

# POWERLIFTING USA

VOL.26 NO.12

AUG/2003 \$3.50

\$4.50 in Canada

804 ✓

821 ✓

825 ✓

832 ✓

875 ✓

MENDY  
GOES  
WILD!

FORZA



08

**ALL BELTS**  
Made in the  
**USA**

**Cardillo**

310 DL \$69.95

410 GL3 \$109.95

410 GL1 \$89.95

475 GLB \$74.95



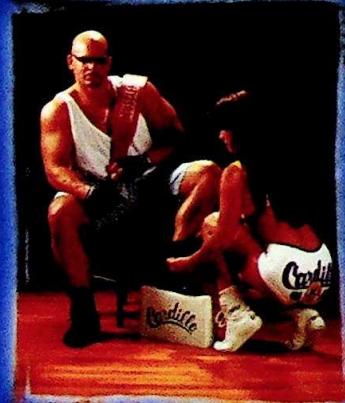
**ORDER ONLY:**  
**1-800-382-8081**  
FOR A FREE CATALOG CALL:  
**1-800-272-BELT**



Check or Money Order

**ALL BELTS**  
Made in the  
**USA**

PRICES DO NOT INCLUDE SHIPPING



**Cardillo**

also offers footwear, wraps, straps,  
clothing apparel and more!

**WWW.CARDILLOUSA.COM**



**AMERICAN NUTRITION CENTER**  
718 Broadway, Everett, MA

ULTIMATE  
NUTRITION

**AMERICAN NUTRITION CENTER**  
718 Broadway, Everett, MA

**SPECTRUM**

**EAS**

**FROLAP**

**CYTODYNE  
TECHNOLOGIES**

**TWINLAB**

**LABRADA**

**BIO TEST**

**TEST**

**Wholesale to the PUBLIC**  
Guaranteed LOWEST Prices...FREE gift with purchase!  
**americannutritioncenter.com**

# 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

FOR YOUR  
PROTECTIVE  
SEAL

**Introductory  
Offer**

One Time Saving

**15%**  
Off MSRP

Mention this Ad to receive  
discount when placing order



**Just got Better**

**100% Pure Compound  
Now in Capsules**

WHOLESALEERS WELCOME



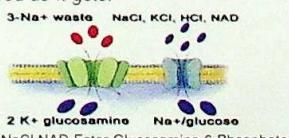
Todd Margolis, Rob Fletcher and Relson Gracie

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."



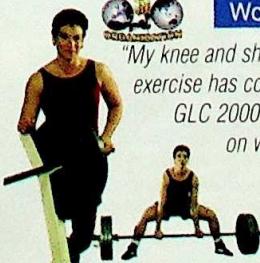
GLC 2000 is the ONLY joint supplement strong enough for the World Powerlifting Organization and strong enough for you.



**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."



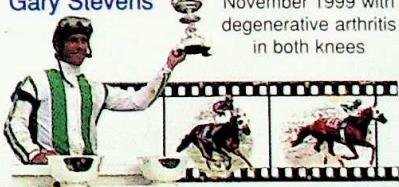
# NO PAIN

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

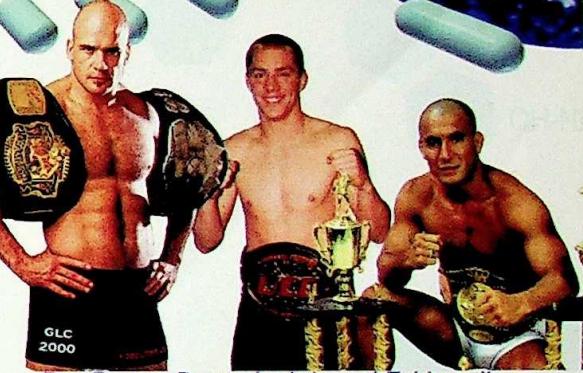
## GLC 2000

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



**Bas Rutten, Duane Ludwig and Fabiano Iha  
100% Pure Pharmaceutical grade powder**

**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

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

**GLC 2000**

**3 MONTH SUPPLY 6.37g**

**\$ .28 ea 3.57g**

**\$ .30 ea 3.23g**

**\$ .55 ea 1.79g**

**\$ .16  
per gram**

\*based on suggested retail price

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, 1 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 26, Number 12 - August 2003 -

|                                    |                          |    |
|------------------------------------|--------------------------|----|
| APF SR. NATIONALS .....            | Herb Glossbrenner .....  | 5  |
| SCOT MENDELSON BENCHES 875.....    | Mike Lambert .....       | 8  |
| APF SR. NATIONAL BP.....           | Herb Glossbrenner.....   | 10 |
| NEW SQUAT RECORD.....              | Mike Lambert.....        | 12 |
| THE BENCH PRESS SHIRT.....         | Louie Simmons.....       | 14 |
| HARDCORE GYM #23.....              | Rick Brewer.....         | 17 |
| DR. JUDD.....                      | Judd Biasiotto Ph.D..... | 18 |
| DEADLIFT LOCKOUT POWER.....        | Doug Daniels.....        | 21 |
| POW!ER SCENE.....                  | Ned Low.....             | 23 |
| FORCE TRAINING.....                | Jim Wendler.....         | 24 |
| NUTRITION MISTAKES.....            | Anthony Ricciuto .....   | 26 |
| TEAM POWERLIFTING.....             | Mike Lambert .....       | 32 |
| WORKOUT OF THE MONTH.....          | Vince Anello .....       | 36 |
| USAPL MEN'S NATIONALS FLASH.....   | Mike Lambert.....        | 37 |
| BACK ISSUES .....                  |                          | 42 |
| COMING EVENTS .....                | Mike Lambert .....       | 49 |
| POWERLIFTING USA BACK ISSUES ..... |                          | 66 |
| UNCLASSIFIED ADS.....              |                          | 86 |
| TOP 100 114s.....                  | Mike Lambert.....        | 87 |

*ON THE COVER .... Scot Mendelson attempting 900 lbs. in the bench press at the Bench America show in Chicago, Illinois.*

Copyright 2003 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)

# 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 company's attempt at a premium suit 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 competitor's attempt at a stepped-up fabric is so light weight you can see right through it. (Instead of paying their premium 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 won't 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 competitor's attempt at a premium suit. Only Hardcore has Memory® 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 powerlifting world.

Built for all squat stances and styles. After you pull the crotch up and secure the Hardcore legs in place, the CoreLock® 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](http://inzernet.com)

800.222.6897 903.236.4012

# 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 Performance  
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



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



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

Maximum Strength  
Fat Burners

120 caps \$17  
2 bottles \$30



Pure Ribose  
100 grams \$20



Pure  
Tribulus Terrestris  
500mg/250 caps \$22.00



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

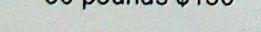
DEXTROSE

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

The 19th APF Senior Nationals were held in the Golden State for the first time. The spectacular Sheraton Hotel in Universal City, CA provided a high class setting worthy of such a prestigious event. Thanks to the Los Angeles Lifting Club, under the leadership of Joe Avigliano, whose meticulous planning months in advance made this event run as smooth as a Swiss watch. Joe's floor layout was perfect and he had his special planner Mark Herman to help out. Joe served as meet director ably assisted by wife Nance, who is a household word in PL circles. On hand to oversee this wonderful competition were the organization's two top emissaries: Ernie Frantz, founder of both the APF and WPC, along with Kieran Kidder to whom Ernie has passed the torch. I want to give a list of those others who worked so hard to make this meet a rousing success: Computer - Gail Marsh, Scorekeeper - Jo Rodifer, Emcee - Kieran Kidder, Technical

# APF SENIOR NATIONALS

*as reported for PL USA by Herb Grossbrenner*



**Some Powerful Ladies ....** (first row, left to right) Theresa Bostrom, Shawna Mendelson, Joyce Tackill; back row - Melissa Ortega, Amy Weisberger, Jill Mills, Becca Swanson, Kara Bohigian, Lisa Denison, Sonji Baldwin, Krista Ford. (photograph is by Powerlifting USA Magazine)

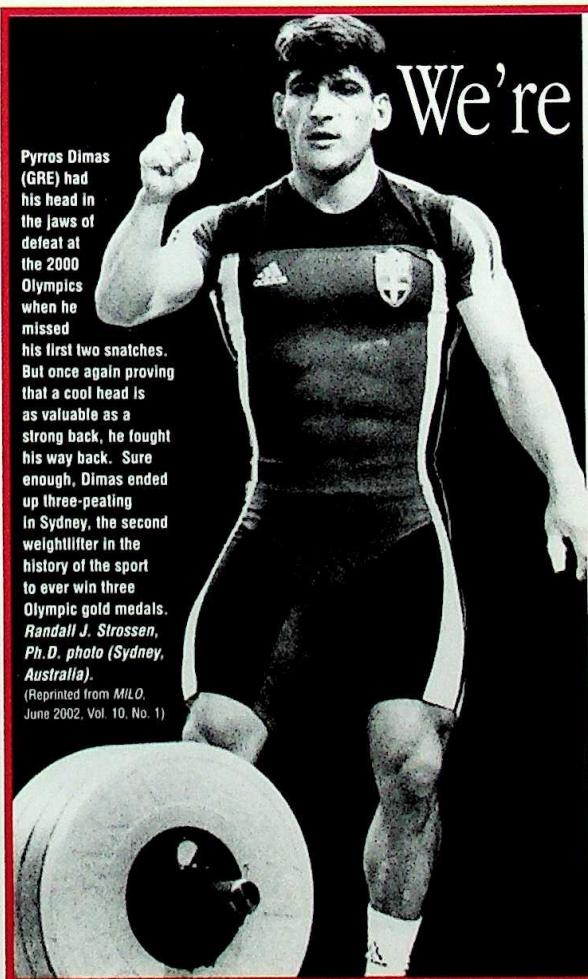
Director - Gordon Santee. Gordon was truly a godsend. The meet computer broke down, but Gordon had brought his own lap-top to the meet and saved the day. Projected

scoreboard tabulators: Scott Velliquette and Nicolai Meadori. Expeditor - Karl Rodifer. Doorman - John Casaccio. Spotters and loaders: Shay Aubuchon, Josh Arana,

