59
Sam Greco, 55 250
Howard Gutnick, 56
Mens 275 lb. 55-59
Gary Krueger 205
Mens Masters 70-74
Mens 181 lb. 70-74
Eugene Hall 162.5
Mens Teenage
Mens 132 lb. Teen
Ben Cuvar 112.5
Mens 148 lb. Teen
Zach Branson 192.5
Mens 165 lb. Teen
John Dunlap 160
Mens 181 lb. Teen
Zeke Talbot 242.5
Mens 220 lb. Teen
Richard Anderson
Mens SHW Teen
J. Newsome 295

Best Lifters: Open: Chad Holmes. Masters: Denny Belt. Teenage: Justin Newsome. Team Champions: "The Pit" of Evansville,IN. Referees: Dr. Mike Cissell, MO. Dr. Billy Jack Talton, LA. Maureen Post, IL. Greg Simmons, IN. Jim Hamiter, TX. Women - Best Lifters: Open: Carla Trosper. Masters: Carla Trosper. Teenage: Lindsay Pledger. The 2003 Deadlift Nationals marked the 26th National Championship held in St. Louis, Mo and also marked the beginning of a new period, the Harold Gaines era. Dating back to 1985, Dr. Mike Cissell was the meet director for all of the major competitions that came through the Gateway City, but after so many years, he has decided to step away from meet directing and just help in the area of refereeing. If the Deadlift Nationals were any indication, things are still in good hands with Harold and his army of help. He and his crew are behind the St. Louis Fitness Festival, which will host 5,000 athletes in a multitude of sports (including powerlifting) next May. Count on that event, which will offer up the Cissell Classic, to be a major league festival. We had only three lady lifters on hand but they put up some very impressive numbers. Lifting in both the Womens 148 Open and Masters 40-44, we witnessed the return on Carla Trosper, of nearby O'Fallon, Mo. Trosper is well known as she owns quite a few Missouri State records and even the 165 lb. Open record for the Deadlift Nationals. Along with that, she was a member of the 1997 Womens National team as an alternate and was able to lift in the IPF Worlds that year. While it has been a few years since she competed, she still looked as strong as ever. Her deadlift of 380 lbs. gave her a new National Meet record in the Womens 40-44 class and the Womens best lifter award. Her 2nd and 3rd lifts at 429 lbs. would have gave her the rights to the Womens Open National Meet record but it was a bit too much. I think she has knocked off the rust and will be looking good to surpass this in her next meet. Alicia Roberts of Rolla, Mo was our only contestant in the Womens 123 lb. class and she ended up with a 203 lb. deadlift, making 2 out of 3. Congratulations Alicia! Lindsay Pledger of Cape Girardeau, Mo is certainly no stranger to the deadlift either. This young girl has been pulling for several years now. Her pull of 314 lbs. was close to a new personal best. Lindsay is coached by her dad, Jerry Pledger, who is very well known around these parts. OPEN In the 114 lb. Open class, it was a shootout between two Kentucky natives, Danny Payne and Sean Herron. Both, despite such light bodyweights, deadlifted some impressive numbers. Danny made only his opener at 275 lbs., missing 352 lbs. on his 2nd lift. He wisely passed his 3rd attempt since right after the meet, he and the Payne crew were going to be driving to Canada for the IPF Masters Worlds. Sean Herron also made his opener, which was 220 lbs. and was runner up to Payne. Mighty Might Dano Hall was uncontested in the 123 lb. Open class and ended with a successful 314 lb. deadlift. John Hunn has been pulling over 400 lbs. for a while now and looked to springboard his deadlift a bit higher with this meet. He was good on 2 out of 3 attempts, completing 418 on his 2nd attempt for the 132 lb. Open title. He has toyed with he Missouri State record of 440 lbs. for a few meets now. The 148 lb. Mens Open was one of our biggest classes with 4 lifters entered. Pat Payne of Henderson, KY brought his brand of efficient deadlifting to see if he could capture a National Deadlift title. Denny Belt, who lives in Marion, IL, was another who had the same plans. Young guy Zach Branson had quite a day with his 424 lb. deadlift and 3rd place finish in the Mens open class. Payne looked strong early and closed out the meet with 507 lbs. to his credit and nearly making 534 lb. on his final effort. Denny Belt cruised through 3 perfect lifts and won with a fine 540 lb. deadlift and the title. The lift also gave him the Masters Best lifter award as well. Moving up a class, Adrian Johnson of Atlanta, GA, squared off with Bruce Thomas of Henderson, KY in a battle for the 198 lb. Open braggin' rights. Bruce made his opener of 529 lbs. and Adrian did the same with 584 lbs. In round two, the lighter Thomas went to the same 584 lbs. in order to keep up with Johnson, but it was a bit too heavy for Bruce. The door was open too, since Adrian missed his 2nd and 3rd attempts at 611 lbs. In Thomas' final lift he also missed though, which gave Johnson the title. Interesting enough, this one was over after each lifter's opening attempt. The 220 lb. Mens Open was one of the largest classed with 4 competitors filing in to do battle. Eddie Williams of the Pit team went over the quarter ton mark with 507 lbs. for 4th place. Third place was decided in a close one between Michael Woody and this author. We both went to 622 lbs. on our third attempts, which would have gave Woody the higher placing on a bodyweight decision. I was fortunate to make a personal best 622 lbs. on my third attempt, and Woody just missed making the same weight by a hair. It could have went either way really, since it was that close. The 220 lb. Open winner was Master lifter Wesley Lowey of The Pit. This guy has some puling power folks! After missing his opener, he didn't miss a beat. He closed out the day with 644 lbs. and also upped his own National Meet record for Masters 45-39 years of age that he set 2 years ago. In the 242 lb. Open Class Chad Holmes pulled the meet's biggest deadlift with his stunning 744 lb. lift to take top honors in this class. He set the 220 lb. Open Deadlift National Record

WWW.1500LB.COM

PL USA BACK ISSUES

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

way back in 1995 when it was held here, and 8 years later he is still moving some big numbers. Though he had no competition entered in his class, it probably wouldn't have mattered since he captured the Open Best Lifter award. His lift eclipsed Charlie Driscoll's record of 735 set back in 1998. The 275's were a tight class with the likes of Kelvin Hayes, Dustin Minks and Clemmon Swinney lined up to get it on. Although it has been a few years since seeing Kelvin lift, I knew ahead of time this guy had pulling power to spare. On Saturday he showed that he still has it. 4th place went to young guy Dustin Minks, who pulled a fine 551 lb. lift. Dustin is masquerading as a 275 lber and will probably be a real competitive 242 lber in November at the Central USA. Tim Mooney claimed 3rd place with his 595 lb. Deadlift. Tim was also the runner up in our Ironmind Rolling Thunder contest that we held after the meet. Clemmon Swinney did just what he needed to take runner up in this class. His 3rd attempt of 600 lbs. was enough to put him ahead of Mooney who missed with 617 lbs. Kelvin Hayes made two out of three, ending with 683 lbs. for the 275 lb. Open title. 722 lbs. was a no go for his 3rd lift. In the Big Boys class, there were three Super Heavyweights tangling for the Mens Open title. 17 year old Man-Child Justin Newsome of nearby Granite City, IL has been making quite a bit of noise lately and it was nice to see him stand toe to toe in the Mens. He would have to go through Michael Ricker of Blaine, MN for his initiation into the Mens Open class. Newsome made a disgustingly easy 600 lb. opener; while Ricker, who pulled belt-less got on the board with 617 lbs. In round 2, each lifter went to 650 lbs. and both were successful. For their 3rd attempts, both were thinking the same thing: Get the 319 lb. Open Meet record of 672 lbs! Ricker and Newsome both took 677 lbs. and both darn near set a new Competition mark. Newsome was so close that he fell back at the top with the bar. After the dust settled, Ricker was the champion on a bodyweight decision tie with Newsome. both ended with 650 lbs., but Ricker weighed 285 lbs. to Newsome's 307 lbs. Very impressive competition between the two! In the Masters classes we had 15 men over 40 years of age sign their name to the dotted line. When most average men get to the age of 40, it is considered al down hill after that. These guys didn't get the message, and have continued to kick butt past the big 40. The best example is 73-year-old Eugene Hall of the Pit team, who is an inspiration to all of us. At 165 in the 45-49 class, Richard Cirigliano darn near made 606 lbs. He did make 551 lbs. which gave him the Open title. This is another strong cat! In the same age group, 47-year-old Curtis Wright had the highest lift of any 181 lber of 584 lbs. 50-54 year old winner, John "Earthquake" Thomas revealed stage 1 of his 4 year plan. His 451 lb. lift is only the beginning. He was also selling various lifting products that included a unique protein coffee. This guy is a character and guys like him are the reason we have so much fun at these. In the 181, 55-59 class, local guy an National Referee Sam Greco hooked up with Internet celebrity Howard Gutnick of Virginia Beach, VA for an old fashioned throw down. Equally matched up, the winner of this one would walk out of the building with a new 55-59 181 lb. National Meet record. After an easy opener of 507 lbs. by Greco, Gutnick took the record with 523 lbs. on his opener. In round 2, Sam started off by taking the record and the lead with a successful 540 lb. lift. Howard appeared to have some trouble with his suit and was unable to make 545 lbs. to regain the lead. Things would remain the same for round 3 as Greco would go on to play it safe and make 551 lbs. to secure the victory and the record while Howard would come up short again with the 545 lbs. Hats off to both lifters who were matched up very close and gave us a great competition to watch! In the Teen class, local guy Ben Cuvar continues to make great progress. His 3rd attempt of 270 lbs. was just a hair away from being good. Not bad for a little guy of 126 lbs. Zach Branson brought his deadlift out for everyone to see. Zach was my early pick to win the Teenage best lifter award. The fact that he did not tells exactly how competitive the Teens were. John Dunlap made 352 lbs. but really came close to 429 lbs. on his 2nd and 3rd attempts, which would have been quite a pull at just 165 lbs. I felt really bad for Richard Anderson, who at 220 lbs. bombed with 3 shots at 451 lbs. As it turns out, Richard had been overloaded with cramming for tests and had almost no sleep for the meet. A lean framed guy, he is just built for pulling. You will see him in the future, mark my words. At 181 lbs. I have to remind myself that Zeke Talbot is just 18 years of age. This kid has a bright future ahead of him! With 534 lbs. to his credit, he wasn't that far off of the 551 lbs. he took for his third! He is coached by Rodney Wood, also a fine lifter from West Plains, Mo that has been tearing things up lately. The Teenage Best Lifter award was won by 17-year-old Justin Newsome, who was mentioned earlier. Justin's 650 lb. pull was just a couple points higher than Zeke for the Best lifter award. I have the pleasure of training with Justin and have watched him blossom overnight. Congratulations to all! Many thanks go out to quite a few people when putting on an event like this. I will preface this by saying there is no way I will be able to name everyone. For starters, thanks goes out to Harold, Dawn and Leslie Gaines. These folks have stepped up as outsiders and have gave us the helping hand we were looking for. Tier efforts in producing a quality product are especially impressive. Since I don't have

ited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
Oct/96.. WDFPF Worlds, Ed Coan/ Kirk Karwoski Interview, Anthony Clark Interview, Herb G. "Responds to the Response", TOP 100 148s
Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wrenn, TOP 100 165s
Jan/97 ... IPF Worlds, WPC Worlds, Step by Step Trainnig by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
Feb/97... Power of Compelling Outcomes, WPC Worlds, IPA Natls, Formula for Success, Making Weight, USPF Biography, TOP 100 220s
Apr/97... Clark Benches 800 - Waterman 600 @ 181, Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
May/97... Dream Team Pt. 1, Kick Start 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, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW
Jul/97... Shane Hamman Profile, Doug Heath Squat Workout Pt. 1, WDFPF Champ. Chronology, EPF Europeans, The Warmup Room, TOP 100 114s.
Aug/97... Power of Color, How to BP 500 Easy by Louie Simmons, ADFPA TOP 25 All Time, APF Seniors Chronology, Mark Pasillo, TOP 100 123s
Sep/97... USAPL/USPF/APF Triple Seniors, IPF Women's Worlds, World's Strongest Team, *NEW* Mineral Orotates, Progressive Overload, TOP 100 132s.
Oct/97... Brad Gillingham Profile, Resistance Training by Louie Simmons, Ken Emrich, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gaugler Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austen DL, TOP 100 181s
Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors,, Speed Strength, TOP 100 220s
Mar/98... Mark Philippi Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
Apr/98... Bull Stewart Speaks, USAPL Women's, APF All Time TOPWomen, Westside Invitational, Foundational Training by Louie, TOP 242s.
Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.
Jul/98... Kirk Karwoski, Angelo Berardinelli, Greg Blount, World 's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
Aug/98... USAPL Men's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
Sep/98... APF Seniors. Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
Nov/98... A Worlds to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middlewts., Isoflavones.
Dec/98 ... IPF Masters-Juniors - Mens/ WPC/WDFPF/AAU / AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s
Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.
Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
Apr/99 ... The ED COAN Book, Why Whey?, Gordon Santee, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
May/99 ... LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP100 275s.
Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
Aug/99 ... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie SImmons, TOP 100 123s
Sep/99 ... USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special

California
Signs
& Products
BANNERS - FLAGS - A-FRAMES
DIMENSIONAL LETTERS -
MAGNETICS
FREE SHIPPING!
TRADE SHOW
BANNER SIGN
SPECIAL !
YEAH !!!
3'X8' $85.
EACH SIGN
PRICES SUBJECT TO CHANGE WITHOUT NOTICE/ADD $10 FOR HANDLING & COD TAG
(800)
659-5007
12"X18"/ 2(PCS)
MAGNETIC
TRUCK SIGNS
$49.

the names of tier entire crew, we'll just give a very big blanket Thank You to the Gaines Crew, which includes so many. Thanks also to our referees for the event. They were Dr. Mike Cissell, Dr. Billy Jack Talton, Greg Simmons, Maureen Post and Jim Hamiter. These people come to the meets, perform equipment check, facilitate weigh-ins, help with paperwork and along with judging, they also perform the urine tests after the competition. Thanks goes to the crew that worked the platform some of which included Josh Anderson and Kurt Miller. Without tier quick work, the meet slows to a crawl. Special thanks goes out to our sponsors who make this possible. They were Crain Muscle World, Earthquake Nutrition, Inzer Advanced Designs, Ironmind.com and X-TREME STRONGMAN. I should also mention Steve & Sue Cissell. You would be hard pressed to find anyone that has seen or been a part of more powerlifting meets than the Cissells. Steve gave a lot of help figuring the results and helping with the paperwork. Our announcer for the event was the high energy Pat Rankin. Pat is one of our team members that fills in whenever, and wherever he is needed. No matter if it is announcing, spotting, or even if we need a Strongman demonstration, Pat is always willing to help. I've said it before and I'll say it again, he is HARDCORE to the bone for everything that is good and we are glad to have him. Where do we go from here? The next meet on slate for the Missouri USAPL is the 14th Annual Central USA on November 15th in Cape Girardeau, Mo. In 2004, the Gaines will run the Cissell Classic at the St. Louis Fitness Festival and they will also run the 2004 Squat Nationals at Six Flags St. Louis. We hope to see all of you at the meets! (Results provided courtesy Rick Fowler)

NASA Missouri State (kg)
06 MAR 04 - Joplin, MO

Powerlifting	C/SQ	BP	DL	TOT
hs/165				
Andrew Boggs hs/182	205	105	175	485
Will Norris hs/198	162.5	87.5	185	435
Rodney Rambo hs/220	212.5	137.5	210	560
M. Farrier hs/243	105	75	170	350
Bryan Simpson hs/276	182.5	112.5	200	495
Will Dyal jr/243	182.5	122.5	192.5	497.5
David Weaver m2/276	227.5	200	220	647.5
Jerry Anderson teen/198	202.5	130	197.5	530
B. Grote teen/220	137.5	115	182.5	435
Colter Doherty teen/276	195	95	232.5	522.5
Mark Elliot hs/123	182.5	150	182.5	515
Ryan Wells hs/132	40	67.5	132.5	240
Chris Swift hs/132	42.5	95	155	292.5
C. Stephens hs/165	35	47.5	110	192.5
A. Coffey hs/165	50	102.5	167.5	320
C. Buckley hs/182	45	107.5	167.5	320
Roy Jackson hs/182	60	110	162.5	332.5
Tony Hill Jr. hs/182	40	72.5	150	262.5
Cody Harris hs/198	45	85	130	260
B. Grote hs/220	52.5	100	182.5	335
Brandon White hs/220	52.5	100	190	342.5
M. Kilong hs/243	37.5	85	157.5	280
Chris Hughey hs/276	45	80	185	310
Ross Collins hs/276	57.5	105	220	382.5
Will Dyal int/220	52.5	122.5	192.5	367.5
Eric Freeman int/220	75	155	255	485
John Garcia int/276	50	105	162.5	317.5
Bryan Mann jr/182	65	152.5	250	467.5
Chris Artym m1/165	72.5	122.5	180	375
Tal Crim m1/198	57.5	105	182.5	345
Tony Hill m1/220	55	112.5	150	317.5
Jerry Linder m2/309	60	112.5	182.5	355
W. Rogers m3/220	80	157.5	227.5	465
Bill Lumpkin mp/220	62.5	135	170	367.5
Rocky Artym nat/165	62.5	110	160	332.5
Tal Crim nat/220	57.5	105	182.5	345
Terry Tucker nov/220	80	155	275	510
Kory Bauer nov/243	82.5	172.5	240	495
Rick Storment p&f/309	65	112.5	192.5	370
B. McGlothlin p+f/220	77.5	145	212.5	435
J. McDaniel p+f/243	80	140	250	470
J. Johnson p+f/276	82.5	172.5	200	455
David Bevis pure/165	85	185	207.5	477.5
Tal Crim pure/182	57.5	105	182.5	345
Herb Hensley sm1/220	57.5	127.5	172.5	357.5
Terry Tucker sm2/182	80	155	275	510
Herb Hensley sm2/309	57.5	127.5	172.5	357.5
Robert Linder smp/149	62.5	135	212.5	410
Jeff Phillips smp/309	67.5	130	227.5	425
John Crone Jr.	67.5	177.5	272.5	517.5

Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s
Oct/99 ... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
Nov/99 ... Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.
Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Natls, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s
Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Natls, Best Lifters of the Century, Big BPs by Louie S, TOP 100 220s
Mar/00 ... USAPL Women's , WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Lou Simmons
Apr/00 ... Arnold Classic,WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri,J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF/APF Natls.,IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s
Sep/00 ... USPF Srs, IPA Worlds, WABDL BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s
Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
Nov/00 ... Best Bench of All Time, final More from Ken Leistner, Drug Free Bz| Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 165s
Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 181s
Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis S., TOP 100 198s
Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT.1, IPA Nationals, How Brad Gillingham Won, Louie on Special Strengths, TOP 100 220s.
Mar/01 ... TOP 20 Women - Teen - Masters Rankings, Hooking Up the Bands, USAPL Women's Natls, Westside Deadlifting, WPC Worlds Pt. II/BP
Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s
May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's
Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs
Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit,, TOP 100 123s
Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s
Feb/002 ... WABDL DL Worlds, IPF BP Worlds, WNPF Worlds, WPC Worlds,

teen/115				
S. Ellefsen	22.5	37.5	95	155
teen/182				
Wade Lewis	47.5	92.5	172.5	312.5
teen/220				
C. Carter	42.5	75	145	262.5
teen/276				
Mark Elliot	57.5	150	182.5	390
teen/276				
James Brock	42.5	62.5	120	225
wbphs/149				
T. Bradley		62.5		62.5
wm1/165				
Sabrina Bagby	25	60	102.5	187.5
wpure/97				
Carly Wingert	20	32.5	72.5	125
wsm2/132				
Kyong Rogers	20	60	120	200
wsmp/115				
Cyndi Allen	20	32.5	52.5	105
wsqhs/132				
Jessica Collins	110			
youth/77				
Zach Hensley	17.5	25	65	107.5

(Thanks to Rich Peters for these results.)

NASA Ohio State (kg)
20 MAR 04 - Springfield, OH

Powerlifting	C/SQ	BP	DL	TOT
A. Williams	150	125	227.5	502.5
hs/220				
Jake Whitt	227.5	155	207.5	590
hs/220				
Jeffrey Eagle	182.5	97.5	192.5	472.5
int/243				
Shawn Agne	272.5	170	245	687.5
int/243				
Shawn Avery	230	150	285	665
jr/149				
Scott Lewis	132.5	107.5	155	395
jr/220				
Josh Blake	275	155	257.5	687.5
m1/243				
Harry Wotring				
m2/182				
Ray Adams	137.5	105	162.5	405
m3/165				
Russell Dodson	145	77.5	165	387.5
m5/243				
Harry Wotring				
nat/243				
Shawn Avery	230	150	285	665
nov/198				
S. Nelson	227.5	172.5	227.5	627.5
nov/220				
A. Schroeder	250	162.5	215	627.5
nov/220				
W. McNichols	207.5	155	237.5	600
nov/220				
Mark Riggs	182.5	137.5	195	515
nov/243				
Phillip Jump	172.5	117.5	197.5	487.5
nov/309				
Matt Speer	230	145	210	585
pure/165				
Jason Murphy	252.5	175	227.5	655
pure/182				
Tom Tressler	165	110	170	445
pure/220				
W. McNichols	207.5	155	237.5	600
pure/220				
Mark Riggs	182.5	137.5	195	515
pure/243				
Shawn Avery	230	150	285	665
pure/243				
Phillip Jump	172.5	117.5	197.5	487.5
pure/276				
Harold Mobley	267.5	202.5	255	725
pure/276				
Todd Schott				
sm1/243				
Rich Anderson	280	207.5	272.5	760
sm1/243				
Phillip Jump	172.5	117.5	197.5	487.5
sm2/shw				
Scott Marcum	360	227.5	285	872.5
smp/198				
Wesley Eagle	167.5	135	210	512.5
smp/220				
W. McNichols	207.5	155	237.5	600
smp/243				
Mark Wynn	292.5	185	265	742.5
smp/276				
Lynn Halter	320	172.5	247.5	740
smp/309				
Nick Sabatino	235	207.5	250	692.5
smp/309				
Matt Speer	230	145	210	585
teen/165				
Nick Mason	202.5	125	227.5	555
want/132				
Susan Taylor	102.5	55	107.5	265
wm1/149				
Carol Frank	100	47.5	120	267.5
wm2/149				
Pat Frock	102.5	70	132.5	305
wmp/115				
Lisa Lowery	95	62.5	105	262.5
wmp/149				
Pat Frock	102.5	70	132.5	305
wmp/149				
Carol Frank	100	47.5	120	267.5
wpure/149				
Carol Frank	100	47.5	120	267.5
wsmp/182				
Donna Eagle	97.5	67.5	137.5	302.5
youth/115				
Jon Mobley	55	35	80	170
Power Sports				
m3/165				
John Klein	37.5	82.5	127.5	247.5
hs/132				
Travis Balskey	35	62.5	102.5	200
hs/182				
Josh Garza	62.5	135	177.5	375
m2/220				
Eugene Martin				
m5/165				
M. McGonagle	47.5	95	157.5	300
nov/149				
David Deibel	55	115	135	305
nov/198				
B. Wagoner	65	140	190	395
wm5/106				
G. Stadelman	25	52.5	112.5	190
wpure/182				
J. McWhirt	35	72.5	107.5	215
Bench				
hs/165				
Travis Cleland	120			
hs/198				
N.Bentley	132.5			
jr/276				
Noah Snyder	175			
m1/182				
A. Zimmerman	137.5			
m1/220				
Matt Worster	147.5			
m1/220				
Dan Goble				
m2/276				
Rock Foust	182.5			
m5/243				
Harry Wotring	200			
mp/182				
A. Zimmerman	137.5			
nat/220				
Brooks Pool	160			
nov/149				
Timothy Baker	90			
p+f/220				
Matt Worster	147.5			
p+f/309				
Dennis Herron	237.5			
pure/132				
Hunter Pool	62.5			
pure/182				
Andy Furnas	207.5			
pure/182				
Lee Wilcoxon	175			
pure/220				
Brooks Pool	160			
pure/220				
A. J. Barrett	155			
sm1/182				
Jay Montebon	167.5			
sm1/220				
O. J. Mills	175			
sm1/220				
A. J. Barrett	155			
sm2/182				
Andy Furnas	207.5			
sm2/182				
Lee Wilcoxon	175			
smp/198				
Dave Clayton	182.5			
smp/243				
Mark Wynn	185			
bpjr/149				
Chris Deck	110			
bpm2/220				
Mike Brown	165			
bpnov/shw				
Scott Roberts	170			
bpteen/198				
A. Massie	77.5			
cjr/198				
B. Wagoner	65			
cnov/shw				
Scott Roberts	75			
dlint/220				
Dave Brown	252.5			
dlm1/276				
M. Lumumba				
dlm2/182				
Ray Adams	162.5			
dlsm1/220				
O. J. Mills	230			
dlsm2/276				
D. Phillips	325			
dlteen/198				
A. Massie	92.5			
sqm5/165				
M. McGonagle	160			
sqwm1/182				
J. McWhirt	92.5			

(Thanks to Rich Peters for these results.)

KELSO'S SHRUG BOOK

A unique book with 27 illustrated shrug moves. Improves upper back, shoulder girdle and your total. New BP info is worth the price. Also "trap bars" and chest expansion. "Paul has done more for my bench press than everyone else put together." - Collin Rhodes

$14.95 + S&H. Toll free # USA 888-934-0888, ext. 2. Order online from http://www.hatsoffbooks.com/ or many websites.

Halbert on Lockout, Blakley on Shoulders, All Time TOP SQs, TOP 100 220s
Mar/02 ... USAPL Women's Natls, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method"
Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s
Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Natls, USPF Srs/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Natls, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s
Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s
Dec/02 ... WPO Semis (931 DL!), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181
Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.
Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.
Mar/03 ... Brad Gillingham Comeback, Men's 300 kg &Women's 300 lb. BP lists, Controlled Chaos BP Workout, The Tendo Unit, TOP 20 Women/Master/Teen lists
Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s.
May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s.
Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs
SEP/03 ... USAPL Men's Natls, Bench America, Keeping Iron in the Blood,1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s
Oct/03 ... Gene Bell, John Ware Workout, Sioux-z Hartwig, A.R.T. Techniques, 50 Best SQs/BPs, Louie S. on Training the Back,TOP 100 132s.
Nov/03 ... Bench Bash for Cash - Rychlak, Lattimer, Schick Interviews, WPC North Ams, IPF Jr.Worlds, Mastering Technique by Louie, TOP 148s
Dec/03 ... WPO Finals,Rychlak BPs 900, IPF World Masters, Ausby Alexander, "Story of Arthur Jones", Speed Day Pt. 1 by Louie S., TOP 100 165s
Jan/04 ... IPF Worlds,WPC Worlds,IPA Seniors, Acetylcholine, Wade Hooper SQ, Atlantis Foundation, Louie on Max Effort Day, Mabel Rader,TOP 165s
Feb/04 ... IPF World BP, WABDL Worlds, Hyperhydration, Coan Update, Low Back Pain, Becca Benches 465, All Time Best BPs,TOP 100 198s
Mar/04 ... USAPL Women's Natls., Becca benches 501, Water Technology Pt. 2, Brent Mikesell Interview, IPF President's Message, TOP 100 220s
Apr/04 ... Frank Goes 2706/2805!, Arnold Classic, Power Nutrition Recipes, Louie on "the Staggered Load", California Hall of Fame, TOP 100 242s
Jun/04 ... TOP 20 Women, Teen, Masters, Greatest Men's & Women's Ratings, 15 Min. Injury Solution, Delayed Transformation by Louie S.
Jul/04 ... APF Seniors, Bench America II, APF Nationals, Louie Simmons on his "Virtual Force Swing", Digit Ratios and Strength, TOP 100 275s

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

3rd USPF Open BP/DL
15 MAY 04 - Buffalo, NY

BENCH		D. Lowery	435
WOMEN		J. Wnuk	390
Open 165 lbs.		Super	
B. Kelly	130	C. Sermone	535
MEN		DEADLIFT	
Teen (14-15)		Guest (age 9)	
T. Carroll	140	S. Nowacki	125
(18-19)		WOMEN	
N. Fraas	315	M. Berbech	300
Submaster		B. Kelly	200
J. Cheverev	430	MEN	
198 lbs. Master		Teen (14-15)	
E. Jekov!*	440	M. Bellis	300
242 lbs.		(18-19)	
G. Kincaid*	245	N. Frars	500
W. Carroll	400	Master	
148 lbs.		M. Huff!*	425
P. Trusso*	285	J. Hopkins	490
Open 148 lbs.		Open 148 lbs.	
A. Jackson	340	A.Jackson	430
M. Panzarella*	330	165 lbs.	
165 lbs.		J. Stallwerth	420
J. Dossett*	360	181 lbs.	
P. Zakrzewski	325	S. Nowacki	525
J. Stallwerth	300	D. Swingle	445
198 lbs.		198 lbs.	
H. Woodley	365	V. Moore	565
J. Green	360	S. Hailey	560
Guest		K. Dean	500
S. Hailey	480	H. Woodley	460
K. Dean	385	J. Green	440
220 lbs.		220 lbs.	
A. Lewis	405	A. Lewis	575
242 lbs.		242 lbs.	
L. Huff, Jr.	370	G. Hopkins	650
Guest		M. Rydelek	600
M. Rydelek	530	275 lbs.	
275 lbs.		J. Wnuk	550

!=Best lift. *=State record. The 3rd Annual Bench and Deadlift Competition was sponsored by the Erie Community College Football Team, and was held at the college. The event welcomed 24 lifters in the bench and 21 in the deadlift. 4 sets of fathers and sons were in the bench and deadlift competition. State records were set in the bench: Mike Panzarella (148) did 330 lbs. and Jim Dossett (165) did 360 for Junior records. Paul Trusso (148 Masters) did 285 lbs. and Enzo Jekov (198 Masters) did 440 lbs. George Kincaid did 250 lbs. at 73 years of age. State records in the deadlift were set by 76 years young (220 lbs.) Melvin Huff who did 425 lbs. The outstanding lifters for the bench was Enzo Jekov (440 lbs.), and for the deadlift, Melvin Huff (425 lbs.). Head Football Coach Dennis Greene and his staff wish to thank those who participated in the contest and hope to see everyone again next year. (Thanks to Charles Wuest for providing the meet results).

Steven Nowacki, *a Lancaster, NY resident, and honor roll student at Annunciation school, competed in his first powerlifting meet, the USPF Open contest at Erie Community College in Buffalo, NY, along with his father, Stan Nowacki. Steven succeeded in all his three deadlifts of 85, 100, and 115 lbs., and then stunned the crowd by making his 4th. attempt of 125 lbs. What is amazing about this is that Steven is only 9 years old, in third grade, and weighs only 60 pounds. Steven is proudly following in the footsteps of his father, who won the AAU National Title in the deadlift with 550 lbs. On hand to cheer Steven on was WPO Champion Paul Childress, also from Lancaster, and all three of them are seen in the photo. (Photograph courtesy Liza Nowacki)*

COMING EVENTS

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

27 AUG, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 53 Area Fitness Center, Bldg. 53302, 760-725-7404

28 AUG, USAPL Twin Cities Open, Aaron Welborn, 12779 Emmer Place, Apple Valley, MN 55124, 952-322-5598

28 AUG USAPL NorCal Qualifier, Scott Cartwright, 261 Lyman Circle, Sacramento, CA 95835, 916-515-0225

28 AUG, ADAU "Raw" NY State (men, women) Coliseum Gym, 75-09 71st Ave., Middle Village, NY 11379, 718-326-2496, FAX 718-326-2331, ColiseumGym@aol.com, Ted Theodoropoulos

28 AUG, APA Big Iron Classic BP, DL, PP (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

28 AUG (NEW DATE & NAME), USPF National Bench Press and Deadlift Championships, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasuspf.net

28 AUG, Motivations Maximum Metal Open BP, Jason Richardson or Allen Miller, 1122 Meade St., Dunmore, PA 18512, 570-341-7665, motivations@att.net

28 AUG, SLP Kentucky State Fair BP/DL (Louisville, Ky.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

28 AUG, SRPA George Bench Press Championships, Mark Fain, 770-935-4998, www.ironthredz.com, ironthredz@juno.com

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

29 AUG, Central Bench Press League & E-Normouse Powerlifting's 14th annual Endless Summer Classic Push/Pull (Granger, IN - Fit Stop) Anson Wood, 574-296-2878, infor@en-normous.biz

AUG, Amateur World Powerlifting Congress World Powerlifting + Bench Press Chicago, IL (Ernie Frantz) 630-892-1491, worldpowerlifting.org

4 SEP, Saratoga YMCA BP (raw/shirt divisions) John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000, Ext 205, johnhart@ymcasaratoga.org

4 SEP, WABDL Indiana State BP/DL (Indianapolis, IN) John Petigo, 317-887-9585

4 SEP, APF Georgia State Powerlifting+Bench Press Open. Kennisaw GA. 630-892-1491, worldpowerlifting.org

4 SEP, Orlo Helmer presents Bench Blast Championships (swords for all 1st places - Greensboro, NC) 336-362-8807

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

6 SEP, The Monster BP or DL (Comfort Inn, Ringgold Rd., Chatt. TN) Jesse Rodgers, 423-876-8410, www.southernpowerlifting.com

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

11 SEP, United We Stand BP & DL (all classes, trophies 1st-5th, $30 entry fee, free meet t-shirt - New Castle, PA) Charles Venturella, 724-654-4117

11 SEP, WABDL DRUG TESTED Deep South BP/DL (Quality Hotel, Metairie, LA - Rich Hagedorn 256-441-0143, or Gus Rethwisch 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

11 SEP, IPA Pennsylvania State and Northeast Regional, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

11 SEP, NAP Midwestern State Championship (Lawrence, KS) Bob Garza, 281-820-5923

11 SEP, United We Stand BP (raw/assisted - all wt. classes/age groups) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932 (before 9pm), valifting@aol.com, www.virginiausapl.com

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

11, 12 SEP, APA Powerlifting Nationals (qualifying total for open classes, not for teen, jr. master - Bristol, VA), APA United States Open PL (no qualifier), Eastern United States Open BP, DL, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

11,12 SEP, North American Powerlifting Championships and Bench Press, Bruce Greig, Box 4, Okotoks, AB Canada T1S 1A4, 403-938-3067, FAX 403-938-0489, brucegreig@lycos.com, www.cpc-powerlifting.com

18 SEP, Scit Fit of GA 6th annual BP (Macon, GA), Joe or Jamie 478-750-7005

18 SEP, WNPF Upstate New York II (Clyde, NY) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

18 SEP, USPF Venice Beach PL/BP, Steve Denison, 661-333-9800, PWRLFTRS@MSN.COM, www.powerliftingca.com

18 SEP, Iron Boy Bench Press Classic, Winston-Salem, NC, Keith Payne, 336-766-3347, keith@ironboyenterprises.com

18 SEP, APF Gulf Coast PL & BP (Tampa, FL) Rick 727-376-1707 or Bart 727-847-6852

18 SEP, SLP Wolf Pac BP/DL (Sun Prairie, WI) SLP, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

18 SEP, SPF Monster BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southerpowerlifting.com

18 SEP, APF/AAPF Azz Fest (PL, IM, Single Lift - Iron Asylum Gym, Tribes Hill, NY) Zane or Sandi, 518-858-7002, www.ironasylumgym.com

18 SEP, APF Northern California Open BP, Diablo Barbell Club, Ted O'Neill, 925-685-8818

18 SEP, ADAU "No Druggies Allowed" Raw Squat, Bench, Deadlift contests, Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, pikitup.com

18 SEP, APA Eastern United States Open PL, BP, DL (Bristol, VA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

18 SEP, APA Hardcore Push/Pull, Lebanon, New Hampshire, Calvin

USAPL Arizona State Championships
October 2nd, 2004
Queen Creek High School
Queen Creek, AZ
For info call
RICH WENNER 480-688-7336
Rich.Wenner@asu.edu

SUPPORT SYSTEMS, INC.
TITAN
1214 Rickey, Corpus Christi, TX 78412
tel: (361) 991-6749/ www.titansupport.com

POWER & PHYSIQUE SYSTEMS

U.S.A. POWERLIFTING

POWERLIFTING USA

APF/AAPF/WPO Schedule

9-4-04, APF Georgia State Powerlifting+Bench Press Open. Kennesaw GA.
9-18-04, APF Gulf Coast PL & BP, Tampa, FL (Rick Lawrence)
9-18-04, APF Maine State Push/Pull. Lewiston Maine. (Russ Barlow)
9-25-04, WPO Bench Bash for Cash. Orlando Fl. (Kieran Kidder)
10-8-10-04, GNC SOS WPO Finals. Cobb Galleria Atlanta GA. (Kieran Kidder)
10-(12th-17th)-04, WPC World Championships. Fresno CA. (Bob Packer)
10-16-04, APF Mississippi State Powerlifting+Bench Press Open. Gautier Miss. (Joe Ladnier)
10-23-04, AAPF Southern States Powerlifting+ Bench Press Open. (Kieran Kidder)
10-30+31-04, APF Pine Tree Powerlifting Open. Lewiston Maine. (Russ Barlow)
12-4+5-04 APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder)

Dates and location are subject to change? More meets to be added. Call 630-892-1491 for info. (worldpowerlifting.org) or (worldpowerliftingcongress.com)

Frost, Box 612, Windsor, VT 05089
18 SEP, APF Maine State Push/Pull & BP (all divisions by formula) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
18 SEP, ADAU "No Druggies Allowed" SQ, BP, DL (NO Total - Men + Women - Open + All Age Groups) Joe Orengia, 4468 W. 26th St., Erie, PA 16506, 814-833-3727
18,19 SEP (NEW DATE), N.P.A. Nationals PL, BP, DL, drug free, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Fitlifedb@cs.com
18,19 SEP, WABDL DRUG TESTED West Coast BP/DL (Mariott Hotel, Rancho Cordova, CA) Jody Woods, 916-524-0914, www.wabdl.org, gethomas@bendcable.com
19 SEP, 6th Deadlift on the River, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683
20 SEP, WNPF South Georgia Bench/ Deadlift & Powercurl Championships in Fitzgerald, GA, 770-997-0589, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA. 30214
25 SEP, USAPL Ocean City Strength Festival PL, Magic Kayhun, 201 N. Maple Ave., Suite 204, Purcellville, VA 20132, 703-752-0077
25 SEP, WABDL Night of the Champions BP & DL, All American Gym, 309 W. Main St., Lakeland, FL 33815, 863-687-6268, Ken@Kensnellpower.com
25 SEP, Pound for Pound Competition (men & women) Planet Fitness, Manalapin, NJ, Lori 732-972-7555
25 SEP, NAP Fall Classic (Houston, TX) Bob Garza, 281-820-5923
25 SEP, APA Northern United States PL, PP, BP, DL (Olivet, MI) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com
25 SEP, WABDL Sunshine State Classic (Lakeland, FL) Ken Snell, 863-687-6268
25 SEP, SLP Nationals Open PL/ BP/DL, Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
25 SEP, Strongman Challenge (Saxonburg, PA) Therapeutic Muscle Specialists, 724-265-1600, muscle@nauticom.net
25 SEP, NASA E. Texas Regional (PL, BP, PS - Longview, TX) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
25 SEP, NASA Bartlesville Classic PL, BP, PS (Bartlesville, OK) Jim Duree, JDuree7086@aol.com
25 SEP, WPO Bench Bash for Cash. Orlando FL (Kieran Kidder) and the Iron Zone APF Push/Pull Showdown (NEW DATE - men, women, teen, jr., open, submaster, master) James Goad, James@Xtreme-usa.com, 863-835-0447
25,26 SEP, WABDL DRUG TESTED Washington State BP/DL/PL (Sam Benn Gym, Aberdeen, WA) Dr. Don Bell, 360-532-8339, www.wabdl.org, gethomas@bendcable.com
26 SEP, APA World Bench Press & East Coast Strict Curl (Leominster, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
26 SEP, SLP Missouri State BP/DL (Springfield, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
SEP, NASA New Mexico Regional (PL, BP, PS - Albuquerque, NM) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
SEP, NASA Oklahoma Grand (PL, BP, PS - Oklahoma City, OK) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
1 OCT, Stark County Sheriff Liftathon (to benefit the Adopt-A-Family Program, Canton, OH) Deputy Chane Cline, 330-323-1811
1 OCT, Camp Pendleton Semper Fit BP Series (unsanctioned) Lisa Vice 760-727-3468, 22 Area Fitness Center, Bldg. 22160, 760-725-3163
2 OCT, APF Open Nebraska State (Omaha, NE) Rick or Becca, 402-392-2446, becca@beccaswanson.com
2 OCT, WNPF S.W. Michigan (PL, BP, Iron Man - Lake Michigan College) Richard Van Eck, 269-521-4031
2 OCT, 8th. Pennsylvania Invitational Power Challenge BP/DL, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823
2 OCT (tentative date), WPA World Bench Press, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

~ COMING ON OCT. 23, 2004 AT 1:00 PM ~
PAXTON CENTER SCHOOL (RT 31, PAXTON, MA)

THE 2004 ATLANTIS
"STRONGEST MAN IN AMERICA" CONTEST

Hosted and Judged by Bill Kazmaier
The Strongest Man in History

3 CASH PRIZES

~ First Place ~
$2,500.00
~ Second Place ~
$1,500.00
~ Third Place ~
$500.00
(Pound for Pound Winners as well)
A $100.00 entry fee

5 EVENTS

1. Trap Bar Deadlift
2. Bench Press
3. Push Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbell Lift

~ AND

THE 2004 ATLANTIS

AND ~

"STRONGEST MAN IN NEW ENGLAND" CONTEST

Hosted and Judged by Ed Coan
The Greatest Power Lifter of All Time

5 CASH PRIZES

1st. prize $500.00
2nd. prize $300.00
3rd. prize $200.00
4th. prize $100.00
5th. prize $50.00
(Pound for Pound Winners as well)
A $100.00 entry fee

5 EVENTS

1. Trap Bar Deadlift
2. Bench Press
3. Push Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbell Lift

Contest Rules:

1. No super suits, erector suits, bench shirts, straps or wraps of any kind.
2. Weightlifting belts and chalk are allowed.
3. All lifts are single rep max with 3 attempts.
4. Winners are determined by a grand total of weight of all 5 lifts.

Tickets: $10.00 in Advance
$15.00 at the Door.
Call Now: 508-885-3686

(All Proceeds Go To Paxton Fire Department)

IT's COMING ... the World Powerlifting Congress World Championships

"THE REAL DEAL AS FOUNDED BY ERNIE FRANTZ"

The WPC World Powerlifting Championships: Men & Women, Masters, Teen, Juniors, Open: PL & BP. October 12th-17th, 2004, Fresno,California. For further information www.calapf.com

Beyond A Century®
Performance Nutrition • Anti-Aging

How much have you been paying?

Whey Protein 90% instant isolate, 24 oz	$13.75
Colostrum 30%, 200 grams	16.50
Tribulus Ext. 45% Bulgarian 100gm	9.75
Ribose 100gm	12.00
5-Methyl-7-methoxy Isoflavone 20gm	16.50
Creatine Pyruvate, 200 grams	13.75
Long Jack 100:1 ..... call or email for price	
Diindole Methane (DIM), 20 grams	9.75
Arginine AKG, 150 gm	19.75
Guarana, 10% natural, 100 grams	5.75
Creatine Mono. 99+%, Micronized, 1kg	18.75
Chrysin, pure powder, 50gm	22.50
Yohimbe 2% Std. Extract! 50gm	7.75
Glutamine 300gm/1kg	13.25/36.00
Glucosamine Sulfate, 250 grams	6.50
ZMA, 808 mg, 100 capsules	11.50
Arginine base powder, 300gm	14.50

Prices constantly updated!
Shipping only $5.00 any size order!
Visa/MC/Dscvr/Amex orders call:
800-777-1324
Or send money order to:
Beyond a Century, Inc. -since 1983-
173 Lily Bay Road, Greenville ME 04441
Hundreds of Products - FREE catalog!
Order On-Line with our Secure Server:
www.beyond-a-century.com
Authenticity of Products Guaranteed!

PERSONALIZED Powerlifting Training

Courses Designed by *PL USA* writer Doug Daniels and WDFPF World Bench Champ Jim Vrabel.

We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference:
1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3) Advice on supplements, lifting gear, save more than the cost of the course itself. 4) Exact exercises and weights used throughout the course,not just sets and reps. 5) Training Tips 6) Designed with an emphasis on drug free training. 7) Questions during the course, just write!