Teddy Grant, Butch Pearson, Eamon McGwynn, Dan Madigan, Brian Delgado, Jason Greco, John Planas, and Lance Slaughter. The officials: Nance Avigliano, Bob Spaulding, Bob Packer, Maris Sternberg, and Gordon Santee. Two others sat in the hot seat and were tested for their International referees card: Ken Wheeler and John Ford. Lori Haro and Patty Morales ran the LALC Booth in Back. It was easy to locate with the big INZER ADVANCE DESIGNS banner right above it! Thanks to John Inzer, who was a major sponsor and contributor.

Everyone began warming up as the golden rays of sunshine broke through the overcast skies in L.A. The women would take center stage first and before it was done, things would be HOT! HOT! HOT! It was a dazzling display of female

phenoms. As a total unit, the women upstaged the men. There were a number of new faces with incredible talent emerging. Sixteen World Records were shattered by four dif-



Pyrros Dimas (GRE) had his head in the jaws of defeat at the 2000 Olympics when he missed his first two snatches. But once again proving that a cool head is as valuable as a strong back, he fought his way back. Sure enough, Dimas ended up three-peating in Sydney, the second weightlifter in the history of the sport to ever win three Olympic gold medals. *Randall J. Strossen, Ph.D. photo (Sydney, Australia).* (Reprinted from MILO, June 2002, Vol. 10, No. 1)

## We're Number One . . .

### MILO: A Journal For Serious Strength Athletes

is in a class by itself: 128 pages packed with the information and inspiration to help you lift more, pull harder, throw farther. Olympic lifting, Highland Games, arm wrestling, strongman, all-round, powerlifting, and much more. Soft cover book format, no interior ads, and not the kind of thing you'd be embarrassed to be seen reading in public, MILO features authors and photographers who are among the most respected names in the field, bringing you stories and pictures you won't find anywhere else. From Olympic gold medalists to back-yard heroes, if strength is your passion, MILO is your magazine.

No. 1282 One year subscription (4 books, published in March, June, September, December), 128 pp. each

USA \$39.95 postpaid (CA residents \$42.90); Canada/Mexico US\$45.95 airmail; all others US\$59.95 airmail

**IRONMIND®**

Stronger minds, stronger bodies™

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

ferent ladies.

105 - In only her 2nd ever competition LALC's Theresa Bostrom, 23, stalked the barbell like a cat would a canary. She came in the lightest of all (47.15 kg/103.95 lb.) but handled big weights as though she were a seasoned veteran. SQ - 253, then 281, before misgrooving 303, her final try. Plans to try for an AWPCWR 314 on a 4th were thwarted when the attempt wasn't turned in before the statute of limitations had expired. Theresa has perfect leverage for all the lifts. She BPed her opener with 126, but two tries with 137 came up just shy. All 3 DLs - 236, which left a lot in reserve - a 644 TOT gave her a Sr. National Title. No contestants among the women this year in the 114, 123, nor 132 lb. classes. Last year Nichelle Whitfield, 14, of the LALC won the hearts of everyone becoming the youngest Sr. National champ ever (winning @ 123). She's retired from PL, for a while anyway, to concentrate on her academics and pursue track & field on the JHS freshman team. She told me that she'd eventually get back to PL.

Who could possibly forget the tremendous battle at 132 in York, PA last year, between two of the premier ladies in Women's PL. It was Amy Weisberger vs. Nance Avigliano in a titanic struggle with Nance pulling off an upset. Nance was present, scrutinizing the other girls from the official's seat. Amy was also here, but chose to do the BP only event, which I'll report separately.

148 - the winningest women's champ in APF history. Mariah Liggett, now 44, won her 15th national title last year in York. She was absent from this year's lineup. Nancy Dangerfield, 46, a 3 time Srs. champ herself as well as the DL WR holder in this class, was missing also. This year we had three newcomers to fill the void. In 3rd place was Cathy Caggiano, 41, a fitness trainer from Garden City, NY. Cathy impressed us in her APF Senior's debut: 380 SQ, 225 BP, 347 DL for a 953 TOT. Sonji Baldwin, 34, a black law enforcement officer from Norcross, CA was a bundle of explosive energy on the platform, as she ripped through her attempts like a knife through butter. Her final 418 SQ was executed with strength to spare. In the BP, she smashed up 259, looking good for more also. Baldwin finished with 407 DL, TOT - 1085.7, a 9-9 perfect day. The class winner was another new talent soaring into prominence. Melissa Ortega, 25, hails from San Antonio, TX, and she's a gymnastics teacher. Melissa ranked 8th nationally last year @ 148 with her best result coming 09 NOV: 369 SQ, 236 BP, 402 DL, TOT 1008. Melissa, in her zealous enthusiasm, beat the commerce signal with her big 429 opener, but got credit anyway. 2-1. She nailed 440.9, another big



Kara Bohigian was stunning in the bench press --- 363 lbs. @ 165!

lift, on her 2nd. She tried 485 - a huge final lift, but got pinned. Melissa misgrooved a 275 BP opener, then increased to 286 - good lift. Her final lift of 303 was huge! She missed, but what a try! Her DL was just as impressive. She womanhandled both 429 and 451, but couldn't complete a 462 final lift. TOTAL - 1179.4.

165 - this was yet another sensational class, where every single woman came in and exceeded their personal bests. Kimberly Packer, 41, a beautician from Oakhurst, CA, undergoes a total metamorphosis on the platform. Her hair goes sticking out every which way, and she has that "Where am I, and what am I doing here?" look in her eye. Don't let that look fool you. That's her game face. She SQed 396 good; took a PR and CA State Record 424 deep, but couldn't straighten at the top. Chalk up a 3rd attempt 181.9 BP personal record for her, fought out with grim determination. Her 352 2nd DL gave her 5th place with a 931 TOT. Finishing in 4th was Lisa Denison, 34, a Finance Technician from Bakersfield, CA. Lisa participates in other major organizations as well. Hubby Steve, a good PLer also, wasn't there to coach her (on military duty in Alaska)! Lisa grabbed the bull by the horns, and - using her long body levers - she fulcrumed the big weights right into final lock-tight completion: her 418.9 final SQ made her look good for 440 - to me. BP 176, and then a 391.3 2nd DL was done snappily. Her TOT of 986 was a 33-39 state record. She would have liked to have broken the thousand TOT barrier and could have, but got a mental block with 407.

Joyce Tacktil, 48, is a registered nurse from Oceanside, NY. I saw her compete in her first National meet as a beginner only a few short years ago, and she has blossomed into a seasoned veteran. Joyce sailed through her SQs - 413 was a PR. In the BP she really rose to the occasion: 2nd attempt - 303 - a WPC 45-49 WR, exceeding the

mark of 286 held by Susan Stroud of Texas. Tacktil pulled 386, missed 402 - TOT - 500 kg. for the first time (1102.3). Julia Scanlon, 27, is an Assistant Freight Exporter from Glen Burnie, MD. She is the defending champ from last year, where she posted a tremendous TOT of 1284 (501 330 451) weighing a mere 151.74 lbs. Julie has a new boyfriend/coach, none other than PL legend (now retired) Capt. Kirk Karwoski. Kirk helps run his family printing business these days and enjoys coaching PL as a diversion. Kirk was an USPF multi-time USPF Senior champ, as well as IPF World Champion and is still the IPF World Record holder SQ at 275 with 1003 done in 1995. Julia is at 165 for good now and scored her best TOT last NOV (1320). Her best individual lifts of 530 SQ, 350 BP and a 473 DL add up to a whopping 1353! The big surprise is Scanlon had a powerful new challenger:

Kara Bohigian, a 28 year old from Marietta, GA, who makes her living as an on-line boutique owner. The former USAPL National Champ came in with previous best lifts of 402 SQ, 260 BP, 429 DL and 1064 TOT @ 148. Moving up a weight class, she made her APF debut last Nov. 30th. There she posted most impressive lifts of 501 SQ, 303 BP and 501 DL for a big 1306 TOT. It looked to be too close of a match up on paper to predict who would win here. What I hadn't figured on was that both ladies had made astronomical improvements.

Scanlon SQed on 490 her first,

then ground through the sticking point, showing some difficulty, with a PR 540.

Bohigian responded with a 501 opener that appeared to be almost effortless - and way deep. She followed with 529, and made that look like a toy. For her 3rd Kara went to 551 - sat low and came right up - for a 2W success. Scanlon took the same 551 for her final attempt - got pinned - no lift. On to the BP. This was Julia's pet lift, and she hoped to make up her 11 lb. deficit here.

Bohigian came in at a surprising 325. Too high a start? Frayed knot! She blew it up like tissue paper. Kara is quite the BP technician, she arches like a bow and gets everything she can out of her open backed INZER double denim! Scanlon, bidding her time, came in at 330.6 - a huge opener as well - and negotiated it strongly. Kara has a rock solid power base, plants herself, assumes her big arch, and when her 2nd attempt - a monster 352 - touched down, it exploded like a rocket and locked out with the twinkling of her eye. Pow! Good lift. Back to Scanlon. She took the same 352 - misgrooved. This put her in a pressure situation. Bohigian was like a shark tasting blood and rushed in for another disabling blow. She called for 363 and ground it right up for another good lift. Just unbelievable! Scanlon, in desperation, focused in and nailed her 352 final try. Good job and a PR. Subtotals showed Bohigian leading 914 to 892. We were no longer sniffing an upset, it seemed imminent. Bohigian was superior in the DL, but Scanlon had the lighter bodyweight advantage - 71.40 to Kara's 73.75 kg. Julia lifted 446 (her opener) had 1339.3 (a PR)! Kara came in at 473. With her nifty sumo style, she snapped it up like a broomstick giving her 630 kg. (1388.9 lbs.). Scanlon refused to roll over, a fighter to the bitter end. Up to 479 - good lift. She had 622.5 kg. now (1372.3). With her concentration razor sharp, Kara came out for 501 on her second attempt, focused, and zapped it up so quickly I barely had time to snap the shutter of my camera. Talk about explosive! Kara was formerly an Olympic Lifter, nationally ranked too. Bohigian now had 1425.47! This lift catapulted her to 5th officially on the All Time Women's world list, and the 5th to surpass the 1400 barrier in this category. Final lifts for these two: Scanlon tackled 501 also, going for 1394. She almost had it, stalling near completion. Kara tried 518 on her last one, going for 650 kg. TOT (1433 in lbs.), but it didn't go. Bohigian, all smiles, told me, "I'm here to stay" (in the APF).

181 - never have three ladies in the same contest posted such tremendous lifts. Krista Ford, 36, from Stone Mountain, GA, the defending APF and many times Women's WPC champ, has been continually plagued by a damaged rotator cuff. Thus, she's 70 lbs. off her BP best; a big handicap in the tough company she faced here. Three SQs - 457, 512, and finally 551 - a PR as well as a 33-39 WPC WR, bettering her own mark. In the BP, she lifted gingerly finishing with an easy-looking 242. She's done 314 a few years ago. In the DL, Krista worked up to another PR, a magnificently hard fought 551, the biggest pull in her class. Krista finished 3rd, de-

spite achieving a PR TOT of 1344.8 (610 kg) which broke her own age group WPC world mark of 1306 that she'd established last year. Nine lifts - nine successes. Bravo!

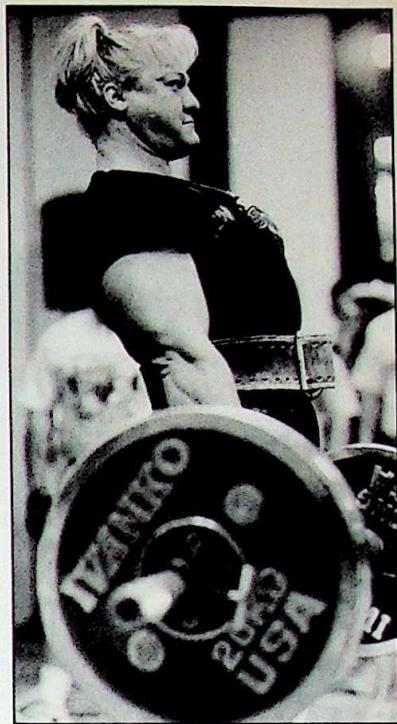
The silver medal went to Annie Rivieccio, 40, from Dallas, PA. She's a professional bodybuilder and personal trainer, who has her own website. She did her first PL meet ever a month prior, winning the APF 40-44 Masters title in Daytona with impressive results: 451 SQ, 303 BP, and 402 DL for 1157. It was only the tip of the iceberg as she dramatically improved here: she opened at a 407 SQ, and topped that with two deep dunks: 507 and 540. Both lifts shattered the 485 40-44 WPC World Record belonging to Debra Earney (USA). Annie opened her benches with 314 - a PR - EZ. Next Rivieccio attempted 336 and blasted it right up. But, no! Not good because she beat the press signal. Undaunted, she increased to 347 on her final attempt and blasted it home. No doubt this time - good lift. In the DL, Annie managed all three with nary a hitch - 473 final try. Her TOT was a whopping 617.5 kg (1361.35). I got Annie to admit afterwards that maybe her future does lie in PL not BB. What kind of lifter would it take to top this amazing performance? The answer to that would be the WORLD'S STRONGEST WOMAN competition winner Jill Mills, 31, a personal trainer from San Antonio, TX. Formerly a rawlifter, shodden the equipment and pumped some prodigious poundages here. She modestly manhandled monster weights, seemingly with the greatest of ease: SQ - 518, 545, and finally 573, forging right through

the sticking point - good for more. I'll go out on a limb and say that I believe she will eventually surpass Tamara Grimwood's 620 ultimate dunk for 181ers! BP - a 347.2 opener was blasted right up (does 325 sans shirt). Because of a double pump, Jill was forced to repeat her 363, but got it well on a 3rd. Deadlift: easy as pie - 485, 529, and finally 540 - TOT 1477. I think she's capable of reaching 700 kg. TOT (1543.2) before long.. I think Jill has decided to put the strength stuff aside to concentrate on PL. If she does, some stupendous lifts lie in the not so distant future.

198 - another fresh new face with a family link of genetic superiority. Shawna Mendelson, 30, is from West Hempstead, NY, and works a recruiter by profession. Iron Island lifter/coach Chris Taylor recruited her 14 months ago when he learned she was big bencher Scot Mendelson's sister. After she had seen big bro Scot in action, Shawna decided she wanted to try to bandy big barbells herself. After only a year of work she came here in only her 2nd competition to show that strength runs in the family. She came in at 198 lbs. and buried her SQs of 424, and then 457, and shot them out of the hole - standing up easily. With a 485 final lift, the elevator button got stuck and she stayed down in the basement. No wonder Scot refers to her as his "Mini-me", in the bench press, her style is almost identical, foot placement setup and everything: 237, 253, and finally 275. She pulled 2, missing 402, for a TOT of 1085. She's the 2003 APF Sr. National Champion and she's just getting started.

198+ - Rebecca Swanson just keeps wanting to break more and more records. She's already lifted more than any Woman in the History of PL and if I call her the 'Strongest Woman who ever lived' who could refute this claim? She came into this meet with the highest ever SQ 744, DL 628, and TOT (1725) ever achieved by a woman. She weighed 224.54 here and the 29 year old six footer from Omaha, NE, put on a dazzling display of strength here that left us wagging our heads in disbelief. She opened with a 705.4 SQ - nothing to it. Next came the first of the 8 WPC Women's Open Records she shattered here (all her own to begin with). That second attempt with 749.6 was good. Subsequently, she came up with a mind-boggling 771, but that was ruled inadequate, depthwise. Becca was fast and explosive in the last two disciplines and actually looked as if she had more in reserve. Wow! Her benches were crisp, smooth, and fast: 374, 396, 402! The latter two were WPC WRs and her first lift over 400. On a 4th, she did 407, which looked every bit as strong and easy. Her DL was phenomenal! Her opener - 589.7 gave her 790 kg (1741.6), a WR TOT right from the start. The second attempt was 611.8, which gave her the magic 800 kgs. (1763.7), a huge barrier, now achieved by a woman. Her final lift was a WR pull of 282.5 (622.8), a lift which exceeded her own WR of 617.4 achieved last Feb. She made it with power to spare - catapulting her TOT to an unheard of 805 kg (1774.72 lbs), which exceeds by 49 her best aggregate of 1725.11 done at the WPO Finals, four months earlier. Now she stands within short striking distance of going over 1800 at her next outing (817.5/1802.27) Can you even imagine it? Rebecca called for a 4th attempt of 287.5 kg. (633.82). She pulled this up the easier than any of the previous three. She would've made 650, had she attempted that instead. Nothing to match her has ever been seen in the history of Women's PL. It is totally unimaginable that anyone will ever come along to surpass what she has already done, but perish the thought she's done, as she is really just getting started. Becca easily won the Women's Outstanding Lifter award using the Reshel Formula as criteria.

MEN - 123 - this year's title goes to Robert Leoni, 36, a personal trainer from Chicago, IL. He's a new recruit in the APF and a prize find. Weighing 121.36, Bob SQed to 363 - good - but got 2R with 402.