Courses available for bench, squat and deadlift for both competition and off season training modes, please specify. 1 course - $13.95, 2 courses - $25.00, 3 courses (BEST DEAL) - $30.00. Send Check or Money Order.
Payable to:

STRENGTH INK, INC.
DEPT. PL-2 Box 1974
Highland, IN 46322

Foreign orders add $2.00 per order
Will mail out questionaire with each order

2 OCT, October Fest BP (Iron Works Gym, 222 Jay St., LaCrosse, WI - teen, open, submaster, master - men & women) Dennis George, DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693
2 OCT, APF/AAPF New York City Championship, Coliseum Gym, 75-09 71st Ave., Middle Village, NY 11379, Ted or Stacy, 718-326-2496 (4-11pm), coliseumgym@aol.com
2 OCT, USAPL Arizona State, Rich Wenner, 35437 N. Ghostrider St., Queen Creek, AZ 85242, 408-688-7336
2 OCT, NASA Ohio Regional (PL, BP, PS - Springfield, OH) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
2 OCT, SLP Fall BP/DL Classic (Mattoon, Il.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
3 OCT, SLP Iowa State BP/DL (Coralville, Ia.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
5-10 OCT, IPF World Masters (New Delhi, India)
8-10 OCT (NEW DATE), GNC SOS WPO Finals. Cobb Galleria Atlanta GA.(Kieran Kidder) 630-892-1491, worldpowerlifting.org
8-10 OCT, WDFPF Single Event World Championships (unequipped/equipped men/women, all wt. classes & age categories, including police/fire/military - Antwerp, Belgium) Wim Backelant
9 OCT, 100% Raw Virginia State BP, Jhon Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932 before 9PM
9 OCT, 11th annual Fred and Ed Push 'n Pull BP & DO (all wt. classes/divisions. Awards to top 5. No late entries) Ray Dunn, Nautilus, 42 Summer St., Pittsfield, MA 01201, 413-499-1217
9 OCT, APA White Mountain Regional PL, PP, BP, DL, (Keene, NH) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
9 OCT, NASA Big River Classic (Blytheville, AR) Daryl & Tobey Johnson, Daryltobey@aol.com
9 OCT, "Bar is Loaded, Can You Bench It?" Bench Press (Tucker, GA) Leonard McCormick, 4853 Plymouth Terr., Decatur, GA 30035, 770-322-0885 or 678-406-9200, Lmac515@hotmail.com
9 OCT, AAU/USBF Maryland State Raw Bench & AAA Baltimore Armwrestling Championships, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, Brian@usbf.net
9 OCT, Bob Hafner PL Championship (Belle Chasse NAS Gym, LA - PL, PP, BP, DL - open, spec. oly., women, teen, master, military, team) Bob Hafner, 504-393-9521
9 OCT, SLP National "Raw" PL/BP/DL (Jefferson City, MO) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
9 OCT, NASA Tennessee Regional (PL, BP, PS - Nashville, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
10 OCT, USAPL Ohio PL/BP, Ed King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464
10 OCT, USAPL Drug Free Ohio PL & BP (open men & women; raw men, women, masters; masters; teen; police & fire; team) Ed or Frank King, 440-439-5464, Cleveland, OH
12-19 OCT, World Powerlifting Congress World Championships (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805
16 OCT (Revised Date), PPL "Drug Free" Nationals, Python Power League, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com
16 OCT, APA Heavy Metal Record Breakers (PL, PP, BP, DL - Prince Frederick, MD) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com
16 OCT, Ashtabula YMCA Touch 'n Go BP, Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-964-3013, anderson1142@yahoo.com
16 OCT, NASA Colorado Regional (PL, BP, PS - Denver, CO) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com
16 OCT, SLP Arkansas State BP/DL (Paragould, Ar.) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com
17 OCT, USAPL Florida State Collegiate (Florida Gulf Coast Univ., Ft. Myers, FL) Jim Dundon, Jdundon@fgcu.edu, 239-590-7709, www.geocities.com/floridausapl
17 OCT, APF Muscle Bound Fitness Fall Classic BP and/or DL (W. Lafayette, OH) John Blackstone, 740-545-0840
23 OCT (NEW DATE), The Atlantis Strongest Man in America (trap bar, DL, BP, PP, Chinup, Thomas Inch Dumbbell Lift; huge cash prizes; hosted by Bill Kazmaier & Ed Coan, at Quincigamond College, Worcester, MA) Bruce, Jeff, or Todd, 508-885-3686
23 OCT (NEW DATE), 3rd annual Atlantis Stron-

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!
NO MIDDLEMAN!
Free 48 Page **WHOLESALE** Catalog fully describing our 50 one-of-a-kind Bodybuilding supplements formulas that produce results!
CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
104 Evans Ave. Dept. PL0804
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

POWER HOOKS
The Right Way to train with Dumbbells.
- Provides a safer, more intense workout
- Maximum Exercise Benefit
- Only way to effectively preload dumbbells.
- The best way to spot & handle dumbbells

To order by credit card call toll free
1-888-669-6316
Only $49.95 plus $6.75 S/H
or send check or money order to: ***Country Power Inc.***
85-979 Farrington Hwy.
Waianae, Hi 96792
WWW.POWERHOOKS.COM

gest Man in New England (hosted/judged by Bill Kazmaier: trap bar DL, BP, jerk press, chin up, Thomas Inch DB - 5 cash prizes. Benefit for Paxton Fire Dept. - Paxton Center School, Paxton, MA) Call Bruce, Jeff, or Todd - 508-885-3686

23 OCT, Central Virginia Halloween BP & DL (Sport & Health, Fredericksburg, VA) John Graube, 9839 Courthouse Rd., Spotsylvania, VA 22553, 540-898-5139, johngraube@yahoo.com

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

23 OCT, 2nd, AAPF Tom Foley BP/DL Classic, Premier Fitness, 430, Nanuet Mall South, Nanuet, NY 10954, 845-920-0501, www.premierfitnessny.com

23 OCT, APA Central United States Power Day (Cedar Falls, IA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23 OCT, NASA KY Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

23 OCT, AAPF Southern States Powerlifting+ Bench Press Open.(Kieran Kidder) 630-892-1491, worldpowerlifting.org

23 OCT, SLP Wisconsin BP/DL (Kaukauna, WI) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

23,24 OCT (tentative dates), APA Powerlifting Nationals, Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

23,24 OCT, NASA N. Carolina Regional (PL, BP, PS - Hickory, NC) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

24 OCT, WNPF Ohio Fall Natural, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

29-31 OCT, AAU World BP, DL, Push-Pull, & AAU International Full Power (world and american records can be broken in both meets - Showplace Annex, Richmond, VA) aaupower@aol.com, 804-233-9570

30 OCT, NAP Northern Regional (Burr, IL) Bob Garza, 281-820-5923, www.nappowerlifting.com

30 OCT, APA Last Man Standing Push/Pull, Lebanon, NH, Calvin Frost, Box 612, Windsor, VT 05089

30 OCT, NASA W. Texas Regional PL, BP, PS (Lubbock, TX) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com

30 OCT, 22nd annual Raw "ADAU" Central PA Open PL (open & all age groups, men & women -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

30,31 OCT, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

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

31 OCT, Best of the Southwest Raw BP/DL (Bodytorium Fitness Center, McMurray, PA) Steve Siwiak, 724-941-7270

31 OCT, Halloween Havoc BP (60 entry limit, all wt. classes & divs. - Taylor, PA) Joe Moe 570-562-3642, moceyunj@neiu.org or rhsvpmoe@ns.neiu.k12.pa.us

OCT, APF Full Meet, The Gym in Elk River, MN, 763-441-4232

OCT/NOV, INSA/INSAA World PL/BP/DL/BP rep, David Newingham or Kirk Stroud, 727-492-0723, novafitness@earthlink.net

OCT, 5th NHSP Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220

3-7 NOV, World Powerlifting Committee World PL & BP, L.B. Baker, Box 40, Bogart, GA 30622, 770-725-6684, 713-3080, lbbaker@irondawg.com, www.wpcworlds2004.com

6 NOV (NEW DATE), APF Mississippi State Powerlifting+Bench Press Open (Casino Magic, Biloxi, MS), Joe Ladnier, 630-892-1491, worldpowerlifting.org

6 NOV, USAPL Southeastern USA BP/PL (Nova Southeastern Univ., Ft. Lauderdale, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

6 NOV, USAPL N.J. State, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

6 NOV, USAPL Dakota Open PL/BP Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-718-9622

6 NOV, Northern VA Raw PL & BP, (Sterling Community Center, Sterling, VA) John James 703-475-9885

6 NOV, APA Ironslingers Battle of the Mid-West Push-Pull, BP, DL (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, FAX 801-905-7046, scott@apa-wpa.com

6 NOV, APF Texas Cup (Dallas - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court, Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

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

6,7 NOV, NASA Iowa Regional (PL, BP, PS - Des Moines, IA) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

6.7 NOV, USAPL I-100 Rock Solid Push/Pull, Tom Murray, 380 Pine Tree Rd., Ithaca, NY 14850, 607-279-7554

7 NOV, New England Raw PL & BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, www.reevesnutrition.com, 401-437-1728, Joemusclehead@cs.com

7 NOV, SLP Vermillion County Show of Strength PL/BP/DL (Danville, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

10-15 NOV, WABDL Twin Lab World BP/DL Championships (Peppermill Hotel, Reno, NV) Gus Rethwisch, 503-762-5066 or 901-1622, www.wabdl.org, gethomas@bendcable.com

13 NOV, AOL Columbus's BP & DL, AOL Columbus Fit. Ctr., 5000 Arlington Ctr. Blvd., Columbus, OH 43220, Pete Urda 614-538-3636

13 NOV, 3rd APA Battle of the Badasses PP, BP, DL (Georgetown, SC) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

13 NOV, USPF TX Cup and Mountaineer Cup VII Pro Qualifier, Texas USPF, 4025 Duval Road, Apt 2333, Austin, TX 78759, (512) 835-5303, www.texasuspf.net

13 NOV, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

13 NOV, NAP Texas Mid-State Record Breakers (Waco, TX) Bob Garza, 281-820-5923, www.nappowerlifting.com

13 NOV, SLP Ohio State BP/DL (Hamilton, OH) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

13 NOV, NASA Southeastern States Regional (PL, BP, PSs - Selmer, TN) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

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

14 NOV, ADAU Connecticut State Open PL+ BP, Rob Delavega, Powerhouse Gym 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phgbrookfield@aol.com

14 NOV, SLP Central Illinois Open BP/DL (Hillsboro, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com,

October 16th, 2004
Ashtabula YMCA Touch 'n Go BP, Lonnie Anderson, 1142 E. 15th St., Ashtabula, OH 44004, 440-964-3013, anderson1142@yahoo.com

NAP POWERLIFTING
NORTHERN REGIONAL CHAMPIONSHIPS
SQUAT BENCH DEADLIFT
OCTOBER 30, 2004
RECORDS RECORDS RECORDS
USE THIS OPPORTUNITY TO ESTABLISH
STATE NATIONAL WORLD RECORDS
IF YOUR LIFTS ARE THE HIGHEST QUALIFYING TOTALS
IT IS POSSIBLE FOR SOME LIFTERS TO EARN FROM 1 TO 12 RECORDS AND 1 TO 12 STATE, NATIONAL, AND WORLD CERTIFICATES IF THEY ENTER THE FULL MEET
BURR RIDGE IL
TROPHIES FOR 1ST THRU 5TH PL.
CONTACT BOB GARZA 281 820 5923
9234 BEAVER BEND CT. HOUSTON TX. 77037-2001
WWW.NAPPOWERLIFTING.COM
DRUG TESTING
IS A FACT OF LIFE IN NAP WE DON'T WANT STARS WE WANT CLEAN LIFTERS

sonlight@netcare-il.com

19-21 NOV (NEW DATES), IPA Senior National PL & BP (includes a raw div.), Champs Fitness & Sports Center, 15 Stetler Ave., Shamokin Dam, PA 17876, Mark Chaillet, 717-495-0024, chailfit@suscom.net or Ellen Chaillet, echaillet@aol.com

20-21 NOV (revised dates), WDFPF World Championships (Atlanta, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com

20 NOV, Omaha Open BP, DL, Push/Pull, A. V. Sorensen Rec. Ctr., 4808 Cass St., Omaha, NE 68132, Keith Machulda, 402-444-5596

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

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

21 NOV, 1st Battle of the Bench Albert Lewis, 716-886-3145 ext 476, JCC, 787 Delaware, Buffalo, NY 14209

21 NOV, IPA Gorilla Warfare II (Holiday Inn, Johnston, NY) Rich 857-8637, Mike 654-9110, www.gorillapackpowerliftingteam.com, gorillawarfare2@yahoo.com

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

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

27,28 NOV (date assigned), USAPL Virginia State PL/BP (raw & assisted), **27, 28 NOV** USAPL Virginia Stack PL/BP Raw & Assisted. John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

28 NOV, USAPL Life Time Nationals, John Shufflett, Box 941, Stanardsville, VA 22973, valifting@aol.com, www.virginiausapl.com

NOV, 100% Raw World BP, Paul Bossi, 252-339-5025

NOV, NASA WV Regional, Greg & Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

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

3-5 DEC, AAU Drug Tested World PL + Intl. BP and DL (Laughlin, NV - River Palms Hotel - 800-835-7903 Block AAU 6) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

4 DEC, USAPL Kentucky State/Open/Raw, Shane Bosaw, 225 Kentucky Ave., Providence, KY 42450, 270-667-7140

4 DEC, 21st Southeastern Cup PL/BP, Buddy Duke, 201 N. Burwell Ave., Adel, GA 31620, 229-896-3988 (w), 896-3989 (h), 896-3035 (gym), bduke@southlink.us

4 DEC, APC Excalibur Classic PL & BP (Birmingham, AL - open, novice, masters, teen, women) Jeff Green, Andrews Sport & Fitness, 700 Montgomery Hwy, Suite 100, Birmingham, AL 35216, 2050817-6811, 823-4745 (gym)

4 DEC (New Date), AAU Larry Garro Memorial Raw BP, DL, Iron Man/Iron Woman Open, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, Brian@usbf.net

4 DEC, 5th annual MPA Christmas Bench Classic (The Gym in Elk River (MN)), Dave harrison, 763-441-4232

4 DEC, WNPF World Record Breakers + WNPF International Single Lift Championships (Atlant, GA) WNPF, Box 142347, Fayetteville, GA 30214, 770-997-0589, WNPF@aol.com

4 DEC, APF Rio Grande Valley Meet (Harlingen - Men + Women - Open, Below I, Masters (5 yr. Groups), Submaster, Jr., Police, Fire, Single lift) Flexion Strength Systems, 256 W. Court St., Seguin, TX 78155, 800-378-6460, www.seguinfitness.com

4 DEC, NASA Southwest PS, PB, DL, Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

4 DEC, 2nd James B. Larusso Bench Press Meet (teen, women, masters, and all wt. classes) Muscle World Gym, 401 Hand Ave., Cape May Court House, NJ 08210, 609-465-4723

4 DEC, 17th Elkhart BP Classic, Jon Smoker, 30174 CR 16, Elkhart, IN 46516, 574-674-6683

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

4,5 DEC APF Southern States Powerlifting+Bench Press Open. Location TBA. (Kieran Kidder) 630-892-1491, worldpowerlifting.org

11,12 DEC (NEW DATE), USAPL American Open, Robert Keller, rhk@verizon.net, 954-384-4472, http://mysite.verizon.net/rhk

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

11 DEC, APF Pennsylvania Christmas Class PL/BP, Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

11 DEC, USAPL Midwest Senior States (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com

11 DEC (New Date), 2nd Bench Press Classic, Robt. Eckhart, 319 N. 2nd St, Lehighton, PA 18235, 610-377-5852

11 DEC, USAPL 11th December Fest PL + BP, Willie Mastin, 13010 Ocean Glade, San Antonio, TX, 78249, 210-699-0964

11 DEC, NASA Novice Nationals PL + PS (OH) Rich Peters, Box 735, Noble, OK 73068, sqbpdl@aol.com, www.nasa-sports.com

11 DEC, 4th Pocket Samson's Toys for Tots Christmas BP (male - female, all wt. classes, all divs., raw or assisted - New Oxford Gym, New Oxford, PA) 717-624-8570

11 DEC, SLP Arkansas Christmas BP/DL (Glenwood, AR) SLP, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

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

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

11,12 DEC, 51st APF Iron Man PL/BP & Mr. Iron Man/Ms. Iron Woman, Bob Packer, 559-322-6805 (w), 658-5457(h), www.calapf.com

12 DEC, 12th Raw "ADAU" Coal Country Classic (SQ, BP, DL - separate events, no total, open & all age groups -Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

12 DEC, USAPL Police & Fire Nationals (Omaha, NE) Tim Anderson, 402-427-8085, www.nebraskapowerlifting.com

18 DEC (2nd new date), WNPF IronMan Nationals (BP/DL) & Sarge McCray BP, DL & PC - Bordentown, NJ, 770-997-0589, WNPF@AOL.COM OR WNPF, Box 142347, Fayetteville, GA. 30214

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

8 JAN, 6th NASA Ohio State BP, West Liberty Salem H.S., 7208 N. SR 68, W. Liberty, OH 43357, Dick Cordial, 937-653-5504, squat@foryou.net

8 JAN, ABA Arkansas Open BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-

WORLD POWERLIFTING COMMITTEE

2004 World Championships

November 3-7

Athens, Georgia, USA

It's the real deal, powerlifters.

Come out and enjoy the camaraderie and renew old friendships within the WPC countries. For more info and to see last years results from Vienna, visit:

www.wpcworlds2004.com

or call 770/725-6684

The American Powerlifting Committee (APC) is the American affiliate to the World Powerlifting Committee.

www.americanpowerliftingcommittee.com

6851

15 JAN, USAPL Nor Cal Winter Classic (PL, BP, DL - Livermore, CA) Dr. Rob Meulenberg, 925-803-5029, rwmeulenberg@hotmail.com, Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

22 JAN, SPF Alabama State Push/Pull, BP (Holiday Inn, Birmingham, AL) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southerpowerlifting.com

29 JAN, APA Patriot Challenge, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net

29 JAN, SPF Southern BP/DL (Holiday Inn, Bristol, VA) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southerpowerlifting.com

5,6 FEB, USAPL Women's Nationals, Harold Gaines, 2109 Butterfield Ct., Maryland Hts., MO 63043, 314-805-2044

12 FEB, 6th NASA High School Championships (BP, PL, PS - 1st 50 entries) Smitty, The Gym, 112 W. North St,. Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

13 FEB, USAPL Florida State (Clearwater, FL) Vincent Lombardi, Lombardistrength@yahoo.com, 813-685-3498

19 FEB, USAPL SD PL/BP, Jeff Blindauer, 5912 W. 56th St,. Sioux Falls, SD 57106, 605-201-2411

26 FEB, APA Texas State, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net

FEB, USAPL Gold's Gym BP, Gold's Gym, 15 Racquet Rd., Newburgh, NY 12550, Dave Kenyon or Kristina Stevens, 845-564-7500 or kristina@goldsgym.net

5 MAR, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@hillsidelbc.org

12 MAR, 1st APF/AAPF Alabama State Open PL, BP (AL records will be established - Econolodge Conference Center, Attalla, AL) Buddy McKee, 3516 Park Ln., Rainbow City, AL 35906, 256-442-4002

1-3 APR, USAPL High School Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

2 APR, SPF Nationals, Push/Pull & Raw BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southerpowerlifting.com

8,9 APR, USAPL Texas State, Joe Gremillion, 1320 S. 3rd St., Garland, TX 75046, 972-494-6407

8, 9 APR 05 Power Palooza #7 (PL, BP, DL) Gene Rychlak Jr., 143 2nd. Ave., Royersford, PA 19468, 610-948-7823

9 APR, ABA Arkansas State BP, D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

6-8 MAY, USAPL Men's Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

7 MAY, APA Summer Bash,Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049, Tom McCullough, txpowerscene@earthlink.net

14 MAY, USPF Open BP & DL (sponsored by Erie C.C. Football - Buffalo, NY - men, women, teen, master) Dennis Green 716-851-1898

20-22 MAY 05, USAPL Men's Masters Nationals (Riviera Resort, Palm Springs, CA) www.usapl-ca.org, Lance Slaughter, 310-995-0047, lanceoslaughter@yahoo.com

4 JUN, SPF Natl. PL & Open BP (Glenstone Lodge, Gatlinburg, TN) Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

10-12 JUN, USAPL Teen/Jr. Nationals, Johnny Graham, 1706 Shoemaker Dr., Killeen, TX 76543, 254-526-0779

JUN, 3rd IPF North American Regional (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

16 JUL , World Games

30 JUL, NASA Tri-State Natural (1st 50 entries) Smitty, The Gym, 112 W. North St,. Flora, IL 62839, 618-662-3414 1-8PM M-F, lesmitty@bspeedy.com

30 JUL, ABA Central Arkansas BP (Bryant, AR) D.D. Nichols, 2122 Misty Circle, Benton, Ar 72015, 501-860-6851

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

JUL, USSA Men & Women PL Nationals, USSA, Box 844, Wewoka, OK 74884, ussapl@hotmail.com

13 AUG, USAPL Southern California Regional PL & BP (Cal State Northridge) Lance Slaughter, 310-995-0047, lanceslaughter@yahoo.com, www.usapl-ca.org

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

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

15.20 NOV (NEW DATE) - IPF Men's Worlds (W. Palm Beach, FL) Robert Keller, 954-384-4472, rhk@verizon.net, www.geocities.com/floridausapl

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

15-20 NOV, IPF Pan-American Men's & Women's PL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

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

APR 06, IPF Pan-American Men's & Women's Open BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

APR 06, IPF World Masters BP (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, 954-384-4472, www.geocities.com/floridausapl

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

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

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

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

APA Jackson Battle of the Bad
24 JUL 04 - Jackson, MI

WOMEN	SQ	BP	DL	TOT
Drug Tested				
114 lbs.				
M. Hendricks	---	95	---	---
148 lbs.				
S. Duncan	300	195	315	810
165 lbs. Open				
A. Tucker	---	215	---	---
	4th	225		
198 lbs. Drug Tested				
C. Smith	---	225	---	---
MEN				
Master (50-59) 148 lbs.				
R. Blaumuller	225	190	240	655
Junior (20-23)				
S. Odom	---	240	---	---
Open 165 lbs.				
V. Barnes	420	330	435	1185
Drug Tested				
T. Collins	---	420	---	---
181 lbs.				
J. Busby	---	375	---	---
Teen (18-19)				
S. Patrick	---	315	---	---
198 lbs. Drug Free				
J. Vining	---	---	---	---
Junior (20-23)				
V. Welch	---	---	---	---
Submaster				
J. Vining	---	---	---	---
Open 220 lbs.				
L. Benton	---	415	---	---
Master (60-69)				
H. Long	---	285	---	---
(40-49)				
G. Alles	---	380	---	---
Drug Tested				
G. Thiel	---	---	405	---
Master (60-69)				
R. Jinkins	---	---	425	---
Open 242 lbs.				
J. Smith	625	---	640	1740
Drug Tested				
T. Mayfield	550	405	535	1490
Master (40-49)				
C. Littleton	650	385	500	1535
Junior (20-23)				
D. Yates	---	535	---	---
Drug Tested				
D. Yates	---	535	---	---
275 lbs. Teen (18-19)				
J. Jackson	---	---	475	---
Open				
B. Royston	---	---	---	---
B. Royston	---	----	565	---
Master (40-49)				
R. Wharton	---	---	500	---
Submaster (33-39)				
J. Micka	---	600	---	---
Open				
W. Stewart	---	---	---	---
Drug Tested				
J. Gousett	---	470	---	---
Master (40-49)				
T. Tidwell	---	405	---	---
Teen (18-19)				
J. Jackson	---	275	---	---
308 lbs. Drug Tested				
R. Staten	600	---	---	---
Submaster (33-39)				
D. Gautrie	---	360	---	---
Master (40-49)				
M. Burnett	---	330	---	---

***Amanda Tucker** had a great day at the APA Jackson Battle of the Bad Open with successful bench attempts of 195, 205, 215 and a record breaking 4th attempt of 225, which broke the APA Mississippi record. (both photographs by Scott Taylor, APA President)*

***Jason Smith** watches as the bar is loaded to 700. He missed this pull, but his successful 640 still won him Best Lfiter with a 1740 total at the APA Jackson Open*

This was a great event and not enough can be said about how good the spotting and judging was, or the friendly and helpful staff of the YMCA. Special thanks to Scot Long for making this event possible and for putting in a lot of work to make sure this turned out to be a quality event. All warmup and platform weights were weighed prior to the event to assure no question of any record attempt being off. Platform weights utilized were accurate. The quality of lifting was excellent and sportsmanship was great with lots of vocal spectator support to cheer these lifters on to putting up some big numbers. Best Lifter in the Power meet was Jason Smith, in the bench meet the best lifter was John Micka, and the best lifter in the deadlift event was Billy Royston. All competitors received beautiful swords as awards and the best lifters received Battle Axes. Records set at this competition: Sonja Duncan set Mississippi State records in the Women's Drug Tested and Open Records in the Women's 148 classes with a 300 squat record, 195 bench record, and 315 deadlift which also gave her a state record of 810 pounds in the total. Amanda Tucker set a Mississippi state bench press record of 225 pounds in the 165 lbs. Women's division. Steven Odom set a Mississippi Junior record in the 148 lbs. class with a 240 bench press. Trey Collins set a Drug Tested Mississippi state record in the bench press with a lift of 420 pounds in the 165 lb. class. Sean Patrick set a Louisiana teenage record with a bench press of 315 pounds in the 181 lb. category. Hugh Long set a Mississippi record in the Masters (65-69) year old 220 lb. division with a bench press of 285 pounds. George Alles set a Louisiana record for the men's 45-49 Master 220 lb. category with a bench press of 380 pounds. Ron Jinkins set a Mississippi deadlift record in the 220 lb., Master 60-64 category with a deadlift of 500 pounds. Torrence Mayfield set Drug Tested and Men's Submaster 33-39 Mississippi records of 550 in the squat, 535 in the deadlift, and record in the total with a 1490 total. Chester Littleton set Mississippi Master 40-44, 242 class records in the squat with 650, bench press with 385, deadlift of 500 and ended up with a record in the total with 1535. Dustin Yates set a Junior American drug tested record in the 242 class with a 535 pound bench press. He also set Mississippi records in the 242 class. Jeremy Jackson hit a 475 deadlift setting a teenage 18-19 Mississippi record. Rich Wharton set a Mississippi Master 45-49 record in the 275 class with his 500 deadlift. John Micka set a Mississippi submaster and open record in the 242 class with a huge 600 bench press. Tommy Tidwell was injured while lifting but still managed to set a Mississippi master record in the 45-49 275 category with a 4005 bench. Robbie Staten set a Mississippi drug tested record in the 308 class with his 600 pound squat. David Gauthrie set a Mississippi drug tested submaster record in the 308 lb. category with his 360 bench and Mike Burnett set a Mississippi masters record 45-49 superheavyweight category with his 330 bench (he had a near miss with 400). The next APA event at the Jackson YMCA will take place on Nov. 20th. We are looking forward to seeing some of the same faces and many new faces. (Thanks to Scott Taylor, APA President, for these results)

SPF Full Powerlifting Nationals
26 JUN 04 - Gatlinburg, TN

148 lb.	SQ	BP	DL	TOT
Teenage				
R. Whitmore	300	225	430	955
Teenage 181 lb. Class				
D. Bodkin	365	275	375	955
Danny Stone	330	245	380	955
Men 165 lb. Class				
M. Weller	475	300	455	1230
Bill Parsley	465	315	425	1205
D. McClure	350	265	335	970
Men 181 lb. class				
Rick Lewis	405	400	540	1345
Justin Maple	385	285	485	1170
Mike Lockley				
Men 198 lb. Class				
Eddie Pitts	580	375	545	1500
Todd Weller	620	385	490	1495
S. Heffernan	500	405	470	1375
J. McCracken	405	365	475	1245
Men 220 lb. Class				
Geoff Butia	600	500	575	1675
Men 242 lb. Class				
N. Peppers	635	465	635	1735
Sam Byrd	675	460	575	1710
Clevenhagen	630	460	610	1700
Bernie Bell	575	340	630	1545
Client White	405	330	475	1210
Men 275 lb. Class				
Tom Shupp	600	565	505	1670
Brent Pickett	540	460	560	1560
John Biddle	650	365	530	1545
Men 308 Class				
M. Stidham	315	260	350	925
Men Super Heavy Wt.				
David Ellis	700	575	650	1925
Jeff Brandon	750	435	675	1860
SUB-MASTERS MEN				
165 lb. Class				
M. Weller	475	300	455	1230
198 lb. Class				
Brent Tracy	785	525	625	1935
Jim Pickett	500			
220 lb. Class				
Larry Hoover	740	480	640	1860
E. Warwick	485	365	465	1315
242 lb. Class				
T. Mitchell	510	530	420	1460
Wade Hawk	200	185	375	760
275 lb. Class				
Tom Shupp	600	565	505	1670
Super Heavy Wt.				
Jeff Brandon	750	435	675	1860
Masters				
198 Lb. Class				
Giles Dunn	385	340	405	1130
220 lb. Class				
Steve Brown	600	405	600	1605
308 lb. Class				
John Bible	405	460	600	1465
Grand Masters				
242 lb. Class				
Barry Maples	270	245	375	890
275 lb. Class				
John Robinson				
308 Grand Masters				
Billy Morgan	405	425	550	1380

SPF Open Bench Press Nationals

Teenage	
148 lb. Class	
R. Whitmore	225
Juniors	
242 lb. Class	
Justin Hale	385
308 Class	
A. Maddux	525
Women	
148 lb. Class	
B.J. Barr	100
198 lb. Class	
G. Thorton	185
Men	
148 lb. Class	
James Love	385
D. Delorenzo	300
B. J. Barr	100
165 lb. Class	
M. Weller	300
181 lb. Class	
Rick Lewis	400
Troy Hinchey	275
Lee Campbell	
198 lb. Class	
Dennis Lowe	500
Brian Jones	435
S. Heffernan	405
Todd Weller	385
J. McCracken	365
220 lb. Class	
Dan Asher	505
Geoff Butia	500
Steve Braz	460
S. Hickman	
242 lb. Class	
Nick Maddux	500
J.B. Hill	475
Michael Smith	
275 lb. Class	
Keith Mackey	605
Tom Shupp	565
Thomas Home	550
Brent Pickett	460
308 lb. Class	
M. Stidham	260
SUBMASTERS	
165 lb. Class	
M. Weller	300
198 lb. Class	
Brent Tracey	525
W. Stover	320
Jim Pickett	
220 lb. Class	
Dan Asher	505
Jeff Heisler	405
E. Warwick	365
242 lb. Class	
T. Mitchell	530
Masters	
181 lb. Class	
Troy Hinchey	275
220 lb. Class	
Steve Braz	460
Steve Brown	405
242 lb. Class	
Nick Maddux	500
Frank Burrell	455
Grand Masters	
198 lb. Class	
C. Wooten	325
242 lb. Class	
W. Sexton	250
308 lb. Class	
Billy Morgan	425
Billy Morgan	425
Raw BP Nationals	
Teenage	
148 lb. Class	
L. LeBlane	200
181 lb. Class	
J. Hayden	265
198 lb. Class	
Boyd Angel	315
220 lb. Class	
J. Whitt	230
Juniors	
181 lb. Class	
Larry Neese	290
220 lb. Class	
Cody Jordan	290
Women	
165 lb. Class	
H. Knupp	110
Women Submaster	
165 lb. Class	
M. Levesque	120
Men	
148 lb. Class	
James Love	345
165 lb. Class	
Randy Davis	400
181 lb. Class	
Justin Maples	285
James Dixson	245
198 lb. Class	
Dennis Lowe	405
242 lb. Class	
K. Burkett	500
T. Snelling	435
275 lb. Class	
J. Dishman	430
Super Heavy Wt.	
John Heard	480
M. Doby	410
M. Turner	390
Submasters	
198 lb. Class	
W. Stover	320
220 lb. Class	
J. Heisler	480
Grand Masters	
198 lb. Class	
Wm. Lindsey	340
C. Wooten	325
220 lb. Class	
C. Weichold	200
308 lb. Class	
Billy Morgan	365

Thanks to everyone who helped make this meet possible. (results by Jesse Rodgers

APA Eastern USA Championships
05 Jun 04 - Prince Frederick, MD

Men	SQ	BP	DL	TOT
YGL				
97				
N. Duncan	50	30	85	165
148				
D. Duncan	145	80	201	426
4th	150		210	
W M1				
132				
P. Burnette	230	160	270	660
W				
165				
B. Schenk	275	165	340	780
WT2				
N. Baldwin	225	135	340	700
4th	250			
T2				
John Willis	415	280	425	1120
Sub				
Len Walker	400	340	405	1145
DT				
Jason Baer		405		
T2				
Joseph Sherbert		315		
Thomas League		310		
Open				
181				
D. Larbalestrier	430	370	450	1250
Sub				
D. Larbalestrier	430	370	450	1250
DT				
Brett Mantia		300		
Open				
Tom Lewis		465		
Sub				
Brett Mantia		465		
T2				
198				
Dustin Montana	270	210	355	835
Sub				
Douglas Davis		380		
T3				
220				
M. Williams	425	395	615	1435
Open				
Joseph Sauble	485	460	480	1425
Brian George	500	315	550	1365
T1				
Chris Gillings		225	290	515
4th	351			
M2				
George Wilson	---			
M3				
Bob Vastine		280		
Open				
242				
T. Dellinger	600	475	600	1675
Jon Peterson		550		
Mark Fetty		460		
Jr.				
Mark Fetty		460		
Sub				
Jon Peterson		550		
Open				
275				
M. Schenk	620	455	650	1725
Nick Sauble	520	365	540	1425
Mike Reedy	435	375	550	1360
T2				
Ryan Swope	315	275	400	990
M1				
Dan Long	550	380	570	1500
Tom Taylor	415	375	500	1290
T2				
Ryan Swope		275	400	590
DT				
Scot Vickery		500		
Open				
Eric Hubbs		475		
M1				
Eric Hubbs		475		
T2				
Dan Long			505	
Ryan Swope			400	
SHW				
DT				
L. D'Ambrosio	900	525	630	2055
Open				
Bill Duncan	665	450	595	1710

The APA Eastern USA Championships was a huge success. Judging was great with Kathy Roberts, Wendy Edwards, and Scott Taylor serving as referees. Special thanks to Mark Cinque for providing a great meet site and some excellent spotter/loaders who did a great job throughout the day. All lifters received a sword mounted on a plaque for an award. I'd also like to especially thank Bill Duncan for providing some really cool meet staff t-shirts to those working the meet. Lifting quality was excellent with several records being set. All state and National records set will be posted on the APA website soon. Lou is a relative newcomer to powerlifting and squatted a whopping 900 pounds!!!! The APA will be running another meet in Prince Frederick this October. Look for some more huge lifts to take place and some great quality. Once again, thanks to all who made this meet the success that it was! (courtesy of Scott Taylor- APA President)

Lou D'Ambrosia *sets up for a 900 squat @ the APA Eastern USAs.*

Double Masters Meet
30 MAY 04 - Wyoming, MI

Women	SQ	BP	DL	TOT
Submaster				
165				
Joy Chapman	165	140	245	550
Master				
165				
L. Boshoven	550	255	505	1310
Men				
Youth (9)				
65				
Stephen King	140	70	130	340
Novice				
220				
Manny Valles	370	290	350	1010
Submaster				
220				
Mike King	770	425	555	1750
Master				
50+				
181				
Jon Smoker	500		450	
220				
Jim Jeruink	760	390	560	1710
275				
Gordy Heiss	505	300	405	1210

Physical Culture Personal Training again hosted the annual Memorial Day Weekend Double Masters meet. Between the laid back atmosphere that a smaller meet can run at and the fact that all of the lifters seemed very prepared, many personal records fell. Lynne Boshoven was down to 165 in weight but certainly not down in strength. She destroyed her 550 squat and also made her (raw) bench press and deadlift look easy. Nine year old Stephen King hit PRs all the way around including a hard fought 130 deadlift. Joy Chapman, lifting in her first 3 lift meet went 8 for 9 and also hit a deadlift PR. Manny Valles, lifting in only his second meet hit all PRs. Mike King (Stephen's dad) went 8 for 8 with all PRs finally moving his bench up again. Master lifters Jim Jeurink and Gordy Heiss both hit squat, bench, and total PRs. Finally, Jon Smoker lifting as an exhibition lifter, did a raw double with 500 in the squat and pulled 450 to round out the day. (Physical Culture Personal Training. 616-635-4058)

NASA Iowa State (kg)
17 APR 04 - Des Moines, IA

Powerlifting	C/SQ	BP	DL	TOT
int/243				
Jeffrey Blaine	300	182.5	285	767.5
jr/182				
Alex King	147.5	147.5	210	505
m1/198				
Michael Ficcola				
m1/220				
Brad Sullivan	262.5	172.5	255	690
m2/198				
Dale Rhoades	292.5	127.5	287.5	707.5
nat/220				
Richard Baker	235	132.5	210	577.5
p+f/198				
Michael Ficcola				
pure/198				
Boris Bachman	215	125	200	540
sm1/182				
Corey Smith	277.5	187.5	255	720
sm1/220				
Joe Thompson	318.5	227.5	320	866
smp/276				
Kent Nessa	342.5	227.5	275	845
teen/220				
Bill Bowen	207.5	127.5	235	570
wjr/149				
Liza Laughlin	102.5	52.5	105	260
jr/149				
Brad Cattell	55	95	147.5	297.5
m1/165				
Bill Anderson	65	115	177.5	357.5
m1/198				
M. Bruders	75	130	205	410
m2/276				
Bob Ellerbee	67.5	142.5	215	425
mp/198				
M. Bruders	75	130	205	410
nat/198				
Terry Prati	65	150	217.5	432.5
nat/shw				
Paul Clausi	60	132.5	215	407.5
pure/149				
K. Ewoldsen	57.5	107.5	195	360
teen/220				
Bill Bowen	52.5	127.5	235	415
wsmp/149				
L. Anderson	32.5	52.5	105	190
youth/88				
Cody Anderson	17.5	25	55	97.5

Bench Only			
nat/198		Brett Larson	97.5
		Power Sports	
Jeff Madsen	152.5	chs/165	
nov/198		Trevor Rhiner	55
Michael Kreft		cteen/165	
nov/276		Trevor Rhiner	55
L. Willison Jr.	197.5	dlm2/220	
p+f/276		G Eastman	157.5
L. Willison Jr.	197.5	dlyouth/77	
sm2/243		T. Madsen	57.5
Dave Walker	192.5		
smp/220			
Joe Thompson	227.5		
smp/243			
Pat Thomas	195		
teen/165			

(Thanks to Rich Peters for these results.)

APPLICATION FOR REGISTRATION

American Powerlifting Association World Powerlifting Alliance

First Name Last Name Middle Initial Today's Date

Street Address City State Zip Code

Telephone Number E-Mail address Date of Birth

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

☐ $25 Adult Membership ☐ $15 High School Student

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

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty
* extended power support range
* new arm lock design
* extra tricep support
* extra reinforced construction
* guaranteed more results than any other shirt
* recommended for experienced powerlifters only

Extra High Performance Heavy Duty
* extra extended power support range
* new arm lock design
* more tricep support
* extra reinforced construction
* guaranteed more support and power than anything ever available before now

An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

Improved Heavy Duty
* tight tough fit
* strong support off chest
* extra comfort built in
* great immediate results

HPHD & EHPHD, the secret experimental technology that assisted:

The legend Ken Lain who benched 708, 712, 717, 722, and very close attempt at 751, USPF and All Time World Records. "I vowed to John Inzer that I would keep this secret. Now I'm glad other powerlifters will have the advantage of Inzer's technology." Ken Lain

... and now assisting Anthony Clark, who has benched 700, 725, 735, 738, 746, 750, 770, 775 in his quest for 800.

Top Secret and Experimental until now! Now Available to **YOU**

Name _____

Address _____

_____

phone _____

Qty. Color

____ Heavy Duty Blast Shirt $58 _____

____ High Performance Heavy Duty $77 _____

____ Extra High Performance Heavy Duty $100 _____

relaxed measurements of shoulders _____
chest _____ arm _____

colors - Black,Red, Navy Blue, Royal Blue
MC VISA DVR COD CHECK add $6.00 S&H

INZER ADVANCE DESIGNS, P.O. Box 2981, Longview, Texas 75606, 1-800-222-6897, 903-236-4012

More Items Available from

INZER
ADVANCE DESIGNS
The World Leader In Powerlifting Apparel

800-222-6897
903-236-4012

Inzer Advance Designs T-shirts — 2 color logo
Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White **$8.00**
S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo **$10.00**

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red
S, M, L., XL, XXL **$28.00**

Wrestling Singlets with full 2 color Inzer Advance Designs logo **$33.00**

Wrist Wraps — full length with velcro and thumb loop **$9.95**

Wrist Wraps — heavy duty, full length with velcro and thumb loop **$17.00**

COMPETITION BELTS
Lever Belts

Both styles: lifetime guarantee, suede on both sides, patented lever action buckle, tightens up to 3 1/2" tighter than any other belt, tightens or releases in less than 1 second, hi-tech design and appearance, available in any color (s), made in U.S.A.