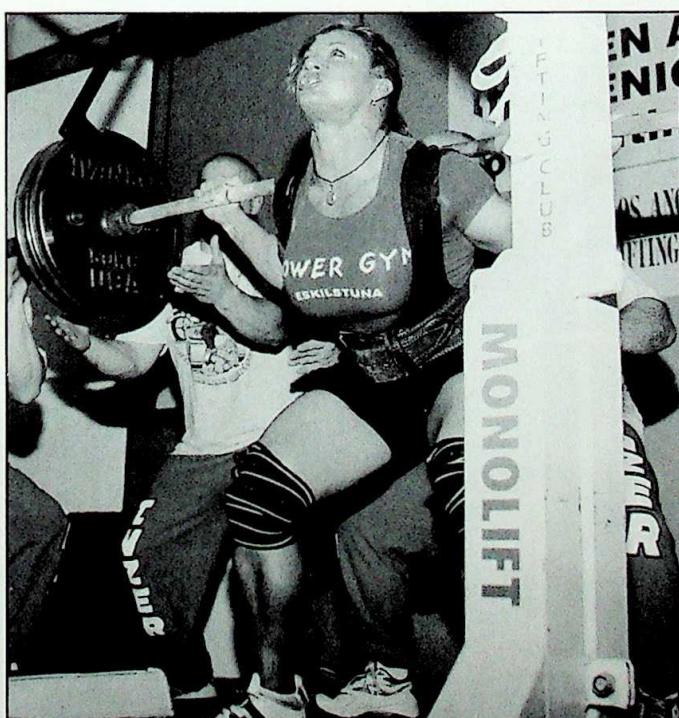


**Becca Swanson** -- spectacular in each lift

Jeepers-creepers he needed it deeper! BP 209, miss 231, DL (his favorite lift): 402, 429, then 205 kg. (451.9), a new 33-39 WPC WR no less! He even took a crack at a 468 (too heavy this time) on a 4th. TOT - 1030.6.

132 - Nori Kawasaki, a Las Vegas retiree (age 70) took the Open Srs. title uncontested. Nori recently lost his wife. Our heartfelt condolences to him and his family. Nori focused on doing some therapeutic big lifts here, and did just that. Years ago I dubbed him "Kamikaze" Kawasaki as he uses the drop squat technique: down fast and rebound from the bottom. Nori got 314, then popped a 70-74 WPC WR BP on his 3rd attempt (231.4). Not through yet, he pulled 402.3, another WPC age group WR as was his TOT of 942.4. He may well be the oldest man ever to win a men's OPEN title in the Senior Nationals of any association. How about that.

148 - Vincent Centauro, 24, from Elmont, NY took runner-up. He SQed 462, then missed depth with 507, and got pinned on his final. He made a 314 BP, and failed 325 - a 3rd. Three good DLs for Vince: 523! He TOT a PR best 590 kg (1300.7). First place went to teenage wonder Nick Hatch, 17, from Omaha, NE. He burst on the National scene last year in York, PA, registering a big 341.7 (4th attempt) in the BP competition at 132. He won the Nationals four weeks prior to this meet in Daytona, going: 584 (WR) SQ, 391 BP (WR, also a 402 WR on an extra try), plus a 457 DL for a 650 kg. (1433/yet another 16-17 WPC Age Group



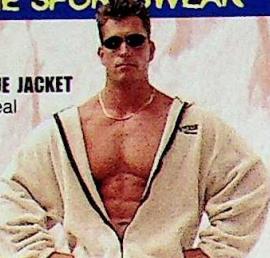
**World's Strongest Woman Winner Jill Mills** squatted HUGE - 573!

(article continued on page 80)

# PHYSIQUE

BODYWARE  
X-TREME SPORTSWEAR

**754. PHYSIQUE JACKET**  
Black, Oatmeal  
M/L, L/XL  
\$59.95



**719. SLINKY BODY SHIRT**  
California Blue  
Black, Grey, Red  
(also available in stripes; item #775)  
M/L, L/XL, XL/XXL  
\$29.95



**755. XTREME POWER TOP**  
Cement  
Burgundy  
ONE SIZE  
\$39.95



**776. LACE UP FLEX SHORT**  
Black, Grey  
Royal Blue  
S, M, L, XL  
\$29.95



**756. CHECKER FLEECE TOP**  
Black/Beige  
Hunter/Grey  
ONE SIZE  
\$39.95



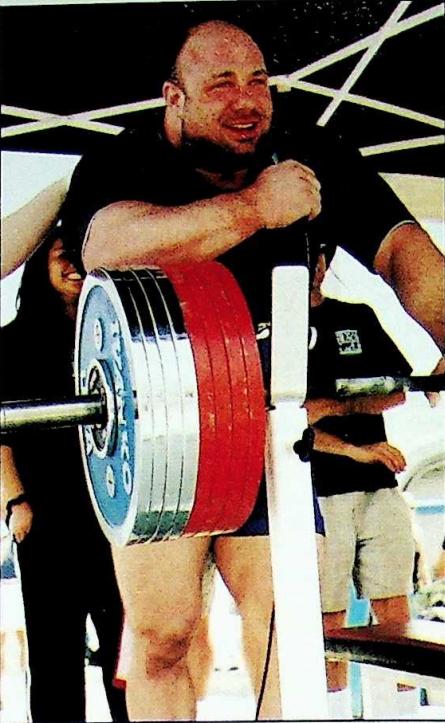
**725. Y-BACK STRINGER**  
Black, White  
Red, Yellow  
Grey, Blue  
M/L, XL/XXL  
\$14.95



**888.932.7488**  
**ORDERS ONLY PLEASE!**  
Free Catalog with order

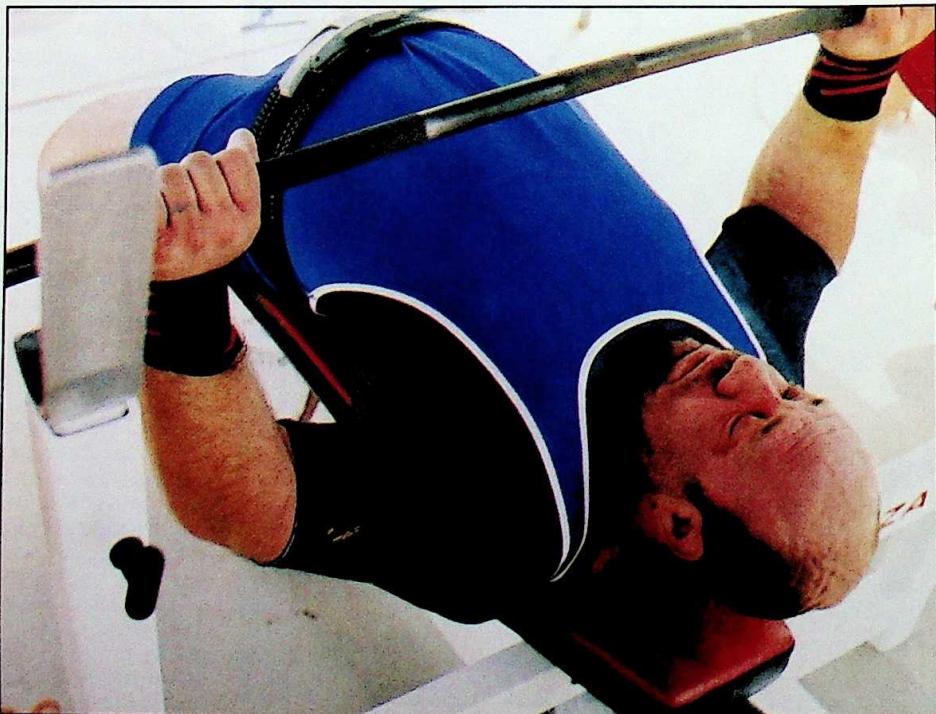
**PHYSIQUE BODYWARE**  
16 Birch Hill Drive, Poughkeepsie, NY 12603  
**845.473.4832 FOR CATALOGS**  
Shop secure online:  
[www.physiquebodywareusa.com](http://www.physiquebodywareusa.com)

**Scot Mendelson** ..... after making historic 804 and 821 lb. bench presses at the APF Senior Nationals on June 8th in Los Angeles (see page 16 of the July 2003 PL USA for photos), Scot jammed on to Chicago early to help promote Joe Mukite's Bench America competition on July 5th, which he intended to be his final contest before retiring (full report next issue!). The pre-meet demands of morning TV shows, etc. proved to be a bit taxing, as Scot opened there with an all time world record of 825 lbs., but missed it. He came back to shave that same weight up successfully (see a photo of that record lift in the ad, opposite page), and then went on to 875, an audacious weight, but one he had already made in training prior to the contest. It took too long to touch his chest and he didn't have the drive left to finish it off. Why not try .... NINE HUNDRED .... and that's what Mendy did on a 4th attempt, definitely moving the bar upward after another taxing effort to bring the bar to his chest, but it went halfway up and stalled (see this month's cover shot). With plenty of press left in him, but not officially on the record register, Scot looked around for one more contest in the Los Angeles area and found that the Muscle Beach Venice Deadlift meet, on July 12th, would accommodate his attempt at yet another all time world record BP, (or two!). Veteran Gordon Santee led the refereeing crew in making sure all was in readiness and on these legendary sands (where the likes of Paul Anderson and other Iron Game greats have left their marks decades before) Scot put his best effort on the books. After a short flight of deadlifters completed their attempts, Scot took center stage, opening yet again with an all time world record, this time 832, that was stunningly easy. From there it was on to 875. Scot was decisively stronger on this day, and rammed the Ivanko set to lockout for a two white light success. 900 was called for, one more time, and he drove this epochal poundage up solidly, but it quickly stalled and the spotters had to take it. I doubt that many of the throng of passersby that watched Scot's lifts truly realized the magnitude of what they had witnessed. The platform record at Muscle Beach Venice had been 815, but that was for a deadlift. Gordon Santee realized that