10 cm x 13 mm • 6 rows of stitching **$68.00**

10 cm x approximately 10 mm • 4 rows of stitching **$58.00**

Buckle Belts

• 10 cm x 13 mm • suede on both sides • heavy duty rivets • 6 rows of stitching • seamless roller
• single or double prong • any color • made in USA • lifetime guarantee **$70.00**
• suede on both sides • 4 rows of stitching • heavy duty rivets • any color • made in USA **$58.00**
• suede on both sides • 6 rows of stitching • double prong • Black, Navy Blue or Red • good quality.... **$29.00**

Chalk — The very best for grip — 1 lb. box of 8 - 2 oz. blocks **$10.00**
1 - 2 oz. block **$2.00**

Suit Slippers — makes putting on tight suits easier. M, L **$19.95**

Ammonia Caps - Box of 12 ..... **$5.00**

T-SHIRTS
(limited availability)

Inzer Intensity - multi-color deadlift design **$10.00**

OFFICIAL MEET T-SHIRTS

Baddest Bench in America - multi-color design **$10.00**

Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) **$10.00**

VIDEOS

All Baddest Bench in America, Deadliest Deadlift and Hawaii World Record Breakers available on video. All videos show All Time Historical World Records being set. Prices range from $20.00 - $45.00

WABDL House of Pain World Cup
20,21 MAR 04 - Dallas, TX

DEADLIFT
Class 1
181
R. Espinoza 479
D. Bickerstaff 468
Lamon Bater 468
198
A. Geitner 551
F. Jackson Jr. 281
259
T. Ekenberg 634
Disabled Men
242
C. Colchado 584
308
O. Sanchez 534
Junior Men 20-25
181
Chad Bell 534
220
Eric Gunn 700
Junior Women
123
Erica Haislar 325
Law/Fire
Master Men 40-47
259
Bruce Koch 578
Law/Fire
Open Men
198
A. Garcia Jr. 468
220
Joe Guerra 551
Law/Fire
Submaster Men
198
Barran Stone 485
Master Men 40-46
165
M. Mosley 468
220
Rick Garcia 644
242
C. Colchado 584
275
Jeff Capps 661
Master Men 47-53
132
Gary Landess 355
220
H. Barton 479
Master Men 54-60
181
R. Contreras 523
220
Onnie Jordan 606
259
T. Ekenberg 634
Master Men 61-67
220
T. Lancaster 567
Women 40-46
114
Tara Rivers 248
148
Josie Jackson 276
Open Men
198
A. Geitner 551
Submaster M 34-39
181
R. Espinosa 479
259
J. Laskowski 622
Submaster Women
SHW
K. LaMonica 352
Teen Men 13-15
242
A. Caudell 429
4th 462
Teen Men 16-19
114
H. Perez 330
165
C. Hargett 429
181
Jason Perez 523
198
S. Moore 402
220
Dujuan Calvo 462
Teen Women 13-15
148
T. Colchado 126
Teen Women 16-19
114
L. Guzman 225
198
L. Calvo 330
BENCH
Class I Men
181
T. Brown 374
D. Bickerstaff 330
R. Espinoza 319
198
D. Bradshaw 418
F. Jackson Jr. 209
220
M. Berteaux 430
M. McDaniel 385
242
Shawn Barnes 435
C. Sherwood 418
259
B. Bell 435
4th 451
T. Ekenberg 429
Danny Austin 375
Disabled Men
242
C. Colchado 451
Junior Men 20-25
181
S. Judah 415
Chad Bell 352
308
John Erickson 639
4th 650
Junior Women
123
Erica Haislar 165
4th 170
Law/Fire
Master men 40-47
165
Kenneth Cook 385
SHW
P. Lattanzi 462
Law/Fire 48+
220
Kevin Hamrah 330
Law/Fire
Open Men
181
D. Bickerstaff 325
198
J. Whitney 424
308
K. Wilkerson 501
Law/Fire Sub Men
198
J. Whitney 424
Barran Stone 314
259
M. Craig 507
Master Men 40-46
148
K. Rex White 259
165
M. Mosley 297
181
E. Morishima 451
220
E. Wilkinson 551
J. Campbell 451
Eddie Ross 451
Rick Garcia 380
242
C. Colchado 451
Mark Gibson 413
259
K. Malone 479
275
John Stewart 551
Jeff Capps 440
SHW
T. McKinney 556
Master Men 47-53
132
Gary Landess 172
165
S. Weingust 435
220
M. Berteaux 460
275
R. Jackson 418
Master Men 54-60
181
R. Contreras 319
220
Dan Bell 391
242
Sean Finegan
259
T. Ekenberg 429
Master Men 61-67
220
T. Lancaster 402
Master Men 85+
148
J. Heizelman 170
Master W 54-60
148
S. O'Brien 121
Open Men
148
N.Mansourian 376
4th 392
181
M. Rodriguez 451
E. Morishima 451
198
P. Thomas 468
4th 502
D. Harvey 457
220
Joe Guerra 551
C. Washburn 473
242
Sean Finegan
308
John Erickson 639
4th 650
K. Wilkerson 501
F. Alexander 501
Elzy Morrow 451
SHW
Mike Hamby 600
Sub Men 34-39
148
S. Norris 325
181
R. Espinoza 319
259
J. Laskowski 512
C. Mitchell 507
308
Elzy Morrow 451
Teen Men 13-15
148
R. DeLeon 242
198
C. Pinson 281
242
A. Caudell 385
Teen Men 16-19
114
H. Perez 132
132
B. Harvey 154
148
M. Luce 181
165
C. Hargett 292
181
T. Jewett 374
J. Perez 320
198
S. Moore 198
220
DuJuan Calvo 325
Teen Women 16-19
198
A. Calvo 187

There were 94 lifters at this event and some above average lifting. The lifters seemed to be energized. In the deadlift, Lamon Bater set a New York Sate Record in Class 1 181# with 468#. At 198, Alexander Geitner came all the way from Germany and pulled 551 for the win. In Junior Men, Eric Gunn, an impressive, very intense deadlifter, pulled 700.8 for a Texas State Record at 220. In Junior 123, Erica Haislar set a World Record with 325. In Law/Fire Master 40--47 Bruce Koch set a Texas State Record at 259 with 578.5. In Law/Fire Open 220, Joe Guerra set a TX record with 551, and in Law/Fire Submaster 198 Barran Stone pulled 485. In Master Men 47-53, Gary Landess ripped up an Indiana record 355.8. In Master Men 54-60, 259#, Tom Ekenberg set a World Record with 634.8, his 4th world record in the last two years, and he has a bad hip to boot. In Master Men 61-67, 220, Terry Lancaster set a Texas record and a World Record 567.5, breaking the old record of 518 hed by Aparecido Camargu of Brazil. In Master Women 40-46, 114, Tara Rivers set a Louisiana Record with 248. At 148, Josie Jackson set a Master Women's TX record with 276.6. In Submaster 259#, Jason Laskowski set a TX State Record with 622.7. In Teen 13-15, 242# class, Aaron Caudell set a TX record with 462.7. In Teen Men 16-19, 114#, Hector Archilla Perez set a Guatemalan National Record with 330.5#. At 181, Teen, Jason Perez set a Texas Record 523 1/2 with a very "take no prisoners" attitude. He never says die or "I give"! In Teen Women 13-15, 148, Tabatha Cochado set a Texas Record 126.7 in the deadlift and in teen 16-19 114#, Leslie Guzman set a World Record 225.7. Moving to the Bench Press, in Class I, Ted Kennedy of Georgia set a State Record 473.7 at 242. At 259, Brian Scott Bell set a TX record 451.7 to beat Tom Ekenberg and Danny Austin of Arkansas. Austin came in 3rd, but set an Arkansas record of 375.8. In Junior men, Stephen Judah set a Florida Record with 415.4 at 181. In Junior 308, John Erickson set a World Record 650, which was done in explosive style. John played Minor League Baseball with the Tampa Bay Devil Rays and was an Oklahoma H.S. Wrestling Champion. As a pitcher, with the Devil Rays, he threw 94 miles per hour. He gives all of the credit for his athletic success to his father. In Junior Women, 123, Erica Haislar set an Illinois State Record with a 170.7 bench. In Law/Fire Open 308, Keith Wilkerson set a Texas State Record 501 1/2. In Law/Fire Submaster 259 Craig Mitchell of New York set a State Record 507. In master men 40-46, 220, Ed Wilkinson smoked a World Record 551 and he and his team members from San Antonio won the team title. At 275, Master 40-46, John Stewart opened with a raw 551 and then put on his Inzer shirt and came very close with 700.8. At Super Big Thomas McKinney put up a 556.5 Texas State Record. In master men 47-53, 165, Sheldon Weingust shattered the World Reocrd of 424, held by Freddie Evangelista, with a 435, and was very close with 446.2. At 220 Mike Berteaux set a Colorado Record withi 460.8. In Master 54-60, 220, Dan Bell set a Texas State Record with 391.2 at age 59, very impressive. In Open Men, 148, Narbe Mansourian set a California State Record 392.3 to beat Lance Slaughter's record

650 lb. Bencher John Erickson shakes hands with his Dad *at the WABDL House of Pain World Cup. (Photograph courtesy Erickson)*

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	Today's Date	Card Issued By
Elite Master I II III IV	World National State	Y N		M F		

Registration Fee:
Adults $25
Teens $15
Make checks payable to and mail to:
WORLD ASSOCIATION OF BENCH PRESSERS AND DEADLIFTERS
P.O. Box 27499
Golden Valley, MN 55427

If under 18, have parent initial _____

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

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

Signature_____

that stood for 7 years, and he did it in a single ply shirt. At 181 Open, old timer "The Legendary" Ed Morishima Jr. of Hawaii lost to Dr. Marcos Rodriguez on bodyweight. They both put up 451.7. Ed locked out 485, but didn't get the lift passed. At 198, Patrick Thomas set a TX record with 502.6. At 220, Joe Guerra set a Texas record with 551, a big improvement for Joe. At 308, John Erickson set an Oklahoma State Record with 650.2 and at Super Mike Hamby set an Oklahoma record with 600.7, his first venture into the 600 club. In Submaster 259, Jason Laskowski set a TX record 512.5 and in 2nd place, Craig Mitchell of New York set a NY State Record of 507. In Teen 13-15, 242# class, Aaron Caudell set a Texas Record with 385.7, only 17# shy of the World Record. In 13-15, 148#, Roy DeLeon set a TX State Record of 242.5. In 16-19, .181#, Trey Jewett set a TX State Record of 374.7, and in Teen Women 16-19, 198, Alexandria Calvo set a Texas Record of 187.2 in the bench. Other notable lifts were Jeff Capps who benched 440.7 in Master 40-46, 275, and who deadlifted 661.2 and came close with 700.8. Ken Malone won Master 40-46, 259, with a 479.5. He holds the Texas State Recod with 490.5. Jack Heizelman, who is 86, benched 170.7, weighting 148#, and he has the upper body of a 60 year old, probably better than most 25 year olds. San Antonio, Texas was well represented on March 20th in Dallas, Texas at the WABDL World Cup Bench Press and Deadlift Championships. The team from Joe's Gym on Fredericksburg Road took top honors. Trey Jewett, competing in Teen men 16-19 year old group 181 lb. class benched 3741bs. for a new state record breaking the old mark by over 50 lbs. and also was Best Lifter for teen men. Johnny Campbell set a personal best with a 451 lb. bench in the Masters 220 lb. class and came in 2nd among 5 in his division. Jason Laskowski, competing in Submaster men 259lb class, benched 512 lbs. and deadlifted 622 lbs., both for new state records and also won Submaster Best Lifter in both. Ed Wilkinson in the Masters 220 lb. bench set a new World Record doing 551lbs., breaking the old mark by over 27 lbs. and just missing 562 lbs. Ed also was Best Lifter for Masters Middleweight Bench, and Kenneth Cooke competing in the Law/Fire 165 lb. class benched 385 lbs. and also won Best Lifter for the Lightweight Law/Fire bench. Jay Whitney in the Submaster 198 lb class for Law/Fire set a new state record doing 424 lbs. Jay also won Best Lifter for the Submaster Bench, and finally Sheldon Weingust competing in the Masters 165 lb class set a new World Record benching 435 lbs, just missing 446 lbs., breaking the old record by 10 lbs. Sheldon also was Best Lifter for Masters Lightweight bench. I want to thank the scorekeeper, Bettie Bugno, and the spotter/loaders who did a great job - R.J. and David Crowe. The judges were Jason Jackson, Richard McKeefer, Tom Ekenberg, and Ken Anderson. Weigh-in room supervisor was Ken Anderson. Doug Patterson of MAC Barbell provided the warmup weights and benches. Doug was quite a lifter himself, in the old days, with a 730 DL to his credit. The competition bench was provided by Forza Strength Systems. Tom Ekenberg gets a big thank you for storing the WABDL kilo set, which was provided by Ivanko, and he also transported it, along with some staging. I would like to thank our sponsors: Rick Brewer of House of Pain, Robert Walker of TwinLab, Wes & Michelle Kampen of Powerlifting Superstore and Monster Muscle the Magazine, Jim Starr, Neal Spruce, Dave Whelan and Odd Haugen of Apex Fitness Group, also, Shawn Madere of GLC Direct, the best joint formula on the planet, Mike Lambert of Powerlifting USA, Chet Groskreutz of Ivanko, Kevin Bartholomew and Billy Driscoll of Budweiser, Gus Samuelson of GSE Specialties and Ken and Johnny Anderson of Advocare Performance Products. (Report by Gus Rethwisch.)

APA Northern California Open
8th May 04 - Sacramento, CA

	SQ	BP	DL	TOT
M1				
181				
Scott Helmer	455	275	460	1190
220				
J. Bianco	455	315	455	1225
Open				
Mike Laynee	600	430	710	1740
M2				
242				
D. Robinson	225	225	300	750
M3				
G. Lively	255	235	265	755
M2				
SHW				
Leo Contreras	400	400	460	1260
Open				
Leo Contreras	400	400	460	1260
Drug tested				
Leo Contreras	400	400	460	1260
PUSH PULL				
Womens M1				
unlimited				
Valerie Crowell		195	255	450
M1				
165				
Bryan Uyeoka		280	475	755
M1				
181				
Todd Robinson	285	300	485	
16-17				
220				
Adam Contreras Jr.		250	300	550
David Nunes		—	—	—
M2				
242				
Don Robinson		225	275	500
Open				
SHW				
Leo Contreras		400	460	860
Drug Tested				
Leo Contreras		400	460	860
M2				
Leo Contreras		400	460	860
BENCH				
Women M1				
Unlimited				
V. Crowell	195			
Drug Tested				
181				
T. Robinson	285			
M1				
T. Robinson	285			
13-15				
198				
Tony Knigh	250			
M3				
242				
M. Bonifield	325			
Dennis Cone	290			
Drug Tested				
SHW				
L.Contreras	400			
Open				
Art Ramsey	510			
L. Contreras	400			
M2				
L. Contreras	400			
M1				
Art Ramsey	510			
DEADLIFT				
16-17				
165				
John Keller	365			
Open				
220				
Mike Laney	710			
David Nunes Jr.	400			
David Nunes	400			
Open				
SHW				
Art Ramsey	550			
L. Contreras	460			
Drug Tested				
L. Contreras	460			
M2				
L. Contreras	460			

Powerlifting Best Lifter: Mike Laney, Push-Pull Best Lifter: Bryan Uyeoka, Bench Press Best Lifter: Art Ramsey, Deadlift Best Lifter: Mike Laney. The 2nd Annual APA North California Open Championship was a lot of fun. Special thanks to the spotters for doing a great job all day keeping the lifters safe. I would also especially like to thank the 3 beautiful young ladies who helped load plates all day and did an outstanding job of it. Chip Conrad provide an excellent facility for the event. Judging was excellent with Mike McKnight, Chip Conrad, and Scott Taylor in the judges chairs throughout the day. There were several new faces were seen at this meet and new records set, which will be on the APA website. Sportsmanship and camaraderie were great with everybody helping each other out and cheering each other on. Beautiful swords were presented to every lifter in the event with best lifters receiving awesome battle axes. I look forward to the next APA events in N. CA which are being scheduled at the moment. (S. Taylor).

AAPF/APF Northeast Meet
17 APR 04 - New Brunswick, NJ

APF BENCH
Open 165
Mazza, Joe 570
M1 165
Caliguari, Joe 320
Open 165
Centauro, V.
Open 198
Einfalt, Lew
Open 242
Fields, Bobby 730
DeFalco, Ryan 560
Grosso, Peter 610
M2 275
Patterson, Jim 425
Open 308
Taylor, Chris 725
Toranzo, Joel
M2 SHW
O'Brien, Bob 475
AAPF DEADLIFT
Open 165
Allarde, Don 460
Open 198
Fruge, Jay 455
M1 220
Reeder, A. 500
Guest 242

APF PLing	SQ	BP	DL	TOT
Open 165				
Mazza, Angelo	600	330	450	1380
Jr 198				
Enes, Justin	600	335	630	1565
Jr 220				
Impallomen, J.	525	375	525	1425
Open 242				
Holm, Leonard	465	315	435	1230
Plescia, Mark	800	510	590	1900
Open 275				
Byrd, Damon	610	345	540	1495
T3 275				
Millheiser, K.	750	550	750	2050
Open 275				
Riedy, Chris	775	525	550	1850
Open SHW				
Miller, Mike	1050	805	655	2510
Womens				
AAPF				
105				
Kassel, Ronna	205	160	300	665
123				
Mollica, Tracy	255	80	215	550
132				
Olsen, M.	125	115	225	465
Joyce, Jackie	310	175	275	760
148				
DeRuvo, Katie	330	170	325	825

Hallwell, Phil
T2 275
Hawthorn, M. 400
AAPF BENCH
Jr 145
Kirkwood, R. 300
Jr 165
Lourenco, Dan 435
SM 181
Kampo, John 360
Jr 198
Lepovick, John 430
SM 198
Cano, Paul 415
SM 220
Dalzell, Joe 460
P-F 220
Murray, Mike 490
SM 242
Allen, Gregory 380
Open 275
Williams, Matt 500
P-F 275
Gould Scott 440
M2 275
Patterson, JM 425
Open 242
Yacovelli, S. 400

Mike Miller broke some major barriers at the AAPF/APF Northeast meet, squatting 1050, benching 805, and totaling 2510 @385 lbs.

SHW				
Theodoropouls	345	165	365	875
APF				
Pro 148				
Caggiano, K.	340	225	300	865
Pro 132				
Joyce, Jackie	270	175	275	760
AAPF PL				
T-1 114				
Machiz, Andy	150	80	180	410
T-1 148				
Nacco, A.	300	165	350	815
T-1 165				
Mattei, Adam	275	150	295	720
Open & M1 123				
Caputo, Ralph	430	235	450	1115
Open 165				
Rodgers, C.		320	455	
DiGirolamo, J.	450	295	415	1160
Allarde, D.	475	275	460	1210
Larrisey, Shay	660			
T2 165				
Mattei, Rick	300	195	335	830
M4 181				
Ginenthal, D.	300	190	370	860
SM 181				
Lombardo, F.	280	275	385	940
T-2 220				
Balsdon, DJ	455	315	500	1270
M2 220				
Kane, Paul	575	390	500	1465
Open 220				
Malpica, Fred	550	390	525	1465
M2 220				
Muchen, G.	365	280	400	1045
M2 220				
Hatten, Greg	610	225	605	1440
P-F/ SM 220				
Reynolds, Tom	505	305	505	1315
M1 220				
Ortolano, P.	655	325	405	1385
Open 220				
Richard, Brian	555	435	405	1395
Open 242				
Rundle, Blaine	750	450	530	1730
M2 242				
Roll, Charles	450	350	435	1235
T2 242				
Debus, Eddie	540	350	550	1440
Open 242				
Yacovelli, S.	600	400	450	1450
M2 275				
Dreher, Denis	275	220	435	930
M1 275				
Skiba, Henri	670	500	550	1720
SHW				
Theodoropouls	630	435	600	1665

Teams: 1st Nazareth BB, 2nd Skiba's Gym, 3rd World Gym Miltown. Outstanding Lifters - AAPF: Men 181 - Ralph Caputo, 198 - SH - Blaine Rundle, Women - Ronna Kassel, BP - Dan Lourenco, APF: Men 181 - Angelo Mazza, 198-SH - Mike Miller, Women - Kathy Caggiano, BP - B. Fields.

NASA Kansas State (kg)
10 APR 04 - Salina, KS

Powerlifting	C/SQ	BP	DL	TOT
jr/132				
Michael Mock	37.5	77.5	150	265
jr/243				
Sam Marsh	52.5	112.5	185	350
m1/165				
Bill Anderson	62.5	115	170	347.5
m2/165				
David Goodloe	40	80	160	280
m2/198				
John Vogt	57.5	100	172.5	330
mp/276				
Rick Newton	55	115	205	375
nov/198				
Wesley Goans	60	117.5	185	362.5
p+f/220				
R. Henderson	77.5	190	332.5	600
pure/276				
M. O'Brien	77.5	190	255	522.5
smp/309				
C. Cookson	80	192.5	280	552.5
sqmp/276				
Rick Newton	200			
youth/88				
Cody Anderson	15	25	50	90
youth/115				
Cole Anderson	20	27.5	60	107.5
Meet				
hs/149				
Brian Pusch	95	57.5	117.5	270
hs/220				
Nick Mancoso	92.5	57.5	122.5	272.5
int/182				
Eli Buller	230	145	230	605
int/220				
D. Blanchard	275	170	252.5	697.5
jr/182				
Chris Cayo	150	122.5	192.5	465
jr/182				
R. Hershbrger	132.5	77.5	182.5	392.5
jr/243				
Sam Marsh	237.5	112.5	185	535
m1/243				
Peter Jackson	275	187.5	310	772.5
nat/198				
W. Flickinger	275	190	260	725
nov/182				
Chris Cayo	150	122.5	192.5	465
nov/198				
Tim Seibel	160	117.5	182.5	460
nov/198				
Keith George				
nov/220				
Brad Sundberg	242.5	172.5	232.5	647.5
nov/243				
Jim Burke	257.5	160	220	637.5
nov/243				
S. Hungria	225	127.5	232.5	585
p+f/182				
Bill Kausler	142.5	130	187.5	460
p+f/220				
Clifford Bell	260	162.5	170	592.5
pure/182				
Eli Buller	230	145	230	605
pure/220				
F. Mendoza	240	185	215	640
smp/243				
Jim Burke	257.5	160	220	637.5
wnov/106				
R. Buganan	55	37.5	105	197.5
youth/115				
Tyler Cookson	72.5	42.5	92.5	207.5
bpsm2/276				
John Janzen				
cm1/276				
E. McDonald	80			
cm2/182				
Kevin Randall	76			
cm2/198				
John Vogt	57.5			
dljr/243				
Kevin Gvilbalt	137.5			
dlm2/198				
John Vogt	172.5			
Bench				
int/198				
Troy Stuart	210			
m1/276				
E. McDonald	172.5			
nat/198				
W. Flickinger	190			
nat/243				

Trent Gunter 185
p+f/198
Kenneth Roush 160
sm1/198
Travis Lyon 187.5
sm1/243
Larry Fenti 205
sm1/243
Trent Gunter 185
smp/182
Chris Beck 167.5
smp/198
Travis Lyon 187.5
smp/198
Droegemeier 135

(Thanks to Rich Peters for these results.)

A.P.F./A.A.P.F. Membership Application

Check ONE box that applies below

☐ **AMERICAN POWERLIFTING FEDERATION**

☐ **AMATEUR AMERICAN POWERLIFTING FEDERATION**

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME | FIRST NAME | INITIAL

STREET ADDRESS | DATE OF APPLICATION

CITY | STATE | ZIP CODE

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

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

REGISTRATION NUMBER | E-MAIL ADDRESS

ATHELETES, fill out card completely, make check payable to and mail with fee to: **A.P.F. OR A.A.P.F. 62 S. Broadway Aurora, IL 60505**

ARE YOU A PREVIOUS A.P.F. OR A.A.P.F MEMBER? ☐ YES ☐ NO

For information call: Ph: 630-892-1491 or Fax: 630-892-0909

IF UNDER 18, HAVE PARENT INITIAL

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

SIGNATURE X _____

APC/UAPC Georgia State Open
3 APR 04 - Athens, GA

Bench Division		Juniors	
Teenage		C. Maddox	90
S. Faulkner	205	Sub Masters	
140		75	
W. Oldham	165	D. Dessau	127.5
Open		90	
100		D. Smith	175
C. Scott	192.5	R. Wright	135
100	82.5	140+	
J. Freeman	192.5	R. Hodge	252.5
140		Master 40-49	
M. Piattelli	272.5	67.5	
140+		G. Bradley	107.5
R. Hodge	252.5	Master 50+	
C. Maddox	205	82.5	
S. Smith	175	R. Lovelace	155

Powerlifting	SQ	BP	DL	TOT
Open				
82.5				
R. Hill	272.5	170	250	692.5
J. Gordon	270			
90				
R. Baker	242.5	185	225	652.5
C. Evans	317.5	237.5	250	877.5
T. Cahill	185	115	170	470
100				
S. Radford	272.5	210	272.5	755
S. Fogle	227.5	140	205	572.5
B. Adams	225	135	205	565
T. Fontanez	235	155	237.5	627.5
110				
J. Gill	215	127.5	215	557.5
125				
A. Hunter	317.5	190	287.5	795
A. Mehan	410	292.5	325	1027.5
140				
L. LaVarro	352.5	272.5	352.5	977.5
Sub Master				
100				
M. Vickers	285	165	275	725
Master 40-49				
125				
T. Wright	287.5	147.5	232.5	667.5
90				
R. Baker	242.5	185	225	652.5
125				
A. Hunter	317.5	190	287.5	795
140				
L. LaVarro	352.5	272.5	352.5	977.5
Master 50+				
75				
D. Thompson	202.5	117.5	190	510

The third annual APC/UAPC Georgia State Open Powerlifting and Bench Championships were held April 3, 2004 at the Holiday Inn Express in Athens, Ga. Thanks go out to the spotter/loaders Eric Stoker, Thomas Shaffer, and Vern Ruffner. Also, a meet would not be the same without Nadine Baker and Michelle Cower assisted by Daniel Clower, and Shelia Rouse at the table. Expert and consistent judging from Mike Kidd, Andy Fowler, and Jim Rouse rounded out the crew. The team from Gainesville, Georgia coached by Mike Kidd were the team champions. Lou LaVarro, the State APC Chairman for Florida was best APC lifter overall and Mark Vickers was best UAPC lifter overall. Special thanks to the Canadian team representing the Independent Powerlifting Association of Canada, the WPC Canadian Representative, for their participation as guest lifters. Al Mehan had personal bests in the bench press and deadlift. Also thanks to our guests from Poland, Michal Tumidajski, and Baron Jaroslaw, WPC Poland President. The Polish team personally delivered their team entry form and national flag for the WPCommittee World Powerlifting Championships November 3-7, 2004 which will be held at the Classic Center in Athens, Ga. Finally, thanks to all the participating lifters who demonstrated the grit, determination and sportsmanship that makes powerlifting so great. (Thanks to L.B. for providing results)

APF Louisiana State (kg)
17 Apr 04- Baton Rouge, LA

WOMEN	SQ	BP	DL	TOT
Open				
165				
C. Myers	185	75	170	430
Teen				
105				
C. Richard	132.5	62.5	120	315
123				
T. Ladnier	145	65	120	330
132				
A. McDaniel	90	45	107.5	242.5
148				
T. Doyle	137.5	52.5	115	305
165				
K. Savoie	142.5	65	137.5	345
198				
A. Gonzalez	185	82.5	125	392.5
220				
C. Joyce	147.5	55	100	302.5
MALE				
Junior				
220				
J. Clay	242.5	162.5	215	620
Masters				
181				
M. Massie	230	110	195	535
198				
D. Broussard	182.5	115	192.5	490
T. Buckley	285	182.5	235	702.5
L. Langlinas	227.5	137.5	240	605
H. Barton	227.5	92.5	227.5	547.5
Novice				
242				
J. Fabela	250	155	215	620
Open				
123				
R. Hawthorne	265	135	260	660
181				
J. Bozzelle	287.5	177.5	242.5	707.5
242				
B. Myers	277.5	212.5	282.5	772.5
P. Sydow	295	215	230	740
275				
D. Favre	295	215	250	760
G. Theriot	365	197.5	300	862.5
Open & Masters				
198				
W. Brantley	295	210	270	775
Teen				
123				
B. Zagone	120	82.5	142.5	345
132				
R. Blunschi	150	85	182.5	417.5
181				
G. Barth	200	117.5	190	507.5
D. Amond	195	105	202.5	502.5
198				
L. Savoie	272.5	155	252.5	680
220				
G. Halphen	310			310

(Thanks to Garry Frank for these results.)

Omaha Open
22 Nov 03 - Omaha, NE

PUSH/PULL	BP	DL	TOT
Open			
165			
Jerry Tallman	210	375	585
Master II			
John Kohl	235	450	700*
Master II			
181			
Loui Ligouri	320	515	835
Teen raw			
Josh Scott	270	400	670
Novice raw			
Adam Mayse	190	275	465
Teen			
198			
Josh Knutson	315	500	815
Submaster			
220			
D.J. Satterfield	320	520	840
Open			
242			
Jesse Jobe	385	440	825
Teen			
275			
Dominic Graves	230	300	430
Guest Full Meet Lifter - Master II			
165			
John Kohl	375**	250	450** 1075*
BENCH			
Women			
Master II			
165			
Terry Fuller	260**		
Open raw			
198			
Neil Dloughy	275		
Novice			
Adam Coriano	330		
Open			
Matt Nelson	360		
Master I			
220			
G.Townsell III	390		
Rod Lahodny	460		
Submaster			
Jeff Donels	490		
Open			

(Thanks to Keith Machulda for the results)

Jeff Donels	490
Submaster raw	
242	
Lance Grush	385
Submaster	
Tom Young	380
Master I	
275	
R. Bonjour	490
Wm/Master II	
148	
M.Christensn	215
Master II	
198	
Uuno Kanto	450
Master II raw	
220	
C. Toney	505

American Powerlifting Committee (APC)
www.americanpowerliftingcommitte.com
P O Box 40
Bogart, Ga. 30622

As a member I agree to follow and obey all the rules, regulations, and procedures of the American Powerlifting Committee.

Name._____Date_____
Address._____
City._____State._____Zip_____
Phone._____Email_____
Date of Birth_____Age__Sex__US Citizen__Club_____
Prices: Adult $30.00 Teenage $15.00 Special Olympian $10.00

_____ _____
Signature If under 21 Parent or Guardian

Card expires 12 months from date of purchase

UAPC Powerlifting ™ Application • PO Box 40, Bogart, GA 30622
irondawg.com

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

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

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

SIGNATURE_____If under 21 yrs. Parent Initial:_____Date:_____Prior Reg. #_____
Name:_____Phone: (____)_____E-Mail:_____
Address:_____City:_____State:_____Zip Code_____
Date of Birth:_____Age:_____Sex:_____U.S. Citizen?_____UAPC Registered Club Represented:_____

Membership Prices: (please circle all that apply) • Adult - $30.00 • High School Division (Full year; any meet) - $15.00 • Special Olympian $10.00

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs) • Masters (40 yrs & up) •Military
Police & Fire High School Special Olympics

Cash/Check/Money Order #_____ Membership Price $_____

All memberships expire 12 months from date of purchase.

USAPL Battle of the Great Lakes
13 MAR 04 - Cleveland, OH

Bench Press
123
Masters
N. Proctor 130
Raw
R. Morrison 235
Open
Jay Helms 240
148
Teen 16-17
V. Dickerson
Open
R. Marcus 320
165
Teen 18-19
Nick Royer 350
Guest
Larry Miller
Open
Z. Goldsmith 350
Wendy Gorris
Juniors
Z. Goldsmith 350
Collegiate
Z. Goldsmith 350
181
Teen 16-17
J. Auerbach 385
Raw
John Sabo 305
Open
J. Auerbach 385
P. Filiaggi 340
Master
Steve Herrick 305
198

97	SQ	BP	DL	TOT
Youth				
Drew Wrobel 132	135	80	150	365
Teen 16-17				
Nolan Keenan 148	315	185	335	835
Collegiate				
Jennifer Rohr 165	185	100	260	545
Teen 16-17				
Darren Young	310	215	340	865
Lisa Gory	225	115	225	565
Raw				
Justin Caputo	400	270	445	1115
Open				
D. Thompson	475	365	500	1340
Nick Royer 181	345	350	405	1100
Teen 18-19				
C. Williamson	325	265	425	1015
Teen 16-17				
J. Auerbach	435	385	525	1345
Raw				
Chuck Lyons	450	300	525	1275
Police-Fire				
Daniel Sustin	550	360	500	1410
Open				
Daniel Sustin	550	360	500	1410

Teen 16-17
P. Jesenovec 300
Open
Steve Spinelli 475
Matt Thomas 435
Juniors
P. DelMonti 405
220
Open
Mike Landino 550
Bob Eucker 500
Collegiate
Kevin Rogers 350
Cliff Meston 255
242
Teen 18-19
Mike Keleman 405
Open
Kevin Mayer 560
Frank Valente 480
Masters
Frank Valente 480
Juniors
M. Jesenovec
275
Open
Frank Palmer 535
Jason Prater 500
Masters
Tony Landino 475
J. McHugh 470
Great Grandmaster
Andy Fodor 135
Grand Masters
E. Bergman 340
Ralph Brown 430

Great Lakes Best Lifters: *with their Pete Lanzi Memorial Swords: top row, l-r, Michael Landino, Donovan Thompson, Ralph Young, John & Nikki Lanzi, Jennifer Rohr, Meet Director Gary Kanaga; bottom row - Jeremy Auerbach, Steve Spinelli. (Photograph courtesy Tim Naujoks)*

J. Sensenbaugh				
Masters				
Steve Herrick 198	305			
Teen 16-17				
P. Jesenovec	330	300	430	1060
Matt Marek	300	275	410	985
Raw				
Matt Marek	300	275	410	985
Open				
Matt Cole	450	280	500	1230
Tim Torok	135	300		
Collegiate				
P. DelMonti	455	405	530	1390
198+ Women Collegiate				
S. Dzurnak 220	255	215	320	790
Open				
Ralph Young	550	580	570	1700
Masters				
Mark Terman 242	540	350	610	1500
Teen 18-19				
Tom Szorady	395	300	505	1200
Open				
Gary Bess	600	415	685	1700
D. Steltenkmp	555	450	500	1505
Brad Hartung	500	365	510	1375
Juniors				
M. Jesenovec 275				
Open				
Frank Palmer	405	535	475	1415
Great Grandmaster Men				
Ben Sustin	235	375		
Great Grandmaster Women				
Lois Hummer	90	65	160	315
Grand Masters				
Ralph Brown	540	430	520	1490

(Thanks to Gary Kanaga for these results)

USPF Oregon State
03 APR 04 - Medford, OR

Full Power	SQ	BP	DL	TOT
148T				
Jason Weisz	230	160	320	710
181T				
S. Samoych	355	260	390	1010
Jim McDougle	330	230	390	950
198T				
D. McFarland	385	270	500*	1145
Sp Ol				
Nick Ceglia	300*	235	455*	945
Open Eric Fox 220	675	400	525	1600
Jason Dassle	540	330	540	1410
Kent Wetzel	545	350	450	1345
Sub				
Kevin Eller 242	505	295	540	1340
Nate Eller	570	375	545	1490
Sub				
Richard Fisher MI	495	350	515	1360
Tyler Kopta 275T				
J. Dauasher	550	375	475	1375
Open				
Jeff McGrath	500	325	500	1325
Kevin Lockett	455	350	515	1320
Gordon Crisp	475	295	475	1245
308				
Louie Snider	660	475	625	1760
308+				
Jason Ward	375	340	425	1140

Deadlift
Women
60J
Alex Pecktol 120
123
Natalie Avery 230
181T
Men
132
A. Richardson 300
C. McFarland 400
198M3
C.McFarland 575

Teams: National Fitness 68pts, JCSO 67pts. The 2004 Oregon USPF Competition was held at North Medford High School. Due to scheduling conflicts, the meet was small but very competitive. Several state records were set during the days events. Most notable were Chad McFarland's 400 lb deadlift @ 132, 16 yr old Slavic Samoych winning the 181 Teen division with 1010 total, Eric Fox's 675 squat 3 yrs after ACL surgery @198, and National Fitness of Klamath Falls, Oregon (led by Andrew "Louie" Snider) taking the team Trophy from TeamJCSO by one point. Next year promises to be bigger and better as we continue to promote powerlifting in the state of Oregon. (results by Terry Wilson)

NASA West Texas State (kg)
15 MAY 04 - Lubbock, TX

Powerlifting	C/SQ	BP	DL	TOT
Meet				
hs/276				
J. Perryman	192.5	120	182.5	495
jr/182				
V. Sivetskiy	172.5	85	165	422.5
m1/198				
R. Michelotti	167.5	127.5	212.5	507.5
m1/276				
Neil Eddins	257.5	195	290	742.5
m2/165				
Mike Stroud	165	87.5	182.5	435
m2/182				
Jan Werner	172.5	140	195	507.5
nov/165				
Bobby Warren	197.5	122.5	167.5	487.5
nov/165				
J. Martinez	90	117.5	157.5	365
pure/132				
Eric Cyranoski	107.5	72.5	120	300
sm2/220				
M. Taylor	180	182.5	182.5	545

Bench
int/243
A. Childers 205
m2/309
James Tarter 150
mp/309
James Tarter 150
pure/165
Ruben Lopez 137.5
sm2/220
M. Taylor 182.5
Power
bpmp/220
Ricky Green 130
cmp/220
Ricky Green 60
cpure/165
Ruben Lopez 50

(Thanks to Rich Peters for these results.)

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: (_____)_____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: *(please circle one)* • Adult - $40.00 • High School Division (Full year; any meet) - $30.00 • Special Olympian - $10.00
• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - $15.00 • Upgrade from current HS Seasonal to HS Div. Full year - $15.00

Competing Divisions: *(please circle all that apply)* Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire
High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May31 Special Olympian

USAPL Merchandise: *(please circle choices)* •T-Shirt - $15.00 (size ___ qty. ___)*(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)*
•Polo Shirt - $35.00(s-xl) $37.00(xxl & up) (size ___ qty. ___)*(colors: navy, white)* •Navy Sweatshirt - $30.00(s-xl) $32.00(xxl & up) (size ___ qty. ___)
•White Referee Designation Polo - $30.00(s-xl) $32.50(xxl & up) (size ___ qty. ___) •Logo Patch - $5.00 (qty. ___) (Shpg for patch: .50)
•Lifter Classification Patch - $5.00 (qty. ___) *(must provide meet results)* •Hats - $15.00 (qty.___)*(colors: white, navy, black)*

Check/Money Order # _____
Credit Card: *Visa-Mastercard-Discover* Exp. Date: _____
Card # _____-_____-_____-_____
Cardholder Signature: _____
All memberships expire 12 months from date of purchase.

U.S.A. POWERLIFTING™

Membership Price: $ _____
Merchandise Total: $ _____
Merchandise Shipping: $4.00
Total Purchased: $ _____

(White Original – National Office • Yellow – Seller's Copy • Pink – Lifter's Copy)

USPF California State PL/BP
27 MAR 04 - Los Alamitos, CA

Bench Press
Women
148
Mari Asp 292
Men
123
Teen 13-15
A. Bertolucci 94
148
Teen 16-17
Rudy Machuca 220
Open Men
N. Mansourian 369
Open Men
Steve Tamerius
M 55-59
Steve Tamerius
M 65-69
Jim Merlino 275
M 65-69
Jim Andres 165
165
Teen 13-15
Chase Craft 154
Open Men
Ruben Lopez 297
181
Open Men
B. Mendoza 440
Open Men
Ken Tate 413
Open Men
Mark Lambert 363
Open Men
Kevin Nunez 292
Sub 35-39
B. Mendoza 440
198
Open Men
Daren Dowell 385
Open Men
Larry Manly 275
Junior 20-23
Charles Katsapis
M 50-54
Lothar Vallot 187
M 65-69
Larry Manly 275

220
Open Men
Michael Green 490
Open Men
Mike Elwell 462
Open Men
Alex Vargas 407
Open Men
Ryan Girard
M 40-44
Morgan Long 330
M 55-59
Bob Evans 396
242
Open Men
Alvin Waldon 485
Open Men
Steve Williams 451
M 45-49
Steve Williams 451
M 45-49
Brad Long 402
M 50-54
Alvin Waldon 485
M 60-64
Dan Smith III 407
M 60-64
John Parker 314
M 65-69
R. Hartshorne 292
275
Open Men
Scott Hoekstra 600
Sub 35-39
Scott Hoekstra 600
M 50-54
Steve Brown 446
M 55-59
Doug Knapp 242
308
Sub 35-39
David Marr 490
Sub 35-39
Tom Reynolds 418
M 40-44
C. McGuire 330
M 50-54
Dean Carriger 396

Powerlifting	SQ	BP	DL	TOT
Men				
132				
Open Men				
R. Guaderrama	270	253	308	832
148				
Open Men				
Vince Tanabe	462	253	501	1217
165				
Open Men				
D. Sorenson	523	319	512	1355
Open Men				
L. Slaughter	440	402	440	1283
Open Men				
Leslie Nelson				
M 40-44				
D. Sorenson	523	319	512	1355
181				
Teen 13-15				
Jeff Belanger	303	154	363	821
Teen 18-19				
Larry Treybig	369	253	468	1091
Sub 35-39				
Ken Fasulo	374	319	435	1129
M 54-59				
Bill Cavalier				
M 70-74				
Richard Simon	292			
198				
Open Men				
F. Toledano	314	275	501	1091
Open Men				
Michael Belucio				
Sub 35-39				
J. Hernandez	512	264	435	1212
M 40-44				
F. Lomelin Sr	385	248	424	1058
M 40-44				
Michael Belucio				
220				
Teen 18-19				
Jekabs Sliede	374	253	407	1035
Open Men				
Mike Laney	600	407	683	1691
Open Men				
Pat McNeil				
M 40-44				
Mike Laney	600	407	683	1691
M 40-44				
Bill Hurt	562	347	573	1482
M 45-49				
Mark Straley	551	325	512	1388
M 45-49				
R. Arredondo	501	341	485	1328
M 45-49				
M. Womelsdrf	374	286	407	1068
M 55-59				
Bob Evans	457	396	385	1239
M 65-69				
Floyd Irons	374	137	402	914
242				
Teen 16-17				
E. Charboneau	330	203	374	909
Open Men				
L. Bergfield	507	462	622	1592
275				
Open Men				
Robert Speno	666	473	622	1763
Open Men				
F. Toledano	501	336	551	1388
M 50-54				
Delmer Brown	584	407	545	1536
M 50-54				
Steve Brown	451	446	606	1504
M 65-69				
D. Herrera	523	385	473	1383
308				
Open Men				
Brian Meek	655	468	534	1658
M 55-59				
Brian Meek	655	468	534	1658
Guest Lifters				
Open Men				
220				
Open Men				
Jesse Branham		661		661
275				
Open Men				
Art Labare				
Open Raw				
Scott Smith		551		551
M 55-59				
Bill Ennis			501	501

The 38th USPF California State Championship was a grand success. We had 71 lifters. 37 benchers and 33 Powerlifters with one deadlifter and 5 paid no-shows. The Opening ceremonies for the 1st California Powerlifting Hall of Fame went off without a hitch. We had a Color Guard from Headquarters and Headquarters Company (HHC) 40th Infantry Division headed up by First Sergeant Bradley Warner. This was followed by the Star Spangled Banner sung by Nicole Manly, daughter of competitor Larry Manly. The opening invocation was given by Dr. Sandra Herron. The Presentation of the Hall of Fame ceremony began with Master of Ceremonies: Chuck LaMantia and Presenter: Major General Jeffrey L. Gidley, 40th Infantry Division Commander.

***Bill Ennis** with a USPF American Masters Record Deadlift attempt.*

In alphabetical order the Inductees were Natalie Kahn Aguilar, Pat Casey, Bill Cavalier, Robert Cortes, Danni Hartmann Eldridge, Tom Eldridge (deceased), Bill Ennis, Cherie Ennis (deceased), Roger Estep, Kevin Fisher, George Frenn, Jill Ganger, Lorna Griffin, Don and Fran Haley, Bill Hartmann, Vicki Gagne Hembree, Enrique Hernandez, Bob Humphreys, Mary Ryan Jeffrey, Larry Kidney, Mike Lambert, Jim Lem, Terry McCormick, Gene Mozee, Tom Overholtzer, Bob Packer, Bud Ravenscroft, Gordon Santee, David Shaw, Rich Woods, and Bill "Peanuts" West (deceased). These were truly the "Legends of Strength". It was a great opportunity to reconnect with so many great Champions of our "Iron Sport". The ceremony was emotional and uplifting. It was very a memorable moment for so many being inducted and many in the audience as well. We had well over 350 people in the audience. I know there are many more well deserving lifters that could have been and should have been inducted at this time. I plan on having an induction ceremony each year. I don't want anyone to feel slighted for not being inducted in this year's ceremony and I apologize if anyone feels like they were overlooked. I look forward to the nominations for next year. Thanks to all the inductees who made this a truly remarkable event. Special thanks to Bill Ennis for the hands on effort in coordinating and putting together the fine commemorative program along with contacting all of the inductees and getting their biographies and photos. Thanks also to all of our fine referees, some of whom were inducted in the Hall of Fame ceremony on this day. I appreciate all your help and efforts to make the State meet a success. Thanks to Chuck LaMantia for being the MC and for the music he provides for the contest. Everyone appreciates the fine professional touch that Chuck brings to every meet. Thanks to Kellie LaMantia for taking care of the score-keeping duties. Thanks to Lisa Denison for also helping with the scorekeeping duties. Thanks to Scott Layman for his assistance at the score table and for expediting on the 2nd platform. Thanks to our new State referee, Dr. David Foster, who took his practical exam at the meet with Gordon Santee as the tester. Thanks to our spotters and loaders from Los Alamitos High School. Thanks to Scott Cartwright for coming down from Sacramento to help spot, load, and expedite. Thanks to John Dorsten, Joe Thomas, Carl Lux, and Andy Acevedo for spotting and loading throughout the day. Thanks to Laurie Fowler for handling the manual scoreboard on the 2nd platform and thanks to Shane Toal for handling the bar loading program and electronic scoreboard. Thanks to our sponsors: Inzer Advance Designs - - powerlifting gear, METRX Nutrition products, House of Pain T-shirts for the staff, Apex Nutrition products, BFC Disc Jockey—Chuck LaMantia, California Army National Guard—facilities, tables, & chairs, XS Energy Drink products, American Eagle Gym—warmup bench, Tri Power Handle vendor display, Orange County Strength Club—warmup and competition equipment, Ivanko Barbell Company—Best Lifter gym bags, and CSS Photo Design vendor display of all competitors pictures and meet video. Most of all I want to thank Manny Sanchez for all his hard work in setting up and breaking down the meet. He's my co-meet director and without him I wouldn't be putting on any meets. Thanks again to all the lifters who supported my meet. We'll see you at the next meet! Send comments or questions to PWRLFTRS@MSN.COM (Thanks to Steve Denison, Meet Director, USPF CA State and Region 8 Chairman, www.powerliftingCA.com., for the results.)

Application for Registration
UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600

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

Street Address	Club Name

City	State	Zip	Area Code/Telephone

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

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

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

If Under 18 have Parent Initial _____

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

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

Signature _____

SLP WISCONSIN OPEN BP/DL
5 JUN 04 - Waupaca, WI

BENCH PRESS
women master 40-44
181
Jean Lane 105*
novice men
198
A. Fitzgibbon 330*
308
Jason Kollauf 500*
teenage men 13-15
165
Kevin Rabe 115
teenage men 16-17
165
Eric Boylan 225
165
Jake Mountjoy 215
teenage men 18-19
198
Tim Schultz 300
308
S. Garza 410
junior men
198
J. Meulemans 375
220
A. Mickelson 475
submaster men
242
Todd Depner 430
master men 40-44
148
Tim Aldag 300*
(4th) 305*
198
Steve Korff 425*
220
Roberto Flores 405
master men 45-49
181
Dennis Ploetz 275
198
Gary Koch 200
220
Joe Cozza 525*
master men 50-54
198
Dale Alsteen 320*
198
Ray Gronowski 270
(4th) 280
police & fire
submaster
220
Kevin Ruder 405*
police & fire
242
Shawn Becker 560*
(4th) 570*
open men
242
Chad Alsteen 510!
DEADLIFT
teenage men 13-15
148
Kelly Rabe 245
teenage men 16-17
165
Jake Mountjoy 380
teenage men 18-19
198
Tim Schultz 460*
(4th) 475*
junior men
123
Keith Koch 255*
master men 40-44
198
Dave Rabe 340
master men 45-49
181
Scott Hubert 590*
220
Stuart Coogan 550
master men 50-54
198
Dale Alsteen 455
242
R. Sadowski 525*
master men 80-84
181
Bob Stephan 335*
open men
165
Miquel Castro 620

BP - Best Lifter - SHAWN BECKER. DL - Best Lifter - MIQUEL CASTRO. * - Son Light Power Wisconsin state record. ! - Son Light Power national raw record. The Son Light Power Wisconsin Open was held June 5, 2004 at Health & Fitness Headquarters in Waupaca, Wisconsin. Thanks again to Bob and Janet Heiner for all their help organizing and promoting this competition. In the bench press event first-time competitor Jean Lane did great, taking the master women's 40-44/181 class with a new state record of 105. Adam Fitzgibbon set the state record at novice 198 with 330 while Jason Kollauf got his first 500 bench with his win and state record at novice 308.