**BIG MENDY** thanks the crowd and retires!

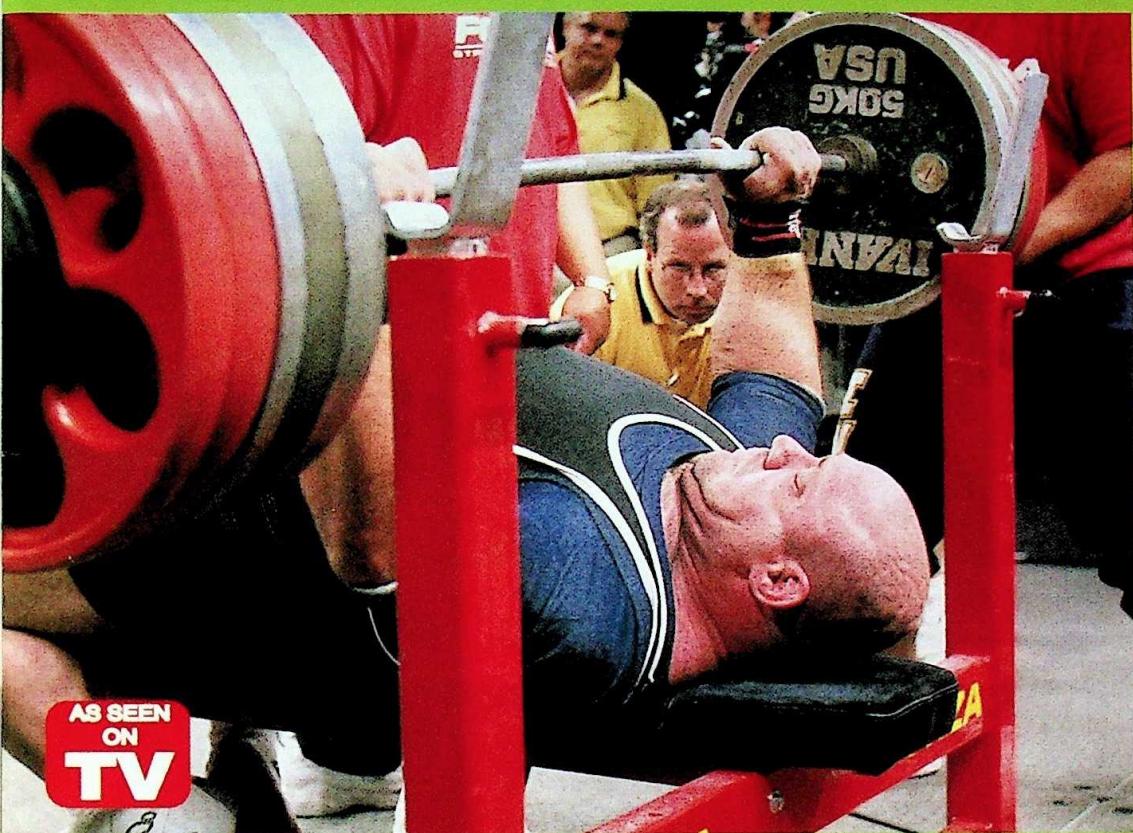
Scot had just benched more than he totaled in his first contest. (Michael Soong has since declared the lift to be the best bench press of all time, Schwartz or Wilkes formula). Scot grabbed the microphone afterwards and told the crowd of onlookers that was his last competitive lift, and that those other benchers would "have to come catch him". Of course, if someone would come up with a check for \$250,000 to compensate him, he might make a comeback .... as incredible as it seems, 900 is doable .... but only for Scot Mendelson. Now Scot is dedicating his attention to his loving family. (Ned Low was on hand to document these historic lifts for a future video presentation in *POW!ERLIFTER VIDEO* Magazine. Call 1-800-BARBELL for details!)



*Scot drives up the all time highest bench press in history .... 875 lbs. at Muscle Beach Venice.*

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

FREE Article!



**Scot Mendelson: World's #1 Bench-Presser**  
8 World Records and 825 lbs.—Speed = Power

## 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

**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 8 world records and a 825 lb. bench-press in competition. He has bench-pressed 900 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)

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 how-to article and full world champion training profiles, visit [www.bodyquicken.com](http://www.bodyquicken.com) today.*

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

**As featured on CBS:** 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 ever before possible. Forget creatine, forget ephedrine, and get the next generation of real-world results—get BodyQUICK. Experience the difference today...

**Call or visit now to try your risk-free 60-day trial!**

**1-800-647-6382 [www.bodyquicken.com](http://www.bodyquicken.com)**

**Distributors/Gyms Wanted: 1-866-532-7632 (Make \$20 a Bottle!)**

bodyquick



**Try our RISK-FREE TRIAL  
with 110% Money-Back  
Guarantee!**

Sixteen benchers from all over the country traveled to Universal City, California to participate in the American Powerlifting Federation Senior National Bench Press Championships. The event took place on Sunday, June 8, 2003, in conjunction with the Senior National Powerlifting Championships. This competition was the official qualifier for the World Powerlifting Congress Bench Press Championships to take place in November at the Stampede Center in Calgary, Alberta, Canada. The host state, California, attracted 7 entries, with nine other states having representatives - Nevada, Ohio, North Carolina, Tennessee, New Jersey, Michigan, New York, South Carolina, and Louisiana. The spectacular Sheraton Hotel was the meet site, with the Los Angeles Lifting Club running the event.

This event was destined to re-write the history books, change the record ledger, and decide that age old question - who really is the most prodigious, powerful, proficient, prominent, pulverizing presser of all-time. Such a monster was geared up here and ready to go. The biggest bench press in the entire history of the sport of powerlifting was brewing in a hot cauldron, slowly seething to the boiling point. When ready, the monster would come out and deliver something the world had never witnessed before.

The sole female contestant was Amy Weisberger, a 38 year old massage therapist from Columbus, OH. She's a three-lift National and World Champion many times. She weighed in here at 147.93 lb. and lifted her first at 286.6, then 319.6, and she went for a personal best 336.2 on a final try. She almost had it, until at the halfway point the bar stopped on its upward trajectory and bobbed like a rowboat in the middle of a lake. Eighty year old John Upton set a WR in the 3 lift competition for his 231.4 lift at 163.58 bodyweight. He was also entered in the bench press championships, so that result won him first in the Men's Open competition here. The 198 class featured a battle between two Golden State warriors: Scott Marcinek, 39, an engineer from Lake Forest, CA, went against Justus Owens, 43, a fitness trainer from Los Angeles, CA. The gold medal went to Marcinek with his 190 kg. (418.9) lift when Owens was unable to get his big 227.5 kg. (501.5) try to touch his chest after posting a modest 363.8 to garner runner-up silver. The 220lb. match up had five combatants: Steve

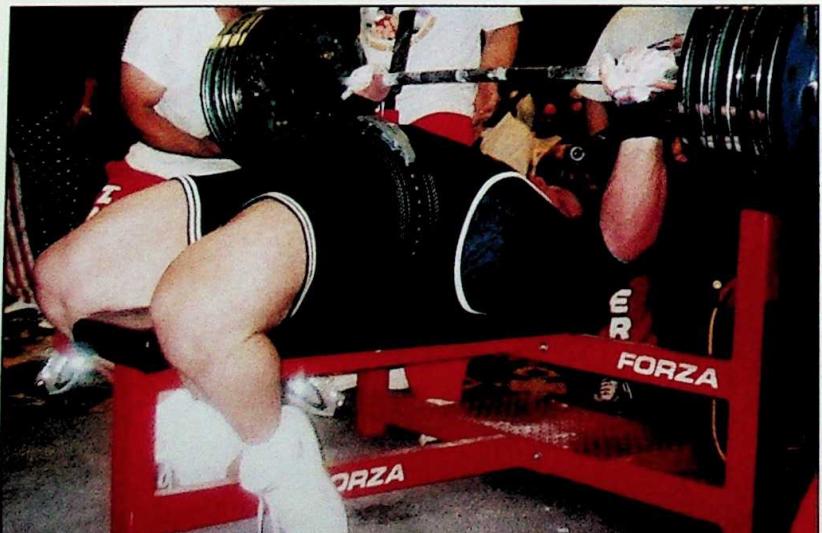
## APF SR. NATIONAL BENCH PRESS Scot Mendelson Unleashes a Monster 821! *as reported for PL USA by Herb Glossbrenner*



**Scot's Wife - Maricelle - offers up the traditional Mendelson wake up call**

Pena, 29, San Jose, CA is a blind lifter, and a certified massage therapist. Steve, who's guided to the bench by his father, made a strong 479.5 lift just missing his try with 501.5. Robert Abfalter, 31, a pipe-fitter from Fenton, MI snugged into his shirt and popped a nifty 523.6 on a repeat final lift. John Wardell, 35, from Harrington Park, NJ, owns a gym there. He's a top notch PLer (900 SQ) but injury forced him to compete in the BP only here. Coming in at 217.92 bwt. John aced