SLP Wisconsin Open Best Lifter...Miguel Castro. (Photo by D. Latch)

Kevin Rabe captured the title at 13-15/165 with 115 while Eric Boylan won over Jake Mountjoy in the 16-17/165 class 225 to 215. In the 18-19 age division Timothy Schultz got his first official 300 bench at 198 while Santiago Garza had some problems, settling with his opener of 410 at 308. At junior 198 Joel Meulemans won with 375 along with Aaron Mickelson who finished at 220 with his opener of 475 after a personal best 500 failed three times. Todd Depner got a new personal best of 430 with his final attempt for the win at submaster 242. Tim Aldag broke his own state record at 40-44/148, making his first ever 300 bench before coming back with a successful fourth of 305! Steve Korff also got a new state record at 198 with his 425 second attempt. Then at 40-44/220 it was Roberto Flores for the win with 405. Dennis Ploetz got a new personal best of 275 with his win at 45-49/181, this being his first competition. At 198 it was Gary Koch with his first official 200 bench! Joe Cozza upped his state record to 525 at 45-49/220, with plenty left in him. Dale Alsteen set the state record at 50-54/198 with 320, winning there over Ray Gronowski, who finished with 270, then a 280 personal best fourth. In the submaster class of the police & fire division Kevin Ruder set the state record with a solid 405 second attempt. The best lifter of the competition was Shawn Becker, who won at police & fire 242, breaking the state record twice with his third attempt of 560 and his fourth of 570. Both were also new personal records for Shawn, who should hit 600 at the fair! Our final competitor was Chad Alsteen who won at open 242, setting the national SLP raw record there with 510. In the deadlift competition Kelly Rabe got an easy opener of 245 at 13-15/148, then came within inches of locking out a state record 305 on his final two attempts. Jake Mountjoy got a new personal record at 16-17/165 with 380 while Timothy Schultz broke the state record for the 18-19/198 class with his 460 third and 475 fourth attempts. Both were new personal bests for Tim also. Keith Koch got a great state record and personal best pull of 255 with his win at junior 123. In the master men's division it was Dave Rabe with 340 and the win at 40-44/198. Scott Hubert got a new state record at 45-49/181 with a strong 590 pull while Stuart Coogan won at 220 with 550. Mr. "Blue Shoes" won the award for the ugliest deadlift shoes of the meet! Dale Alsteen won his second title of the day at 50-54/198 with his final 455 "sandbagger" pull. This boy had plenty more in him! Richard Sadowski got in three good pulls, finishing with a new state record of 525 at 50-54/242. Up next was 83 year old wonder Bob Stephan, who set the state record at 80-84/181 with 335. It was great to finally meet Bob's wife, Billie, a youthful beauty at 81, and a classy lady. In the open class it was best lifter Miquel Castro, making just his opener of 620 for the win at 165. Grip problems due to the bar and not the strength of this great puller. Thanks also to my son Joey for all his help and to Bob Heiner for helping with the loading and spotting duties. See you all at the State Fair August 14! (Results provided by Dr.Latch)

Canadian Push/Pull + Curl
19 OCT 03 - Montreal, Quebec

IBench
Female
20-23
165
Karine Coté 165
Male
13-19
148
N. Ferland 215
20-23
165
S. Harvey 315
33-39
181
Archanbault 210
40-49
181
S. Quintal 300
13-19
198
M. Robitaille 285
13-19
198
David Banville 280
50-59
198
G. Larivée 315
20-23
220
J. Grégoire 325
40-49
242
M. Ferland 490
20-23
SHV
D. Voronov 605
40-49
SHV
C. Marceau 320
Curl
Female
20-23
165
Karine Coté 100
Male
13-19
148
M. Boudreau 100
33-39
181
Archanbault 115
Open
181
Pat Gravel 140
13-19
198
David Banville 126
33-39
198
Eric Boissinot 135
50-59
198
G. Larivée 135
20-23
220
D. Rousseau 190
33-39
220
Joe Lamonica 135
Open
220
D. Rousseau 190
20-23
242
Francia Brent 180
40-49
SHW
C. Marceau 130
Deadlift
13-19
148
M. Boudreau 425
33-39
181
Archanbault 450
40-49
181
C. Dallaire 660
Open
181
C. Dallaire 660
40-49
242
B. Boudreau 600
40-49
SHV
C. Marceau 465
Push&Pull
Female
40-49
97
O. Michaud 335
Male
13-19
148
M. Boudreau 610
33-39
181
Archanbault 635
40-49
181
C. Dallaire 995
Open
181
C. Dallaire 995
33-39
198
Eric Boissinot 815
50-59
198
M. Sadouski 675
40-49
242
B. Boudreau 800
40-49
SHW
C. Marceau 760

(Thanks to Claude Marceau for the results.)

Winyah Fitness Bench
26 Jun 04- Georgetown, SC

BENCH
Women
M. McKnight 135
Sharon Ard 80
Teen
C. Bardon 280
A. Dawson 300
J. Springs 305
C. Watts 250
Open
148
F. McNeil 320
C. Bardon 280
165
J. McElveen 330
R. Nesbit 310
198
N. Adams 445
R. Howell 350
A. Carraway 340
220
D. Hartley 450
C. Griggs 405
275
C. Williams 510
M. Phipps
510
I. Williams
435
275+
J. Tancil
630
Masters(40)
J. Hackworth
380
R. Howell
350
C. McKnight
350
Masters(50)
J. Tancil
630
D. Ricafrente
450
B. Kocak
280
Masters(60)
J. Powell
370

(Thanks to Winyah Fitness for the results.)

Be the first to show off your sport with these beautiful textured powerlifting pendants from Michelle's jewelry collection. They look great worn in competition or at leisure. These pendants and chain are 14k gold. Options for chain length are 18" to 20" with 1.5 mm rope chain. Silver Pendants & Chains also available. All pendants are also available as tie tacks and lapel pins. Come to the AAU drug tested world powerlift and intl. BP in Laughlin, Dec 3-5, and get 15% off on ALL jewelry.

SQUATTER

	Gold	Silver
18"	$240	$160
20"	$270	$170
Pendant	$215	$110

DEADLIFTER

	Gold	Silver
18"	$215	$130
20"	$230	$140
Pendant	$165	$90

BENCHPRESSER

	Gold	Silver
18"	$250	$150
20"	$265	$160
Pendant	$200	$100

DUMBBELL

	Gold	Silver
18"	$245	$145
20"	$260	$155
Pendant	$195	$95

For information, call Michelle at 760-371-7898 (8am to 5pm Mon-Fri pst.) Ordering: Send money order, cashiers check or personal check to: Michelle Weiss, 405 Petris Ave, Ridgecrest, CA, 93555. Delivery Time is 4 to 6 weeks, all items in stock. S & H Included.

APA Nutmeg State Open BP/DL
14 DEC 03 - CT

BENCH PRESS
Women's Lt Wt
K. Radtke 130*
Women's Mid Wt
Carla McComb 150
Women's
Master 40+
Carla McComb 150
Men's Teen 13-15
Don Anneser 315!
Men's Teen 16-17
D.Simmons Jr. 225
Men's Teen 18-19
C. Hitchcock 400*
Chris Mehmel 330*
R. Kielczweski 285*
C. Wasniewski 320
Men's Junior 20-23
Mi. Zawilinski 450!
4th 475!
N. Galiatsatos 352.5*
4th 360*
J. Humphries 305
Men's Sub 33-39
V. Dizenzo 767.5!
B. Moorehead 425
4th 450!
Curt Audibert 330
Dolan Simmons Sr.
Dave Pascale
Men's Master 40-44
Alan Perkins 402.5*
4th 407.5*
Mark Azzarito 325
James Plourde 350
Men's Master 45-49
R. Kielczweski 465
4th 470*
Jeff Milne 420
Oscar Mack 315*
Men's Master 50-59
Roland Cote 420
Men's Master 60-69
John McGuire 330*
4th 345*
Gerald Beals 260
4th 272.5*
Men's Open 123
V. Pichay 230!
Men's Open 148
J. Strucinski 370*
Kurt Bergeron 265
Men's Open 181
B. Moorehead 425
4th 450!
Oscar Mack 315
Men's Open 198
M. Brockway 360
Men's Open 220
C. Hitchcock 400*
J. Humphries 305
Men's Open 242
Randy Bailey 400
Men's Open 275
V. Dizenzo 767.5!
Michael Peters 495
G. Bonneville 430
Brad Poland 405
Jason Kilburn 385
Men's Open 308
Jason Woelfel 300
Men's Open SHW
M. Zawilinski 450*
4th 475*
DEADLIFT
Women's Mid Wt.
Carla McComb 250
Women's
Master 40+
Carla McComb 250
Men's Teen 13-15
Don Anneser 345
Men's Teen 16-17
D. Simmons 400*
Men's Teen 18-19
C. Wasniewski 640!
Nic Moretto 585*
4th 600*
Men's Junior 20-23
A. Pagano 580
4th 602.5*
John Retkowski 535
J. Humphries 545*
Men's Sub 33-39
D. Simmons 537.5*
Eric Disessa 335*
4th 340*
Men's Master 45-49
Oscar Mack 455*
Men's Master 50-59
Gerry Barsky 580*
Roland Cote 550*
Men's Master 60-69
John Varrone 550!
Men's Open 181
Oscar Mack 455*
Men's Open 198
A. Pagano 580
Luis Batista 500
Men's Open 220
Nic Moretto 585
Joe Humphries 545
Men's Open 242
C. Wasniewski 640
Men's Open 275
G. Bonneville 625
Michael Peters 600
Men's Open 308
B. Mimnaugh 725*
Jason Woelfel
Team Winner:
Team Nic Moretto.

! - World Record. * - State Record. Well, the 2003 APA Nutmeg State BP & DL might require a name change to the Snow Bound Classic. We got hit with high winds and a major snowstorm that dropped snow at 2" an hour causing white-out conditions. Considering we usually pull lifters from 8 states plus Canada, the storm put a big dent in our numbers but it certainly didn't put a damper on the enthusiasm. I couldn't believe we had as many lifters and spectators as we did considering just how bad the weather was. Many thanks to all 56 lifters who did make the treacherous trip. It takes a lot of good help to run a meet and I'm very fortunate to have the best there is. Many thanks to my husband Mark, Abby & Michelle MacKenzie, Mikel Brockway, Kurt Bergeron, Cory Wasniewski, Dawn & Lon Baker, Lynn Cannamela, Dennis Montembault, Mike Taylor and Ronnie. Special thanks also to Inzer Advance Designs, House of Pain, APT's Pro Wrist Straps, and PL USA for their support. On to the lifting, Krysann Radtke got us off to a great start with a CT Junior State Record of 130 lbs. and came very close with 135. This was 30 lbs. better than the last time I saw Krysann compete and I'm sure more records are on the way for her. Krysann won our Women's Lightweight division for her efforts. Carla McComb won our Women's Middleweight division and took home the Best Lifter trophy with an easy 150 lbs. and came extremely close to a World Record tying 165. Look for Carla to make that record her own very soon. 15 yr. old Don Anneser lifted in his first APA meet and made quite the impression while winning his division. He broke the World Record on all 3 of his attempts, ending with a very impressive 315 @ 164 lbs. Terrific lifting for someone so young. 16 yr. old Dolan Simmons Jr. had a tough day only making one attempt but still took 1st place in his division with a nice 225. The Teen 18-19 division was a tough battle. Chuck Hitchcock, Chris Mehmel and Ricky Kielczweski Jr. all set state records with Chuck coming out the winner with a MA State Record 400. Mike Zawilinski had a great day in the Junior division. He ended with a World Record 475 lbs. to take the win. Nick Galiatsatos set a new CT State Record with 360 lbs. while winning 2nd place. The Submaster division blew us all away. 2nd place finisher Brett Moorehead made the trip down from Maine to give us one last chance to see him lift, he's moving to Florida in a few weeks. He went out in style with a 4 for 4 day and a World Record 450 @ 173 lbs. He also took home the Best Lifter Lightweight trophy. All of his lifts looked incredibly easy and he had at least another 30 lbs. in him. Thanks for all the support through the years Brett and you are going to be sorely missed. What can I say about the 1st place winner but amazing. Vincent Dizenzo came to the meet with one goal in mind. Vincent wanted to become only the 2nd person in history to bench press 700 lbs. in 3 different weight classes. With a 700 in the SHW class and 730 in the 308's, it was time to see what he could do in the 275's. Vinny opened with 650 and in typical fashion, launched it like it was 135. Now it was time for a little history-making. 700 was called for and the place was the loudest I think I've ever heard it. I swear the walls were shaking. Vincent came down nice and controlled with it, got the press command and pressed it out for a nice solid lift. The place went nuts. Just when we thought we'd seen it all, Vincent called for one more attempt, 767.5. You see, he got his name in the history books by benching 700 lbs. in 3 weight classes, setting the WPA World Submaster Record in the process, but there was one more thing he was after. He wanted the all-time best bench ever made in the 275 lb. class, regardless of federation. The crowd was stunned at what they were about to see. Vinny got the lift-off and brought the bar down with incredible control. He got the press command and blasted the bar up off his chest with amazing speed. Near lockout the bar began to slow but Vinny just kept on pushing for all he had. The bar floated for a second and then he was locked solid for a good lift. The crowd went absolutely wild. 767.5 @ 273 lbs., what more can you say? The record setting continued right on with the Master 40-44 division. Alan Perkins took the win with a CT State Record 407.5 on a perfect 4 for 4 day and looked good for more. Ricky Kielczweski Jr. had set a MA State record in his teen division and the pressure was now on Ricky Kielczweski Sr. to complete his part of the deal. Dad didn't let anyone down. Ricky Sr. had a great day ending with a MA State record 470 to win the 45-49 division. Oscar Mack Jr. took 3rd place in this same division, setting a NY record for his efforts. Roland Cote took home another Best Lifter trophy while winning the 50-59 division with a silky smooth 420. Not bad for a 58 yr. old, huh? The 60-69 division was quite the battle. John McGuire came out on top with a CT State record 345 while Jerry Beals set his own CT State record with 272.5. Vincente Pichay made his return to the platform with a new WPA World record in the Open 123 lb. class. Vincente is 51 yrs. old but you'd never know it as he slammed up an easy 230 to take the win. The 148 lb. class was won by Jason Strucinski. Jason had a great day, ending with an easy 370 for a CT State record. Brett Moorehead may have taken 2nd to Vincent Dizenzo in the Submaster division by formula but in the 181 Open, he was in a league all his own. Brett took the win with an incredibly easy 450. The 198 lb. class was won by Mikel Brockway. Mike hit a personal best 360 and came ever so close to a double bodyweight 387.5. Next time for sure Mike. The Open 220 lb. class was won by Chuck Hitchcock with a MA State record 400. Randy Bailey took the 242 lb. class with a 400 lb. bench of his own. Vincent Dizenzo won the Open 275 lb. class along with his Submaster win, with his incredible 767.5 to take the #1 spot on the all-time list. Jason Woelfel won the 308 lb. class with an easy 300 lbs. and Michael Zawilinski took home 1st in the SHW division to go with his win in the Junior Division. Carla McComb showed she can pull as well as bench, taking home the Best Lifter trophy with a deadlift of 250 and coming very, very close with a MA State record 280. 15 yr. old Don Anneser wasn't satisfied just winning the bench, so he won the deadlift too with an easy 345. Dolan Simmons Jr. showed he's been working hard at the gym. He pulled a very nice 400 for a CT State record and the win in the Teen 16-17 division. The Teen 18-19 division was another good battle. 19 yr. old Cory Wasniewski is turning 20 soon and this was his last chance at the teen records. He made the most of it by pulling a very impressive World record 640 and just missing 655 a few inches from lockout. 2nd place finisher Nic Moretto more than held his own with a big MA State record 600 pull of his own. The Junior division was won by Anthony Pagano with a nicely fought CT State record 602.5. Joe Humphries pulled his own CT State record of 545 while winning 3rd place. The Submaster division was won by Dolan Simmons Sr., part of another father/son record setting team. Dolan Sr. set a CT State record 537.5 to go with his son's State record in the teen division. Eric Disessa won 2nd place with a MA State record 340 @ 143. The Master 45-49 division was won by Oscar Mack Jr. from Bronx, NY. Oscar pulled a NY State record 455 and gave 500 a good ride. It'll be yours soon Oscar. The Master 50-59 division was another nice battle between two tough lifters. Gerry Barsky came out on top this time with a NY State record 580 @ 241. Roland Cote followed in a close 2nd with a CT State record 550 @ 218. John Varrone was very impressive in the Master 60-69 division. John pulled 550 @ 181 to win the division, set a new WPA World record, win Best Master Lifter and then, something incredibly hard to do when you are 60 yrs. old, he also won Best Lightweight Lifter against the young guns. Amazing lifting John! The Open 181 lb. class was won by the Master 45-49 division winner, Oscar Mack Jr. Junior division winner Anthony Pagano took home the win in the Open 198 lb. class as well. The Open 220 lb. class was won by MA's Nic Moretto with an easy 585. Teen winner Cory Wasniewski took home the win in the Open 242 lb. class as well with his big 640 pull. Gabe Bonneville won the 275 lb. class with a nice 625 and had 655 right at lockout before losing his grip. The Open 308 lb. class and Best Heavyweight Lifter was won by Billy Mimnaugh. Billy set a CT State record with his opener of 725 and then jumped to a WPA World record 780. Billy has been plagued by injuries and the 780 didn't go on this day but if he can get healthy, watch out. The Team division was won by Nic Moretto's team. While CT's Southside Gym members Vincent Dizenzo and Billy Mimnaugh competed in the meet, members Bob Bove and APF Seniors Champ Ronnie Dayton lifted as Guest Lifters. Bob pulled an impressive 690 in the 242 lb. class and Ronnie pulled an amazing 785 at around 256 lbs. How's that for some quality lifting? 8 WPA World records, 13 CT State records, 7 MA State records and 4 NY State records were set. Oh yeah, we also set the all-time December snowfall record for CT. It was a big day all around. (Results provided byDonna Slaga)

Vinnie Dizenzo points to the lift that made him #1

Billy Mimnaugh pulled 725 (via D. Slaga)

APA/TMSPA Teen Nats Tri State
03 APR 04 - Houston, TX

Bench Press Only
181's
Drug Free
Brad Kotwitz 395*
220's
Teen 18-19
Beau Harris 355*
242's
Master 44-49
Pat McElroy 365*
Deadlift Only
220's
Open
Josh Ash 600
308's
Teen 18-19
Sean McElroy 525!
Squat Only
97's
Teen 11-12
Sarah Biddle 130*
181's
Teen 16-17
Abigail Biddle 225*
Unlimited
Teen 13-15
Hanna Biddle 150*
Bench Press Only
97's
Teen 11-12
Sarah Biddle 65*
181's
Teen 16-17
Abigail Biddle 120*
Unlimited
Teen 13-15
Hanna Biddle 100*
Deadlift Only
97's
Teen 11-12
Sarah Biddle 130*
181's
Teen 16-17
Abigail Biddle 225*
Unlimited
Teen 13-15
Hanna Biddle 185*

Powerlifting	SQ	BP	DL	TOT
165's				
Teen 13-15				
James Ecford	275	115	335	725
Teen 16-17				
Glenn France	535!	2458	512*	1292!
198's				
Master 50-59				
Brian Kline	500	345	520	1365
242's				
Submaster 33-39				
Dan Flunker	550	400	640	1590
308's				
Teen 18-19				
Matt Miller	575*	345*	485	1405*
Women				
97's				
Teen 11-12 6th grade				
Amnda Harris	205!	100!	155!	440!
Teen 11-12 7th grade				
Sarah Biddle	130*	65*	130*	325*
Open				
Amanda Harris	205*	100*	155	440*
114's				
Teen 18-19				
Gina Shafer	235!	140!	250!	620!
181's				
Teen 13-15				
Ifeatu Okafor	225	105	275	605
Teen 16-17				
Abigail Biddle	225*	120*	225*	570*
Unlimited				
Teen 13-15				
Hanna Biddle	150*	100*	185*	435*

! - World Record. * - State Record. The 2004 APA / TMSPA Teen Nationals and Tri State Open started off at 9 am with a battle between 95 pound Amanda Harris of Texas and 88 pound Sarah Biddle. Sarah set one world record after another only to have Amanda come back to break them all. Amanda ended her day with a 205-pound squat, 100 pound bench, a 155 pound deadlift, and a 440 total all Texas, American and World records. Sarah went nine for nine all for Indiana State records. In the 144's, 18 year old Gina Shafer. had a great day with a huge 235 squat, a 140 bench, a 250 deadlift and a 620 total all for Texas, American and World records. Sixteen-year-old Abigail Biddle lifting in the 181's ended her day with four Indiana records with her 570 total. In the women's unlimited division thirteen year old Hanna Biddle took home 4 Indiana records with her total of 435. In the men's divisions sixteen year old Glenn France from Louisiana won the 165's easily with his 1292.5 pound total. Glenn also set Louisiana records with his squat, bench, deadlift and total. As well as American and World records with his 535 squat and total. At the end of the meet Glenn also took home best Teenage lifter. Eighteen-year-old Matthew Miller lifting the the 308's set 3 Texas records with his 575 squat, 345 bench, and 1405 total. Master lifter Brian Kline lifting in the 198's had a great day winning best lifter of the Tri State Open. In the bench press only division, Brad Kotwitz, lifting for the first time ever set a Texas record with his bench of 395. Brad just missed 425 on his 2nd and 3rd attempts. Beau Harris lifting in the teen 220's set a 18-19 year old Texas record with his bench press of 355 pounds. In the masters division, Pat McElroy set a Texas bench press record with his 365 bench in the 242's. In the deadlift only division Josh Ash opened up with a 600-pound deadlift and came right back to just miss 705 on his 2nd and 3rd attempts. Eighteen-year-old Sean McElroy pulled a 525 deadlift for a Texas, American and World record in the teen 308's. Thanks for Houston Independent School District, Revere Middle School and Principal Ken Estrella for allowing us to use the facilities. A huge thanks to judges Mark Harris, Ann Harris, and Josh Ash; spotters and loaders Brian Propst, Beau Harris, and scorer Maria McCullough. These individuals worked very hard to make this meet run smooth. Yet another big thanks to our sponsors John Inzer and Inzer Advance Designs and Mike Lambert and Powerlifting USA. Without the continued support of these two fine powerlifting companies, this meet would not have happened. (Thanks to Tom McCullough for providing the above meet results.)

***Gina Shafer** with her APF Texas/American/World record 235 squat at the TMSPA Teenage Nationals. (Photograph courtesy McCullough)*

USAPL National Qualifier Meet
07 FEB 04 - Plainwell, MI

Powerlifting	SQ	BP	DL	TOT
165 Jr				
Adam Azar	355	225	405	985
Justin Caron		275		
181 M-7				
Jack Kennedy	60	130	300	490
220				
M-4				
Doug Finley	335	225	350	910
Open				
Bob Lipinski		460		460
242				
Open/T-2				
Justin Howard	500	280	525	1305
Open/ T-3				
Eric McGill	465	280	405	1170
Open				
Aaron Bird				
275				
T-2				
Alex Gilde	555	335	565	1455
M-6				
Ralph Soffredine				

(Thanks to USAPL for providing the results.)

Oviedo YMCA Summer BP/DL Blast
29 MAY 04 - Oviedo, FL

IRONMAN	BP	DL	TOT
114			
Teen 17-19			
Mitchell Rachman	205	250	455
148			
Junior 20-23			
John Land	250	425	675
165			
Teen 13-16			
Daniel Tinajero	285	415	700
Open Ironman			
Patrick O'Grady	375	500	875
181			
Masters 70+			
Earl Foran	215	300	515
242			
Open			
Daniel Theodoseau	285	380	665
275			
Open			
Steve Wahl	385	450	835
Masters 50-60			
Miguel Ruiz	285	495	780
308			
Open			
Dan Pearce	345	570	915
Donovan Olario	405	530	935

BENCH

WOMEN
114
Junior
L. Ferrante 90
Brooke Wilson 85
132
Masters
Dianna Manos 85
165
Masters
Becky Bailey 95
MEN
114
Teen 13-16
Jon Szparga 125
Brandon Plachno
148
Teen 17-19
Chris Tran 280
Junior 20-23
D. Moctezuma 300
165
Teen 17-19
D. Mobarak 275
Masters 60-70
Bill Tinkler 230
181
Masters 40-50
David Chiow 300
198
Masters 40-50
Karl Goodwin 240
Masters 40-50, B
Keith Vellequette
220
Open
Grady Elwell 270
242
Open, Masters 40-50
William Tinny 330
275
Open
Dean Rollins 620
Ed Rectenwald 605
Charles Fay 525
308
Open
Woody Hurley 535

DEADLIFT
165
Junior 20-23
J. Merrifield 330
181
Masters 50-60
L. VanCamp 345
220
Masters 40-50
Eric Wiener 530
308
Open
Dan Pearce 570
D. Olario 530

(Thanks to Brian Schwab for these results.)

International Powerlifting Association
"Lifting for Lifters"

Application for Registration

Last Name _____ First _____ Initial _____ IPA # for Renewal _____

Street Address _____ City _____

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, 190 Arsenal Rd., York, PA 17404, www.ipapower.com

NASA Masters Nationals
5,6 JUN 04 - OKC, OK (kg)

sq35-39/243
John Lynn III 187.5
sq40-44/165
Christ Dargin 195
sq45-49/276
Rick Newton 207.5
sqmp/243
R. Snowton 205
bp55-59/198
Steve Harris 152.5
c35-39/243
Jeffrey Lovelien
c50-54/220
Hugh Kirby 60
c55-59/198
Steve Harris 62.5
c60-64/165
Pete Miller 45
c60-64/243
James Stuart 65
dl55-59/198
Steve Harris 187.5
dl60-64/243
James Stuart 197.5
dlmp/182
Brad Weber 243.5
BENCH
30-34/243
Trent Gunter 187.5
35-39/165
S. Wingert 137.5
40-44/198
George Martin 182.5

40-44/243
Lee Elliff 217.5
40-44/243
Gregg Jumper 190
45-49/123
Bob Lamb 100
45-49/198
Bob Boyles 152.5
45-49/220
Norm Judd 202.5
45-49/220
Nick Dwinell 190
45-49/243
Steve Grayson 170
45-49/243
Mike Stumbo
50-54/220
Woody Ussery 197.5
50-54/276
E. Carlson 152.5
55-59/220
Gary Clock 165
70+/198
John Blackwell 95
mp/220
Norm Judd 202.5
mp/220
Nick Dwinell 190
mp/243
Gregg Jumper 190
wsmp/115
R. Hedrick 50

Powerlifting	C/SQ	BP	DL	TOT
35-39/243				
Jeff Lovelien	92.5	172.5	250	515
35-39/243				
John Lynn III	57.5	140	160	357.5
40-44/165				
Chris Dargin	75	155	260	490
40-44/220				
Jerry Linder	60	115	175	350
40-44/243				
R. Snowton	82.5	200	250	532.5
45-49/220				
Robert Vivier	60	110	210	380
45-49/276				
Rick Newton	55	115	205	375
50-54/198				
John Vogt	57.5	105	182.5	345
55-59/198				
Steve Harris	62.5	152.5	187.5	402.5
55-59/220				
Gary Clock	60	165	242.5	467.5
60-64/276				
Bob Ellerbee	67.5	147.5	215	430
60-64/shw				
Harry Heyman	52.5	120	212.5	385
65-69/182				
David Brady	35	100	135	270
m2/198				
John Lynn	65	117.5	140	322.5
mp/243				
R. Snowton	82.5	200	250	532.5
smp/309				
John Crone Jr.	70	182.5	275	527.5
w40-44/132				
H. Hughes	35	63.5	155	253.5
wmp/132				
Heather Hughes				
30-34/149				
Bill Matus	117.5	97.5	168.5	383.5
30-34/198				
C.Drogemeier	207.5	117.5	207.5	532.5
30-34/shw				
Jason Freeman	250	212.5	240	702.5
35-39/165				
Randy Jackson	212.5	152.5	210	575
35-39/165				
S. Wingert	170	137.5	215	
522.5				
35-39/182				
Ed Vaughn	305	190	260	755
35-39/198				
Job Hou-Seye	197.5	145	192.5	535
40-44/149				
Casey Brown	242.5	145	242.5	630
40-44/165				
Danny Black	205	130	185	520
40-44/220				
Marty Becker	302.5	200	272.5	775
40-44/243				
Neil Eddins	260	195	292.5	
747.5				
40-44/shw				
David Oyler	331	200	300	831
45-49/123				
Bob Lamb	182.5	100	182.5	465
45-49/165				

NASA Masters 3 Lifter KAY LAMB, from Cisne, IL, powered her way through a perfect 9/9 day, as well as establishing new records for her 148 lb. class, at the June 5th NASA National Masters Championships. Kay has been lifting nearly 10 years, after beginning her career by "toning" in a college weight training class (Smitty)

Terry Hedrick	195	130	210	535
45-49/198				
Bob Boyles	267.5	152.5	250	670
45-49/220				
Norm Judd	282.5	202.5	242.5	
727.5				
45-49/220				
Robert Vivier				
45-49/276				
S. Cyranoski	337.5	215	275	
827.5				
50-54/165				
Gregory Kleyn	200	110	235	545
50-54/182				
Brad Weber	227.5	117.5	243.5	
588.5				
50-54/220				
Woody Ussery	237.5	197.5	237.5	
672.5				
50-54/276				
Eugene Carlson	60	152.5	67.5	
280				
55-59/220				
Gary Clock	232.5	165	242.5	640
55-59/276				
Lindell Smith	227.5	122.5	190	540
60-64/165				
Pete Miller	122.5	60	137.5	320
60-64/shw				
Harry Heyman	200	120	212.5	532.5
65-69/243				
B. Shackelford	200	132.5	190	522.5
50-54/220				
Tom Bagby	160	115	165	440
mp/123				
Bob Lamb	182.5	100	182.5	465
mp/165				
Gregory Kleyn	200	110	235	545
mp/165				
Terry Hedrick	195	130	210	535
mp/165				
Danny Black	205	130	185	520
mp/182				
Brad Weber	227.5	117.5	243.5	588.5
mp/220				
Marty Becker	302.5	200	272.5	775
mp/220				
Norm Judd	282.5	202.5	242.5	727.5
mp/shw				
David Oyler	331	200	300	831
smp/198				
Job Hou-Seye	197.5	145	192.5	535
smp/198				
C.Drogemeier	207.5	117.5	207.5	532.5
smp/220				
J. Halverson	302.5	177.5	295	775
smp/220				
William Palmer	205	122.5	220	
547.5				
smp/243				
Tracy Larson	272.5	170	240	682.5
w60-64/149				
Kay Lamb	87.5	42.5	85	215
w45-49/149				
Sabrina Bagby	115	52.5	125	292.5
wsmp/115				
R. Hedrick	87.5	50	105	242.5

(Meet results provided by Rich Peters.)

Paul Kelso's

POWERLIFTING BASICS: TEXAS-STYLE

LaVonda in "the ultimate blend of hilarity and common sense in strength training" (PL USA); - a "true iron classic" (Iron Man). $14.95 + S&H. Order from www.ironmind.com/ Tel: 916-265-6725; Ironmind Enterprises, P.O. Box 1228, Nevada City, CA 95959.

Raw Meet
5 JUN 04 - State Farm, VA

181	SQ	BP		DL
TOT				
P. Athey	540	275	575	1390
S. Means	435	295	520	1250
C. Norfleet	400	320	525	1245
G. Boney	325	320	510	1155
198				
R. Green	550	345	575	1470
N. Dave	465	315	615	1395
G. Jones	475	365	550	1390
D. Hoggard	385	340	450	1175
220				
K. Hogue	455	380	455	1290
J. Downey	405	265	455	1125
275				
K. High	495	350	510	1355
J. Tuller	415	235	485	1135
SHW				
J. James	480	305	550	1335

On Saturday June 5th Powhatan Correctional Center hosted another RAW P.L. meet. This contest offered a bit of the past along with a look at the future. This year IRON WARRIORS team included past D.O.C. Champion Paul Athey and no doubt, future champs G. Jones and D. Hoggard. In the 181 lb., Class Paul Athey took top honors with a 540 lb. Squat, a 575 lb. Deadlift and a total of 1390 lbs. S. Means (New York) nudged out C. Norfleet (Polo) for the 2nd year in a row to grab 2nd place with a total of 1250 lbs. to Norfleet's 1245 lbs. G. Boney finished 4th in the 181s but did a great job on short notice. In the 198 lb. Class perennial champ R. Green (' Jasz) took the top spot with the highest total of the meet of 1470 lbs. 'Jasz just missed a 600 lb. Squat but came back to pull an easy 575 lb. Deadlift, very impressive to say the least. Finishing 2nd in the 198s was N. Dave (Ice). Just like in the 181s a dogfight was underway between Ice and G. Jones (Bebe). Ice came away with a 615 lb. Deadlift at a 197 lb. bodyweight to nudge Bebe by 5 lbs. on the total. Rookie team member G. Jones at 27 years old has a lot of potential on the iron pile. Bebe had the second best bench of the meet, 365 lbs., at a bodyweight of 189 lbs. Rounding out the 198s was newcomer D. Hoggard (Ceilo) who has much improved his total since the tryouts and lifted great on short notice. The 220s featured two lifters, powerhouse K. Hogue, and J. "Freight Train" Downey. Kevin won the 220 lb. Title with a nice 380 lb. Bench and a 1290 lb. Total. J Downey has steadily improved his lifts since joining the team and has no way come close to reaching his limits. We didn't have anyone in the 242s but the two oldest guys on the team competed in the 275s. Kenny High, at age 53, beat Coach Jack, age 49, but when the chalk settled both lifters had left nothing on the table. Finally, in the Supers, John James came in as a guest lifter and referee. John posted some solid lifts with plenty to spare. We appreciate you taking the time to come in big guy. Barry Walker of Walker's Gym, who comes in every year to judge, thanks buddy. Your advice and consistent judging has been beneficial to those who care to listen. Recreation Supervisor Ms. Jackson thank you for the great trophies. Ms. Dawkins in the Treatment Center and Warden Baskerville, thank you as well. There are no loaders, spotters, or scorekeepers to be found anywhere better than our guys. Bino, Tranz, Beebo, Mike Donnie, Big Dave, Hall, all you guys who help keep powerlifting going, thanks. Dr. Spero we miss you buddy, hope all is well. God Bless... (thanks to J. Tuller for results)

WNPF Lifetime Nationals
12-13 JUN 04 - Youngstown, OH

BENCH PRESS

Equipped
Female
40-49
123
N. Proctor 140!
Men
40-49
123
Jay Helms 245!
Novice
148
D. DeSaulle 260
Lifetime
165
C. Venturella 360
40-49
C. Venturella 360
181
Tim Stroshine 410X
Natural
Tim Stroshine 410X
40-49
Jeff Woods 365X
Joe Fuimara
220
Danny Keene 425X
50-59
Ralph Brown 430X
40-49
242
W. Carroll 400
60-69
Bill Bidinotto 360
275
Paul Vargo 570
SHW
Jeff Peshek 640X
Seve Rogers 470
40-49
Jeff Peshek 640
Danny Keene 340
Raw
Female
148
40-49
C. Clifford 110
Lifetime
Tammy Eblin 125!
Natural
SHW
M. Gerkin 140!
Men
35-39
148
Mark Gillum 265
181
Ed Eblin 290
50-59
Ed Freeman
Lifetime
198
William Moss 370
242
Scott Palucka 415
Cory Hudson 355

60-69
Bill Bidinotto 310!
275
Lyn Marsh 355!
SHW
40-49
Tom Ramey 375
Power Curl
Female/Open
148
Tammy Eblin 65
40-49
C. Clifford 65
40-49
165
Joyce Huff 65
SHW
M. Gerkin 85!
Men/Open
148
D. DeSaulle 130
165
M. Hart 135
Tim Holt 130
181
Ed Eblin 140X
70-79
O. Vnbuskirk 120
40-49
SHW
Tom Ramey 140X
SQUAT
165
35-39 Raw
Mark Gillum 330X
Lifetime Equipped
242
D. Fryberger 595X
40-49 Equipped
Brad Lovejoy 550!X
DEADLIFT
Raw
Lifetime
148
Rick Neurohr 430
35-39
D. DeSaulle 380!
165
35-39
Mark Gillum 380X
181
70-79
O. Vnbuskirk 345
Deadlift
Equipped
Natural
165
C. Venturella 405
40-49
C. Venturella 405
Lifetime
220
Danny Keene 525
242
13-16
Mike Bartos 605!

Equipped	SQ	BP	DL	TOT
Female				
123				
60-69				
C.Winkelblech	195	80	290!	565
Lifetime				
105				
Ruth Snyder	135	130	130	465
40-49				
Ruth Snyder	135	130	130	465
Men				
123				
Steve Snyder	420!	220	450	1090!
49-49				
Steve Snyder	420	220	450	1090!
Lifetime				
198				
F. Givens Jr.	515	400	530	1445
50-59				
F. Givens Jr.	515	400!	530	1445
John Phillips	535X!	390X	495	1420X
Police/Fire				
F. Givens Jr.	515	400	530	1445
220				
Dave Polis	580	435X	575	1590X
40-49				
Dave Polis	580	435!X	575	1590
Gary Andrew	530	390	470	1390
50-59				
R. Brown Jr.	560X	430X	510	1500X
Bill Schaffer	480	315	455	1250
70-79				
Melvin Huff	340	205	400	945
242				
40-49				
Brad Lovejoy	550	410	480	1440
275				
Tom Kustoff	675	410	615	1700
40-49				
Bill Beck	510	430X	555X	1495X
B. Brammer	560X	370	505	1435
Randy Nugg	500	380	520	1400
Natural				
SHW				
Dave Bosler	565	430	575X	1570
Lifetime				
Jeff Peshek	735X	640!X	640X	2015!
40-49				
Jeff Peshek	735!X	640!X	640X	2015!
Rick Luklan Jr.	560	460	580	1600
Raw				
Female				
148				
50-59				
D. Ettenhofer	80!	65!	160!	245!
SHW				
60-69				
Anna Collins	125!	90	230!	445!
Men				
Lifetime				
148				
Rick Neurohr	270	230	430	930
Raw				
165				
Michael Hart	335	295	530	1160
Timothy Holt	325	230	445	1000
13-16				
Alix Snyder	255	160	300	715
70-79				
Ben Creech	200!	105	235!	540!
181				
13-16				
Kevin Beck	305X	185	310	800
50-59				
198				
M. McCorkle	425X!	210X!	360X	995!X
60-69				
Leon Turner	45!	175!	200!	420!
220				
Joe Schaffer	475X	425X	460	1360
242				
Scott Palucka	405	415	600	1420
40-49				
Kirk Brenkus	415X	280	425	1120X
275				
Tom Kristoff	675	410	615	1700
Iron Man				
Female/Raw				
165				
40-49				
Joyce Huff		95	230	325
SHW				
50-59				
Carol Rausch	70	160	230	
Men Equipped				
Lifetime220				
Danny Keene	425	525	800	
SHW				
Steve Rogers	470	330	800	

W.N.P.F. Lifters... *Front row : Kirk Brentkus, Kevin Beck, Bill Beck, Danny Kenne, Jeff Woods, Brian Brammer; Back row : Floyd Givens, Dave Bosler, Leon Turner, Bill Bidinotto, Dave Polis, Jeff Peshek, Chuck Venturella, Brad Lovejoy, Rick Luklan, Randy Hugg. (Photograph courtesy of Ron Deamicis.)*

Another great group of lifters turned out this year for the 2004 Lifetime Nationals held in Youngstown, Ohio. In the equipped Powerlifting categories female lifter Carol Winkleblech set a new American record winning the Master Division and Ruth Snyder turned in a strong total winning the 105 lb. class Masters and Lifetime Divisions and Best Female Lifter in the Mens Divisions Steve Snyder set new American records in the Lifetime and Masters Division and also took Best Lifter in the Lightweight Division. In the 198 lb. class Floyd Givens edged out John Phillips to win the Masters Division with both lifters taking turns setting new American records and Phillips setting new Ohio State records. Mr. Givens also won the Lifetime and Police and Fire Division. In the 220 lb. class Dave Polis set new state and American records winning the Lifetime Division and Best in Gary Andrew, who also did some strong lifts, in the Masters Division. Dave Also took took the Best Lifter Award in the Heavyweight classes. Master lifters Ralph Brown Jr. and Bill Schaffer went at it in the 50-59 division, both putting up strong lifts, with Brown winning the division and setting new State records and also taking a first in the Bench only events. Master lifter Melvin Huff came down from New York to put up strong lifts winning the 70-79 division. In the 242 lb. class Brad Lovejoy did some fine lifting winning the Masters Division and also taking a first in the Squat only event. In the 275 lb. class lifter Tom Kristoff was strong putting up a 1700 lb. total winning the Lifetime Divisions in both the equipped and raw divisions along with Best Lifter in the Raw Heavyweight class. In the Masters 40-49 division there was quite a battle between three strong lifters with Bill Beck edging out the win. New State records were set by Beck and Brian Brammer during the battle. In the SHW class lifter Dave Bossler set a new state records winning the Natural Division. Jeff Peshek turned in the highest total for the day and set new State and American records winning the Lifetime Division and Besting Rich Luklan in the Masters Division. Peshek also took Best Lifter and the Lifetime and Masters Division in the Bench only setting more records. In the Raw Powerlifting classes female lifters Dolly Ettenhofer and Anna Collins made the trip from Michigan with both lifters setting new American records winning their divisions. In the Mens Divisions 148 lb. lifter Rick Neurohr did some strong lifts winning the Lifetime Division and also taking a first in the Deadlift only event . In the 165 lb. classes Michael Hart and Timothy Holt battled in the Lifetime Division with Hart taking the class and again battled each other in the Power Curl. Teen lifter Alix Snyder put up some strong lifts joining mom and dad with first place Master Lifter Ben Creech came down from Michigan along with A fine grouped of lifters and set new American records winning the 70-7 division. In the 181 lb. class ten lifter Kevin Beck joined his dad with first and also setting an American record. In the 198 lb. class Master lifters Mike McCorkle and Leon Turner set New State and American records winning their divisions. 220 lb. Lifetime lifter Joe Schaffer set new State records winning the division and Best Lifter in the Middleweight classes. In the 242 lb. classes Scott Palucka turned in a fine total winning the Lifetime Division and also taking a first in the Bench only edging out Cory Hudson. Master Lifter Kirk Brenkus set a New State Record winning the 40-49 division. In the Iron Man competitions female lifters Joyce Huff and Carol Rausch did strong lifts winning the Masters Divisions with Huff also taking a first in the Power Curl. In the Mens Divisions Danny Keene won the 20 lb. Lifetime class along with taking a first in the Deadlift only and Bench only events with a new State record. SHW Steve Rogers took the Lifetime and Masters Divisions along with a second in the Bench only event with some fine lifts. In the Bench only equipped event female lifter Nancy Proctor set a new American record in the 123 lb. class as did male lifter Jay Hems who also set a new State record. In the 148 lb. class Darwin DeSaulle did a strong lift and also took a first in the Power Curl and Deadlift only events. In the 165 lb. class Chuck Venturella won both the Lifetime and Masters Divisions along with the Natural and Masters Division in the Deadlift only event. In the

181 lb. class Tim Stroshine had a strong day winning two divisions setting new State records and bringing home Best Lifter. In the 40-49 Division Jeff Woods and Joe Fuimara battled it out with Woods edging out Joe setting a State record. In the 242 lb. class Wayne Carrol walked away in the 40-49 Division and Bill Bidinotto set new State and American and State records winning the equipped and Raw Divisions 60-69. In the 275 lb. class Lifetime lifter Paul Vargo returned and put up a strong lift winning his division. In the Raw division female lifters did some strong lifts with Colleen Clifford winning the 148 lb. Masters Division along with the Power Curl event. Tammy Eblin did the same winning both events and setting a new State and American record in the Bench only. Melinda Gerkin set an American record in the Bench and Walked home with a first in the Power Curl. In the mens classes 148 lb. Mark Gillum took firsts in the Bench, Squat and Deadlift only events with two new State records. Ed Eblin took first in the 181 lb. Lifetime Division and The Power Curl with a new State record and Ed Freeman took the Masters Division along with Best Lifter. In the lightweight classes. William Moss did a strong lift in the 198 lb. Lifetime Division and walked away with Best Lifter in the Heavyweight classes. In the 275 lb. and SHW classes Lyn Marsh and Tom Ramey did some strong lifts with Marsh setting a new American record and Ramey also taking the Power Curl even. Master lifter Owen Vanbuskirk did some strong lifts in the Power Curl and Deadlift only winning both divisions. Teen lifter Mike Bartos set a new State and American record in the Deadlift only division in the 242 lb. class. A special thanks to all the lifters who make putting on an event like this a real pleasure and thanks to Bill Schaffer and Floyd Givens for the gifts. Another great job was done by the crew who helps at the Ohio meets every year and to those individuals a special thanks. (Results by Ron Deamicis.)