562.1, missing 600.7 twice, due to raising his hips from the bench. Two powerful men battled to decide who'd take home the 220 gold medal. Mark Carter, 43, owner of the Rush Fitness Center in Knoxville, TN looked like a sure winner when he established a WPC 40-44 single lift World Record on a second try 272.5 kg. (600.7). Chip Stewart, 28, his opponent, and also a gym owner (from Cornelius, NC) had already missed twice with 573.2 (his opener), and then with



**WPC Men's SHW Single Lift World Record - 821 by Scot Mendelson (Herb G.)**

the same 600.7 that Carter had succeeded with. Stewart could either go into the lead or bomb out. Chip came out to try 606.2 on his final lift and made a rousing success. Carter was forced to try 617.4 to win back the gold, but didn't make it. There were three combatants at 242. Ernest Anderson, 70, an old friend from Redwood Valley, CA posted a WPC WR for his age group, on a final try (380.3). He now holds the 242 class world record in three different age categories - is that something special? Ryan Girard, 27, of Santa Barbara, who is 43 years younger than Ernie, faced gut check time on his last and final try with 479.5. He pulled the fat from the fire to edge Ernie for 2nd place. The 242 winner turned out to be Ted O'Neill, 33, a trainer from San Ramon, CA. Ted stroked 501.5 (2nd) to claim the gold medal. Entered in the BP also was Powerlifter Chris Taylor's big 622.7 BP, which counted here as well as in the PL meet to win the 275 class as the only entrant. Two strong Superslifted before the big show. Garry Frank, the World's Strongest PLer, got 2nd place with 661.4, missing 733.1 Josh Cash from South Carolina bombed with 666.

The man that everyone had waited to see made his grand appearance. Scot Mendelson, 34, is a Strength and Fitness Trainer from Valley Glen, CA where he owns and operates his own gym. Scot's benching career has been short and sweet. In a period of only 3 years, he has made an astronomical rise and was poised on the threshold of delivering the most awesome display of upper body strength the world had ever seen. The first time I saw Scot was about this same time of year, three years ago in Burbank, CA. His debut was a dramatic one. Attempting 580 lbs. with a thumbless grip, he nearly had it when the bar fell from his hands, plummeting with sickening thud to his chest. A lesser man might not have survived, but Scot is not an ordinary human being. Not only did he survive, but he continued his ascent toward the top.

He won all titles at his disposal: APF Senior National Champ, two times WPC World Champ, and WPO Winner at the famous Arnold Classic (2002) in Columbus, OH. Records were smashed to oblivion. Scot established the present WPC World Record in the 308 class BP single lift with 766 in Canada. Last October he established an official lift of 782.6, a WPO World Record. He is the only man to lift in excess of 700 lbs., outside the North American continent. In 2001 he trav-

eled all the way to South Africa to post what was then a WR of 738.6 lbs. Then a new challenger appeared on the scene. Mendelson wanted to be the first man to post a lift in excess of 800 lbs., bona fide and undisputed. Ryan Kennelly, 29, from Moses Lake, Washington beat him to the punch when in an exhibition in Portland, OR weighing 295 lbs, on August 3, 2002, he hoisted 363.0 kilograms (800.278) a lift rendered good by a 2-1 decision. Actually, four years earlier, Anthony Clark, the 355 lb. Texan, employed the "reverse grip" palms forward style to be credited with 800 lbs. even (362.873). It was shrouded with great controversy. The video tape of Clark clearly showed that the lift was never locked out. What was done was done. This was the lift Mendelson was going for today, on the books as the WPC Superheavyweight Men's Single lift World Record. The first head to head match up between Kennelly and Mendelson took place at the 2002 Arnold Classic Bench Bash for Cash. Mendelson won out there and collected \$5000, hoisting 755 to Ryan's 738. Ready to break Ryan's all time lift at the big Bench Bash this past March, Scot had already done 805 twice in practice,

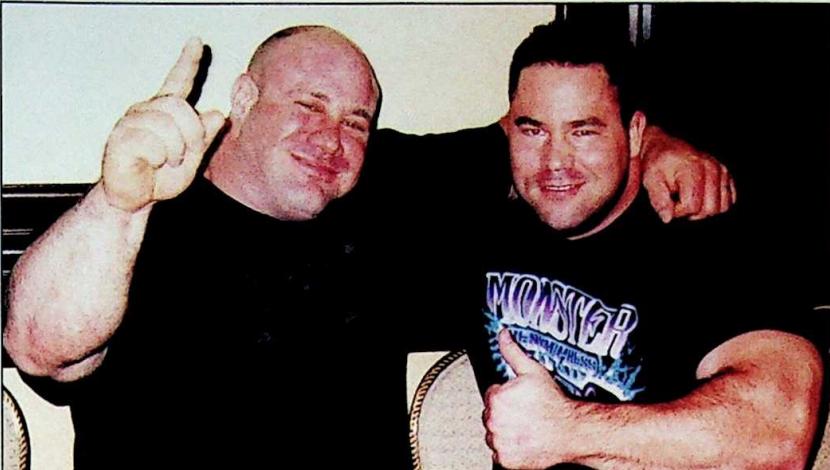
and opened with 366.0 kg. (806.89), but with two misses at this enormous weight he (almost got it) bombed out. Kennelly won by default, elevating 766 lbs. and missed

judged and accredited bench press of all time. No question about it, Kennelly's presence on this momentous occasion was a real class act of sportsmanship. Scot was

lb. Pennsylvanian Eugene Rychlak had been credited with a lift of 810 lbs. Mendelson was jacked to the max and "in the zone" when he came out to the roaring ovation of

the frenzied crowd. He situated himself with his shoulder blades tucked, and his feet cocked back, just the way he likes it. The massive load descended and touched down much easier this time. Came the press command, and with the explosive force of a 10 megaton nuclear device came the explosive lift-off. The monstrous load went upward in a smooth path, perfectly grooved, without hesitation straight to arms length and locked out strongly and completely without the slightest hint of strain. It seemed like long seconds passed as Scot held it firm. Santee shouted "rack". It was done and immediately three

whites came on. Wellwishers mobbed Scot. One of the first to reach him and shake his hand was Ryan Kennelly. Kennelly himself described the lift best in his own words - "indisputable". From the ease with which he made the lift, Scot was good for much more. He chose to waive his 3rd attempt, as his intentional plan all along was to do only two attempts and save himself for the upcoming BenchAmerica competition. This event was just one month away July 5th at the Allstate Arena in Chicago, IL. For Mendelson, it will be his swan song. After that meet, he will retire. Scot plans to leave his competitive career by posting a number that is so unbelievable that... well, you'll just have to be there to see for yourself. While others may have an asterisk beside their big lifts, one man will have a double exclamation mark behind his number. He has followed in the footsteps of the true immortals of the bench press. Hail the new undisputed King of the Monster Benchers - Scot Mendelson!



**Brothers of the Bench Press - Mendelson and Kennelly - 1600+ lbs. between them.**

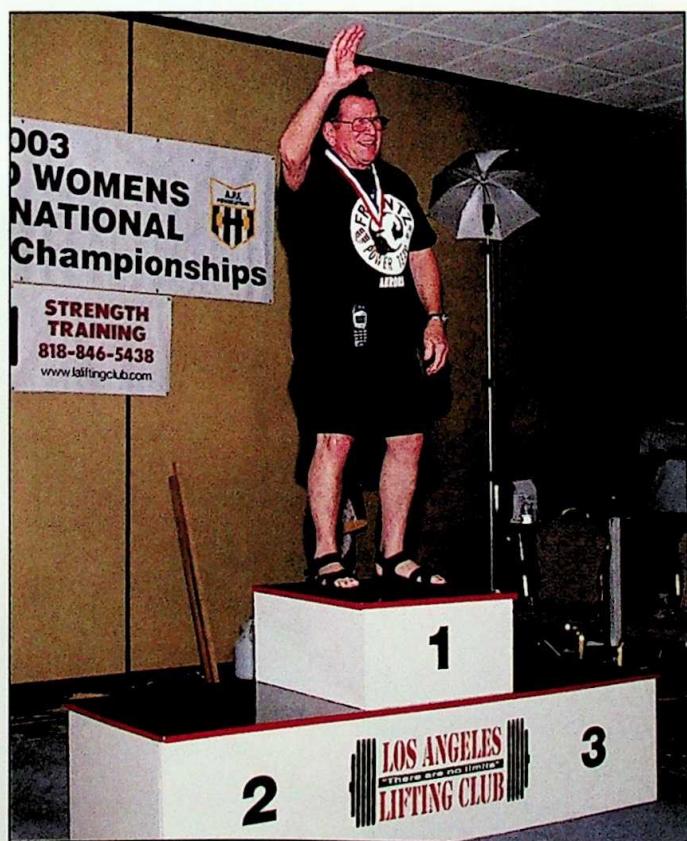
a try at 783.7 to break Scot's WPO WR.

Kennelly had recently torn a pec was unable to compete, otherwise they might have had their third and once and for all deciding rubber match here. In the surprise of surprises, Ryan Kennelly flew here to offer Scot moral support and encouragement in his quest to surpass Ryan's lift of 800.278, official or unofficial, the biggest officially

shocked, but was ready to rock!

Mendelson chose to open up with an incredible 365.0 kg. (804.7). He weighed in at 313 lbs. He was more than ready to demolish this weight. It was only the Monday before this competition, a mere 5 days earlier, that he'd done 805 not once, but twice, under paused contest conditions for the camera of Ned Low for *POWERLIFTER VIDEO Magazine*. Was that enough time to recuperate and do it officially here? We were about to find out! Mendelson came out to the roar of the fans who had packed the house. He got his customary face smacking from his wife, and then lay on the bench.

Scot wore a double denim one piece shirt fastened securely in the back. It was not open backed nor was it pulled down the shoulders. He got the lift off from John Ford, a 275 pounder from Daly City, CA. When he finally got the massive weight down to his chest, it actually rolled out of his hands forward. In a display of superhuman strength, having already received the signal to press, he re-grasped it, cocked his wrists, and shoved the weight upward. Even though his groove had been compromised, he muscled the massive weight to arms length and full lockout with brute strength only. Head referee Gordon Santee gave the rack command. Three white lights came on immediately, and the crowd went berserk. Scot got mobbed. After the melee settled down, Scot prepared for his 2nd attempt. How much more could he possibly do? The bar was loaded to a simply unbelievable 372.5 kilograms (821.2 lbs.). I didn't feel it necessary to tell Scot that the day before this (June 7) at the IPA Spectacular, a meet run by Mike Miller in Nazareth, PA, that the 350



**John Upton - eighty years young and living the Las Vegas lifestyle.**

| APF Senior Nationals Bench Press   |     |     |     |
|------------------------------------|-----|-----|-----|
| 7,8 June 2003 - Universal City, CA |     |     |     |
| <b>148</b>                         |     |     |     |
| Amy Weisberger                     | 286 | 319 | 336 |
| 165                                |     |     |     |
| John Upton                         | 203 | 220 | 231 |
| 198                                |     |     |     |
| Scott Marcinek                     | 418 | 462 | 462 |
| Justus Owens                       | 363 | 363 | 501 |
| 220                                |     |     |     |
| Chip Stewart                       | 573 | 600 | 606 |
| Mark Carter                        | 600 | 600 | 617 |
| John Wardell                       | 562 | 600 | 600 |
| John Abfalter                      | 512 | 523 | 523 |
| Steve Pena                         | 451 | 479 | 501 |
| 242                                |     |     |     |
| Ted O'Neill                        | 473 | 501 | 512 |
| Ryan Girard                        | 479 | 479 | 479 |
| Ernest Anderson                    | 363 | 380 | 380 |
| 275                                |     |     |     |
| Christian Taylor                   | 589 | 622 | 639 |
| SHW                                |     |     |     |
| Scot Mendelson                     | 804 | 821 | --- |
| Garry Frank                        | 661 | 733 | 755 |
| Joshua Cash                        | 628 | 666 | 666 |

## New All Time Squat Record by Brent Mikesell



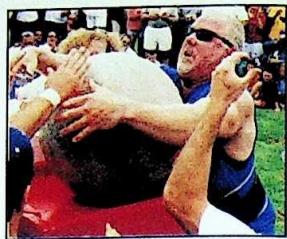
1107lb. squat ... at the APF West Coast Open ... after squatting 1103 soon after Steve Goggins broke the 1100 barrier, Brent Mikesell has bumped the all time record up again. (a Brian Baertlein photograph)

## Brian Siders wins the overall title at the Mountaineer Cup



Before defending his USAPL Men's National title, Brian Siders won the Mountaineer Cup. (W. Morris)

## Battle of the Beasts



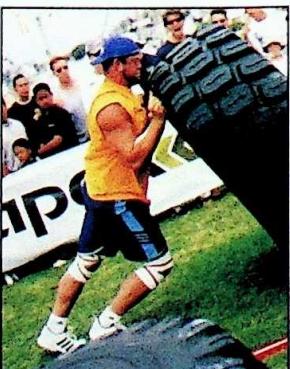
Meet Promoter and Crowd Favorite (at 53!), Odd Haugen was the first man to complete the 5th Stone of Strength.



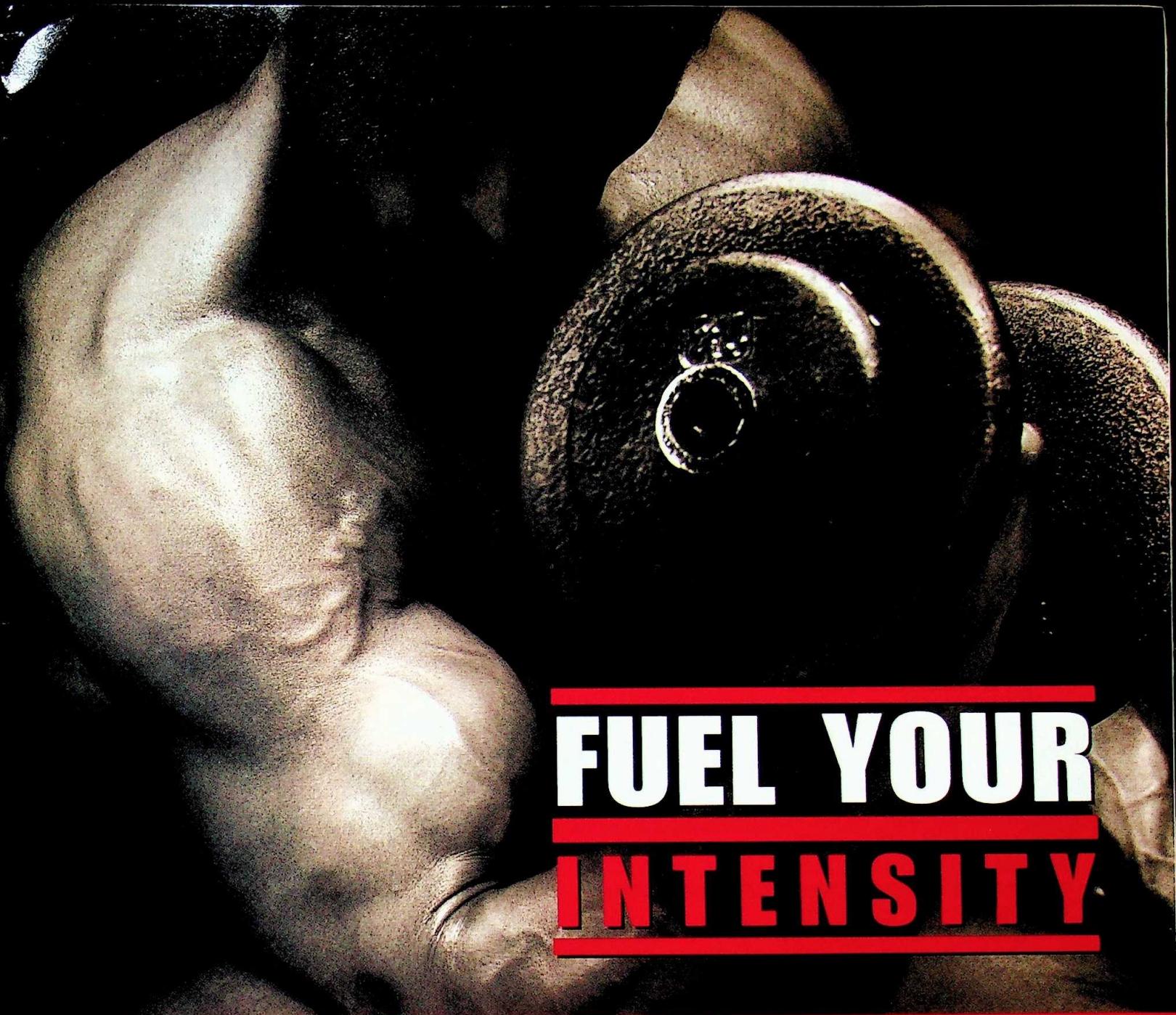
Mark Philippi pulled awesomely well. (Karl Gillingham tore his bicep in this event)



Phil Pfister had won all 4 previous qualifiers for the pro USA strongman championship.



Jesse Marunde was super fast in the tire flip event and won the overall contest, sponsored by GNC. (Perhaps this contest will be nationally televised next year on the FOX Network).



# FUEL YOUR INTENSITY

**BACK IT WITH  
SCIENTIFIC  
RESEARCH**

**PRO PERFORMANCE® CREATINE SERUM. DEMAND THE BEST.**

Introducing GNC Pro Performance® Creatine Serum—the creatine tested to ensure what's listed on the label is what is inside the bottle, so you can be confident it will deliver the creatine your body craves to fuel your intensity and improve your training. This scientifically formulated liquid delivery system helps restore creatine levels after your workouts—when your muscles need it the most. From GNC—the undisputed leader in sports nutrition.

- Provides 2.5 grams of creatine per serving
- Tested for label accuracy
- Pre-mixed, dropper liquid for quick and easy use



**GNC**

**PRO PERFORMANCE® ELITE SERIES**

Go to [WWW.GNCPROPERFORMANCE.COM](http://WWW.GNCPROPERFORMANCE.COM) and get your FREE Fitness Planner.