1st IPA CandyAzz Classic BP/DL
21 FEB 04 - Tribes Hill, NY

Bench Only		Brian Hof	365
Women		242 Pro Open	
50 lbs. 8yrs old		Bobby Fields	725
K. McCaslin	55	John Wardell	665
165 Am Open		275 Pro Open	
Sue Lewis	225	Bill Crawford	740
165 Teen		Carl Perkins	550
Jessica Sabo	135	275 Am Open	
SHW Open (Raw)		W. Georges	605
Kasey Curran	170	275 Police	
Men		Kevin Clark	565
148 Teen (18-19)		308 Pro Masters	
P. Nicholson	210	(50-54)	
181 Teen (14-15)		B. Godden	500
R. Daly Jr.	235	Deadlift Only	
181 Pro Open		Men	
Jim Kilts	540	198 Am Open	
198 Pro Open		Brian Shaw	510
Jeff McVicar	635	198 Am (55-59)	
198 Am Open		John Hopkins	535
C. Schmalz	585	275 Am Open	
Clint Green	340	Pete the Slav	550
220 Am Open		SHW Pro SM	
Tom Young	405	Chris Semon	460
220 Am Junior			

Ironman	BP	DL	TOT
Women			
148 Am (40-44)			
Amy Winberg	160	250	410
Men			
165 Am Open			
Chris Rodgers	315	470	785
165 Teen (16-17)			
Jay Nolan	315	455	770
181 Pro Open			
Angelo Mazza	350	420	770
181 Am Open			
Joe Gannon	285	430	715
181 Am Junior			
A. Sanseverino	225	445	670
198 Am Open			
Chris Scarincio	425	430	855
198 Teen (18-19)			
Michael Behnke	235	460	695
198 Masters (55-59)			
John Hopkins	275	535	810
220 Pro Submaster			
James Howell	475	600	1075
220 Teen (18-19)			
Lucius Ciccarelli	375	450	825
242 Pro Open			
Shannon Brown	515	600	1115
242 Pro Submasters			
Shannon Brown	515	600	1115
242 Am Open			
Mark Plescia	510	580	1090
Corey O'Bryan 300	475	775	
242 Teen (16-17)			
Bill Rodgers	355	455	810
242 Am Junior			
Peter C. Grosso	600	605	1205
242 Am Snbmasters			
Mark Plescia	510	580	1090
Dave Anderson	565	455	1020
242 Am Masters (50-54)			
Gerry Barsky	300	585	885
SHW Am Open (Raw)			
Thomas Brown	320	560	880

I would like to thank all of our friends and sponsors who made this meet the great success that it was. Any reservations that we have ever had about holding a meet, were certainly taken care of on this day. What a great bunch of people came to Tribes Hill on this day. Our sponsors were very generous with their support for our first meet. That list includes 21st Century Fitness, Adirondack Barbell, Andy's Sales & Service, Auctions by HogEye, Animal Pak, Fit Happens, Fortified Iron, Forza Strength Systems, Inzer Advanced Designs, Hilltop Collision, House of Pain Iron Wear, Karins Xtreme Power, Market Street Pizza, Metal Militia, Muscleworks Gym & Fitness Center, Nazareth Barbell, Powerlifting USA, Skullptures by Seeker, Sowle Industrial Hardware, and Total Image Health Club. I'd also like to give a special thanks to a few people who I wouldn't want to do a meet without. Ron Daly, who probably wanted this meet to be a success more than we did. He's a very supportive friend, whom I could not replace very easily. He and his family mean the world to us. My filthy brother, Carl Seeker. You're always there when anyone needs you, and your trophies kick ass. Jake Roberts, who worked his ass off spotting and loading. Sebastian Burns, who brought his awesome sound system and Tall Girl Cassy Seymour for doing an incredible job recording the meet. Bill Crawford, who not only would send down his entire gym if we needed it, but has also been a good friend and an amazing bench coach. Deb Ames, for coming all the way up from Nazareth Barbell to help out, and Mike Miller, the okie was appreciated by all the deadlifters. John Zemken, you are a compliment to the IPA. Thanks for coming out, and actually spending the entire day. I've always said you were an awesome head judge, and you proved me right once again. And last but by no means least, Jay Nolan and the rest of the Fortified Iron crew. Thanks for supporting our meet and for being awesome cyber pals. Thanks for supporting and encouraging Little Evil too. It means a lot to us. In the bench only, Kerri "Little Evil" competed in her first bench meet. Turning 8 in January, and weighing 50 lbs., Kerri put up a strong 55 lb press. I'm really proud of that little bench wench. Sue "BBS" Lewis of Nazareth Barbell benched a strong 225, always a pleasure to see Sue and her "friends" in a meet and at the bar. Jessica Sabo, representing Muscleworks Power Team benched in her first competition also. She benched a strong 135, with plenty more left in her. Look out for this one, she is a strong teen bencher. Kasey Curran is a raw lifter, I have had the pleasure of seeing her in every one of her competitions, this being her third. Kasey benched a strong close grip 170. Paul Nicholson started the men off in the bench with a raw 185. Ronald Daly Jr., also of Muscleworks, followed up with an impressive 235, just missing a fourth of 245. Jim Kilts of Whitesboro, NY benched a 3x body weight of 540. My filthy friend Jeff McVicar benched a strong 635. Always impressive, Craig Schmalz benched 585. Tom Young of Muscle works, showed his determination in putting up 405. The Freak himself, Bobby Fields benched an impressive pr of 725 @ 239, sealing his place as best lifter in the bench. This guy is a total freak fest, and as a cool individual, they don't come much better. John Wardell, representing Body Chemistry, came in from Harrington Park, NJ. He benched 665, using this meet as a tune up to the WPO Bench Bash held at the Arnold Classic. Bill Crawford of Metal Militia fame, also tuning up for the Arnold Classic, benched 740 @ 270. Carl "Snarley" Perkins benched 550. Kevin Clark, representing Muscleworks benched a very impressive 565 in the 275 Police Division. I'd also like to mention that Kevin's wife, Debbie worked her ass off at the meet helping out in any way she could. What a doll this woman is. Buster Godden wrapped up the bench with a 500 lb bench. Buster's wife Janis, along with Tina Seeker, was also a huge help to us at this meet. Thank you to both of you. You are the best!! A few people came out to do deadlift only at this meet. Those included were Brian Shaw with a 510 @ 191. This was Brian's first meet, and he certainly did well. Peter The Slovakian Warrior pulled a strong 550 on his first lift, and came extremely close to 600. This was Peter's first meet in America. I'm honored that he chose the CandyAzz Classic. Chris Semon pulled 460, passing on the rest of his attempts. We had a good turnout for the Ironman competition. Kicking things offwas Amy "Winny" Winberg, benching 160 and pulling a strong 250. Amy also won the rep contest with her tenacious bench. Chris Rodgers, representing Maddhouse Powerlifting and Fortified Iron, benched 315 and pulled 470, also winning the Whopper Value Meal from Jay Nolan, founder of Fortified Iron, who benched 315 and pulled 455, coming up 15 lbs. short of Chris. Also representing Maddhouse and Fortified Iron was Joe Gannon with a 285 bench and 430 dead, and Anthony Sanseverino, benching 225 and pulling 445. Chris Scarincio of Team Muscleworks of South Glens Falls, NY benched 425 and pulled 430. John Hopkins of Rochester, NY competed 198 Masters (55-59). He benched 275, and impressed everyone with his 535 deadlift. Crazy Jim Howell of Newfield, NY benched 475 and pulled 600 @ 220. Lucious Luke Ciccarelli of Gansevoort, NY benched 375 and pulled 450. Luke also represents the Muscleworks power team. Shannon Brown of Liverpool, NY benched 515 and pulled 600. Cory O'Bryan came in from Galway, NY. He benched 300 and pulled 475. Another Maddhouse member, also representing Fortified Iron was Bill Rodgers. He missed his first 2 bench attempts, and after a lip beating from his brother Chris and a physical beating from Peter C, Bill pulled out all the stops nailing a 3rd bench of355, and pulled 455. Peter C. Grosso, founder of Maddhouse Powerlifting, and Fortified Iron member, nailed best lifter in the Ironman with his awesome 600 bench and 605 deadlift. Mark Plescia of New Milford, NY, competing for Body Chemisty benched 510, and after pulling 580, had to hit the road home as well. Dave Anderson of Muscle works Power Team benched 565 and pulled 455 (having never dead lifted before, just thought he'd give it a go). Gerry Barsky, of Jericho, NY benched 300 and pulled an impressive 585 in the 242 in the Masters 50-54 Division. Thomas Brown of New Hartford, NY wrapped things up in the Ironman, benching 320 and pulling 560. A whole bunch of awesome lifts and a whole bunch of awesome people. Hope to see you all back in September for Azz FEST. For pictures of all lifters and many extras, please visit www.ironasylumgym.com. Extra thanks for all the support for the Travis Godden Memorial Scholarship Fund. A rep contest was held, with the proceeds going to this fund in the memory of our fallen brother Travis. We raised a very impressive $345. (These results by Sandi McCaslin)

World Natural Powerlifting Federation (WNPF)
Membership Registration

LASTNAME_____ FIRSTNAME_____ INT._____

STREETADDRESS_____

CITY,STATE,ZIP_____

AREACODE,TELEPHONE:____ _____ DATEOFBIRTH____ ____ _____

AGE_____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5YRSMIN._____

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

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

SIGNATURE/PARENTS SIGNATURE IF UNDER 18_____
DATE_____ _____ _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

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

APA SUMMER BASH
8 MAY 04 - Houston, TX

Bench Press Only				
148 lbs.				
Teen 16-17				
Chase Mott	235			
220 lbs.				
Teen 18-19				
Beau Harris	365*			
242 lbs.				
Master 45-49				
Charlie Turco	400*			
Powerlifting	SQ	BP	DL	TOT
Men				
132 lbs.				
Teen 16-17				
Justin Kees	225*	190*	355*	770*
148 lbs.				
Teen 13-15				
John Cortines	325	230*	205	760
Teen 16-17				
Chase Mott	275	235*	400*	910
181 lbs.				
Master 40-44				
Rick Jolly	475*	320*	520*	1315*
Master 50-54				
Paul Boutte	585!	340*	440	1365
198 lbs.				
Junior 20-23				
Justin Higgs	425	265	475	1165
Open				
Donny Adams		275	430	
Master 60-64				
James Stovall	440*	240*	440*	1120*
220 lbs.				
Teen 18-19				
Ihab Alnahaas	390	240	440	1070
Master 40-44				
Chuck Bybee	505	330	505	1340
308 lbs.				
Teen 18-19				
Sean McElroy	500	340	530!	1370
Submaster 33-39				
Joe Lopez	660*	290	555*	1505
Master 45-49				
Nolan Meyers	700 *	465*	645!	1810!
Women				
97 lbs.				
Teen 11-12				
Amanda Harris	185	105!	175!	465!

Master 60-64
G. Wilkerson 300*
Deadlift Only
148 lbs.
Teen 11-12
J. Burttschell 225!
Teen 18-19
D. Rodriguez 327.5*
198 lbs.
Open
Donny Adams 430

* - State Record. ! - World Record. On May 8th 2004 lifters came from all parts of Texas to kick of the summer. In the men's 132's sixteen-year-old Justin Kees set four Texas records by going 255, 190, 355 for a total of 770 pounds. In the 148's there was a battle between 15-year-old John Cortinez and 17-year-old Chase Mott. Cortines lead the pack with a 325 squat. Both came back in the bench to set Texas records with John's 230 and Chase's 235. In the deadlift Chase ruled with a 400-pound deadlift. In the end Chase took the 148's with a 910 total. In the 181's 54 year old Paul Boutte ended up ahead with a huge 585 squat. for a new world record. 47-year-old Rick Jolly squatted 475 for a Texas record. Boutte came back to take a 4th attempt at 625 and was almost there when his leg hyper extended, losing the weight. The spotters did a great job of catching the weight but Paul's knee was in pretty bad shape. Jolly benched a Texas record of 320 and believe it or not, Boutte came back, knee wrapped in ice and benched a Texas record of 340. Jolly pulled a huge 520 deadlift for a Texas record, but Boutte stayed in the game hurt and only needed a 440 deadlift to win best lifter. Jolly ended with a Texas record of 1315 and Boutte a 1365. In the 198's it came down to junior lifter Justin Higgs, Donny Adams lifting in the open division, and 60-year-old Jim Stovall. Stovall came out on top with a Kansas record squat of 440 pounds. Higgs came back to with the bench with a 265, while Stovall's 240 was just enough for another Kansas record. In the deadlift Stovall came out on top once again with a 440 deadlift for another Kansas record. Higgs came out on top at the end with an 1165 total, but Stovall took another Kansas record with his 1120 total. In the 220's there was a tight race between 19-year-old Ihab Alnahhas and master lifter Chuck Bybee. Chuck had a squat of 505 putting him on top. In the bench press Bybee came out on top again with his 330 bench. In the deadlift Bybee once again ruled with a 505 pull for a total of 1340. In the 308's there was a huge total between 19 year old Sean McElroy, submaster Joe Lopez and 47 year old Nolan Meyers. Joe did a great job with a 660 squat for a Texas record and Meyers came right back to hit 700 for a Texas record. In the bench press Nolan came out on top once more with his 465 for yet another Texas record. In the deadlift McElroy set a world teen record with his 530 pull, while Lopes set a submaster's Texas record with his 555 pull. Nolan Meyers came out on the top of the pile once again by pulling 645 for a new master's World record. In the end Meyers easily won the 308's with his total of 810 pounds and a new masters world record. In the men's bench press only division, Chase Mott took 1st with his 235 bench in the teen 148 division. Beau Harris set a Texas record in the teen 220's with a bench press of 365. Charlie Turco hit an easy 400 for a Texas record in the masters 242's and Glenn Wilkerson hit a 300 bench for a Texas record in the masters 60-64. In the deadlift only division 10 year old Jessie Burttschell lifting in the 11-12 year old 148 division pulled a 225 for a World record in his first meet ever. Deave Rodriguez lifting in his first meet ever set a Texas record in the teen 148's with his pull off 327.5 pounds. Donny Adams lifting in the open 198's pulled a 430 deadlift. In the women's 97-pound youth 11-12 division, Amanda Harris had a great day with 185 squat a 105 bench World record bench press, a 175 World record deadlift, and a 465 pound World record total. A big thanks to our judges Mark Harris, Steve Burttschell, Ann Harris and Brian Kline, our spotters Brian Kline and James Evans and our score keeper Maria McCullough. A big thanks to Principal Ken Estrella of Revere Middle School and Houston ISD for supporting the sport of powerlifting by allowing us to have these meets and giving us the great facilities. A very special thanks to our great sponsors Inzer Advance Designs, who make the very best powerlifting equipment in the world, and Powerlifting USA, the only powerlifting magazine to read, for their continual support of both the APA and this sport. Thanks also to all the great lifters who attended this meet. Without lifters this meet and this sport would not exist(Results provided to PLU SA by Tom McCullough)

Paul Boutte *with his 4th attempt squat of 625 at age 54 (Tom M.)*

NASA Natural Nationals
14,15 FEB 04 - OKC, OK (kg)

Powerlifting	Curl/SQ	BP	DL	TOT
hs/198				
Tra Brown	60	100	212.5	372.5
int/243				
J. Johnson	77.5	177.5	185	440
int/309				
Nick Sharp	87.5	180	230	497.5
m1/149				
Bill Anderson	62.5	111	177.5	351
m1/165				
Terry Hedrick	57.5	122.5	212.5	392.5
m1/198				
M. Bruders	77.5	142.5	202.5	422.5
m1/198				
Duane Hill	57.5	115	142.5	315
m1/220				
Jerry Linder	60	110	200	370
m1/243				
Neil Eddins	87.5	175	282.5	545
mp/165				
Terry Hedrick	57.5	122.5	212.5	392.5
nov/309				
Robert Linder	62.5	135	210	407.5
pure/149				
Bill Anderson	62.5	111	177.5	351
pure/198				
M. Bruders	77.5	142.5	202.5	422.5
sm1/220				
John Newberry	60	150	242.5	452.5
sqm3/166				
Elaine Waugh	47.5			
teen/115				
S. Ellefsen	25	37.5	90	152.5
teen/149				
Scott Hughes	42.5	70	155	267.5
teen/198				
Jacob Brown	47.5	77.5	130	255
wm3/166				
Elaine Waugh	27.5	45	95	167.5
wpure/132				
L. Anderson	32.5	52.5	112.5	197.5
wsmp/123				
Robbin Hedrick		27.5	47.5	110
185				
wsmp/132				
L. Anderson	32.5	52.5	112.5	197.5
wyouth/98				
Carly Wingert	20	32.5	70	122.5
youth/115				
Q. Wingert	12.5	17.5	45	75
youth/198				
Michael Oyler	27.5	50	92.5	170
Meet				
hs/220				
Chris Wren	147.5	92.5	170	410
hs/276				
Ian Freeman	150	115	197.5	462.5
int/165				
Jason Zielny	240	150	240	630
int/220				
Jake House	272.5	182.5	285	740
int/276				
Richard Kahle	350	205	295	850
jr/165				
J. Lassley	230	137.5	222.5	590
jr/182				
Justin Cantwell	247.5	160	275	682.5
jr/182				
Cody Stacy	215	117.5	227.5	560
jr/220				
Joe Baker	230	137.5	232.5	600
jr/309				
H. Freeman	252.5			
m1/149				
Casey Brown	240	150	250	640
m1/182				
Ron Sherwood	235	135	232.5	602.5
m1/182				
Danny Black	210	130	197.5	537.5
m1/220				
Jerry Stone	272.5	175	277.5	725
m1/220				
Michael Bean	205	160	250	615
m1/220				
Rod Tavanello	220	167.5	210	597.5
m1/220				
M. Hearing	187.5	137.5	195	520
m1/243				
Wes Cooper	205	130	190	525
m1/276				
S. Cyranoski	335	210	272.5	817.5
m1/276				
Michael Wren	237.5	170	265	672.5
m1/276				
Mark Sampson	260	157	230	647
m1/309				
Rick Dench	277.5	175	257.5	710
m1/shw				
David Oyler	325	187.5	290	802.5
m1/shw				
Mark Mitchell				
m2/198				
Jack Thomas	150	125	185	460
m3/198				
Bill Helmich	202.5	152.5	227.5	582.5
m3/shw				
Harry Heyman	192.5	100	205	497.5
m5/165				
M. Woodworth	250	157.5	230	637.5
m5/309				
Rick Dench	277.5	175	257.5	710
mp/149				
C. Kennedy	165	115	160	440
mp/182				
Ron Sherwood	235	135	232.5	602.5
mp/220				
Jerry Stone	272.5	175	277.5	725
mp/220				
Michael Bean	205	160	250	615
mp/220				
M. Hearing	187.5	137.5	195	520
mp/243				
Wes Cooper	205	130	190	525
mp/shw				
David Oyler	325	187.5	290	802.5
nat/165				
S. Wingert	182.5	135	207.5	525
nat/182				
Eddie Vaughn	300	180	265	745
nat/243				
Larry Fenti	295	192.5	297.5	785
nat/276				
J. Ransbottom	350	240	317.5	907.5
nat/276				
Jose Samarron	295	185	265	745
nat/shw				
David Oyler	325	187.5	290	802.5
nat/shw				
R. Samarron	290	182.5	300	772.5
p+f/220				
Phil Strevett	272.5	172.5	260	705
p+f/220				
Rod Tavanello	220	167.5	210	597.5
p+f/276				
Tyson Meyers	357.5	210	292.5	860
pure/165				
M. Woodworth	250	157.5	230	637.5
pure/165				
Jason Zielny	240	150	240	630
pure/165				
Eric Talmant				
pure/182				
Justin Cantwell	247.5	160	275	682.5
pure/182				
Randy Jackson	227.5	145	205	577.5
pure/198				
Joe Thompson	290	217.5	310	817.5
pure/198				
Paul Roberts	205	147.5	227.5	580
pure/220				
Jake House	272.5	182.5	285	740
pure/220				
Dagan Hardin	285	180	250	715
pure/220				
Joe Baker	230	137.5	232.5	600
pure/276				
J. Ransbottom	350	240	317.5	907.5
pure/276				
Richard Kahle	350	205	295	850
pure/309				
M. Adelmann	347.5	247.5	290	885
sm1/132				
S. Goldberg	102.5	77.5	137.5	317.5
sm1/198				
Joe Thompson	290	217.5	310	817.5
sm1/198				
Paul Roberts	205	147.5	227.5	580
sm1/243				
Larry Fenti	295	192.5	297.5	785
sm1/shw				
Jason Freeman				
sm2/165				
S. Wingert	182.5	135	207.5	525
sm2/182				
Eddie Vaughn	300	180	265	745
sm2/182				
Randy Jackson	242.5	145	205	592.5
smp/198				
Gary Green	275	190	280	745
smp/198				
Paul Roberts	205	147.5	227.5	580
smp/220				
Phil Strevett	272.5	172.5	260	705
smp/276				
Jose Samarron	295	185	265	745
smp/shw				
R. Samarron	290	182.5	300	772.5
teen/276				
James Kraham	272.5	220	285	777.5
want/123				
H. Hughes	132.5	70	172.5	375
wm1/123				
H. Hughes	132.5	70	172.5	375
wm2/132				
Storm Sermay	87.5	50	92.5	230
wmp/123				
H. Hughes	132.5	70	172.5	375
wsm1/132				
T. Magierek	145	102.5	147.5	395
wsm2/132				

M. Carter	140	67.5	150	357.5
wteen/165				
Anna Kahle	137.5	55	110	302.5
youth/115				
Tommy Manno	50	27.5	60	137.5
Power				
bpint/243				
J. Johnson	177.5			
bpm3/182				
Win Smith	110			
bpmp/182				
Win Smith	110			
bpsm2/198				
R. Rodriguez	175			
cint/243				
J. Johnson	77.5			
cpure/309				
Nick Sharp	87.5			
cyouth/115				
Ty Kennedy	15			
dlint/243				
J. Johnson	77.5			
dlsm1/220				
John Newberry	242.5			
dlyouth/115				
Ty Kennedy	45			
Bench				
hs/149				
Matt Barclay	85			
hs/165				
Trevor Rhiner	100			
int/276				
J. Erickson				
jr/182				
Justin Cantwell	160			
m1/182				
M. Arrendell	197.5			
m1/198				
George Martin	182.5			
m1/220				
L. Lipscomb	197.5			
m1/220				
Nick Dwinell	192.5			
m1/243				
Mike Stumbo	210			
m1/276				
S. Cyranoski	210			
m2/149				
Sam Stewart	157.5			
m2/198				
J. Guardado	102.5			
m2/220				
Gary Boelter	140			
m2/276				
Gene Knight	170			
m3/182				
Win Smith	110			
m3/198				
Terry White	152.5			
m3/198				
Bill Helmich	152.5			

(Thanks to Rich Peters for these results.)

mp/149				
C. Kennedy	115			
mp/198				
Shawn Kivela	147.5			
mp/220				
L. Lipscomb	197.5			
mp/220				
Gary Boelter	140			
nat/243				
Trent Gunter	182.5			
nov/132				
Joe Rodriguez	82.5			
p+f/198				
S. Eubanks	177.5			
p+f/243				
Mike Stumbo	210			
p+f/243				
Trent Gunter	182.5			
p+f/243				
Larry Holley				
pure/182				
M. Arrendell	197.5			
pure/198				
Joe Thompson	217.5			
pure/220				
Nick Dwinell	192.5			
pure/276				
Richard Kahle	205			
sm1/243				
Trent Gunter	182.5			
sm1/shw				
C. Anderson	230			
sm2/165				
S. Wingert	135			
sm2/309				
M. Adelmann	247.5			
smp/198				
S. Eubanks	177.5			
smp/198				
Beau Baer				
smp/243				
Larry Holley				
smp/276				
C. Cookson	197.5			
teen/115				
Aaron Eubanks	60			
teen/165				
Trevor Rhiner	100			
want/149				
Diane Manno	57.5			
wm1/149				
Diane Manno	57.5			
wm2/132				
Storm Sermay	50			
wsm1/132				
T. Magierek	102.5			

NY DOC Olympics/BP
11 JUN 04 - Albany, NY

WOMEN		C. Kent	—
Under 150 lbs.		(50+)	
(40+)		W. Stanton	
J. Kurtzworth	110	315	
150+ lbs.		275 lbs. (18-34)	
S. Behnke	110	J. Teets	
G. Rogers	105	500	
D. Arnett	75	(35-49)	
MEN		C. Kent	—
181 lbs. (35-49)		(50+)	
R. Daly	530	W. Stanton	
198 lbs. (18-34)		315	
J. Serrell	—	275 lbs. (18-34)	
(35-49)		D. Williams	
K. Bedore	455	405	
D. Mattes	365	(35-49)	
R. Stratton	360	C. Mitchell	
(50+)		500	
J. Brennan	270	(50+)	
220 lbs. (18-34)		M. Heinrich	
T. Young	440	270	
(35-49)		SHW (50+)	
C. Delutis	425	J. Tomaski	
G. Smith	400	360	
N. Showan	390		
(50+)			
J. Hall	340		
242 lbs. (18-34)			
J. Teets	500		
(35-49)			

Ronald Daly had the biggest bench of the meet, and the biggest bench ever in this annual event. (Thanks to Sandi McCaslin of Ironasylumgym.com for these results)

APA/TMSPA Texas State PL
21 JAN 04 - Houston, TX

Mens	SQ	BP	DL	TOT
114's				
Teen 13-15				
Ethan Duhon	170*	90*	180*	440*
123's				
Teen 13-15				
Dustin Askew	185*	90*	185*	460*
Open				
Dustin Askew	185*	90*	185*	460*
148's				
Teen 13-15				
Lane Cherry	220*	130*	200*	550*
Teen 16-17				
M. Galavez	340	170	350	860
Junior 20-23				
Aaron Muntz	350	205	375	930
165's				
Teen 13-15				
James Ecford	225	135	335	695
Jordan Walker	240	120	270	630
Tramale Kemp	145	115	195	455
181's				
Junior 20-23				
James Evans	515!	315	475	1305$
Drug Free				
James Burdette	500	510*	500*	1510!
Masters 40-44				
Rick Jolly	430	310	495	1235
198's				
Junior 20-23				
Justin Higgs	395	240	445	1080
Robert Taylor	315		400	
Open				
Donny Adams	405	270	420	1095
220's				
Junior 20-23				
M. Fornecker	340$	300$	455$	1095$
Open				
Joshua Ash	575	410	635	1620
Justin Baty	575	405	600	1580
Master 55-59				
Tony Galavez	455$	365$	500$	1320$
Master 60-64				
T. Lancaster	430$	370!	530$	1330$
242's				
Teen 13-15				
Thomas Moore	145	95	200	440
Teen 16-17				
Ihab Ahnahhas	370	260	425	1055
Open				
James Dunn	675	320	575	1570
Drug Free				
Cipriano Ruiz	495	345	405	1245
308's				
Masters 50-54				
Pete Grasso	405!	300$	450!	1155!
Bench Press Only				
198's				
Submasters 33-39				
Grant Garner		380		380
242's				
Open				
John Hendrix		460		460
Masters 40-44				
John Hendrix		460		460
Women				
181's				
Teen 13-15				
Ifeatu Okafor	245$	95	280	620$
Masters 65-69				
Dorothy Rawe	160!	80!	200!	440!
198's				
Teen 18-19				
A. Gonzalez	385!	175*	275!	835!
Bench Press Only				
Unlimited				
Ashlea Ritchie		285*		285*
Deadlift Only				
181's				
Masters 70-74				
Nora Revilla		160!		160!

$ - State Record. * - American Record. ! - World Record. It all got started about 9am on a cold Saturday morning. It didn't take long until the lifters heated up the building. We started off with the men's teenage division. In the 114's, 13 year old Ethan Duhon ended up with an American and Worlds records squat, bench and deadlift with his 440 pound total. Dustin Askew, lifting in the 123's at 13 years old also set American and World records with his squat, bench, deadlift and total. Thirteen-year-old Lane Cherry, lifting in the 148's came right back and got American and World records with his squat, bench, deadlift and total. The teen 196's was loaded and 14 year old James Ecford of the Revere Power Team took 1st place in the his 335 deadlift and 695 total. In the 181's James Burdette got the crow on their feet with a 505 opener on his bench press. He came right back to hit an easy 510 and just miss 525 on a 4th. Burdette got a Louisiana state record with his bench and deadlift and an American and World record with his 1510 total. Junior lifter James Evans was not very excited about his day but regardless he walked out of the meet with a Texas, American and World record with his 515 squat and a Texas record for his 1305 total. IN the 198's Donny Adams was the clear winner with a 1095 total. The 220's came down to a war between Josh Ash and Justin Baty. Josh has the crowd crazy with his 2nd attempt in the deadlift of 700 pounds. After Josh just missed it Justin thought he was sure to win with a 643.5 attempt in the deadlift. Justin missed his attempt and lost the battle in the end but Josh did come back on his 3rd and final attempt to give 700 a ride once again. The crowd was crazy, but Josh just missed locking the weight out. Fifty-seven year old Tony Galavez, leader of the Galavez Power Team had a great day with Teas records in the squat, bench, deadlift, and his 1320 total. Also in the 220's 62, year old Terry Lancaster got 3 Texas records with his squat, deadlift and 1330 total. Terry also got a Texas, American, and World record with his 370 bench press. By the end of the meet, Lancaster also walked out as Overall Lifter. In the 242's, James Dunn took the lead with a 1570 total. Masters Lifter Pete Grasso had a big day in the 308's by setting Texas records in his bench, squat, deadlift and total. Grasso also got American and World records with his squat, deadlift and total. In the men's bench press only division 198'er Grant Garner hit 380 and John Hendrix in the 242's got 460 pounds. In the women's teen division, 14-year-old Ifeatu Okafor, lifting in the 181's took home a Texas record in the squat and with her 620 total. Also in the 181's, 65 year old Dorothy Rawe had a great day with Texas, American, and World records in her squat, bench, deadlift, and total. In the 198's, 19 year old Ashley Gonzalez also walked out with Texas, American, and World records in the squat, bench press, deadlift and total. Junior lifter Ashlea Ritchie lifting in the unlimited bench press only division set a Texas record with her 285 bench. At 72 years old and lifting in the 181 deadlift only division, Nora Revilla got a Texas, American and World record for her 160 pound deadlift. Congratulations to all who lifted in this meet. Without all the great lifters this sport would not have taken place. Also a huge thanks to our scorer Maria McCullough, judges Danno Flunker, Mark Harris, and Brian Kline. A special thanks to the hardest workers and best spotter and loader team I have ever seen, Brian Propst, Lowell Holmes, and Beau Harris. Thanks also to Houston ISD and Principal Ken Estrella for allowing us to use the facilities to promote powerlifting, Inzer Advance Designs for their years of support to the Texas APA, Sarden Strength Equipment, House of Pain, and Mike Lambert and Powerlifting USA for all the coverage and support. Without all of the great sponsors our meets have, this meet might not have ever happened. (Thanks to Thomas McCullough for these results)

***Josh Ash attempting 700** .. at the APA Texas States (McCullough)*

***APA/TMSPA Texas State Meet Directors** .. Tom & Maria McCullough*

New! COOL CAPS

from... **INZER ADVANCE DESIGNS**

The World Leader In Powerlifting Apparel!

A DENIM CAP — *Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.*

B & C TWILL CAPS — *"Constructed" style white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered with two designs to choose from.*

IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

POWERFUL, THICK AND COMFORTABLE BOLD DESIGN

IRONWRAPS Z

VERY, VERY POWERFUL!

The most popular knee wrap in powerlifting!

"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall

Top National Competitor, Fireman and C.P.T.

IRONWRAPS A

ENGINEERED FOR:

- Powerlifters
- Strongman Competitors
- Powerbuilders
- Bodybuilders
- Various Types of Athletes
- Doing Multiple Rep Sets

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

A PARADIGM SHIFT IN KNEE WRAP DESIGN!

Name _____
Address _____
City _____ State _____
Zip _____ Phone _____
e-mail _____

Qty.			
____	Denim Cap (A)	$16	____
____	Twill Cap ☐ B ☐ C	$12	____
____	Ironwraps A	$22	____
____	Ironwraps Z	$22	____
____	2 pair	$40	____
		Shipping	$5.50
		Total	____

Overseas orders add 20% surface or 30% air.
Texas residents add 8.25% sales tax.

INZER ADVANCE DESIGNS
P.O. Box 2981 • Longview, Texas 75606
903-236-4012 • 800-222-6897

WABDL SE Regional
24 Apr 04 - Atlanta, GA

Womens
Bench Press
Teens 13-15
97
Kelsey Jordan 77
Alex Soares 77
105
Kaitlyn Jones 88
123
Tina Cline 99!
148
K. Whitefield 110
198
B. Brown 132!
Open
97
S. Stowers 126
148
Kim Stolz 137
Submaster
198
S. Jackson 259*
Masters
40-46
97
S. Stowers 126x!
165
A. Woverton 143!
181
C. Webber 192t
47-53
165
Patti Ehmen 142
54-60
97
S. Martine 60x!
165
Linda Glasco 88
68-73
114
Louise Collier 71x
87
148
Louise Rowe ---
Deadlift
Open
97
S. Stowers 264n!
148
Kim Stolz 242!
Super
S. Adkinson 479
Teen 13-15
198
B. Brown 209!
Teen 16-19
165
M. Proctor 303
N. Williams 303
Submaster
198
S. Jackson 352*
Masters
40-46
S. Stowers 264xn!
181
C. Webber 352xt
47-53
165
Patti Ehmen 347x*
Super
S. Adkinson 479xf
Mens
Bench Press
Teen 13-15
123
Nate Huston 170
132
Trent Corey 176
148
Larry Leblur 209!
S. Schilling 198
165
M. Gromely 181
Austin Brown 88
198
Jesse Fain 225!
275
Larry Lambo 281!
Teen 16-19
105
Eric Hodges 236x!
123
A. Ramos 203!
J. Duncan 259
148
Jonathan Post 181
165
W. Wilson 319
Phil Evans 281
B. Clark 248
Scott Grizzel 248
Jeremey Lee ---
181
Wes Prater 275
Matt Cook 253
198
D. Wilson 407!
Ty Graves 369
Chris Watts 314
240
Matt Cline 275!
259
C. Proctor 314!
275
Parker Long 369!
G. Rowson 303
308
Josh Stevens 369!
Open
Men
123
J. Osburn 148
165
Greg Warr 507*
A. Jackson 391
181
K. Sanks 462*
220
Pat Hall 473
Ted Kennedy inj
242
Jay Rinehart 534
Jeff Robinson 468
Shane Sowers 451
259
T. Kesling 446!
Pat Dean 446!
275
Buddy McKee 529*
Josh Sage 473!
M. Webb 462
308
Wayne Watts 551!
Class One Men
165
D. Lawrence 264
220
John Roland 424
J.J. Reed 402f
242
S. Sowers 479t
Ed Bradley 435
Sandy Fowler 413
259
Pat Dean 440!
275
Josh Sagel 473!
M. Webb 462
M. Broadwatr 435
Law & Fire
Mens
165
C. Radcliff 303
Masters
47-53
220
Mike Overby 413x!
J. Maddrey 380
L. Adams 264
308
Wayne Watts 551x
Junior
Mens
165
Brian Arnett 275
Don Millrany 270
Caleb Cooper 225
181
Ryan Bonds 336
198
Matt Christie 385
242
Jay Rinehart 534f
Josh Nelson 418!
259
Justin Hall 352!
Super
Super
B. Campbell 275!
Submaster
165
Greg Warr 507*
181
T. McKeller 314
198
Dr. R. Wright 402!
220
Matt Retter 297
242
Ed Bradley 435
L. Peppetti 407
Pete Linstrom 308
308
Clint Berry 48!
Masters
40-46
165
C. Radcliff 303!
181
Alan Traylor 314!
220
J.J. Reed 369
242
C. Sanford 429!
275
M. Broadwatr 435!
308
Wayne Watts 551!
Phys. Challenged
Masters
40-46
181
Greg Gibson 170
Masters
47-53
165
Tom Corey 231
181
Greg Bonner 248!
220
Ron Proctor 369
242
Ken Grizzle 303
275
Buddy McKee 529*
54-60
198
Steve Ramey 407
220
Ron Edwards 424
M. Glasco 259
John Hendrix 225
308
Paul Rando 330l
61-67
181
Jim Shoaf 286!
M. Harrell 220
198
Jim Day 143!
Deadlift
Teen 16-19
165
Brett Eggers 418!
B. Clark 380
198
D. Wilson 462
Chris Watts 451
259
C. Proctor 462!
275
Geoff Rowson 523!
Phys. Challenged
181
Greg Gibson 281
Juniors
165
Don Millrany 457t
198
Matt Christie 584!
242
Josh Nelson 573*
Super
B. Campbell 407!
Class one
198
Matt Christie 584!
259
Pat Dean 567*
Super
B. Campbell 407!
Submaster
198
Shaun Smith 600!
242
L. Peppetti 534
P. Lindstrom 325
Law & Fire
220
J. Maddox 540 l!
275
Larry Mooney 402!
Masters
40-46
220
G. Herring 755x!n
47-54
165
Tom Corey 352!
47-54
181
C. Wright 573!
198
T. Myers 683!
220
Ron Proctor 501
54-60
308
Paul Rando 451l
61-67
181
Jim Shoaf 374n
198
Jim Day 264t
Open
181
Curtis Wright 573!
198
Shaun Smith 600
220
G. Herring 755!
A. Johnson 628
Pat Hall 628
242
Jeff Robinson 644!
Josh Nelson 573
259
F. Drummnds 677!
Pat Dean 567*
275
L. Mooney 402

The Southeastern W.AB.D.L. meet held April 24th in Atlanta, GA was a blast! Over 500 spectators, 163 entries & 27 World Records (WR)! The teen girls started the show with Kelsey Jordan & Alex Soars blasting 771bs. & both just missing WR 90lbs.. Kaitlyn Jones just missed a WR as did Christina Cline. Christina did set a Georgia State Record (GSR) at 99 lbs. Katlyn Whitefield smoked 110 lbs. & Bridggett Brown 132 lbs.. State marks for Amanda Leming at 104 lbs. 2 Multi World Champions Nikki Williams 214 lbs. & Mandy Proctor PRed 138 lbs. One of the best showings of all time was Sandra Stowers with 7 Master WR's & GS open record. Finishing with a 126.7 at 96 lbs.!! She also tried an open mark at 156 just missing. Kim Stolz set a GSR with 137.7 and Susan Jackson blasted a 260 + at 1981bs. WOW!! The Master Women were led by Ann Wolverton 143 & a new GSR and Cindy Webber 192.7!!! Patti Ehmen did well 143 & little Shirley Martine got 2 WR with a 60.5 at 94lbs.bwt. Linda Glasco's first meet was great with 88 lbs. & Louise Collier got 4 WR's with 721bs. at 72 years young. meanwhile, Louise Rowe just missed a WR with 44 lbs. at 88 years young! In the Men's teen Bench Press great performances by Nate Huston 170, Trent Corey 176, Larry Leblur 209 & a new GSR, Shayne Schilling 200! Mitch Gormley looked good with

***Susan Adkison** with the highest deadlift by a woman in WABDL, 479 at age 47. (Gus Rethwisch)*

1811bs. & as did Austin Brown first show with 88. Both Jesse Fain & Larry Lambro had new GSR's with 226 & 281 respectively. At 16-19 Eric Hodges was the bomb- First show - 237 WR at 105 lbs.!! This kid will be a phenom, both Anthony Ramos and Jeremy Duncan 260 had State Marks. Good showings by Jonathan Post, William Wilson, Ty Graves, Chris Watts, Wes Prater, Matt Cook and a new GSR by Dalton Wilson. Matt Cline was strong with a GSR 276. Body by George lifters Charlie Proctor, Parker Long and Josh Stevens all GSR's and 1 st place. The Open Men winners were Johnny Osburn, Kourtney Sanks (ASR 464), Pat Hall, Jay Rhinehart, Thomas Kesling TSR 525! Buddy McKee 531 ASR GSR's were Pat Dean, Josh Sagel and Wayne Watts with Great 562- WR Law & Fire. Class One standouts were Darius Lawrence, J.J. Reed FLSR 402.2, Shane Sowers TSR, Pat Dean 440.7 GSR, and Josh Sagel473 GSR. Law & Fire Standouts were Chuck Radcliff 303 GSR and Mike Overby 415 for a WR!!! & GSR. Also, Mike Overby doubled the Master Law & Fire for another WR!!. Big big big Wayne Watts WR'd with 562!!! Junior Bench standouts included nice lifts by BriaF1 Arnett, Ryan Bonds, Matt Christie, Justin Hall, Brad Cambell and a big lift by Jay Rhinehart 534.5. The Sub-Masters & Open World Champion Greg Warr was back in action with an incredible 507 at 163 lbs.! He tried a WR 524 he was oh so close!! Other sub-master stars were Torin McKellar, Dr.Ron Wright with a GSR 402.2, Matt Retter, Ed Bradley, and Clint Berry all kicked butt... In Masters BP 40-46 Great Lifters! Chuck Radcliff, Alan Traylor, Claude Sanford and Marvin Broadwater all with State Records. In the 47-53 Greg Bonner had a new GSR, Ron Proctor and Ken Grizzle looked great- Buddy McKee smoked 531!! In 56-60 What a Show!! !Multi- World Champ Steve Ramey narrowly missed another WR at 435. Ron Edwards then tried to top Rameys 220 WR with a narrow miss at 474! Mickey Glasco and John Hendrix looked good also. Paul Rando from Louisana was strong with a 330 LSR. Greg Gibson had a fine 170 BP in his class. Jim Day and Jim Shoaf both set GSR's and lifted great!! In the Dead Lift, Women teens BBG 2 World Champions Mandy Proctor and Nikki Williams both just missed new WR's 337. Bridggett Brown set a new GSR as did Susan Jackson 352 in sub-masters. In the open, the 2 stars were an all time best ever in WABDL with a WR 479! 479!! yes 479!!! Not to be out done Multi-World Champion Sandra Stowers pulled 264 at 96 lbs.! for Best Dead Lifter. She also set the masters DL record for a total of 7 WR on this day!! She has 2 World Championships, 17 WR's and on Open National Record. She has been Dead Lifting and Benching less than a year. She will pull over 300 at World's in Reno. Cindy Weber also, set WR with a Masters 352! as did Patti Ehmen 349!!! In the Men's Dead Lift 1st meet Brett Eggers set a new GSR with 418!!!, Dalton Wilson looked great with a 462, Charlie Proctor & Geoff Rawson both set GSR! In the Juniors Don Millrany, Matt Christie, Josh Nelson, & Brad Campbell all broke State Marks. In the subs, nice lifts for J.J. Peppetti and a new State Mark by Shawn Smith 600! Both James Maddox & Larry Mooney in the Law & Fire set marks. In Class One again Christie, Campbell, and Dean set marks. In the Masters, Tom Corey, Curtis Wright, and the legend "Skinny Man"(683} all set GSR. Skinny Man is sooo much fun to watch, what a great showman & person. Other Record Setters included Day, Shoaf and Rando! In the Open Curtis Wright GSR, Jeff Robinson GSR, and Fred Drummons GSR all pulled Great! 13 Time World Champion George Herring hosted a great event and then proceeded to pull an easy 755 Master WR. (His 40th World Record) He then went to the Open WR 788 & just missed by an inch. He'" set this in Gadsden. Overall, the most WR's of any WABDL Meet. Great Food, loud music and fun. What a Great Group of people and federation. We'll do it again next year. (Results from Sandra Stowers)

WABDL AT WAR! It started with a HOUSE OF PAIN bumper sticker on the barrel of an MI tank. People talked. Then an HOP sticker appeared on an armored troop transport. More people talked. Like a riot; talking led to action. A Texas lifter (and soldier) named Tony Turco looked around Iraq and found a bunch of other lifters in harm's way. There were even 6 certified TX WABDL judges! Why not have a meet?! Tony contacted authorities for the go-ahead. Charlie Turco (Tony's dad) arranged for shirts through Bob Garza. He called HOUSE OF PAIN for singlets and supportive gear. Others helped out as well, and TV stations even interviewed Tony while he was home in Houston prior to the meet. Posters announced the "WABDL At War" Military Powerlifting Meet. On December 12,2003; the first sanctioned powerlifting meet was held in a hot combat zone. In Al Hussenia, Iraq (aka FOB Thunder) our U.S. troops made showed their strength! There were numerous competitors from the 2nd Brigade Combat Team - of the 4th Infantry. The very same 4th Infantry Division captured Saddam Hussein the next morning! Powerlifters compete, then catch a war criminal: not a bad weekend! Lifters included: Tron Surrat, Carlos Murillo, Henrique Lamberty, David Labar, Hugo Hecht, Jessie Bryand, Carl Winston, John Tamez, Bruce Washington, Scott Munck, Anthony Massey, Elgin Godinez, Steven Vasquez, Michael Beale, Chris Charles, Levin Morgan, Bruce Allen, Bobbie Rawls, Samuel Lawhorn, Anthony Turco, Brian Miller, and Richard Moore. (... may have been a few more) These guys were serious - 6 TX State Records were set! Not bad for a war zone, huh?! The next time you use your circumstances as an excuse not to train - ask yourself if you have it tougher than these guys in 'FOB Thunder.' Chances are, you need to quit whining and go train.

Rick@houseofpain.com

APA/TMPSA Patriot Challenge
17 JAN 04 - Houston, TX

Men	SQ	BP	DL	TL
97 lbs.				
Teen 11-12				
Austin Cook	185	80	200	465
132 lbs.				
Teen 13-15				
Ryan Pena	120	85	200	405
1481bs				
Drug Free				
TJ. Homer BL	665w	335	605w	1605
165 lbs.				
Teen 13-15				
James Ecford	135	115	300	550
Tramale Kemp	135	100	170	405
181 lbs.				
Teen 13-15				
M. Mitchell	425w	205	410	1040
Open				
J. Burdette	500	0	500	0
Master 50-54				
Paul Boutte	575w	325t	510w	1390
220 lbs.				
Open				
L. Holmes	425	295	475	1195
Junior 20-23				
R. Jenkins	4251	4051	5001	1330
Submaster 33-39				
Lowell Holmes	425	295	475	1195
220 lbs. Submaster 33-39				
Brian Propst	445	325	515	1285
242 lbs. Submaster 33-39				
D. Broseman	645a	330	550	1515a
308 lbs. Submaster 33-39				
Dean Jones	600	425	550t	1575t
Master 45-49				
Nolan Meyers	655t	445t	615t	1715t
Deadlift Only 181 lbs.				
Teen 13-15				
Manuel Perez				
Women				
132 lbs. Teen 13-15				
Megan Cook	265w	110t	255w	630w
181 lbs. Teen 13-15				
Ifeatu Okafer	145	85	225	445

Texas Record = t Louisiana Record = l American Record = a World Record = w.

Another successful powerlifting meet goes down in the books thanks to all the great lifters and the great people who gave their time to work at this meet. Thanks to judges Brian Kline, Josh Ash, and Thane Harrison; loaders/spotter James Evans and Ian, and score keeper Maria McCullough. A special thanks to Houston ISO and Principal Ken Estrella of Revere Middle School for supporting this sport and giving us the facilities to have this contest. Thanks also to HISO Police Officer Joe Rodriguez for working as security for the day. It was rainy and cold but the action heated up early starting out in the men's division with 9 year old Austin Cook lifting in the 11-12 year old youth division. This fine young lifter set the pace with a 465 total. Lifting sensation T.J.. Horner, lifting in the 148s, set the roof on fire with a 625 and 665 squat, both for world records. In the deadlift, T.J. pulled a massive 605 for a world record and just missing 620 for a world record total of 1605. This 11 time bodyweight total got him best lifter of the meet. In the 181s, 14 year old Marcus Mitchell broke two world records with his 405 and 425 back to back squats. Mitchell ended his day with a world record total of 1040 pounds. In the 181 master 50-54 division, Paul Boutte had a great day setting 3 world records in the squat going 475, 525, 555 and 575. He set a new Texas record with his 325 bench coming back in the deadlift to hit a big 510 for another world record. Boutte ended his day with a world record total of 1390. Robert Jenkins from Louisiana set to State records with his 375 and 425 squats in the 220 Juniors. Jenkins also set records in the bench with a successful 365 and 405. In the dead lift Jenkins once again set two State records with his pulls of 455 and 500 and his total of 1330. In the 242 submasters, Don Broseman set two American records with his back to back 615, 635 and 645 squats. Broseman ended his day with an American record total of 1515. Dean Jones lifting in the 308 submasters got two Texas records with his back to back pulls of 530 and 550 and his total of 1575. The BIG guy from Vidor, Texas, Nolan Meyers squatted 655 for a Texas record and then went over backwards with a huge 685. Thankfully no one was injured and Nolan finished the meet with a 615 deadlift and a 1715 total both for Texas records. In the women's division Ifeatu Okafer, lifting for her first time ended up with a 445 total in the teen 13-15 181s. In the 132s, thirteen year old Megan Cook had an exceptional day hitting 215, 250 and 265 squats all for world records. Megan benched 110 for a Texas record and just missed 125. In the deadlift Cook pulled a Texas record in her opener of 225, a world record with 255 and just missed 280 on the 3rd. Megan ended her day with a world record total of 630 pounds.

After the chalk dust settled 36 Texas records, 22 American, and 15 World records were either set or broken. We had several lifters in the 13-15 age divisions who lifted for their first time ever. All of the lifters who entered this meet put out some ofthe best efforts I have ever seen. The sportsmanship was just amazing. A very special thanks to Inzer Advance Designs who support for our lifters, the sport, and our meets is deeply appreciated. Also a special thanks to Mike lambert and Powerlifting USA who have been there supporting us all for almost as long as the sport has been around. Thanks also to Discount Awards in Houston, Texas for always coming up with some great trophies, even at the last minute. These great companies have worked hard to help us enjoy the great sport of powerlifting. (Thanks to Tom McCullough for providing these results)

T.J. Hoerner *with an APA World Record squat of 665 lbs. in the 148 lb. class at the Patriot Challenge*

NASA Oklahoma State (kg)
08 MAY 04 - Noble, OK

Powerlifting	C/SQ	BP	DL	TOT
bpm1/198				
Tony Hill		120		120
dlsmp/123				
R. Hedrick			115	115
hs/115				
B. Williamson	40	77.5	137.5	255
hs/149				
Logan Watkins	52.5	92.5	160	305
hs/182				
Tony Hill Jr.	42.5	75	152.5	270
hs/198				
Roy Jackson	60	115	190	365
int/165				
Mattew Qualls	65	142.5	160	367.5
m1/165				
Bill Anderson	62.5	115	177.5	355
m1/198				
Mike Bruders	75	130	192.5	397.5
m1/220				
Jerry Linder	60	115	192.5	367.5
m1/276				
Donald McCue	62.5	142.5	242.5	447.5
m4/220				
Billy Lumpkin	60	135	170	365
sqm1/276				
Donald McCue	185			
whs/182				
J. Jackson	27.5	55	72.5	155
wsm2/132				
M. Bruders	27.5	40	77.5	145
wsmp/149				
L. Anderson	32.5	52.5	100	185
youth/youth				
Cole Anderson	22.5	32.5	67.5	122.5
youth/youth				
Cody Anderson	17.5	25	55	97.5
youth/youth				
Shawn Bruders	17.5		37.5	55
Meet				
hs/115				
B. Williamson	100	77.5	137.5	315
hs/149				
Logan Watkins	150	92.5	160	402.5
hs/165				
Kory Jones	230	110	227.5	567.5
hs/165				
Alek Ryan	155	87.5	145	387.5
hs/220				
Kyle Robinson	182.5	105	182.5	470
m1/220				
Michael Hearing				
m1/309				
D. L. Robertsn	200	145	185	530
mp/shw				
Stacy Miller	227.5	145	237.5	610
pure/182				
Cody Stacy	197.5	120	215	532.5
pure/220				
Kevin Foster	250	167.5	250	667.5
sm2/165				
Randy Jackson	205	147.5	205	557.5
smp/165				
Randy Jackson	205	147.5	205	557.5
Bench				
m1/243				
Steve Grayson		165		165
nov/123				
M. Grayson		65		65
wm2/165				
M. Welch		107.5		107.5

(Thanks to Rich Peters for these results.)

AAPF 8th Frank Kostyo Memorial
20 MAR 04 - Lakeland, FL

WOMEN	SQ	BP	DL	TOT
105 lbs. Teen (16-17)				
K. Hutchinson	200*	90*	235*	510*
Open 165 lbs.				
D. Trafton	260	160	350!	770
MEN				
165 lbs. Teen (13-15)				
B. Silk, Jr.	240	155	270	665
308 lbs.				
M. Cristiani	400	330	400	1130
198 lbs. Teen (18-19)				
A. Johnson	400!	380!	400	1160!
SHW				
J. Maraia	370!	225!	420!	1015!
Junior 198 lbs.				
D. Beasock	500	315	460	1275
308 lbs.				
B. Ashley	480!	345!	480!	1305!
Submaster 181 lbs.				
B. Moorhead	145	455*	145	745
Open 114 lbs.				
H. Murray	155	170*	210	535*
123 lbs.				
K. Snell	375	250	460	1085
181 lbs.				
C. Brawley	340	235	445	1020
198 lbs.				
D. Reid	470	350	480	1300
SHW				
R. Yawn	565	375	580	1520
Master (45-49) 123 lbs				
K. Snell#	415*	250*	460*	1085*
198 lbs.				
G. Godwin	400	255	400	1055
181 lbs. (50-54)				
S. Kylis	450	340	515!	1305
(70-74)				
W. Smith	225*	225*	305*	745*
198 lbs.				
B. Rosenfield	55!	310*	255!	620!
(75-79)				
F. Pedrosa	225*	205*	350*	780*
D. Thompson	205	140	250	595
(85-89)				
S. Montrose	85*	145*	200*	420*

*=American Record. !=Florida State Record. #=Best Lifter. The 8th Annual Frank Kostyo Memorial AAPF Powerlifting Championship got underway on the first day of spring with Katie "Hootie" Hutchinson setting American records in all three lifts and the total. Katie just turned 16 earlier in the month and did a 200 lbs. squat. 90 lbs. bench, 235 lbs. deadlift and a 510 lbs. total. She also won 1st place for the most fashionably dressed powerlifter. Doreen Trafton pulled a state record 350 lbs. deadlift and won the 165 lbs. Open division. In the men's teen (13-15) age group, Brian Silk won the 165 lbs. class competing for the first time and going 9 for 9 in all his lifts. Matt Cristiani won the 308 lbs. teen (13-15) class with a nice 1130 total and 1st place. Adam Johnson set state records in the 198 lbs. (18-19) age group with a 400 lbs. squat, 380 lbs. bench, and a 1160 lbs. total. Joseph Maraia also set state records in his class. Joseph competed in the superheavyweight (18-19) age group and did a 370 squat, 225 bench, 420 deadlift and a 1015 total. Don Beasock won the 198 lbs. junior division with a nice 1275 total. Brandon Ashley set four state records in the 308 lbs. Junior division with a 480 lbs. squat, 345 lbs. bench, 480 lbs. deadlift and a 1305 lbs. total. Brett Moorhead shattered the 181 lbs. Submaster American record with a 455 lbs. bench. In the open division, Hugh Murray set two state records and won the

114 lbs. class. Ken Snell won the 123 lbs. class. Carson Brawley won his first meet in the 181 lbs. class with a nice 1020 total. Damon Reid won the 198 lbs. class and Robert Yawn took 1st place in the superheavyweight class. The masters division had eight competitors starting with Ken Snell setting four American records in the (45-49) age group 123 lbs. class. Ken did a 415 squat, 250 bench, 460 deadlift and a 1085 total which earned him Best Lifter honors. Greg Godwin had a nice 1055 lbs. total to win the 198 lbs. Masters (45-49) age group. Steve Kylio set a state record with a 515 lbs. deadlift to win the 181 lbs. class Master (50-54) age group. Wendell Smith set four American records in the 181 lbs. Master (70-74) age group and Burt Rosenfield set an American record with an impressive 310 lbs. bench press in the 198 lbs. Master (70-74) age group. Fred Pedrosa set four new American records in the 181 lbs. Master (75-79) age group. Fred did a 225 lbs. squat, 205 bench, 350 lbs. deadlift and a 780 lbs. total. Duffy Thompson placed second in this weight class and age group. Duffy has come a long way since having a total knee replacement. He performed his best squat ever at 205 lbs. It can be done! Speaking of it can be done... eighty-six years young Stephen Montrose set five American records in the 181 lbs. Master (85-89) age group. Stephen did a 85 lbs. squat, 145 lbs. bench, 200 lbs. deadlift, and a 420 lbs. total. Stephen is a true testament to age and strength. You're never too old! A special thanks to Louis Baltz and the All American Gym, Dan Jonas, Tim Calhoen, Junk Yark Dogg, Blake Jerry Williams, Moses Battles, Steve Beck, Dick Fudge, and all the lifters and spectators who make these meet possible. (Thanks to Ken Snell for providing these meet results)

USAPL PA State BP/DL
25 APR 04 - Bigler, PA

PA BENCH		B. Donnelly	352
WOMEN		Ironman BENCH	
148 lbs.		MEN	
K. Jones	203	181 lbs.	
165 lbs.		R. Romberger	220
T. Smith	132	198 lbs.	
MEN		R. Romberger.	336
165 lbs.		J. Herbein	259
B. Snyder	347	220 lbs.	
P. Hubbard	236	B. Pavelka	402
181 lbs.		R. Hudic	337
K. Semon	336	PA DEADLIFT	
R. Romberger	220	WOMEN	
198 lbs.		148 lbs.	
P. Grohoski	440	K. Jones	270
R. Romberger	336	165 lbs.	
F. Tumminia	336	T. Smith	214
C. Mannino	325	MEN	
J. Herbein	259	165 lbs.	
220 lbs.		B. Snyder	562
R. Ludwig	413	N. Theodorou	529
R. Hudic	336	181 lbs.	
242 lbs.		K. Semon	501
R. Eckhard	462	198 lbs.	
E. Robinson	314	F. Tumminia	490
D. Frable	---	220 lbs.	
T. Harman	---	R. Ludwig	578
275 lbs.		242 lbs.	
J. McElwee	501	D. Frable	523
R. Smith	473	319 lbs.	
D. Ratchford	462	F. Giordano	628

Ironwoman	BP	DL	TOT
132 lbs.			
N. Hill-42	110	253	363
148 lbs.			
K. Jones-45	203	270	473
165 lbs.			
T. Smith-47	132	214	3 47
Ironman			
220 lbs.			
M. Jenkins-48	159	319	479
242 lbs.			
R. Eckhard-31	462	551	1014
275 lbs.			
I. Shupp-16	231	440	672

(Thanks to Al Siegel for providing results)

WABDL Aloha Muscle Jam
09 Aug 03 - Waimanalo, HI

Class1 Men		L. Birgado	551
181		259	
Jose Asuncion	391	S. McShane	584
198		SHW	
Guy Lopez	402	Doug Gerona	523
SHW		J.Crawford III	551
J. CrawfordIII	551	4th attempt	567
4th attempt	567	220	
Jr. Men		R. Guevarra	---
181		Open Women	
Dan Chiras	303	181	
259		R. Nohara	181
Jamar Aleka	402	4th attempt	203
SHW		Submaster Men	
Doug Gerona	523	148	
Law/Fire		D. Matsumoto	418
Master Men 40-47		181	
220		K. Daniels	402
Jeffrey Jones	424	259	
132		S. McShane	584
M. Lemes	143	C. Omaya	---
Law/Fire		Submaster Women	
Open Women		148	
148		Latasia Anzai	187
Latasia Anzai	143	Teen Men 13-15	
Master Men 40-47		114	
220		V. Akina	149
Jeffrey Jones	424	132	
275		Soren Wilcox	77
Pete Helsham	473	198	
Open Men		Josh Jaggers	275
114		242	
Vernon Akina	149	Teen Men 16-19	
132		242	
Kerwin Unten	425	L. Blakemore	359
165		Teen Women 13-15	
Kimo Luna	358	181	
220		R. Nohara	181
B. Tomita	402	4th attempt	203
242			

(Thanks to Gus Rethwisch for the results.)

ADAU PA State
"No Boys Allowed"
8 MAY 04 - Bigler, PA

WOMEN	SQ	BP	DL	TOT
Teen (12-13) 105 lbs.				
N. Kinard-PA	105	55	160	320
Teen (14-15) 148 lbs.				
A. Buck-PA	230	115	295	640
Maaser (4-44) 148 lbs.				
G. Updyke-VA	175	95	265	525
Teen (18-19) 148 lbs.				
L. Halys-NY	170	115	225	510
MEN				
Youth (12-13) 88 lbs.				
S. Perhacs-P	115	85	165	365
		4th	181	
(16-17) 105 lbs.				
M. Kyler-PA	185	105	235	525
4th	195		245	
Open 123 lbs.				
C. Bloom-PA	255	185	320	760
4th	260			
Teen (16-17) 123 lbs.				
B. Pataky-PA	235	170	320	725
181 lbs.				
J. Lohrer-PA	370	260	415	1045
Master (50-54) 198 lbs.				
A. Mangini-PA	365	225	460	1050
(40-44) 220 lbs.				
T. Fox-OH	520	360	510	1390
(55-59) 220 lbs.				
B. Bayer-PA	525	250	555	1330
Open 242 lbs.				
M.Ytreberg-PA	450	350	520	1320
275 lbs. & Submaster (35-39)				
D. Raybuck-PA	550	365	615	1530
Open 319 lbs.				
R. Scandle-PA	505	400	560	1465

Outstanding Teen lifter: Justin Lohrer, age 16 of Fairview, PA. Outstanding Female Lifter: Ashley Buck, age 15 of Clearfield, PA. Outstanding Male Lifter: Dennis Raybuck, age 35 of Falls Creek, PA. (These results provided by Al Siegel)

MD Metabolicdiet.com

Save 15% On Our Website

use discount code "Powerlifter"

Products for Powerlifters Designed by a Powerlifter.

eXersol

Exersol is the exercise solution for power athletes. It contains everything you need before during and after training to make the best use of your hard work.

Unlike the puny alternatives offered by other companies, Exersol works and will help you maximize your lean body mass and strength.

NitAbol

NitAbol is the complete nighttime nutrition package that will help you gain muscle and strength and recover more fully while you sleep.

NitaAbol will result in strength & muscle gains and is the missing ingredient that will take you to new heights in both your training and competition.

THE ANABOLIC SOLUTION

The Anabolic Solution for Powerlifters will tell you what to do to make you stronger than ever. It offers the complete solution for powerlifters, giving you the information you need to maximize your lifestyle, training, diet & nutritional supplement use.

It will give you the information you need to get the maximum amount of strength and muscle for your weight class, how best to weigh in, and how to perform your best at competitions.

www.metabolicdiet.com To Order call 1-905-372-1010

SLP USA GYM Chicagoland Open
16 MAY 04 - Bridgeview, IL

BENCH PRESS

open women
198
Lisa Miller 235*
novice men
165
Jeff Beaudry 350*
198
Eric Anderson 350
220
Tony Vestuto 315
308
Serge Ceralde 430*
(4th) 440*
teenage men 13-15
148
John Bania 185
165
Junior Johnson 170
teenage men 16-17
220
Jon Petrasek 295
junior men
132
Wisam Eid 270
submaster men
148
Peter VanHorn 290
165
Jeff Beaudry 350
181
A. Gonzalez 365
198
Craig Hansen 485*
308
Bill Sharp 485
master men 40-44
220
Bob D'Andrea 430
242
Joe Lipuma 450
master men 45-49
181
Joe Hummel 305
198
Eric Anderson 350
master men 60-64
165
Jesse Bailey 290*
police & fire
165
Anton White 375
198
Chuck Barth 335
242
Paul Rodriquez 485
275
Tom Harrison 675
open men
148
Otis Anderson 300
165
Luis Reyes 315
(4th) 325
198
Craig Hansen 485
198
W. Gerard 365
242
Joe Lipuma 450

DEADLIFT

teenage men 16-17
181
David Liston 365
(4th) 400
220
Jon Petrasek 450
junior men
132
Wisam Eid 375
master men 50-54
220
G. Williams 625*
open men
198
W. Gerard 500

BP - Best Lifter - TOMMY HARRISON. DL - Best Lifter - GEORGE WILLIAMS. * Son Light Power Illinois state record. The Son Light Power USA Gym Chicagoland Open Bench Press/ Deadlift Championship was held May 16, 2004 at the gym in Bridgeview, Illinois. Thanks to Lisa Miller for organizing this event and to all who helped make this another successful competition. In the bench press event Lisa Miller moved down to the open 198 class to break the existing state record there with 235. A final attempt with 260 was close, just short of lockout. In the novice men's division Jeff Beaudry set the state record at 165 with 350, making all three of his attempts. Eric Anderson, aka Foxx, got a new personal best with his final attempt of 350. Tony Vestuto only got in his opener of 315, but was good enough for the win at 220. Then it was big Serge Ceralde, lifting in his first competition, setting the state record at 308. Serge finished with 430 before coming back with a fouth of 440! In the men's 13-15 age division John Bania won at 148 with 185 while Junior Johnson took the 165 class with 170. Jon Petrasek finished with a personal best 295 for the win at 16-17/220. In the junior division, 132 winner, Wisam Eid won with more than double bodyweight, 270. This was Wisam's first competition. At submaster 148 it was Peter VanHorn with 290 while Jeff Beaudry won his second title of the day at 165 with 350. Anthony Gonzalez was the winner at 181 with 365, weighing in at just 172! Craig Hansen broke the existing state record at 198 with 485, making just two of his three attempts. Bill Sharp had some problems with his shirt and his 655 opener at 308, so took it off and dropped down to 485 "raw" to stay in the meet. Bob D'Andrea won the 40-44/ 220 title with an easy 430, repeatedly saying he was a bodybuilder. Well, he sure looked like a bencher to me! At 242 it was Joe Lipuma with an easy 450 opener, though he failed with 475 twice. Joe Hummel won at 45-49/181 with 305 as Eric Anderson captured his second title of the day with 350 at 45-49/198. Jesse Bailey, coming all the way from Kentucky, broke his own Illinois state record at 60-64/165 with an easy 295. In the police & fire division state record

George Williams pulls a state 50-54/220 lb. class record 625 deadlift at the SLP USA Gym Chicagoland Open. (Dr. Latch)

holder Anton White had to settle with his opener of 375 while Chuck Barth won at 198 with 335. Paul Rodriquez had a good day at 242, making all three of his attempts to finish with 485. Then at 275 it was big Tommy Harrison, who had just two weeks ago benched his first 700! Tommy finished with just his opener of 675 on his way to a near miss with 700 for his third attempt. A fourth was even closer, just failing to lockout his right side with 705! In the open division Otis "Baby Oil" Anderson won at 148 with 300, just missing a final attempt with a personal best 315. Luis Reyes also had a good first competition, making 315 then a fourth with 325 for a new personal best at 165. Craig Hansen won at 198 with 485 followed by first-timer William Gerard with 365. Joe Lipuma won his second title of the day at 242 with his 450 opener. Tommy Harrison won the best lifter award. In the deadlift competition David Liston pulled a solid 365 third, then a great 400 personal best fourth for the win at 16-17/181. Jon Petrasek almost got a new state record at 16-17/242 with his final attempt of 470, just missing it at lockout! Jon settled with a personal best 450. Wisam Eid won his second title of the day at junior 132 with a hard-fought 375 final pull. Then at 50-54/220 it was the "master of the pull", George Williams. Using perfect form George finished with a great new state record pull of 625. William Gerard won his first title ever with a great 500 final pull at 198 open. George Williams received the best lifter award for the deadlift competition. Thanks again to everyone who helped out, my son Joey and to our trophy girl, Amy Lohnes. (Results provided by Dr. Darrell Latch.)

USAPL Kansas State Open
10 JUL 04 - Lenexa, KS

WOMEN	SQ	BP	DL	TOT
Open 114 lbs.				
L. King	135	95	135	365
123 lbs.				
L. Marietta	310	172.5	330	812.5
BENCH Only				
L. Marietta	—	172.5	—	—
S. Enzbrenner	160	75	225	460
132 lbs. BENCH Only				
K. McGowan	—	150	—	—
148 lbs.				
C. Lembrecht	185	75	205	465
MEN				
Open 165 lbs.				
C. Laing	405	205	405	1015
181 lbs. Teen				
T. Weichel	470	225	515	1210
198 lbs. Open				
A. Castillo	550	370	525	1445
220 lbs.				
J. Limper	605	390	565	1560
S. Stout	515	405	560	1480
R. Richards	400	250	500	1150
Teen				
N. Longhofer	500	280	460	1240
242 lbs. BENCH Only				
M. Patten	—	425	—	—
Open				
M. Porembski	660	410	550	1620
275 lbs.				
R. Benson	600	385	595	1580
J. Kramer	510	405	525	1440
SHW				
B. Bowman*	620	500	655	1775

*=Best Lifter. (Results provided by USAPL)

2004 GNC SHOW OF STRENGTH & WORLD FITNESS EXPO

Atlanta welcomes the third annual GNC Show of Strength & World Fitness Expo to the Cobb Galleria on October 8-10, 2004 as top male bodybuilders, strongmen, powerlifters, armwrestlers, and fitness and figure athletes compete for more than $310,000 in prize money. The event expects more than 20,000 health and fitness fans and will host more than 300 health and fitness exhibitors.

Professional competition at the 2004 GNC Show of Strength & World Fitness Expo will include the GNC Pro Bodybuilding Championships for men and women, a NWA Total Nonstop Action Wrestling talent search, The MHP Pro Strongman Invitational, Lee Haney's Ultimate Teen Challenge, *Physical Magazine's* cover model search, the World Powerlifting Organization finals, GNC Pro Figure and Fitness Championships, and the GNC Pro Performance Armwrestling Competition. The weekend will be capped off with a VIP party combining fitness and fun.

The GNC Expo is the last chance to qualify for the Mr. Olympia competition so the biggest names in bodybuilding will compete. At the 2003 event, Dexter Jackson surprised favorites Jay Cutler and Gunter Schlierkamp by winning the GNC Pro Bodybuilding Championship. Jackson will be back to defend his title against premier bodybuilders including Atlanta's own Toney Freeman. In female action, leading bodybuilders such as Iris Kyle and Betty Pariso will be in competition.

The popular NWA Total Nonstop Action Wrestling will be on-site at the GNC Show of Strength & World Fitness Expo and holding tryouts to find their next big star.

The MUP Pro Strongman Invitational will showcase six of America's strongest men in head-to-head competition for over $20,000. One of the competitors will be Steve Kirit, who has held the title of America's Strongest Man for two straight years. The Strongman Invitational will also allow 50 amateurs from the North American Strongman Society to battle for a pro card and compete in the Strongman sport's Pro Division.

Atlanta resident and eight-time Mr. Olympian, Lee Haney is promoting health, fitness and sport to youth through the Lee Haney's Ultimate Teen Challenge at the GNC Show of Strength & World Fitness Expo. The event will showcase up to 25 area high schools competing in strength and fitness challenges to include a tire relay, bench press and vehicle push with nearly $7,500 in fitness equipment donations going to the top three schools. In addition, proceeds from the competition will support the Atlanta-based charity, the Lee Haney Harvest House.

Physical Magazine, one of America's favorite sports nutrition publications, will be holding a cover model search at the event as well. Winners will be flown to California for an exclusive cover photography shoot.

Last year several records were set in the World Powerlifting Organization finals at the GNC Show of Strength & World Fitness Expo, including a 1,114 lb. squat by super heavyweight Andy Bolton, a 976.6 lb. squat and 691 lb. bench press by heavyweight Jesse Kellum. Expect more of the same in 2004. The Pro Figure and Fitness Challenges are also back in 2004 with many exciting participants including fitness pros Kelly Ryan, Adelaa Friedmansky and Jen Hendershott along with figure pros Jenny Lynn and Elaine Goodlad. The American Armsport Armwrestling Challenge is also being held again this year with four men's weight classes and two women's weight classes.

To compliment the competitions, over 300 exhibitors including show sponsors MHP, Muscletech, EAS, MetRx and Fizogen will showcase and offer free samples of their cutting edge products used by many of the professional competitors, including nutritional supplements, energy bars, sports drinks, sports and training equipment, and high performance athletic apparel, at the three-day World Fitness Expo.

Information on purchasing events tickets and the complete event schedule is available at www,showofstrength.com. For free media credentials please go to www,showofstrength.com/ press.html to fill out an application.

The Show of Strength is sponsored by General Nutrition Companies, Inc. (GNC) based in Pittsburgh, PA. It is the largest nationwide specialty retailer of vitamin, mineral and herbal supplements, sports nutrition, as well as personal care and related products. GNC operates more than 5,000 retail outlets throughout the United States and in 29 foreign markets including Canada and Mexico, Additional information can be found on www.gnc.com.

Lifetime Natural PL Society
15 MAY 04 - Tuscola, IL

BENCH PRESS
open women
105
Suha Qasem 145*
(4th) 150*
198
Ellen Danekas 145*
(4th) 155*
teenage men 16-17
132
Brett Faught 190*
165
C. J. Patschke 205*
242
Chuck Hartwig 340*
teenage men 18-19
220
Nick LeVanti 395*
master men 40-44

Powerlifting	SQ	BP	DL	TOT
junior men				
181				
Mike Strom	500*	450*	505*	1455*
4th	530*			1485*
submaster men				
198				
Jeff Douglas	555*	400*	605*	1560*
master men 55-59				
181				
R. Carlson	375*	290*	430*	1095*
4th	400*			1120*
police & fire				
165				
B. Campbell	600*	385*	545*	1530*
open men				
181				
Steve Gawlik	575	330	545	1450
198				
Dustin Minks	555	365	565	1485
4th	600			1530

* - Lifetime Natural Powerlifting Society national record. PL - Best Lifter - BRIAN CAMPBELL. BP - Best Lifter - RYAN KRAUSE. The Lifetime Natural Powerlifting Society National Powerlifting Championship was held on May 15, 2005 at Son Light Power Gym in Tuscola, Illinois. Thanks to my son Joey and his friends for all their help loading, spotting and judging. In the powerlifting event Mike Strom came down from Wisconsin for the title at junior 181. Lifting in his first full meet, Mike showed he was much more than just a great bencher! Mike finished with a 500 squat before coming back with a great 530 personal best fourth. In the bench Mike proved once again why he is consistently ranked among the best juniors in the nation. Mike finished with 450, after his final attempt with a personal best 465 failed at lockout. Mike's 505 pull gave him a great 1485 total, and all new national records for his class! Jeff Douglas had a great day of lifting also, setting new personal records in the squat (555) and bench press (400). This was Jeff's first official 400 bench! A 605 pull gave Jeff a 1560 pr total. All of Jeff's lifts were new national records for his class, submaster 198. Richard Carlson continues to improve with each new competition, making new prs for the squat, deadlift and total. Richard, who moved up to the 55-59 age group, stayed at 181. Richard got a 375 squat, then returned for a 400 fourth, benched 290 and pulled 430 for a great 1120 total. All were new national records for Richard. Brian Campbell totaled "elite" at 165 with 1530 and the win in the police & fire division. A big 600 squat with a 385 bench and a 545 did the trick. Brian looked strong with each of his attempts, just missing a 625 squat, 405 bench and a 565 deadlift on his final attempts. All, again, were new national records for Brian, who was also awarded the best lifter trophy for the full meet. In the open division Steve Gawlik got a new personal best in the squat with 575, benched 330 and pulled another pr in the deadlift with 545 for a 1450 personal record total. Steve had a great nine for nine day of lifting! At 198 it was Dustin Minks with a triple bodyweight squat of 600, which he made on his fourth attempt. Before that Dustin finished with a 555 squat to go along with his 365 bench and 565 pull for a 1530 total. This was a new personal record total for Dustin at this bodyweight. Over the past year Dustin has reduced his bodyweight from 310 to 198! In the bench press competition Suha Qasem broke her own Illinois state record at open 105 with a personal best 150. This was also a new national record for her class. First-time competitor Ellen Danekas also set a new national record for her class, open 198. Ellen finished with 145 before a successful fourth of 155. Brett Faught set the national mark at 16-17/132 with 190 while C. J. Patschke didn the same at 165 with 205. This was C. J.'s first competition. Chuck Hartwig won at 16-17/242 with 340, breaking the national record there. In the 18-19 age division Nick LeVanti set the record at 220 with his opener of 395. Randy James broke the national record at 40-44/275 with 400. (Jimmy Buffett is the $100.00 man!) Richard Carlson tied the national mark at 55-59/181 with 290, making just his opener. Rick Bartels broke the record at police & fire/181, finishing with 335. In the open division Ryan Krause broke his own national record by seventy-five pounds, finishing with 445 and the best lifter award for the bench press competition. In the deadlift competition Suha Qasem pulled a personal best 300 at a 102 bwt! This set both the state and national record for the women's open 105 class. John Dylewski got to the competition late and had to pull instead of benching. Lifting in the 40-44/198 class, John proved he can still outbench his deadlifts! His 315(?) though, was a new national record for his class! Thanks again to all who helped out. See you all again next year! (Thanks to Darrell Latch for providing the results.)

Randy James	400*		
master men 55-59			
181			
R. Carlson	290*		
police & fire			
181			
Brian Bartels	335*		
open men			
308			
Ryan Krause	445*		
DEADLIFT			
open women			
105			
Suha Qasem	300*		
master men 40-44			
198			
John Dylewski	315*		

Best Lifters *at the Lifetime Natural Powerlifting Society Nationals were Ryan Krause in the Bench Press (left) and Brian Campbell for the Powerlifting division. (Photograph provided by Dr. Darrell Latch)*

World Legion Of Power...

dedicated to serving the power lifting brotherhood.

About WLOP

The World Legion of Power is a certification and sponsorship organization for gyms and weight lifting facilities of all sizes throughout the nation and world. Our goal is to recognize, award and promote gyms, sporting facilities and athletes. WLOP sponsors competitions in power lifting, bodybuilding, martial arts, boxing and other sporting events.

WLOP's Philosophy

The motto of the World Legion of Power is "strength, health, and wisdom; the quest for true greatness". Strength is part of being a power lifter, boxer, martial artist, body builder, football player, etc. All athletes require strength. All people need it as they also need health. Health is a prerequisite to succeed and achieve in all areas of life, whether it be sports, business, or family life. Wisdom might seem an unusual part of the motto. But we believe that athletic excellence should add to a deeper understanding of life as well as life adding to a deeper understanding of our sports.

The quest forgreatness is evident and yet there is a non-greatness is evident and yet there is a non-obvious quality as well. We aspire to greatness in our athletic accomplishments and that is an end in itself. But there is another aspect. One that is not assured in any official competition. We value the athlete who is a decent human being, an athlete who can lift a mountain of resentment through his power of forgiveness, an athlete who shows greatness in all areas: physical, emotional, mental, spiritual. We of the WLOP - salute such athletes.

For further information, contact us at www.worldlegionofpower.com or WLOP, 7238 S. Painter Avenue, Whittier, CA 90602; Telephone: 562-693-8005.

These racks have been copied but never duplicated. Coming to the US this December for the IPF Bench Press World Championships in Cleveland. Contact Larry Miller at DrBenchPR@aol.com.

First IPF approved rack of its kind.
Used at more world meets than any other rack.

- Easy to assemble and dismantle.
- Easy to convert from squatting to benching.
- Easy to adjust rack heights via levers: nothing to break: quick and easy.
- Easy to center bar as it rests on rollers.

Squatting:

- One step walk-outs due to angled supports.
- Easy to bring uprights in or out for those who want hands in or out.
- Easy to hook up rubber bands to angled supports.

Benching:

- Fixed lift off platform.
- Easy to hook up rubber bands to angled supports.

The Gripper That Changed the World

In the late 1980s, IronMind got the idea of bringing back something like the super-tough grippers that had been a cult item in the 1960s. Sure, we beat the drum for grip strength, put the top grip men on center stage, and dramatically improved the basic product when we introduced our Captains of Crush grippers, but who would have guessed what would happen in the next 15 years?

Everything from me-too products to on-line communities to books dedicated to the subject sprang up; friendships were formed, battle lines were drawn, and in at least one case, a will was altered because of our Captains of Crush grippers. But despite the revolution they started, one thing has never changed about these legendary grippers: when the bug bites, there is no saving someone, so it's a good thing that guys like getting a grip of steel and gnarly forearms, because that's what comes next.

Captains of Crush grippers, the world leader: Original, authentic, unmatched.

Five strengths: Trainer - 100 pounds
No. 1 - 140 pounds
No. 2 - 195 pounds
No. 3 - 280 pounds
No. 4 - 365 pounds

$19.95 each plus S&H: $6.00 for 1 gripper, $7.00 for 2, $9.00 for 3 or 4, and $10.00 for all 5 in the U.S.; California customers please add 7.375% sales tax.

For Canada and other international orders, please see our S&H rates at www.ironmind.com or request an S&H quote at sales@ironmind.com.

We're the hand strength specialists . . .

IRONMIND®
STRONGER MINDS, STRONGER BODIES™

Order now at www.ironmind.com!

IronMind Enterprises, Inc., P O Box 1228, Nevada City, CA 95959 USA
Tel: 530-265-6725 • Fax: 530-265-4876 • Web site and on-line store: www.ironmind.com • E-mail: sales@ironmind.com

Jason Beck...*198 lb. champion in a surprise.*

phenom and hometown favorite Steve McLawchlin. Steve had recently destroyed the competition at the Collegiates and has been making monster gains lately. However, now he was on U.S. powerlifting's biggest stage, going up against our sport's version of Micky Mantle and Willie Mays. Steve made it clear that he was not afraid of history, when he made three strong squats only to have two turned down on depth. Meanwhile David Ricks had two near misses at 705 leaving him with 644. Mike had to repeat his opener at 650 and had a Masters WR 711 turned down 2/1 on depth. The lift was a struggle for Mike and left him injured and questionable to continue. He bravely proceeded in the bench, even trying two close attempts at a Masters WR bench of 507. Ricks and McLawchlin maintained their duel with matching 462 benches and this left Steve ahead by 17.5 kg. at subtotal. After easy openers for both lifters, David had trimmed the lead to 10 kg. After 2nds it was down to 2.5. Steve and his coaches picked 677, which was the perfect number, as Steve pulled it to completion under pressure, the likes of which few lifters his age have ever seen. David pulled 716 on a 3rd to completion with a slight windmill at the top and was turned down by the judges, leaving Steve McLawchlin the winner in the most surprising upset I've seen in 14 years of attending the Seniors. Due to his injury, Mike Bridges only pulled a token 60 kg. DL to finish the meet. We wish Mike a speedy recovery. I had a chance to talk with Mike and his lovely wife Chris on Saturday night and you will be hard pressed to find two nicer people. Josh Decker only got one squat, but pulled a class-high 683 DL to take 3rd. In 4th was Sean DiCataldo, who dumped his 3rd squat into the bend of the arms of the rear spotter. Sean went onto pull three pulls to hold off Minnesota's Tony Reid. Former 1997 World Team member John White was 6th, followed by Louie Morrison, and a 9/9 performance by Junior lifter Scott McManus.

Ten lifters showed up at 198, but only seven remained at the finish. Travis Pardue bombed in the squat. The other two bombouts were the pre-meet favorites Ray Benemerito and Mike Mastrean. Ray had a 722 squat on the board when trouble arose in the bench. All three attempts were outright misses, with awkward setups that never allowed Ray to get in his groove. Mike was in 2nd after the squat with 705, but 440 would not go on three tries in the bench. This left the door open for two former Junior World team members, Jason Beck and Marcus Brandon. Beck of Pennsylvania, was stationed in the Middle East just a few short months ago. Brandon, a powerhouse from Georgia, looks as big as some 242ers. The battle see-sawed back and forth from start to finish. Jason's three deep and easy squats put him 7.5 kg. ahead of Marcus, who needed three attempts to get 677 passed by the judges. Marcus went back in front by 10 kg. courtesy of a huge 512 bench. The lead changed hands three more times in the deadlift with Jason sealing the win on a 666 lb. 2nd attempt only to come back and pull 694 as well. Marcus locked out what would have been the winning pull, but it was turned down due to the bar going back down just before lockout. This battle was very exciting and both young men have bright futures in the sport. Master lifter Greg Buffington pulled into 3rd over Billy Dee Williams of New Jersey. In 5th was Jeff Blindauer, just ahead of Steve Lemarie and his 650 DL. Todd Shelton finished 7th with a 3/9 day.

The 220s drew a large pack of 13 lifters. Brian Radulovich dive bombed a 716 squat, but was unable to complete a DL. Jim Nicolosi made all of his 3rd attempts to finish in 12th. Rick Fowler, who designed the very creative meet logo, was 10 kg. ahead in 11th. Junior lifter Scott Miller was next up in 10th. Rodney Wood, Bench America II Champ from Missouri, kept increasing the weight after each lift in the squat, and was turned down until the lights went his way on 644. Jason Burnell finished in 8th on a 3/9 day. In his 19th ADFPA/USAPL Men's Nationals, Shawn Cain took 7th with a 1763 total. Timothy McFarland of Wisconsin was in 5th over Scott Waits on bodyweight with an 1824 total for both lifters. A very muscular Mike Ferrantelli of Florida, totaled 1852 on only four made lifts to finish in 4th place.

The top three lifters in this class are each known for a particular specialty, Charr Gahagan, Nick Tylutki and Tony Succarotte. The winner would prove to be the one who could perform best in his other two lifts. The trio went 9/9 in the squat with Nick opening up a lead courtesy of a tough 788 that he refused to quit on. Charr was in 2nd with a perfect attempt selection of 733 and Tony ended at 683 with plenty to spare. Charr closed the gap on Nick to 12.5 kg. with a tough PR bench of 485. Now it was time for SUCCO-MANIA and the crowd went berserk. Tony called for a 600 WR on his opener to become the lightest man to bench 600 in USAPL or IPF history. After almost wearing a 611 lb. necklace on his 2nd attempt, Tony came back to fight out a tough 3rd at the same weight for a new WR. Tony needs to be recognized as one of the all time great benchers in powerlifting history. Tony was now ahead of Nick by 22.5 kg. and Charr by 35 kg., but the old adage "the meet's not over till the bar

Charr Gahagan *used a big squat to get his victorious day going in the 220 lb. class.*

Another Win for Tony Harris...*Too Cool at 242.*

***Tony Cardella** buckles in for another win*

hits the floor" is never more fitting than when Charr "The Pulling Machine" is in the house. Nick moved back in front after openers with the score getting even closer after all three made successful 2nd attempts. Tony was in 3rd with 1967 after a 672 pull that had room to spare. Charr was in 2nd with 1973, following a very easy 755. Nick held a slim edge at 1978 after a tough 733. Tony switched to sumo for his final try at 705 for the win, but it was not close. Nick tried to pad his lead with 749, but the bar stalled just below the knee. Like the world-class deadlifter he is, Charr approached the bar confidently and pulled an easy 771 for the win with a 1989 total. For the 2nd straight year, Charr took on two tough challengers and had pulled his way to victory. In November, both he and Nick will represent the U.S. at 220 in South Africa.

Chris Kahanek of Texas went 8/9 to take 10th at 242. California's Steve Silver was 7.5 kg. ahead in 9th. Michael Kalter of the Netherlands, currently residing in Maine, finished in 8th place just behind Jack Reape who broke the 1800 barrier. Shane Newark used a class-high 551 bench to garner 6th place behind Erik Steiner, who took and passed his international referee's exam this same weekend. Erik made all of his squats and DLs to total 1852. Ryan Stills joined the 500 lb. bench club and had a 727 DL moving nicely for 3rd but it was too much on this day. Steve Mann of New York hit a solid 782 squat, followed up by a 540 bench, to finish in 3rd with 1951. We should see 2000 from him in the near future. Former IPF World Silver Medalist, Jeff Douglas, now competes in the Masters division. Jeff's 804 squat was the highest up to this point in the contest and he even came up with 821 which was VERY close to being passed. A 3/3 bench day ending with 534 gave him a 25 kg. lead at subtotal. Jeff gave 711 a great run for the win, but finished up in 2nd with 2011. Tony Harris was the last man standing with a 2044 total and a spot on the world team. After injuries at both last years Seniors and Worlds, Tony is back on track. A comeback attempt with 782 in the squat was crucial in the eventual outcome. A 760 DL sealed the victory and Tony even gave 771 a go. Look for Tony to "air it out" in November with a 2100+ total. He finished 4th last year on one leg so look for Tony to be on the medal stand this time around.

Once again the meet's largest class was the 275s. Nineteen lifters started out with four leaving early. Oregon's Dean Reece was out after three tries at 705 in the squat. Brad Madvig of the USAPL Forum hit a PR 738 squat only to fail to register a successful bench. Dr. Mike Anderson squatted 744 on his opener and then locked out 501 three times, but none to the judge's satisfaction. Bench press WR holder Scott Lade scored a 788 squat and then opened at a WR tying 661 bench that he missed twice. A final try at 688 didn't go either. Masters lifter Bill Collins came all the way from Wyoming to break 800 kg. in 14th. Scott Schoen missed all three of his openers, but managed to stay in the meet with 1824. Dr. Mike Hartle broke 700 in the squat for 13th. James Toland missed his first two and last two attempts, but made enough to land in 12th. Deron Rogers had his opening bench misloaded by nearly 100 lbs. and actually drove it up more than halfway. He also gave a nice run to an 810 pull. I finished in 10th with 1879, as a narrow miss on my 3rd squat kept me from breaking 1900 for the first time. Robert Meulenberg smoked a buried 744 squat to total 1918 in 9th. Junior Evan Whalen made a comeback 705 DL to pull into 8th place. Scott Ward made seven lifts including a 556 bench to put up 1973 and take 7th. Former World Team member Sean Culnan made his first seven attempts to take 6th with 2033 and even tried 793 to move all the way up to 2nd.

The next three lifters all made very impressive Seniors debuts. Ball State strength coach Matt Wenning squatted a tough 815 that pushed him to a 2033 total and 5th place on bodyweight. In 4th place from Tony Cardella's neck of the woods was Bill Ferguson with 2050. Bill arose three times with an 804 squat with room to spare, getting the lights he needed on the final try. Former Louisiana Tech standout Emilio Saldierna used a huge 848 squat, that he fought for several seconds, to reach 3rd place with 2061. Emillo showed no fear of the big weights and will be a force to reckon with in the years to come. Minnesota's Greg Wagner broke the 2100 barrier courtesy of a class-high 848 squat. Before his final bench Greg threw on a tighter shirt and jumped to 633. It was a close miss and hints at the potential this explosive lifter has down the road. The champ for the 2nd year in a row and 3rd time in four years is the always consistent Tony Cardella. Spurred on by one of the loudest cheering sections of the weekend, Tony's opening squat was not Cardella-like in ease. A jump to 826 was an uncharacteristic no go for Tony, but he made up for it a short time later with a successful comeback lift. Much like Wade Hooper on Friday, Tony had been working with the Inzer Rage shirt and was seeing great gains to the tune of a PR 578 OPENER. Then he attained entry into the exclusive 600 lb. club on a 2nd. Finally, he made a max effort at 611 for another PR. Three strong pulls put Tony at 2204, including a PR 766 DL that had plenty to spare. Tony's machine-like consistency has pushed him to the clear number one spot among U.S. 275ers. Now it's on to the Worlds and a first ever trip to the medal stand. Tony is on the fast track to powerlifting greatness and multiple World titles in the future.

Eight supers were on the roster to close out the weekend. James Chantler was a casualty in the squat at 633. In 7th was the excitable Jason Christus, with a nice 804 squat that sent his personal fans into a frenzy. The Cajun Swamp Monster, as he is known in

USAPL Men's Nationals 9-11 JUL 04 - Baton Rouge, LA

Womens Invitational	SQ1	SQ2	SQ3	BP1	BP2	BP3	ST	DL1	DL2	DL3	TOT
114											
Deb Hairston	66	77	99	~~137~~	137	~~143~~	236	132	~~137~~	~~137~~	369
J. Hollier	55	61	66	~~170~~	~~187~~	~~203~~					
132											
J. Thompson	~~275~~	275	~~303~~	~~286~~	~~286~~	286	562	275	303	314	876
148											
Priscilla Ribic	473	507	518	281	~~308~~	314	832	496	523	~~551~~	1355
165											
Katie Ford	~~374~~	374	~~407~~	~~236~~	236	~~242~~	611	402	~~435~~	~~435~~	1014
Gilly Martinez	~~358~~	358	402	187	198	~~209~~	600	286	~~308~~	~~308~~	887
C. Newman	165	176	~~440~~	~~292~~	~~292~~	~~292~~					
SHW											
L. Willet	~~600~~	~~644~~	661	~~402~~	~~424~~	~~424~~					
Men											
114											
E. Gainer Jr.	424	~~451~~	~~451~~	286	~~308~~	308	733	485	518	~~562~~	1251
T. Scheldrup	264	308	314	236	~~253~~	~~253~~	551	363	396	413	964
J. Scruggs	396	413	~~429~~	~~253~~	~~253~~	~~253~~					
123											
Mike Kuhns	~~473~~	473	~~534~~	308	~~330~~	~~330~~	782	330	~~352~~	~~374~~	1113
D. Holloway	462	490	~~501~~	270	~~292~~	292	782	~~534~~	~~534~~	~~534~~	
132											
C. Williams	~~573~~	573	600	336	~~352~~	~~352~~	936	534	~~556~~	~~567~~	1471
A. Whigham	479	512	540	259	~~275~~	~~275~~	799	512	540	~~562~~	1339
Tim Smith	385	418	~~451~~	242	259	~~264~~	677	429	451	468	1146
J. Kavarnos	363	~~391~~	~~396~~	~~220~~	231	236	600	396	413	440	1041
148											
Greg Simmons	~~534~~	534	567	341	358	374	942	523	540	~~556~~	1482
Casey Brown	451	496	529	286	308	~~336~~	837	485	534	562	1399
Keith Scisney	523	~~567~~	567	~~303~~	303	341	909	490	~~534~~	~~573~~	1399
Paul Wong	490	~~501~~	~~501~~	385	~~396~~	~~396~~	876	501	~~523~~	~~523~~	1377
Scott Layman	551	~~578~~	578	369	380	~~391~~	959	~~507~~	~~507~~	~~507~~	
165											
Wade Hooper	699	727	~~745~~	479	502	~~512~~	1229	573	606	~~622~~	1834
Eriek Nickson	567	~~595~~	~~622~~	380	402	413	981	595	~~628~~	650	1631
J. Benemerito	507	534	562	385	402	~~413~~	964	507	551	567	1532
Todd Straub	534	562	573	~~352~~	352	374	947	551	~~573~~	~~584~~	1499
Robert Wood	501	529	540	~~363~~	363	380	920	518	540	551	1471
Jamie Stark	562	573	---	308	319	341	914	518	545	~~562~~	1460
Mike Cagliola	518	540	~~551~~	407	418	~~429~~	959	437	485	~~507~~	1444
Pat Keenan	512	540	551	325	341	~~358~~	892	485	518	540	1432
K. Cagnolatti	479	507	~~518~~	~~369~~	374	385	892	501	518	~~529~~	1410
D.Thompson	429	~~490~~	496	369	391	~~402~~	887	429	512	~~529~~	1399
Kenny Davis	~~485~~	485	~~512~~	347	~~363~~	~~374~~	832	~~534~~	~~551~~	~~551~~	
Michael Macri	~~573~~	~~573~~	~~573~~								
181											
S. McLawchlin	~~672~~	683	~~716~~	~~451~~	462	~~479~~	1146	622	650	677	1824
David Ricks	644	~~705~~	~~705~~	435	462	~~473~~	1107	639	683	~~716~~	1791
Josh Decker	595	~~633~~	~~633~~	407	429	~~435~~	1025	650	~~677~~	683	1708
S. DiCataldoJr.	573	606	~~628~~	363	~~385~~	391	997	562	595	606	1603
Tony Reid	534	545	556	407	~~418~~	~~418~~	964	600	611	622	1587
John White	~~529~~	529	556	358	~~374~~	374	931	573	595	633	1565
L. Morrison	479	~~534~~	534	363	374	391	925	567	589	~~606~~	1515
Scott McManus	446	485	512	286	314	325	837	485	540	578	1416
M. Bridges	~~650~~	650	~~710~~	468	~~507~~	~~507~~	1118	132	132	~~710~~	1251
198											
Jason Beck	633	672	694	~~446~~	446	473	1168	633	666	694	1862
M.Brandon	~~661~~	~~677~~	677	~~496~~	496	512	1190	606	639	~~677~~	1829

Louisiana, Kory Wnuk benched over 600 and nearly totaled 2100 to land in 6th. New York's Brian Laudadio made his first five attempts and gave a 650 bench a good run. Brian went for 4th on a 716 pull that was not successful. Veteran Nationals competitor Lance Karabel needed his full allotment of squat attempts to get in the meet. From there he managed a 2143 total, which is equal to the 5th place average of the last five Worlds, on just three made attempts. Another product of the Junior program made an impressive debut on the main stage. Randall Harris of Texas is one of only two SHW Junior World Champions from the U.S. and his international experience was clearly evident on this day. Randall cruised through his 1st six attempts with 826 and 622 only to have his opening pull at 727 pop out of his hand. No worries for Randall, as he came back to hit that and a jump to 755 with more left in him. An 8/9 day and 2204 in his first Seniors. This young man has big league potential.

Brad Gillingham rose from the ashes to absolutely make it clear that he is far from finished. After his bombout at the Worlds in November, the scuttlebutt in power circles was that Brad was on the downturn and maybe his time had passed. Well, you only have to know Brad a little bit to realize he is at his best when people start counting him out. A PR 870 squat was buried, with plenty of room to spare. The bench is where Brad really opened some eyes. After all, this was the lift he had bombed in at the Worlds. Brad has been working closely with Pete Alaniz of Titan on fine tuning his bench shirt as he hadn't been getting the gains that most see in a Fury. The fine tuning was an obvious success when Brad smoked his opener at 595. PRs at 617 and a tough 633 followed. Brad had tweaked his hamstring in April so his deadlift was not in top shape. A cautious opener at 760 was solid, but not smoked in his usual fashion. 804 was next for a PR 2309 total and it had a clear slow point in the middle of the lift. At this point, Brad chose a 15 kg. jump to 837 for the 2nd highest USAPL total of all time, 2342. I have worked closely with Brad for the last couple of years and seen him lift in about a dozen meets over the past seven years and I'll admit I didn't think he could pull this one out. Brad reached deep inside his body for that extra strength built from years of tough, consistent training and pulled an absolute limit lift. At one point the bar even seemed to get stuck on Brad's knee sleeve but he refused to be denied. The highest deadlift of the meet belonged to him and Brad even bent over to slap the weights as if to say "nice effort". Brad's consistency at such a high level at the Seniors is unprecedented. With his 9/9 day here that makes 24 straight made lifts at the Seniors. In fact, his last miss was when his suit blew on a 3rd squat in 2002 in Chicago. Brad qualified for the World team with his performance so look for him to avenge last year's meet in a big way.

***BrianSiders...**he did break the 2500 lb barrier in total at the Mountaineer Cup.*

Brian Siders performance in Baton Rouge on July 11th 2004 deserves an article unto to itself. If you missed it, shame on you because it was history in the making. If you were fortunate enough to be there then you will never forget it. Let's start by saying this - Brian had a bad day. A 100 lb. victory and smashing the greatest record in powerlifting .... TWICE ... on a bad day??? Yes, as hard as it is to imagine, Brian had much more in him. For starters, Brian had to repeat his smoked 892 opening squat after stepping back at the top. 936 on a 3rd was so explosive at the top that you almost expected to see the bar jump off Brian's back. This man is a 1000+ lb. squatter in the not too distant future. Brian's struggles continued in the bench where he was only able to get one attempt on the board. After repeating his 699 opener, a WR try at 716 stalled just short of lockout. Brian's raw bench strength is beyond compare. In training for this meet, Brian did 620 for 8 sets of three with no bench shirt. Maybe James Henderson or Scot Mendelson have been in that neighborhood, but few others could even come close. Brian has recently instituted 6-inch block deadlifts sumo style in his training and attributes that to his gains in the pull. After having 766 turned down for not locking out, Brian boldly jumped to 793 to break Bill Kazmaier's 23 year old WR total of 2425. The lift was very easy and the crowd went wild. Brian tacked on another 10 kg. with a smooth 815 to finish at a mind boggling 2452, the highest total in IPF history. It's easy to run out of adjectives when describing Brian so I will stick to the numbers. This is Brian's 3rd Senior Nationals title to go with his IPF World title, all at the age of 25. A 2452 total on only five made lifts. 2500 and even 2600 are not far off. Brian's training intensity is hard to comprehend for us mortals. In training for this meet, Brian did an 895 triple in the squat followed by 3 singles at 805 in the deadlift. Not bad ... for one workout! The NEXT day he did three singles in the bench at 705. He trained all the way up to the Wednesday before the meet doing a light (for him) squat workout of 455 for six doubles with no equipment. Simply put, he is an absolute freak of nature who trains harder than most thought imaginable and is on the fast track to becoming the greatest powerlifter who ever lived.

The 10 man world team roster, pending drug test results, is as follows: Ervin Gainer, Caleb Williams, Greg Simmons, Wade Hooper, Charr Gahagan, Nick Tylutki, Tony Harris, Tony Cardella, Brian Siders and Brad Gillingham. The top six alternates in order are Tony Succarotte, David Ricks, Randall Harris, Jeff Douglas, Allen Whigham and Greg Wagner. Congratulations to all of the above lifters and we look forward to a strong performance for Team USA in November. Next year's edition of this contest will be in early May in Killeen, Texas hosted by USAPL Vice-President Johnny Graham.

G. Buffington	551	584	606	429	451	~~462~~	1058	540	589	~~617~~	1647
B. Williams	589	~~617~~	617	385	413	424	1041	595	~~606~~	~~606~~	1636
Jeff Blindauer	523	534	551	429	~~440~~	~~440~~	981	589	600	~~611~~	1581
Steve Lemarie	529	~~534~~	~~584~~	~~374~~	374	385	914	600	633	650	1565
Todd Shelton	~~523~~	523	~~551~~	~~407~~	407	~~413~~	931	606	~~639~~	~~639~~	1537
R. Benemerito	694	~~722~~	722	~~490~~	~~490~~	~~490~~					
M. Mastrean	705	~~749~~	~~749~~	~~440~~	~~440~~	~~440~~					
Travis Pardue	~~501~~	~~551~~	~~573~~								
220 lb. class											
C. Gahagan	655	705	733	440	~~462~~	485	1218	705	755	771	1989
Nick Tylutki	733	777	788	440	457	~~468~~	1245	716	733	~~749~~	1978
T. Succarotte	633	655	683	600	~~611~~	611	1295	633	672	~~705~~	1967
M. Ferrantelli	~~705~~	~~705~~	705	~~479~~	496	~~523~~	1201	600	650	~~672~~	1851
T. McFarland	677	~~716~~	~~716~~	473	~~490~~	490	1168	611	633	655	1824
Scott Waits	~~716~~	716	~~744~~	~~462~~	462	~~473~~	1179	628	644	~~661~~	1824
Shawn Cain	622	644	661	418	~~429~~	~~429~~	1080	628	683	~~694~~	1763
Jason Burnell	650	~~694~~	~~694~~	407	429	~~440~~	1080	644	~~661~~	~~661~~	1725
Rodney Wood	~~611~~	~~622~~	644	468	490	~~512~~	1135	540	~~567~~	~~567~~	1675
Scott Miller	584	617	639	418	~~440~~	~~440~~	1058	584	~~617~~	~~628~~	1642
Rick Fowler	600	~~622~~	~~622~~	374	396	~~413~~	997	562	628	~~633~~	1625
Jim Nicolosi	584	628	661	~~363~~	374	402	1063	501	523	540	1603
Brian Radulovich		672	716	~~727~~	~~402~~	402	~~413~~	1118	~~644~~	~~644~~	~~644~~
242 lb. class											
A. Harris	738	~~782~~	782	485	501	~~512~~	1284	727	760	~~771~~	2044
Jeff Douglas	771	804	~~821~~	518	529	534	1339	650	672	~~710~~	2011
Steve Mann	699	755	782	518	540	~~551~~	1322	589	628	~~639~~	1951
Ryan Stills	683	722	~~744~~	485	501	~~518~~	1223	661	683	~~727~~	1907
Erik Steiner	661	716	738	451	~~473~~	~~473~~	1190	606	639	661	1851
Shane Newark	639	661	677	~~529~~	~~551~~	551	1229	529	562	600	1829
Jack Reape	650	699	~~705~~	473	490	501	1201	562	600	~~622~~	1802
M.Kalter gst	682	683	~~727~~	~~407~~	407	~~418~~	1091	672	705	~~727~~	1796
Steve Silver	633	~~672~~	~~672~~	473	~~501~~	501	1135	633	~~683~~	~~683~~	1768
Chris Kahanek	606	633	650	418	446	~~468~~	1096	606	633	655	1752
275 lb. class											
Tony Cardella	793	~~826~~	826	578	600	611	1438	705	727	766	2204
Greg Wagner	804	~~837~~	848	540	567	~~633~~	1416	639	672	688	2105
E. Saldierna	788	832	848	534	~~567~~	~~567~~	1383	622	677	~~727~~	2061
W. Ferguson	~~804~~	~~804~~	804	518	551	~~567~~	1355	650	694	~~705~~	2050
Matt Wenning	744	782	815	~~551~~	551	~~584~~	1366	661	666	~~705~~	2033
Sean Culnan	688	727	749	529	551	562	1317	716	~~777~~	~~793~~	2033
Scott Ward	722	744	~~760~~	~~540~~	540	556	1300	633	661	672	1973
Evan Whalen	~~749~~	749	~~804~~	451	473	~~501~~	1223	633	~~705~~	705	1929
R. Meulenberg	705	~~744~~	744	462	~~485~~	485	1229	639	688	~~705~~	1918
P. Anderson	655	699	~~722~~	518	~~540~~	540	1240	600	639	~~661~~	1878
Deron Rogers	705	~~744~~	~~744~~	402	~~440~~	440	1146	722	~~755~~	~~799~~	1867
J.Toland III	~~628~~	~~650~~	672	518	540	~~573~~	1212	639	~~705~~	~~705~~	1851
M. Hartle	~~650~~	650	705	~~518~~	518	~~540~~	1223	562	617	~~622~~	1840
Scott Schoen	~~622~~	~~622~~	622	~~473~~	479	~~490~~	1102	~~666~~	683	722	1824
M. Anderson	744	~~760~~	~~760~~	~~501~~	~~501~~	~~501~~					
Brad Madvig	705	727	738	~~496~~	~~507~~	~~507~~					
Scott Lade	782	~~815~~	~~815~~	~~661~~	~~661~~	~~688~~					
Dean Reece	~~705~~	~~705~~	~~705~~								
SHW											
Brian Siders	~~892~~	892	936	~~699~~	699	~~716~~	1636	766	793	815	2452
B. Gillingham	815	843	870	595	617	633	1504	760	804	837	2341
Randall Harris	755	799	826	556	600	622	1449	~~727~~	727	755	2204
Lance Karabel	~~837~~	~~837~~	837	~~584~~	584	~~611~~	1421	722	~~744~~	~~755~~	2143
Brian Laudadio	705	766	804	589	622	~~650~~	1427	~~683~~	683	~~716~~	2110
Kory Wnuk	~~733~~	749	777	562	600	617	1394	699	~~738~~	~~749~~	2094
Jason Christus	749	782	804	600	~~622~~	~~622~~	1405	606	~~633~~	639	2044
James Chantler	~~633~~	~~633~~	~~633~~								

#1 in Powerlifting Performance

SUPPORT SYSTEMS, INC.

TITAN

www.titansupport.com

The Next Generation of Fabric and Suits are Here

The new millennium ushered in an era of radical change at Titan. We improved our original fabric with Ultra Might Plus. But we knew we could do better. So we kept working and what resulted was a whole new fabric, **NXG**(Next Generation Fabric). **IPF LEGAL**

NXG is the strongest, most stable fabric in the lifting world. **NXG** has the least stretch of any fabric used in the lifting world, is run-proof and virtually tear-proof. How much support will **NXG** provide. Read this guarantee carefully.

We guarantee that even our basic suit will outperform any other suit on the market. This includes our competitors premium suit that cost over three times as much!

This is not a marketing gimmick. Our new fabric is simply that good, that strong, that supportive. So imagine what you'll get with our more advanced models such as the Custom A, Custom B, the Centurion, the Dual Quad and Deadlift Suits.

Super Suit Fans – if you miss your Super Suits, then you'll love our suits. There are a few things you'll have to get used to however... no runs, no tears, better support and unparalleled guarantees.

WPC, WPO, IPA etc. – ask about our new **BOSS** suits. This was designed specifically for unlimited divisions and delivers performance exceeding that of canvas!

The most radical performance guarantee ever:

All suits feature 1 YEAR on blowouts and 1½ YEARS on runners!

TITAN SUPERIOR SUIT (VICTOR)

In sizes 24 - 58, IPF✓ **$49.95**

CUSTOM A

Custom made with commercial Serger side seams. Regular, meet or competition fit. IPF✓ **$65.00**

CUSTOM B

Custom made with our original 3 cm side seams. Regular, meet or competition fit. IPF✓ **$70.00**

DEADLIFT SUIT

In sizes 24 - 58, IPF✓ **$49.95**

THE CENTURION

Features our patented harness system. In sizes 24 - 58, IPF✓ **$85.00**

DUAL QUAD

Custom made with our patented harness system. Regular, meet or competition fit. IPF✓ **$99.00**

THE BOSS

Features Boss fabric and our patented harness system. In sizes 24 - 58, WPC✓ **$130.00**

CUSTOM BOSS

Custom made version. Built to your specs. WPC✓ **$150.00**

IPF✓ = IPF approved **WPC✓** = WPC, WPO, IPA legal

POWER WASH

A revolutionary, patented wash that actually strengthens fabric and even makes it more resistant to runs. Works on any synthetics. i.e. – suits and shirts. **$7.95**

1-800-627-3145 • 361-991-6749 • FAX 361-991-9470

RED DEVIL

KNEE WRAPS –
One of the most supportive, tightest wraps ever! **$17.95/pr.**

WRIST WRAPS–
6 month guarantee! Titan stitching and Aplix (30% stronger than Velcro).

Standard 12".. $11.95 (pr.)
50cm..... 12.95
Mid Length 24"..... 13.95
Full Length 36"..... 15.95

EQUIPMENT

Ivanko Power Bar
1500 lb. test bar with center knurl. The only bar made in the USA certified by the IPF
.....$245 + freight (call)

SERPA D/L HELPER –
Lifts the entire bar and keeps it suspended with any amount of weight! ....**$115.00 + Frt.(call)**

SERPA SQUAT RACKS –
See full page Hi-Performance ad. Call for information and prices.

SAFE'S SQUAT SHOES

CONTENDER:
Designed & manufactured **exclusively** *for powerlifting.* Features: (1) split grain leather with Cambrelle lining; (2) wedge arch support; (3) flat crepe sole for maximum weight disbursement and slippage resistance; (4) Hi-density molded sockliner; (5) molded heel counter; lateral strap (7) Avg. width & standard heel
.....**$119.95**

OTHER PRODUCTS

CHALK: 1 lb.	**$9.95**
AMMONIA CAPS:	
Box of 10	**$4.00**
SPEED COLLARS:	**$36.50**
DIP BELT:	**$21.50**
TRAINING BELTS:	
4 x 2 1/2"	**$22.50**
4 x 4"	**$25.00**
USAPL T's:	
3 color logo	**$15.00**

SUIT SLIP ONS: get into suits easier! give weight	**$19.00**
BRIEFS: Titan quality and performance	**$20.00**
DUAL QUAD BRIEFS: Patented Harness Design	**$30.00**
DEADLIFT SLIPPERS: Low profile, rubber soled	**5.00**
DRY HAND LIQUID CHALK: Silica compound grip enhancer!	**7.50**
LIFTING STRAPS: 1.5", 2" , heavy duty & leather	**Call**
Titan T'S AND TANK TOPS: 3 color logo	**8.75**
ADIDAS DEADLIFT SHOES: Gummed rubber soled	**44.95**
TRICEP ROPE: Great for cable work	**19.50**

SINGLETS

(Kirk Karwoski, 771 lb. deadlift)

TITAN POWER SINGLETS
NOT a wrestling singlet. Features power Hi Cut with full 15cm length legs. (Legs are pulled up in photo). Great for benching & deadlifting. Legal in all federations and RAW meets.
Black, Royal Blue, Red or Purple

■ **Price $30.00**

BELTS

COMPETITION buckle belts; feature stainless steel seamless roller & full leather buckle foldover.

LEVER belts; feature Hi-Tech patented lever for maximum tightness and easy on/off application.

All belts feature USA steerhide and suedes, 1" holes, 6 rows of stitching.

■ **Price.....$79.00**

ORDER FORM

ITEM	Color 1st	Color Alt.	Size	Quantity	Price

Hi or Low Cut _____

CUSTOM SUIT ❑ Reg. ❑ Meet ❑ Comp ❑ Style A ❑ Style B ❑ Dual Quad
Male ❑ Female ❑
Height _____ Weight _____
Hips (Buttocks) _____ Leg (Largest part) _____
Overall (TOP OF TRAP TO 6" BELOW CROTCH) _____

Shipping & Handling	$5.50
Overseas add 30% Air	
Tx. Res add 8.25%	
Total	

Titan Support Systems, Inc., 1214 Rickey Dr., Corpus Christi, TX 78412, USA
Visa, MC, Amex, Discover, Diners Club and Carte Blanche, COD
www.titansupport.com.

Iowa State Championships
03 APR 04 - Oskaloosa, IA

BENCH
WOMEN
123 lbs.
Master-1
J. Simbro 130
132 lbs.
D. Chamber 135
165 lbs.
S. Wyatt 95
198 lbs.
Novice
A. Olsen 150
Teen 114 lbs.
B. Frank 90
123 lbs.
J. Winters 110
T. Frank 105
132 lbs.
J. winters 110
L. Ekle 130
148 lbs.
C. Hoy 130
165 lbs.
B. Johnson 220
C. Reed 215
J. Allsup 125
181 lbs.
B. Colman 300
C. Bell 260
R. Moses 210
R. Shafrath 200
198 lbs.
B. Whaley 270
C. Stroud 240
K. McCauley 220
J. Coonley 200
220 lbs.
R. Mosbah 275
B. Dennen 225
242 lbs.
J. Brown 265
Submaster
132 lbs.
J. Harter 225
148 lbs.
Novice
P. Derr 255
J. Hesse 225
Open
S. Burns 315
C. Kellner 235
Submaster
K. Lo 210
Master-2
M. Shugar 200
165 lbs.
Novice
J. Even 315
D. Hutcheson 285
J. Bonifas 260
J. Allsup 125
Open
E. McGill 355
J. Brown 240
181 lbs.
Novice
M. Donahue 315
J. Lenox 300
Submaster
D. doobay 305
Open
D. Doobay 305
Master-2
B. Weber 300
198 lbs.
Novice
L. Even 390
P. Morales 370
T. Eilers 345
J. Steen 325
G. Jordan 310
K. Kemp 200
Submaster
R. Hennigar 390
B. Phillips 360
C. Hauschildt 350
Master-1
R. Hawthorne 405
S. Konecny 315
S. Jackson 245
Master-2
D. Brown 330
Master-3
S. Gustafson 250
220 lbs.
Novice
S. Murphy 425
M. Hauschildt 390
C. Maylone 315
C. Wilkins 250
Open
R. Lahodny 510
Master-1
R. Lahodny 510
G. Townsell 390
K. Denison 305
242 lbs.
Novice
J. Wires 420
T. Frank 370
K. Grams 285
Open
J. Donels 510
J. Stuart 455
Submaster
J. Donels 510
P. Schultz 505
Master-1
M. Hennessey 405
D. Hoy 250
275 lbs. Open
J. Leach 600
Novice
M. Brown 410
J. Brantley, Jr. 405
Submaster
J. Leach 600
DEADLIFT
114 lbs.
Teen
L. Leadbetter 135
220 lbs.
B. Dennen 450
275 lbs.
C. Vice 450
J. Hotek 385
Master-3
148 lbs.
M. Shugar 225
Open 181 lbs.
B. Purdy 480
Submaster
D. Doobay 315
Master-2
B. Weber 450
198 lbs.
Novice
M. Nelson 470
T. Eilers 430
Submaster
T. Prati 470
Master-1
S. Jackson 435
220 lbs.
Novice
C. Wilkins 575
S. Pendgraft 510
B. Denner 450
W. Danzer 440
Open
C. Wilkens 475
Submaster
E. Bishop 480
Master-1
K. Denison 520
242 lbs.
Novice
J. Wires 550
TRAP DL
123 lbs. Teen
J. winters 220
148 lbs.
C. Hoy 265
165 lbs.
T. Potter 315
B. Hansen 265
181 lbs.
B. Colman 405
Novice
S. Howk 500
Submaster
D. Phipps 585
198 lbs. Teen
J. Coonley 405
220 lbs.
C. Wanken 335
Master-1
S. Murphy 605
275 lbs. Teen
Z. Ihnen 450
HWT
Novice
J. Quasdorf 460

(Thanks to Wayne Hammes for the results)

Iowa State Open Champions: *(back row, left to right) Todd Frank, Steve Gustafson, Phil Schultz; (front row) Brian Frank, Thomas Frank, Lance Ledbetter. (photograph provided by Wayne Hammes)*

NASA High School Nationals (kg)
03 APR 04 - OKC, OK

Powerlifting	C/SQ	BP	DL	TOT
Fr-So Power Sports - Boys				
115				
Ryan Wells	42.5	70	122.5	235
B. Williamson	35	65	115	215
C. Stiltner	40	72.5	65	177.5
S. Ellefsen	25	37.5	100	162.5
132				
C. Stephens	32.5	52.5	110	195
149				
Brandon Roark	40	52.5	162.5	255
Matt Copeland	40	60	140	240
165				
Gino Leonardi	47.5	85	130	262.5
182				
M. Rasmussen	55	122.5	200	377.5
Cody Harris	45	87.5	140	272.5
Matt Ryan	40	72.5	147.5	260
Ryan Campbell	42.5	72.5	140	255
198				
D. McElhenny	57.5	100	147.5	305
220				
M. Farrier	47.5	77.5	177.5	302.5
M. Kilong	42.5	82.5	155	280
C. Carter	42.5	72.5	142.5	257.5
243				
Chris Hughey	42.5	82.5	180	305
276				
Will Dyal	55	145	207.5	407.5
James Brock	42.5	65	115	222.5
shw				
D.C. Walter	50	105	220	375
Jr- Sr Power Sports - Boys				
132				
Chris Swift	42.5	90	155	287.5
149				
D. Isenhower	40	60	140	240
182				
Roy Jackson	62.5	112.5	185	360
Landon Small	52.5	102.5	200	355
Wade Lewis	52.5	87.5	190	330
Jessie Brinkley	52.5	77.5	157.5	287.5
198				
Ben Grote	57.5	112.5	190	360
220				
Brandon White	57.5	102.5	205	365
276				
Mark Elliott	62.5	137.5	207.5	407.5
309				
Ross Collins	60	102.5	200	362.5
Fr-So Power Sports Girls				
115				
Cynthia Welty	25	35	75	135
149				
Sarah Kennedy	30	45	117.5	192.5
165				
Ceira Maples	20	27.5	87.5	135
182				
Erin Lee	30	45	107.5	182.5
shw				
Jessica Terrell	30	50	110	190
Jr-Sr Power Sports Girls				
106				
S. Brannock	27.5	45	95	167.5
123				
Brettin Mobley	27.5	47.5	90	165
132				
Tara Harris	30	45	110	185
149				
W. Eastman	25	40	125	190
165				
Lyndsey Slagle	30	52.5	110	192.5
shw				
Tamara Walter	37.5	60	145	242.5
Fr-So Powerlifting Boys				
115				
Brody Leblanc	127.5	55	127.5	310
B. Williamson	80	65	115	260
James May	87.5	45	102.5	235
W. Hardin Jr.	85	42.5	90	217.5
123				
Roy Wiltz Jr.	167.5	102.5	185	455
William Clark	112.5	87.5	167.5	367.5
Brad Bell	137.5	62.5	150	350
Ryan Wells	85	70	122.5	277.5
Chase Ratley	95	55	110	260
132				
Josh Lloyd	125	85	157.5	367.5
Devin Nugent	110	67.5	140	317.5
K. Jovbert	107.5	55	132.5	295
Spencer Smith	110	57.5	125	292.5
B. Abshire	95	60	112.5	267.5
Jordan Luttrell	95	45	100	240
149				
A. Alexander	162.5	80	160	402.5
Jeffrey Catlin	145	85	145	375
A. McGarry	127.5	82.5	147.5	357.5
Bryan Nelson	110	57.5	147.5	315
Matt Copeland	85	60	140	285
165				
Tyler Prjean	157.5	102.5	175	435
D. Anderson	132.5	97.5	190	420
Damien Otis	150	85	145	380
T. Lindon	117.5	92.5	150	360
182				
Donald Barnett	185	132.5	242.5	560
M. Rasmussen	140	112.5	200	452.5
Jon Redmond	175	110	160	445
Levi Arsee	145	80	172.5	397.5
Chad Leger	135	85	170	390
Josh Meaux	120	97.5	167.5	385
T. Primeaux	120	87.5	177.5	385
C. Whitcomb	130	80	137.5	347.5
198				
Rance Loafman	232.5	142.5	227.5	602.5
Jeff Krawiec	170	132.5	205	507.5
A. Earnest	185	125	180	490
Ricky Manning	182.5	115	187.5	485
B. Granger	162.5	117.5	182.5	462.5
John Spenik	137.5	90	195	422.5
D. McElhenny	172.5	100	147.5	420
Terrell Dugas	127.5	92.5	160	380
220				
Josh Bezucha	190	140	182.5	512.5
Luke Wood	182.5	122.5	182.5	487.5
Shane Sexton	170	100	195	465
L. Taugher	142.5	125	190	457.5
M. Farrier	130	77.5	177.5	385
S. Begnaud	125	92.5	117.5	335
Zach Calhoun	62.5	77.5	167.5	307.5
243				
Tom Collins	227.5	132.5	222.5	582.5
Jon Bell	207.5	127.5	212.5	547.5
R. Leftwich	192.5	107.5	195	495
276				
Josh Cogswell	235	157.5	230	622.5
Will Dyal	197.5	145	207.5	550
B. Wardlow	180	112.5	180	472.5
shw				
Ed Robison	192.5	160	215	567.5
D.C. Walter	237.5	105	220	562.5
Doug Stroud	195	110	227.5	532.5
Dallas Montgomery				
Jr-Sr Powerlifting Boys				
123				
Ryan Ballard	165	97.5	162.5	425
Ty Ketzner	127.5	72.5	132.5	332.5
132				
Caroll Nero	183.5	102.5	190	476
N. LaBarbera	145	107.5	187.5	440
Chris Meche	160	100	177.5	437.5
Chris Swift	120	90	155	365
D. Lindholt	125	82.5	130	337.5
F. Fosnaugh	115	62.5	140	317.5
149				
C. Catlin	205	107.5	205	517.5
Tom Hinojoso	190	115	197.5	502.5
B. Carmier	180	130	182.5	492.5
J. Thibodeaux	155	110	182.5	447.5
David Douglas	177.5	85	167.5	430
Mitch Gill	155	82.5	170	407.5
Quentin New	132.5	87.5	145	365
E. Eaglin	125	92.5	147.5	365
165				
Korey Jones	230	107.5	217.5	555
Kyle Hettinger	152.5	120	220	492.5
Jimmy Massey	160	90	175	425
T. Roberts	152.5	85	157.5	395
Matthew Kelly	125	87.5	125	337.5
182				
Josh Cosner	195	122.5	215	532.5
Mike England	185	132.5	197.5	515
Kevin Thies	182.5	110	200	492.5
Luke Graves	182.5	92.5	195	470
Tom Tressler	175	115	172.5	462.5
Trent Caswell	155	97.5	192.5	445
Adam Henson	132.5	100	157.5	390
Wade Lewis	97.5	97.5	190	385
198				
Rodney Rambo	210	137.5	227.5	575
B. Flowers	227.5	125	210	562.5
Lucas Miller	210	117.5	215	542.5
D. Domnanish	195	117.5	227.5	540
David Morvant	165	100	212.5	477.5
Ben Grote	150	112.5	190	452.5
Stuart Diersen				
220				
B. Thompson	237.5	155	285	677.5
Jake Whitt	230	162.5	220	612.5
Cole Phillips	200	140	215	555
R. Douglas	197.5	120	220	537.5
Ben Webster	190	130	205	525
Donald Batiste	167.5	135	145	447.5
Brandon White	140	102	205	447
243				
Cody Walls	220	155	227.5	602.5
Sam Marsh	255	117.5	205	577.5
C. Hammer	225	112.5	215	552.5
Clint Valega	205	142.5	185	532.5
Chris Foster	177.5	137.5	172.5	487.5
276				
Scott England	290	172.5	275	737.5
Brian Coxon	197.5	140	245	582.5
Mark Elliott	187.5	147.5	207.5	542.5
309				
J. Cheeseman	265	185	261	711
Michael Elkins	275	115	202.5	592.5
Cody Viator	107.5	95	155	357.5
shw				
V. Thurston Jr.	337.5	212.5	215	765
Cole McGarry	252.5	142.5	227.5	622.5
D. Hawkins	217.5	155	227.5	600
Fr-So Powerlifting Girls				
115				
Tara Frank	90	32.5	95	217.5
Cynthia Welty	62.5	35	75	172.5
149				
Jordan Wathan	110	60	122.5	292.5
B. Manuel	62.5	35	97.5	195
165				
J. Fontenot	122.5	55	130	307.5
A. Powell	120	55	115	290
Ceira Maples	50	32.5	87.5	170
182				
Leslie Allen	125	60	147.5	332.5
Erin Lee	52.5	45	107.5	205
shw				
Jessica Terrell	55	50	110	215
D. Jackson	57.5	52.5	95	205
Jr-Sr Powerlifting Girls				
97				
Ashley Baader	52.5	25	67.5	145
106				
Mashala Jones	92.5	40	107.5	240
S. Brannock	67.5	45	95	207.5
115				
Rachel Seay	117.5	47.5	130	295
Meghan Karr	55	37.5	85	177.5
V. Berryhill				

123				
Beth Hazlett	92.5	50	110	252.5
Brettin Mobley	52.5	55	90	197.5
132				
J. Thompson	120	52.5	138.5	311
Ashley Spain	125	50	110	285
Katie Gillespie	97.5	55	110	262.5
Tara Harris	77.5	50	110	237.5
Jodi Talbert	70	37.5	87.5	195
149				
M. Menchaca	150	70	157.5	377.5
N. Jones	102.5	47.5	110	260
W. Eastman	72.5	40	125	237.5
165				
B. Schwannger	120	67.5	147.5	335
Lyndsey Slagle	82.5	52.5	110	245
198				
Camille Moore	195	70	187.5	452.5
Kayla Green	170	85	152.5	407.5
A. Broussard	125	60	127.5	312.5
shw				
A. Benninger	182.5	85	167.5	435
Tamara Walter	145	70	145	360
Enjoli Jones	140	65	132.5	337.5
Crystal Tezeno	82.5	55	152.5	290

(Thanks to Rich Peters for these results.)

APF Texas State
03 APR 04 - Round Rock, TX

BENCH		SHW	
Open 198 lbs.		R. Oxner	385
T. Matta	352	G. Wells	303
220 lbs.		(50-54) 220 lbs.	
K. Gordon	402	B. Sanford	341
242 lbs.		275 lbs.	
J. Hendrix	490	B. Wright	325
275 lbs.		(55-59)	
M. DeLaval	529	D. Brooks	286
T. Patton	402	Police/Fire	
308 lbs.		181 lbs.	
T. Couture	501	A. Ellis	363
Junior (13-15)		DEADLIFT	
148 lbs.		Submaster	
E. Garcias	83	220 lbs.	
165 lbs.		F. Richartz	573
J. Juarez	127	Open	
B. Kight	281	W. Smith	562
(16-17) 132 lbs.		Master 220 lbs.	
J. Hernandez	137	W. Koval	429
J. Gandara	105	SHW	
148 lbs.		R. Oxner	501
E. Martinez	159	Junior 114 lbs.	
A. Vega	105	A. Ellis	93
(18-23) 114 lbs.		123 lbs.	
C. Ovalle	148	A. Cepeda	198
220 lbs.		132 lbs.	
L. Kelley	402	J. Hernandez	303
Submaster		148 lbs.	
198 lbs.		C. Elder	402
G. Garner	391	165 lbs.	
275 lbs.		J. Hernandez	264
J. Garcia	303	181 lbs.	
Master (40-44)		L. Calender	468
242 lbs.		D. Castillo	303
J. Hendirx	490	198 lbs.	
275 lbs.		R. Flatt	512
M. deLaval	529	220 lbs.	
SHW		E. Balderas	352
W. White	402	308 lbs.	
(45-49) 198 lbs.		R. Pizana	308
T. Mata	352		

Open	SQ	BP	DL	TOT
123 lbs.				
J. Scruggs	413	264	501	1178
132 lbs.				
B. Dugosh	463	237	446	1145
181 lbs.				
M. Wade	606	391	622	1619
198 lbs.				
K. Kirkland	551	451	639	1641
M. VanCleave	611	341	573	1525
J. Jackson	—	—	—	—
220 lbs.				
G. Bell	831	562	677	2070
J. Weatherly	705	451	633	1789
P. Burch	666	385	601	1652
M. Dugan	601	4020	573	1575
W. Smith	534	314	562	1410
R. Pierce	—	—	—	—
242 lbs.				
L. Mistric	760	485	606	1850
C. Billings	639	451	633	1723
P. Wylie	633	451	628	1712
S. Donegan	—	—	—	—
A. Vasquez				
275 lbs.				
M. Martin	727	573	705	2004
M. McDaniel	760	468	611	1839
SHW				
F. Lopez	6010	539	606	1745
Junior (13-5) 123 lbs.				
T. Davis	264	137	286	688
132 lbs.				
M. Ellis	303	187	363	853
165 lbs.				
M. Branco	303	143	286	732
275 lbs.				
J. Jordan	236	154	221	611
308 lbs.				
B. Knight	—	—	—	—
(16-17) 165 lbs.				
A. Garcia	441	253	441	1134
181 lbs.				
J. Cortez	468	314	429	1211
220 lbs.				
M. Ruiz	545	363	512	1421
242 lbs.				
D. Wade	523	319	501	1344
C. Vidal	485	281	424	1189
J. Garcias	402	303	347	1052
U. Garcia	—	—	—	—
L. Long	474	275	374	1123
(18-19) 132 lbs.				
B. Dugosh	463	236	446	1145
148 lbs.				
J. Marshall	463	275	451	1189
C. Hagah	—	—	—	—
165 lbs.				
W. Keenan	424	336	457	1217
181 lbs.				
L. Leal	545	369	523	1437
198 lbs.				
J. Gonzales	441	303	551	1294
220 lbs.				
D. Rogers	573	374	539	1487
DEADLIFT				
Junior (20-23) 220 lbs.				
J. Allen	651	369	622	1641
242 lbs.				
J. Lopez	534	341	507	1382
Submaster (33-39) 198 lbs.				
C. Beall	468	308	429	1206
220 lbs.				
D. Johnson	644	407	651	1701
T. Trahan	601	424	518	1542
F. Richartz	507	314	573	1393
L. Oliver	474	303	507	1283
242 lbs.				
P. Wylie	633	451	628	1712
M. Dorman	—	—	—	—
275 lbs.				
B. Moore	562	402	617	1580
Master (40-44) 165 lbs.				
M. Duhon	435	286	485	1206

POWER PEOPLE

The Real VINCE LYSOBEY: *who lifted at the APA Thunder Bay Open (reported on pg. 90 of the JUN/04 PL USA) is seen above, rather than the photo we ran in that issue. (courtesy Mrs. Lysobey)*

NEW PRODUCTS

Tanita's new line of consumer scales not only accurately measure weight and body fat, but now body water percentage has been added. The UM-026 and the BF-592 are the first body fat monitoring scales of their kind to measure body water percentage that are widely available to the public. The scales are FDA approved and great for anyone who is interested in monitoring their overall body composition: athletes, brides-to-be, new moms . . . everyone! Body water percentage is measured using the same method as body fat testing, by using bioelectrical impedance (BIA). BIA sends a safe, low-level electrical signal through the body that it sent through the user's feet. The signal passes freely through the fluids found in muscle tissue and blood, but it has difficulty passing through fat tissue, which contains little water. Based on the signal's resistance, gender, height and weight, the user's body water percentage is determined. Both models retail for less than $100 and are available online at Tanita.com and at major retailers nationwide.

220 lbs.				
J. Vasquez	551	441	644	1635
R. Nesuda	622	391	601	1613
S. Hambright	633	132	666	1432
SHW				
W. White	—	—	—	—
(45-49) 242 lbs.				
L. Mistric	760	485	606	1850
C. Garcia	—	—	—	—
275 lbs.				
M. McDaniel	760	468	611	1839
(50-54) 220 lbs.				
B. Sanford	369	341	418	1129
308 lbs.				
B. Holland	551	221	512	1283
(55-59) 198 lbs.				
M. VanCleave	611	341	573	1525
275 lbs.				
D. Brooks	523	286	507	1316
(60-64) 220 lbs.				
T. Lancaster	451	385	496	1332
308 lbs.				
C. Wahl	325	198	352	875
(65-69) 220 lbs.				
C. Manis	303	215	413	931
Below Class I				
181 lbs.				
J. Hamilton	518	352	501	1371
198 lbs.				
A. Ortiz	584	352	485	1421
220 lbs.				
L. Johnson	589	451	501	1542
E. Carvajal	545	418	518	1481
P. Moore	446	292	496	1233
242 lbs.				
J. Dunn	705	347	601	1652
J. Favela	501	352	474	1377
275 lbs.				
S. Hartley	501	413	501	1415
D. Ortiz	507	331	501	1338
Police/Fire 220 lbs.				
E. Carvajal	545	418	518	1481
275 lbs.				
B. Moore	562	402	617	1580
J. Roy	501	352	551	1404
Special Olympics				
198 lbs.				
A. Markham	99	182	319	601
SQUAT Open 220 lbs.				
E. Carvajal	545	—	—	545
242 lbs.				
C. Garcia	699	—	—	699
WOMEN				
Open 123 lbs.				
M. Ybarra	264	154	286	705
132 lbs.				
S. Urso	451	226	424	1101
165 lbs.				
K. Walford	451	259	468	1178
181 lbs.				
M. Price	352	209	402	964
Junior (16-18) 132 lbs.				
A. Silvas	352	215	347	914
198 lbs.				
A. Gonzales	413	182	3003	898
(20-23) 123 lbs.				
H. Fry	231	121	259	611
132 lbs.				
L. Thorpe	259	143	281	683
Submaster (33-39) 114 lbs.				
S. Ellis	154	110	220	485
Master (40-44) 198 lbs.				
L. Yeager	303	116	286	705
V. Johnson	203	138	253	595
(45-49) 148 lbs.				
B. Betz	203	137	248	589
(50-54) 132 lbs.				
D. Sanford	203	176	281	661
(65-69) 148 lbs.				
S. Clark	132	105	248	485
181 lbs.				
D. Rawe	159	105	221	485
Below Class I				
105 lbs.				
K. LaCour	203	105	253	562
132 lbs.				
M. Scheie	221	148	242	611
165 lbs.				
G. Sills	187	115	236	540
198 lbs.				
V. Johnson	203	137	253	595
BENCH Open 123 lbs.				
R. Fricke	—	127	—	127
DEADLIFT Open 132 lbs.				
N. Garcia	—	—	275	275
Police/Fire 132 lbs.				
C. Clifton	281	181	308	771
SQUAT Open 165 lbs.				
S. Hartley	231	—	—	231

Best Lifter, Bench, Squat, Bench Masters: Gene Bell - Open Men 220. Best Deadlift: Jeremy Scruggs - Open Men 123. Best Masters Men: Larry Mistric - Masters (45-49) 242. Best Lifter Submaster Men: Philip Wylie - 242. Best Lifter Women, Bench, Squat, Deadlift: Stacy Urso - Open Women 132. Best Lifter Junior Women: Amanda Silvas - Junior Women 132. Best Lifter Below Class I: James Dunn - 242. (Thanks to Seguin Fitness for providing the results)

lifting. Instead the Russians sent former Jr. World Champ Yulia Zaugolova to compete against 14 others in this largest of classes. Among other was the Ukraine's Tamara Bahriy and Norma Nieves of Puerto Rico. A well muscled Antoinette Orsini of Italy was a first timer, and returning was Gilly Martinez of Venezuela, who almost dropped out due to a bad stomach virus the night before. Mike Hartle coaches 'Gilly' and she found the courage to make it through the meet. Missing her opening squat, Zaugolova was still able to come back and win top honors in that lift with 230 kg., followed by Bahriy and Blikra of Norway for the squat honors. By the way, that squat for Blikra of Norway was a MWR. Nieves was close with a 215 kg. in the squat. Ford had some gear trouble on her opener, which caused her to lose her balance, but she came back to get numbers 2 & 3. Martinez nailed 172.5 kg., just short of her projected 182.5 kg.. Zaugolova and Bahriy both had class high benches with 147.5 kg.; with Zaugolova being lighter bodyweight. Orsini of Italy followed with 125 kg. for the bronze. Ford missed her opener off a shirt adjustment problem, and with a correction made by Coach Maile, she came back to nail the next two attempts. At the subtotals it was Zaugolova with 377.5 kg., and with Bahriy back 12.5 kg.. Blikra of Norway was at 337.5 kg.. Into the deadlifts, there was a great battle for Gold and Silver between Zaugolova and Bahriy. Both went 3/3, but with the small lead at subtotal, all Zaugolova needed to do was stay close and the victory was hers. Bahriy had the top pull of 235 kg., but Zaugolova's 232.5 kg. gave her the Gold by 10 kg.. Orsini of Italy only got her opener, so that left the door open for Blikra of Norway who proceeded to go 3/3 and win the Bronze. Ford went 6/9. getting a PR deadlift and total and, except for some shirt adjustment problems, had a lot more in her that day. She wanted to thank Jon Magendie for helping her get ready and for the great send-off she received out of Houston from Tony Cardella, Christy Newman, and Dana Deutsch. More points for Team USA!

90 kg. Medalists...Orobets, Lugovaya, Yavorska...*and front and center, with all new I.P.F. Subjunior World Records is the USA's 15 year old Bonica Brown. (Photo via Brown)*

Sunday, June 6th, 2004

82.5 kg. - There was no USA lifter in this class and it was only 8 deep with last year's silver medalist from Kazakhstan Tatyana Kudryavtseva being the leader at nominations. Russia's Tatyana Puzanova did not make the trip to France and Russia did not bring a lifter to contest this class. The Ukrainians sent the very capable Katerina Boroday, who was 4th last year in Chicago. Also n the hunt were the Netherland's Ilja Strik and Great Britain's Monica Porter. The USA's Jess Watkins was missing, and would have been a medal threat. Top honors in the squat went to Boroday, as she went 3/3 and completed a very respectable 247.5 kg. squat. Strik only got her opener of 235 kg. but that was good for the silver. Kudryavtseva nailed 3/3 and a bronze in the squat with 225 kg.. Boroday got the bronze in the BP with 145 kg., but coupled with her huge squat, it gave her the lead going into the subtotals. Kudryavtseva lost a third attempt BP with 170 kg. on a questionable call, but still was golden in the lift with a WR push of 160 kg.. Strik went 3/3 and got the silver with 155 kg. At the subtotals, it was very close: Boroday with 392.5 kg.; Strik with 390 kg.; and Kudryseva with 385 kg. The lead changed several times, but Strik and Boroday went 2/3, while Kuryavtseva hit 3/3 and that brought her the victory by 2.5 kg.. There was only 10 kg. separating the 3 medalists. This is what powerlifting competition is all about. Porter of Great Britain finished with a 542.5 kg. total and Monique Hartle, lightest in her class, had a good 8/9 day despite the heat in the venue.

90 kg. class - This class had the youngest lifter at the IPF competition, the USA's Bonica Brown of Michigan. At 15 years old, this young lady has a very bright future as she showed poise and strength in her first IPF competition. If she wanted to look for a lifter to model herself after, she needed look no farther than the returning Russian world champ Irina Lugovaya. The Russian lifted like a cyborg, built to defy gravity, as she went 9/9, capturing a WR bench of 175 kg.; a CR deadlift of 257.5 kg.; and a WR total of 687.5 kg.. Her 595.99 Wilkes Points just narrowly missed the Champion of Champions list. Returning Ukrainian lifter IrinaYavorska was much improved from last year; nearly 65 kg. (143 lbs.), but it was not enough to top Ironwoman Lugovaya. Yavorska took the Gold in squat and Silver overall with a 672.5 kg. total. Another Ukrainian, Inna Orobets, had a terrific meet with a total of 642.5 kg. that earned her the Bronze medal. She momentarily had the WR Bench Press with 172.5 kg.; only to have it topped moments later by Lugovaya. In 4th place was Germany's Ullie Herchenhein, who set MWRs in the squat and bench press. A very striking moment took place on the victory stand, as they were playing the Russian National Anthem for Lugovaya, as a camera projected her face on a large video screen, and there were tears running down her face. After her machine-like lifting, it was moving to see this display of emotion and loyalty to her homeland. Speaking of records, USA's Bonica Brown, being only a sub-junior, re-set world records across the boards. 202.5 kg. squat; 112.5 kg. bench ; 187.5 kg. deadlift; and 502.5 kg total. A 6th place finish for this 15 year old at her first IPF Worlds is an outstanding job!

90+kg. class - The last class to compete was special as it featured a half dozen of the strongest powerlifters in the world. The USA chose to contest two lifters in this class, Liz Willett of Washington and Harriet Hall of Alaska. Returning World Champ Chen Ye Chou of Taiwan was on hand, holding the WR in both the BP & the total. Russia sent two: WR squatter Galina Karpova and last year's Bronze medalist Anastasia Pavlova. Ukraine sent the young Viktoria Olenytska, who had finished 4th last year, and was capable of some big numbers. Having worked closely with Lizzy Willett, I knew she was capable of going after some WRs at this competition. Master World Champ Harriet Hall of USA is a marvel to observe. The oldest women in the competition, at 56, doesn't let age stop her. She had a major rotator injury prior to the competition and was only able to do her opener a week before the meet. Liz's plan was to take openers, then go straight to WRs on the next attempts. Pavlova and Olenytska opened with 245 kg. and although Olenytska got hers, Pavlova missed the first two, and it was the start of a tough day for her. Next, world Champ Chou opened and completed 250 kg.. An incredibly easy opener of 265 kg. by Willet followed. Karpova opened with 280 kg., just 5 kg. short of her record, but was redlighted on depth. Earlier, Hall had gotten the first of 3/3 on the road to a WRM squat of 240 kg.. Next, Olenytska took 252.5 kg. for three whites; but again Pavlova missed on her second attempt. Karpova, re-taking her missed 280 kg., got three whites on her 2nd attempt. At this point, Liz Willett jumped to 285.5 kg. to break Karpova's WR. As the crowd was on their feet cheering, Liz made an incredibly easy attempt, but the audience was shocked when it was turned down 2/1 on depth. On thirds, Pavlova finally got hers with 252.5 kg. Olenytska went 3/3 after a completion of 257.5 kg.. Chou called for 270 kg. and then timed it out. She was no doubt saving her self for a big BP and pull. This only left Willett and Karpova and on the strength of Liz's great ease with her previous squat, we increased Liz's third to the WR amount of 287.5 kg.. Once again with the venue

clapping and on their feet, she completed the WR with power to spare. All were certain we had just seen the strongest squatter in the IPF, regardless of the last attempt going to Karpova. The Russian had turned in 290 kg., 10 more than her previous WR and 2.5 kg. more than the WR just set by Willett. Karpova was successful with the new WR, but it was not nearly as easy as that of Willett. Goes to show how important it is to complete attempts; and to get the technical aspect down. All were certain that if Liz could have completed the 2nd, she have set a huge record on a third, far beyond the reach of other lifters.

Team USA at the banquet... *did themselves proud with 3rd place in the team competition (Photo courtesy of Brown)*

In the bench, not only did the injured Hall get her opener of 105 kg., but her second with 120 kg.. This was really more than Harriet had hoped for. The current WR was 190 kg. by Chou, and when the leaders opened, it became a strategy game. Olenytska & Pavlova both got their openers with 150 kg.. Karpova took an easy 165 kg.. Liz opened with an easy 175 kg., but was unable to get it to her chest as the shirt had slipped back to choke her throat, so she missed her opener. WR holder Chen of Taiwan opened with an easy 185 kg. to put the pressure on all. Pavlova missed her next two with 155 kg.. Olenytska completed 157.5 kg. very smoothly. Karpova jumped to 172.5 kg. and stayed in the lead. It was decided that Liz should repeat her missed opener, although we increased it 2.5 kg. to show her the confidence we had in her strength. We would go for the WR on a third. She completed 177.5 kg. and it was so easy it looked like a warm-up. Chen called for 190 kg. to tie her WR and it was completed, but with some difficulty. Karpova moved to 180 kg., a safe increase to preserve her lead. She was successful. Liz and Chen both called for the WR number of 192.5 kg. (424 lbs.), Liz having to go first. She demolished the weight, to the cheers of the house full of spectators. As she exited the platform, a hush fell over the crowd, as the 2/1 red lights appeared. The audience was stunned. The courteous Japanese judge Asama Shietoshi hurried over to point out to our coaching staff that Liz had moved one of her feet ever so much. Chen went on to fail in her attempt at the same weight. Once again, all were sure who the strongest was, and it was again denied on a technicality.

At the subs it was the Russian Karpova with 470 kg.; USA's Willett with 465 kg.; and Chen Ye Chou with 455 kg.. Willett opened with 205 kg. in the pull; Chou 210 kg.; and Karpova pulled 235 kg.. Her 240 kg. on 2nd sealed her the victory and Chou simply matched Liz's running total, as she would win silver due to lower bodyweight. There was slight concern that Olenytska would try to bump Liz from the Bronze but when the Ukrainian missed numbers 2&3; with Liz pulling 3/3 it was her Bronze by 30 kg.. Karpova became the champion through great well balanced lifting and Chou fought a good strategic battle, which could have put more pressure on Karpova had Chou completed her 3rd squat (passed) and 3rd BP. Such strategies are what powerlifting competitions are all about, but this writer and I'm sure all that witnessed the meet, left knowing who the strongest women in the IPF is. USA's Liz Willett will soon put all the pieces together and set the records way beyond these current marks. As far as records go, none are more incredible than the finish of USA's Harriet Hall: a MWR 240 kg. squat; completing two BPs despite a rotator cuff tear, and finishing 7th in the world at age 56. This is a record that commands the respect of all who love and enjoy the sport of Powerlifting.

The Closing banquet was held Sunday evening at the main ballroom of the "Mas de Sabath" resort. Team awards were given with the Russians taking Gold in the team honors. The Silver went to the talented team from Ukraine. Close behind, by only 3 points, was TEAM USA - a great showing by this eclectic team of newcomers and veterans, young and old. The lifters and families, along with coaching staff, were all invited to a grand spread to finalize the festivities. We wanted to thank all our individual sponsors, particularly TITAN SUPPORT SYSTEMS and INZER ADVANCED DESIGNS. Thanks to the coaches back home who prepped the lifters and the meet promoters who helped each one progress along to this ultimate competition. Thanks for all the IPF officials who worked selflessly to bring this meet together. It was an honor for me to work along side the coaching staff, Nils, Brad, Ivan and Larry. Most of all, thank to these women of the USAPL who brought honor to our country for their fine efforts. Thanks to Ivan's friend Katherine, who was there for any duty we asked. It was a wonderful banquet for all the countries to enjoy - French cuisine at it's best, and all the great French wine that this part of the country produced. There was a live stage show for our viewing entertainment. As the evening wore down we were all heard to say "Viva La France"

Milestone: As we were somewhat secluded in our French countryside, news from the US didn't reach us. As I sat at an avenue café drinking coffee, I was approached by several Frenchmen who acknowledged to me the passing of Ronald Reagan, however, they were much more aware that this weekend was the 60th anniversary of a most significant historical event.. On the June 6th, 1944 the combined Allied Forces of American, British, Canadian, Free French, Polish, Norwegian, Australian, and other countries that made up the Allied Expeditionary Force, landed on the Normandy coast to start "D-Day", the invasion that cost so many lives, but set into action the freeing of France and the rest of Europe from the grip of Nazi Germany. As we traveled through the airports we saw droves of veterans traveling to commemorate the event. There were actual veterans of "D-Day"; all mostly over 80 years old now, who still came to observe the historical event. They are dying rapidly now, at an alarming rate. They came in wheelchairs and walkers, some with canes. There were large groups of re-enactors who would parachute in to famous drop zones; places with names like Utah, Omaha, Gold, and Juno. French cities like Neuville, Culoville, and Ste. Mere Eglise were to act as staging areas for the veterans who sported patches reading 82nd Airborne, 4th Infantry Division, 101st Airborne and many others. In the real invasion, many lives were lost, maybe as many as 10,000, but it brought into being the type of world we have today, and was well worth remembering. Many historians have called it the most important day in the 20th century.

As I spoke with one old veteran in the airport as I waited to return home, he spoke of the experience candidly. Like our athletes, they had trained and prepared for over two years for that one day and were determined to do their jobs, as they had given their all for this cause. It is good that we now live in a world where we have competitions among nations, rivalries for sure, but in a friendly manner that creates a brotherhood of participants from the different regions of the globe. It was good to see that there were still a few Frenchmen who remembered their liberators, who had paid such a high price for their freedom, and, I guess, so we could eventually come together here for this battle of sport, among nations not worried about the fear of World War.

UNCLASSIFIED ADS

$3.00 per line per insertion
Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells **& Handles,** thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel,polished, painted & stainless steel.Much more. From the same folks who have brought you affordable **accurate machined steel fractional plates** since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard $5.85 US, 9.95 elsewhere **PDA** 104 Bangor Street Mauldin SC 29662 864-963-5640 fractionalplates.com

Ivanko Olympic Plates: Black, Machined Gray, Calibrated Painted, and Calibrated Chromed. Weightlifters Warehouse, 1-800-621-9550

IRON MAN MAGAZINE, honest coverage of the Iron Game. $29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Insane prices -- Compete Supplements has them on: Dymatize, Beverly Intl., SAN, Sci-Fit, LaBrada, Betastatin, Biotest, Champion, Cytodyne, E.A.S., Muscletech, next Proteins, Optimum Nutrition, Scitec, Syntrax, Twinlab, VPX, and many more! We willnot be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or toll free at 1-866-276-7877, or visit our website at Completesupplements.com. Be prepared for huge savings!

Malone 28.5 mm Power Bar: $210.00. Malone 8' 30mm Squat Bar: $345.00. Deadlift Bar Loader: $145.00. Chalk: $9.50 per lb. Weightlifters Warehouse 1-800-621-9550

MUSCLETOWN USA by John D. Fair - this book is an insightful examination of the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding, Olympic Lifting, and Powerlifting, and is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is $23.50 plus $4 shipping and handling, hardbound - $65 plus $4 s/h). Payable to PL USA, Box 467, Camarillo, CA 93011.

Master the Captains of Crush Grippers
www.cyberpump.com/ktaprogram

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only $3.00 each shipped, complete catalog $3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida 33302

"The Strongest Shall Survive" ... this is the classic Bill Starr training manual $20 plus $4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011

HAVE YOU EVER NOTICED ... How many world and national records have been set on SORINEX brand equipment? Many pro and college teams depend on us for their strength needs! We have it all! Toll free 1 877 767 4639, PO Box 121 Irmo, SC 29212, www.sorinex.com

~POWERSHACK NETWORK~ Supplements at discounted everday rock bottom prices. Up to **65% off** retail. These are our everday prices not a one time SALE. We also have top quality exercise equipment, books, videos and a whole lot more. Visit us at **www.PowerShack.net**

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 266 Deer Run, Lima, OH 45807, 239-597-8117

www.IronThredz.com
Attitude Apparel

Ivanko Super Gripper ... includes 2 tension springs. $24.50. Additional springs @ $2.00 each. Weightlifters Warehouse 1-800-621-9550

Dick Tyler, possibly the most entertaining writer Joe Weider ever had, has come out with a book about "The Golden Era" of West Coast Bodybuilding ('65-'71) ... yeah - Draper, Pearl, Arnold, Zane, and many more, but back then powerlifters and bodybuilders trained together down at Muscle Beach and this book has dozens of references and photos of legends like Paul Anderson, Pat Casey, Wayne Coleman, Hal Connolly, George Frenn, Tom Overholtzer, Bill Thurber, Bill "Peanuts" West, and there's even a section on the spectacular Zuver's power gym. If you lived through that era, you're going to love how Tyler has brought it all back into focus. If you weren't into lifting then, this book will show you how we got to where we are today. There was gobs of common ground between the sports back then, and there were some very strong bodybuilders afoot (Franco Columbo ... wow!) We just got a couple of cases of this book in and they are for sale at $24.95 a copy, plus $4 shipping and handling, to PL USA, Box 467, Camarillo, CA 93011.

Collectors Items .... hard to find back issues of *POWERLIFTING USA* are still available .... connect your link with the history of powerlifting right now, before these back issues are sold out and lost to the general public forever! See how the stars of today got their starts yesterday. Learn the context of today's political actions from the perspective of what has gone on beforehand, track the TOP 100/20 rankings of your favorite lifters from one year to the next, find the training approach that is "new to you" (if you haven't tried it yet, it could be the best program you've ever went with) even if it was published years before, re-live the personal histories of great lifters who left the platform before you came onto the PL scene, see the classic photographic images of historic lifters in their most historic moments that have burned themselves into the memory banks of today's contemporary greats. For further information on the back issues available, see pages 48 to 51 of this issue of *PLUSA*

APF Big Iron Mini Bench
FEB 04 - Omaha, NE

WOMEN		M. Brown	407
Teen 148 lbs.		220 lbs.	
K. Petersen	137	B. Mull	424
165 lbs.		242 lbs.	
A. Huston	148	B. Simet	424
198 lbs.		J. Groves	446
T. Johnson	203	T. Acome	429
198+ lbs.		275 lbs.	
M. Dudley	424	J. Grandick	584
Master		308 lbs.	
181 lbs.		E. Bryant	468
D. Widdis	226	Master	
MEN		242 lbs.	
Teen 198 lbs.		R. Bauer	341
J. Knutson	374	R. Ward	440
220 lbs.			
R. Briggs	374		
Junior			
220 lbs.			
B. Hein	551		
T. Kowai	435		
242 lbs.			
J. Graalís	501		
275 lbs.			
B. Hughes	341		
Open 198 lbs.			
S. Frankl	595		
J. Loftman	369		

(Thanks to Big Iron Gym for the results)

TOP 100

For standard SHW/125+ kg. USA lifters in results received from April 2003 thru April 2004

	SQUAT	BENCH	DEADLIFT	TOTAL
1	1140 Mikesell, B..11/30/03	925 Rychlak, G..4/04	903 Frank, G..10/18/03	2805 Frank, G..4/3/04
2	1085 Childress, P..3/6/04	875 Mendelson, S..7/12/03	850 Smith, M..4/13/03	2557 Moore, B..3/6/04
3	1085 Frank, G..4/3/04	859 Lattimer, S..3/6/04	821 Gillingham, B..4/10/04	2529 Childress, P..3/6/04
4	1050 Ruggiera, M..4/4/04	850 Kennelly, R..3/13/04	810 Ruggiera, M..4/13/03	2512 Mikesell, B..6/29/03
5	1050 Miller, M..4/17/04	837 Frank, G..4/3/04	810 Siders, B..6/23/03	2510 Miller, M..4/17/04
6	1040 Hutson, T..8/10/03	805 Miller, M..4/17/04	810 Wiers, C..12/03	2505 Ruggiera, M..4/4/04
7	1019 Basson, O..6/8/03	751 Kovacs, D..9/27/03	820 Obradovic, J..7/26/03	2502 Smith, M..3/6/04
8	1008 Russ, E..6/8/03	749 Riley, B..9/27/03	805 Rannals, C..4/27/03	2419 Thompson, D..11/9/03
9	1008 Smith, M..3/6/04	749 Galligan, J..1/17/04	804 Mikesell, B..6/29/03	2403 Basson, O..6/8/03
10	1005 Rychlak, G..4/13/03	749 Toranzo, J..3/6/04	804 Rubey, T..11/15/03	2400 Skiver, T..11/16/03
11	1003 Hoskinson..9/6/03	749 Moore, B..3/6/04	804 Lavarro, L..12/7/03	2386 Siders, B..7/20/03
12	1003 Moore, B..3/6/04	727 Rodriguez, M..9/27/03	804 Moore, B..3/6/04	2341 Lewis, J..2/28/04
13	1003 Aichs, C..3/21/04	725 Taylor, C..4/17/04	800 Barno, D..4/13/03	2330 Barno, D..4/13/03
14	975 Thompson, D..11/9/03	715 Hutson, T..2/04	800 Skiver, T..11/16/03	2303 Wiers, C..12/7/03
15	960 Barno, D..4/13/03	715 Cooke, C..4/17/04	788 Oldham, B..12/14/03	2287 Gillingham, B..7/20/03
16	959 Lewis, J..2/28/04	711 Gillespie, B..3/14/04	782 Childress, P..11/9/03	2276 Bryant, J..6/8/03
17	953 Olmo, M..6/8/03	710 Dizenzo, V..9/27/03	777 Barlow, R..5/11/03	2276 Aichs, C..3/21/04
18	953 Ewing..9/6/03	710 Burns, S..9/27/03	777 Rittger, W..6/1/03	2250 Baker, A..8/10/03
19	947 Saunders, T..4/27/03	705 Martin, S..8/10/03	771 Forehand, B..10/25/03	2232 Mimnaugh, B..3/28/04
20	931 Ludwig, M..6/29/03	705 Karlovic, B..2/14/04	770 Ufford, K..8/30/03	2220 Wilson, M..11/16/03
21	930 Wilson, M..11/16/03	705 Lewis, J..2/28/04	766 Mimnaugh, B..11/2/03	2209 Grove, J..12/7/03
22	909 Siders, B..7/20/03	705 Wong, S..3/6/04	766 Tuffanelli, N..3/6/04	2204 Hoskinson..9/6/03
23	905 Baker, A..8/10/03	700 Gulledge, D..8/10/03	760 Hays, B..8/10/03	2204 Ewing..9/6/03
24	903 Therman, C..4/13/03	700 Wilson, H..8/10/03	760 Thompson, D..11/9/03	2187 Lavarro, L..12/7/03
25	903 Bryant, J..6/8/03	700 Skiver, T..11/16/03	750 Owens, E..7/26/03	2176 Rhyne..9/6/03
26	903 Forbes, T..6/8/03	700 Leitz, B..12/14/03	750 Searcy, J..3/20/04	2165 Barlow, R..5/11/03
27	900 Skiver, T..11/16/03	699 Siders, B..11/9/03	749 Bryant, J..6/8/03	2165 Harold, T..11/16/03
28	876 Fannon, T..9/14/03	689 Childress, P..11/9/03	749 Leonard, P..6/8/03	2160 Therman, C..4/13/03
29	870 Barlow, R..5/11/03	688 Hodge, M..12/7/03	749 Forstner, D..12/14/03	2160 Capoccia, R..8/10/03
30	865 Gillingham, B..7/20/03	685 Obradovic, J..7/26/03	745 Wnuk, K..10/18/03	2154 Bernor, J..12/7/03
31	865 Harold, T..8/10/03	683 Thompson, D..11/9/03	744 Hodges, J..10/4/03	2127 Hulslander, D..3/7/04
32	865 Mimnaugh, B..3/28/04	677 Smith, M..3/6/04	744 Grove, J..12/7/03	2120 Gutridge, J..11/16/03
33	860 Tate, D..4/13/03	675 Gank, K..3/6/04	740 Pecktol, S..6/29/03	2116 Rubey, T..11/15/03
34	860 Capoccia, R..8/10/03	672 Basson, O..6/8/03	735 Gulledge, D..8/10/03	2110 Saunders, T..4/27/03
35	859 Wiers, C..12/7/03	672 Wiers, C..12/7/03	733 Levers, T..4/13/03	2110 Forbes, T..6/8/03
36	855 Dambrosia, L..11/6/03	662 Cash, J..5/3/03	733 Thomas, J..11/30/03	2105 Fannon, T..9/14/03
37	854 Grove, J..12/7/03	661 Manno, T..5/11/03	733 Faulkner, W..3/6/04	2105 Henderson, S..3/20/04
38	854 Manly, J..3/20/04	660 Key, P..12/20/03	733 Payne, G..3/21/04	2105 Neal, M..4/04
39	848 Henderson, S..3/20/04	660 Stephens, J..1/24/04	727 Lawrence, A..6/8/03	2100 Wnuk, K..10/18/03
40	843 Bernor, J..12/7/03	660 Harold, T..3/27/04	727 Schoonveld..11/15/03	2100 Laudadio, B..10/26/03
41	837 Neal, M..3/04	660 Ruggiera, M..4/4/04	727 Pope, J..12/13/03	2083 Thomas, J..11/30/03
42	832 Anderson, M..6/23/03	655 Brown, M..2/29/04	725 Fletcher, P..8/23/03	2083 Manly, J..3/20/04
43	832 Askew, M..8/3/03	650 Marshall, R..10/26/03	725 Swatling, M..8/30/03	2072 Karabel, L..12/6/03
44	832 Rhyne..9/6/03	650 Gutridge, J..9/21/03	722 Hulslander, D..7/20/03	2066 Ludwig, M..6/29/03
45	832 Lanier, M..12/7/03	650 Schermerhrn..12/14/03	722 McDuffie, J.D..8/16/03	2066 Thompson, J..9/14/03
46	830 Arevalo, J..3/27/04	650 Neal, M..1/17/04	722 Lewis, J..11/15/03	2065 Ufford, K..8/30/03
47	826 Thompson, J..9/14/03	650 Peshek, J..3/21/04	722 Laudadio, B..3/6/04	2065 Johnson, W..2/21/04
48	826 Southwood..12/7/03	640 Baker, A..8/10/03	716 Olmo, M..6/8/03	2061 Askew, M..8/3/03
49	825 Sefcik, J..8/10/03	639 Rhyne..9/6/03	716 Medak, A..12/14/03	2055 Hays, B..4/13/03
50	821 Ross, A..6/8/03	635 Wnuk, K..4/27/03	715 Rychlak, G..4/13/03	2055 Schoonveld, B..11/15/03
51	821 Karabel, L..7/20/03	630 Cain, M..8/10/03	715 Bliss, C..8/10/03	2050 Tate, D..4/13/03
52	815 Moore, C..4/13/03	630 Stafford, J..9/21/03	715 Hutson, T..3/6/04	2050 Lawrence, A..6/8/03
53	815 Hays, B..8/10/03	630 Cross, H..10/18/03	710 Basson, O..6/8/03	2044 Payne, G..3/21/04
54	815 Meek, B..9/14/03	625 Shields, A..1/17/04	710 McCune, B..10/12/03	2040 Christus, J..11/1/03
55	815 Majerie, M..11/15/03	625 Dowling, B..4/24/04	710 Bernor, J..12/7/03	2035 Moore, C..4/4/04
56	815 Johnson, W..2/21/04	622 Bryant, J..6/8/03	705 Aichs, C..6/8/03	2028 Kravoletz, D..3/27/04
57	810 Leonard, P..6/8/03	622 McClung, R..6/29/03	705 Baker, A..8/10/03	2020 Fletcher, P..8/23/03
58	810 Kravoletz, D..3/27/04	622 Erickson, J..8/2/03	705 Rhyne..9/6/03	2011 Russ, E..6/8/03
59	805 Fletcher, P..8/23/03	622 Meeker, T..12/14/03	705 Thompson, J..9/14/03	2000 Leonard, P..6/8/03
60	804 Edmiston, S..5/18/03	622 Aichs, C..3/21/04	705 Harper, G..10/4/03	2000 Edmiston, S..10/12/03
61	804 Pearce, G..8/17/03	611 Gillingham, B..7/20/03	705 Bryant, E..11/15/03	1984 Anderson, M..6/23/03
62	804 Jeffers, D..11/2/03	611 Quinn, B..9/27/03	705 Karabel, L..12/6/03	1978 Southwood..9/6/03
63	804 Thomas, J..11/30/03	611 Grove, J..12/7/03	705 Munsey, D..12/14/03	1970 Dowling, B..4/24/04
64	804 Hulslander, D..3/7/04	611 Yarbrough, C..4/3/04	705 Henderson, S..3/20/04	1962 Quinn, B..12/7/03
65	800 Delan Jr., N..8/10/03	610 McCaslin, Z..11/29/03	700 Masters, B..4/03	1960 Sefcik, J..8/10/03
66	800 Christus, J..11/1/03	606 Rollins, D..4/26/03	700 Brooks, T..5/17/03	1951 Swank, M..6/8/03
67	800 Gutridge, J..11/16/03	606 Luster..6/8/03	700 Traynor, D..7/26/03	1951 Adelman, M..2/15/04
68	800 Searcy, J..3/20/04	606 Christus, J..7/20/03	700 Horton, R..8/2/03	1945 Pecktol, S..6/29/03
69	800 Bradford, O..3/27/04	606 Price, M..7/20/03	700 Capoccia, R..8/10/03	1940 Bryant, E..11/15/03
70	793 Marcum, S..4/4/04	606 Lavarro, L..12/7/03	700 Wilson, M..11/16/03	1940 Dambrosia, L..11/16/03
71	788 Crumbley, S..6/23/03	606 Marchant..12/14/03	700 Harold, T..11/16/03	1940 Ward, S..1/24/04
72	782 Payne, G..3/21/04	606 Hulslander, D..3/7/04	700 Gutridge, J..11/16/03	1940 Arevalo, J..3/27/04
73	780 Laudadio, B..10/26/03	600 Therman, C..4/13/03	700 Studevant, K..12/6/03	1934 Majerie, M..11/15/03
74	777 Lavarro, L..12/7/03	600 Hart, J..6/7/03	700 Martin, M..2/7/04	1934 Weech, S..12/6/03
75	775 Spencer, J..3/27/04	600 Gomes, F..6/22/03	700 Champlin, T..2/7/04	1929 Jeffers, D..11/2/03
76	771 Lawrence, A..6/8/03	600 Tancil, J..6/28/03	700 Righetti..2/21/04	1923 Levers, T..4/13/03
77	771 Swank, M..6/8/03	600 Gaudreau, D..6/29/03	700 Buccen, J..3/6/04	1923 Marcum, S..4/4/04
78	771 Bryant, E..11/15/03	600 Mikesell, B..6/29/03	700 Small, M..4/17/04	1918 Harper, G..10/4/03
79	771 Weech, S..11/27/03	600 Capoccia, R..8/10/03	700 Mahoney, T..4/17/04	1915 Searcy, J..3/20/04
80	770 Battle, P..8/10/03	600 Wrenn, J..10/25/03	699 Forbes, T..6/8/03	1906 Crumbley, S..6/23/03
81	770 Magee, J..10/25/03	600 Laudadio, B..10/26/03	699 Askew, M..8/3/03	1901 Collins, G..2/21/04
82	766 Levers, T..4/13/03	600 Bernor, J..12/7/03	694 Edmiston, S..10/12/03	1890 Pope, J..12/13/03
83	766 Adelman, M..2/15/04	600 Martin, M..2/7/04	688 Mott, B..12/20/03	1885 Villeneuve, D..7/26/03
84	765 Wnuk, K..1/17/04	600 Johnson, W..2/21/04	683 Wattay, R..3/20/04	1880 Cain, M..8/10/03
85	765 Vaughn, T..4/4/04	600 O'Hahoran..2/27/04	680 Ratsch, P..9/6/03	1880 Tamules, A..10/25/03
86	760 Rubey, T..11/15/03	600 Powell, B..3/21/04	677 Samarron, R..5/17/03	1868 Diaz Deleon, J..6/29/03
87	760 Dowling, B..4/24/04	600 Hamby, M..3/21/04	677 LaRocca, R..5/31/03	1868 Hendrix, R..10/25/03
88	750 Diggles, P..3/27/04	600 Mimnaugh, B..3/28/04	677 Anderson, M..6/23/03	1862 Rauch, J..11/03
89	750 Scott, B..3/27/04	600 Piatelli, M..4/3/04	677 Gollins, G..7/20/03	1855 Twining, R..12/13/03
90	746 Pickens, A..3/20/04	600 Moore, C..4/4/04	677 Weiss, J..11/8/03	1851 Lee, B..4/13/03
91	745 Villeneuve, D..7/26/03	590 Wilson, M..11/16/03	677 Shumate, M..8/3/03	1851 Owens, E..10/11/03
92	744 Lee, B..4/13/03	589 Fannon, T..9/14/03	677 Rauch, J..11/03	1846 Mahoney, T..10/4/03
93	744 Israelson, M..8/17/03	585 Scherza, C..6/22/03	677 Manly, J..3/20/04	1835 Greninger, T..4/13/03
94	744 Harper, G..10/4/03	584 Deutsch, L..11/2/03	675 King, B..8/23/03	1835 Garris, D..5/3/03
95	744 Schoonveld..11/15/03	584 Schoonveld..11/15/03	675 Delacruz, R..2/7/04	1835 Gormus, R..10/25/03
96	744 Quinn, B..12/7/03	584 Sheffield, J..4/24/04	675 Neal, M..4/24/04	1829 Deutsch, L..11/2/03
97	744 Soto, G..3/27/04	578 Ewing..9/6/03	672 Hoskinson..9/6/03	1820 Battle, P..8/10/03
98	744 Thurston, V..4/4/04	577 Vardine, V..4/6/03	672 Ewing..9/6/03	1820 Magee, J..10/25/03
99	738 Diaz Deleon..6/29/03	575 Weber, R..4/6/03	672 Hendrix, R..10/25/03	1813 Lane, T..3/28/04
100	738 Mahoney, T..10/4/03	575 Jarausch, S..8/24/03	672 Lane, T..11/2/03	1807 Olmo, M..6/8/03

PL USA Top 100 Achievement Awards

Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is $6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for $21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send $6 per certificate or $21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7% tax).

NEXT MONTH... TOP 114s

Corrections - Trey Brewer should have been credited with a 460 lb. bench press on the Teenage TOP 20 list for the 242 lb. class. The 352 deadlift by Gary Landess was not reflected on the TOP 20 rankings for the Masters 132 lb. class. John Galligan was not credited with his 710 bench press in the SHW Masters TOP 20 rankings. Jim Robinson's 650 DL was not on the TOP 100 242 list. Erik Ward's bench press of 515 and deadlift of 700 were not shown on the TOP 100 list for the 220s. Tom O'Donnell's lifts of 705 DL and 1940 TOT were not on the TOP 20 Masters rankings. We apologize for any errors that our readers find in our reports or ranking lists, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS", Box 467, Camarillo, CA 93011.

All Church Open Powerlifting
13 MAR 04 - Succasunna, NJ

Powerlifting	SQ	BP	DL	TOT
Women's Division				
F. McGiveron	250	130	275	655
Brownscheidle	240	115	255	610
Jayne Jones	200	135	225	560
LJ Lucidonio	180	110	210	500
G. Desbiens	120	80	180	380
Tabby Ball	125	90	135	350
114 Lb.				
Josh Maginnis	150	90	175	415
D. Dobutovich	125	90	160	375
Tim Ball	100	75	135	310
132 Lb.				
T. Kimmelman	190	145	205	540
J. Theriault	155	90	135	380
A. Kramer	120	90	150	360
148 Lb.				
Italo Bonacci	340	210	400	950
Jeff Scaccio	240	185	340	765
Mike Ucci	135	170	225	530
165 Lb.				
Jay Nolan	405	290	425	1120
Tim Rajkumar	315	225	435	975
181 Lb				
M. Abramson	500	340	475	1315
Derek Altieri	455	275	470	1200
Joe Gannon	410	305	435	1150
Chris Welsch	365	275	365	1005
Chris Ribe	355	225	405	985
A. Sanseverino	300	235	450	985
K. Grandstaff	325	225	405	955
Joe Stecz	290	245	385	920
Brad Moritz	300	205	340	845
Shawn Buck	290	180	375	845
Z. Kimmelman	265	195	270	730
198 Lb.				
Gary Ribe	475	345	550	1370
Mike Steskal	440	365	405	1210
Sean Potts	345	225	415	985
Yosh Piwonski	330	205	325	860
220 Lb.				
Charles Blough	600	370	590	1560
Joshua Cascio	455	330	455	1240
John Howard	350	350	440	1140
David Edwards	365	275	390	1030
Fred Vogel	300	235	365	900
R. McGiveron	545	505		
242 Lb.				
Bill Rodgers	335	280	460	1075
Marc. Buck	350	285	350	985
Tom Raney	325	245	380	950
D. Koekemoer	335	175	435	945
Abe Snyder	250	165	315	735
Over 242 Lb.				
Nathan Ball	540	430	555	1525
A. Detomaso	535	315	525	1375
Mike Locondro	480	305	425	1210
N. Rumualdo	315	320	400	1035

Team Results: 1. Hillside LBC - True Strength Club 35 , 2. St. Joseph's Ch. 13, 3. Grace Ch., Netcong 8, 4. United Pentecostal Ch. 6, 5. (tie) Hope Chr. Ch. 5, 5. (tie) Randolph Christian Ch. 5, 7. (tie) St. Kunegunda Ch. 4, 7. (tie) Praise Christian Fellowship 4, 9. Abundant Life Ch. 3, 10. North Hills Ch. 2, 11. Word of Life Ch. 1. Best Squat- Charles Blough. Best Bench Press- Mike Abramson. Best Deadlift- Gary Ribe. Best Lifter- Charles Blough. Guest Lifters - John Bernor Squat- 755 X 5. Chris Taylor - Bench press - 1st attempt - 645, 2nd attempt - 685, 3rd-725. (Results provided by Pastor Pete Amerman.)

USAPL Northeast Regionals (kg)
15 May 04 - Algonquin, NY

FEMALE	SQ	BP	DL	TOT
128				
D. Moore	117.5	82.5	137.5	337.5
148				
Pam McCann	105	77.5	130	312.5
165				
E. Brown	107.5	40	125	272.5
K. deFazio	62.5	52.5	97.5	212.5
198				
Kim Newman	93.5	75	108.5	277
Masters-Hvy				
198				
M. Sheehan	190	115	—	—
D. Mikuka	265	160	257.5	682.5
220				
T. Middleton	182.5	—	—	—
242				
Andy Avery	145	90	197.5	432.5
Masters-Lt				
148				
Dillon Maier	150	72.50	182.5	405
165				
Ken Buddle	192.5	92.5	227.5	512.5

Chris Taylor benched 725 at the All Church Open Powerlifting competition held in Succasunna, NJ. (Photo courtesy of Rev. Amerman)

181				
Chip McCann	180	142.5	192.5	515
BJ Todd	192.5	132.5	182.5	507.5
Pat Carroll	82.5	142.5	102.5	327.5
OPEN				
148				
Tom Albano	102.5			—
181				
Hal Scholnick	260	187.5	242.5	690
R. Hardwick	182.5	122.5	210	515
Tom. Macari	65	135	182.5	382.5
L. Stewart	97.5	90	152	339.5
S. Tangredi	205	—	—	—
198				
D. Newkirk	240	192.5	272.5	705
John Bronk	205	117.5	237.5	560
E. Gorelowski	150	147.5	200	497.5
John Payette	230	167.5	—	—
Erik Jensen	—	—	—	—
220				
John Rosinski	265	190	265	720
Ron Pearo	262.5	162.5	272.5	697.5
R. Hansen	250	170	272.5	692.5
David Kuhn	250	195	240	685
Tom Ravesi	265	170	240	675
Josh Pierce	202.5	170	255	627.5
Keith Gilbert	185	120	202.5	507.5
Cary Soloyna	235	137.5	—	—
242				
John Cato	255	177.5	255	687.5
Rob Henry	275	160	230	665
John Meager	115	157.5	170	442.5
T. Stoddard	250	—	—	—
275				
James Tolland	287.5	230	300	817.5
James Basile	245	170	245	660
Rick Camp	195	200	227.5	622.5
Tim Moore	62.5	177.5	62.5	302.5
SHW				
B. Laudadio	320	282.5	320	922.5
Chad Oakland	202.5	137.5	227.5	567.5
SO				
181				
D. DeCamp	122.5	—	—	—
Teen/Female				
114				
Andrea Avery	70	37.5	72.5	180
148				
B. Brown	77.5	30	85	192.5
Teen-Hvy				
220				
A. Gugino	220	112.5	240	572.5
M. DiNicola	—	—	—	—
Teen-Lt				
123				
Brett Buell	107.5	77.5	127	312
148				
John Posson	130	77.5	147.5	355
165				
C. Morenz	170	120	192.5	482.5
Richard Biron	90	92.5	135	317.5
R. Peterson	115	—	—	—
181				
Andre Lewis	165	140	205	510
D. Hebert	160	102.5	142.5	405
Youth				
77				
Z. Culnan	—	—	—	—
123				
Tyler Decamp	27.5	25	60	112.5
242				
Chris Pike	155	87.5	165	407.5
Female				
SHW				
Emily Vogel	90	37.5	97.5	225

*33 State records appear to have been set. 4 American records. (Results by USAPL)

USAPL Dave Martin Memorial
17 APR 04 - Bloomington, IN (kg)

Open	SQ	BP	DL	TOT
132				
J. Goodman	122.5	80	170	372.5
148				
Mike Buck	215	142.5	197.5	555
165				
Pat Keenan	227.5	160	230	617.5
198				
Joe Ellis	137.5	75	217.5	430
Master				
198				
Mike Willett	295*	187.5*	280	762.5
Mark Johnson	75	175	245	495
Junior				
275				
A. Schaeuble	300	205	312.5	817.5
Bench Only				
132				
Sean Fellows		132.5		
220				
Isaias Jackson	200			
Cody Neal		135		

* State record. Best Lifter - Mike Willett. (Thanks to Greg Simmons for the results).

3rd SE Coast Guard Bench
16 Apr 04 - Clearwater, FL

MALE		B. Lisko	145
Master		198 lbs.	
T. Gregory	425*	S. East	305
D. Demick	70	220 lbs.	
FEMALE		F. Schuetz	445
148 lbs.		R. Jenkins	440
J. Cronenbergr	100*	G. Thiel	340
P. Kupersmith	70	242 lbs.	
MALE		D. Pettis	450
148 lbs.			

*=Best Lifter. (Results courtesy F. Schuetz)

New Product

NEW SUPPORT SYSTEM DECOMPRESSES & REALIGNS POWERLIFTERS' SPINE - Even with the best powerlifting technique, heavy squats and deadlifts compress and shorten the spine. The new DiAbs TM Posture Rejuvenation Mat introduces a scientific dual back support system, with adjustable sacral and lower thoracic supports, to decompress the spine and restore proper spinal alignment. By elongating the spine, elevating the rib cage, and stabilizing the pelvis in a neutral position, the DiAbsTM Posture Rejuvenation Mat promotes the healthiest posture to enhance recovery from the spinal stress of powerlifting. In addition, proper breathing and pelvic positioning on the DiAbs TM Posture Rejuvenation Mat results in an eccentric (lengthening) contraction of the transversus abdominis (deep abdominals) as the diaphragm descends from its maximal raised position with each inhalation. This co-activation.of the diaphragm and transversus abdominis (DiAbs TM Training) is the key to stabilizing the spine when squatting and deadlifting. Until now, this important training component has been overlooked, and DiAbs TM co-activation is less than optimal in most individuals. The DiAbs TM Posture Rejuvenation Mat was developed by former Mayo Clinic physical therapist and author of the acclaimed textbook Posture: SittinG. Standing. Chair Design & Exercise (Springfield, Thomas, 1988), Dennis Zacharkow. Available at an introductory price of $69.95, the DiAbsTM Posture Rejuvenation Mat has a full one-year warranty. For more information, contact The Yoga Back Company at 1-800-SITTING (1-800-748-8464) or visit www.yogaback.com.

INZER
ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER

13mm lever belt $68
13mm buckle belt $70
10mm buckle or lever belt $58
Tapered buckle or lever belt $52

Choice of stiff leather for the firmest support or soft leather for immediate comfort.
Extra firm leather will conform over time for a permanent personal fit.
Soft leather will conform to your shape more quickly.
Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.
13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style
suede both sides, suede inside only, or smooth leather both sides.

- ZINC PLATED STEEL BUCKLE.
- TONGUE LOOP RIVETED NOT SEWN.
- LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.
- SAME RIVETS AS USED ON THE SPACE SHUTTLE.
- Highest quality suede provides non-slip surface.
- NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.
- New, closer prong holes for more choice in precise fitting.

INZER

WE MAKE POWER GEAR A SCIENCE

1-800-222-6897

INZER®

POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit

All-Direction Traction Bottom

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

SOLE MOLDED TO PERFECTION

INZER POWER SHOE $119.95

Available in solid white with scarlet red logo. Solid black available soon. Sizes 4 1/2 - 15

INZER® ADVANCE DESIGNS

The World Leader In Powerlifting Apparel

P.O. Box 2981 • Longview, Texas 75606

800-222-6897 • 903-236-4012