And, stay on top of sports nutrition • Get the latest on bodybuilding events • Receive special offers • Read articles and "Ask the Experts"

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. Exclusively at GNC. Call toll free 1-800-477-4462 or visit [www.gnc.com](http://www.gnc.com) for the GNC location nearest you. ©2003 General Nutrition Centers. May not be available outside the U.S.

# TRAINING

## The Bench Press Shirt

as told to Powerlifting USA by Louie Simmons

There's always a lot of talk today about the bench shirt. In the beginning, everyone welcomed it on the scene. Unfortunately, bench shirts provided only a small increase over one's raw bench record.

That was the 1980s. In the late 1990s, shirts became much stronger. As the shirts got better, the

bench records started to move up little by little. Working with Inzer Advance Designs, Kenny Patterson helped refine the denim shirt. They developed the radical cut shirt. The records then started going up and up.

Todd Brock had a 480 bench and was stuck. After wearing an

..... "Now that the secret's out, we're all even, right? I just told you how to kick our ass. If you don't do it, it's your problem, fool." ....

Inzer radical cut shirt, he skyrocketed to 540 in the same weight class.

Then Phil Guarino had the insight to cut the back of the shirt, making it an opened-back version. What an innovation that was. I helped him warm up at a Bash for Cash, one

of Kieran Kidder's meets, in Daytona, some years ago. After Phil warmed up, he amazed me with a 661. I knew then he had a great idea.

Vanessa Schwenker, a 132 pound woman, had a 260 bench. We went to a bench meet and somehow the back of her shirt tore completely. She didn't have a backup shirt and had to use the torn one. She benched 290, a PR. We felt lucky. When she got back home, she had the shirt sewn back together, but meet after meet she never made more than 260. She eventually retired, and it wasn't until a year later that we realized it was the open-backed shirt that increased her bench.

Now we know that the open-backed Inzer shirts are the best. Just look at the big money meets and see what they're wearing. Looking back, I am amazed how Phil mastered that shirt.

Like a fast race car, these shirts are hard to master. I took Todd for a ride in my 1960 Corvette, and it made him sick. At the time, the car went 10.70 seconds in the quarter mile with about 475 horsepower. It seemed fast, but not for long. I got bored and added nitrous to the 355 Chevy. It went 9.40 in the quarter mile with 800 hp. Again, that seemed slow to me, so I put a 404 motor and soon made an 8.60 pass. My reflexes were matching the car's horsepower, now about 1000. You guessed it, I got bored again. So a 598 with 1050 hp on motor and 525 on nitrous was added. It went 7.90, 175 m.p.h.. So what's the point of all this? Had I started with a 7.90 car, I would be dead, and Todd would be real sick. My reflexes would not have matched the strength of the car. That same thing happens to lifters. They try shirts that are much stronger than they are.

Oh yes, and there are people who think the shirt is doing everything. They're wrong. At Westside we have held the all-time best in the bench at 132, 198, 220, 242, 275, and 308 at one time or another. Why didn't the rest of us put on their shirts and bench the same? We were not strong enough. You've got to have the right size bait for a particular size fish. The same is true for

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

## FORCE TRAINING

**LOUIE SIMMONS**

NATIONALLY RENOWNED  
POWERLIFTING COACH

**KENT JOHNSTON**

STRENGTH & CONDITIONING COACH  
SEATTLE SEAHAWKS  
GREEN BAY PACKERS 1992-1998

**LOUIE AND KENT INTRODUCE YOU TO  
"FORCE TRAINING" A NEW APPROACH TO  
TRAINING THE POWER ATHLETE**

PACKAGE INCLUDES: 2 HOUR VIDEO PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

- \* WEIGHT TRAINING
- \* LATERAL SPEED
- \* SPEED
- \* ANAEROBIC CONDITIONING
- \* BOX SQUATTING
- \* CHAIN UTILIZATION
- \* SPORTS SPECIFIC TRAINING
- \* SLED UTILIZATION

- \* PLYOMETRICS
- \* ACCELERATION
- \* MEDICINE BALL
- \* SANDBAG TRAINING
- \* FLEXIBILITY
- \* JUMP ROPES
- \* POWER ENDURANCE
- \* FOOT FREQUENCY

PLUS: A 60 PAGE MANUAL WITH EXAMPLE PROGRAMS FOR THE FOLLOWING SPORTS: FOOTBALL, BASKETBALL, BASEBALL, SOCCER, HOCKEY, WRESTLING, TRACK AND FIELD, TENNIS, VOLLEYBALL, BODYBUILDING AND BOXING.

**INCLUDED IS A SECTION ON APPLICATION OF FORCE TRAINING AT THE HIGH SCHOOL LEVEL.**

VIDEO \$69.95

MANUAL \$19.95

PLUS SHIPPING AND HANDLING

**TO ORDER 1-800-411-4352**

**Visa / MC accepted**

bench shirts.

How do you master a bench shirt? Most lifters don't know how to use one correctly. Dan Cummings visited from Iowa and trained with Becca Swanson. He stayed a week. His best bench was 600. On max effort day, I saw him work out, and I felt he was closer to a 700 bench. He disagreed with me. The next workout, we worked with him, and in a span of 45 minutes he made 665. Not bad, huh?

I did a seminar in Tennessee for my good friends Tony Hutson and Brent Tracy. We worked with eight guys and seven got new PRs. Here's how we did it, using Brent's workout as an example. Brent's best is 528 at 198. First he warmed up to 315 off his chest. Next, with the 4-board press, he did 365 x 1, 405 x 1, and 455 x 1, with no shirt. Then he did

a 3-board press with his shirt with 495 x 1. Then he did a 2-board press with 515 x 1. Next he did 530 off his chest and then 545 off his chest for a second PR. I know this sounds too good to be true, but it's true. The trick is each time you go to four boards, raise your

head and lower the bar as far down your torso as possible. With three boards, raise your head and shoulders if necessary in order to touch the board and go even lower down your torso. With two boards, raise your head and start lowering the bar as low

as possible by rolling the shoulders up like a sit-up. Each time you go to fewer boards, pull the shirt a little lower off the shoulders. This, of course, makes the shirt a bit stronger. As you increase the weight, raise your head and shoulders and keep your eyes on

the bar until it touches the chest. This enables you to touch the chest with a lighter weight than thought possible and at the same time lift a lot more weight.

Now that the secret's out, we're all even, right? I just told you how to kick our ass. If you don't do it, it's your problem, fool.

At the 2003 Arnold Classic, Fred Boldt (165) warmed up as I just described. He did 405 off his chest, skipped the four boards, put on a shirt, and did 495 on three boards. Then he did 530 on two boards and went on to the stage and did a 540 opener. He did 551 on his second attempt. After Markus Schick made a 567 world record, Fred took 1 kg more and pressed it only to have it turned down for a technicality. Not bad for a 165 who is 5 ft. 9 in. tall, benching in front of a crowd of thousands.

I hope this information helps you break your bench record and have a better understanding of how to use legal equipment.

Westside Barbell  
614-801-2060

[www.westside-barbell.com](http://www.westside-barbell.com)

## THE NEW POWER STACK by GORILLA® SPORTS NUTRITION

Power stack consists of the New Advanced CREATINE C-4™ with Monohydrate and Citrate crystallized formula the one and only of its kind, back up with the New NITRO 275™ 3+4+5 Androstenedione chewable tablet this Androstenedione is absorbable through the glands in your mouth it bypasses the liver that's what makes it good to stack with Creatine this stack was specially formulated for the Power Lifter and Body Builder that wants Muscle Size and Strength the Natural way.

Gorilla C-4 - \$40.95 - 362.16 Grams  
Gorilla Nitro - \$59.95 - 60 Tablets  
Buy both & save 30% - \$70.63, plus \$5.00 for S/H  
Dealers Inquiries Welcome.

For more information or to place an order call:

**1-800-852-0425**

or check our Web Site @  
[www.gorilla-nutrition.com](http://www.gorilla-nutrition.com)

# GORILLA

CREATINE  
C-4  
COMPLEX-4  
NITRO  
275  
3+4+5

When is...  
KELSO'S SHRUG BOOK  
... gonna be available?  
NOW!!

In the only book of its kind, Paul Kelso sums up 35 years of experiments with shrugs. Nearly thirty shrug variations - old and new - are presented with 27 photos and drawings.

For all iron men and women, KELSO'S SHRUG BOOK helps trainees develop and strengthen the upper back and shoulder girdle and to improve their competitive lifts. The new info on shrug training for the "Lateral Arch" in the bench press is worth the price.

"Paul has done more for my bench than everyone else put together."

-Collin Rhodes, USAPL world bench press team member.

Paul also updates his pioneering work about "trap bars" and examines "chest expansion and growth" theories. Lots of history, heroes, courses, tips, and the "Shrug Laws" in Paul's popular style. 100 pages - 28,000 words.

"The Mark Twain of iron-gym story telling returns to his "how to" roots with very positive results." Mike Lambert, Editor/Publisher, Powerlifting USA

Just \$14.95 + S & H \$4 (USA)

Order KELSO'S SHRUG BOOK online at:  
[www.hatsoftbooks.com](http://www.hatsoftbooks.com)

Or call toll free in USA 888-934-0888, ext 2, or HATS OFF at 520-798-3306

Dealers call direct or email:  
[orders@hatsoftbooks.com](mailto:orders@hatsoftbooks.com) for discounts.

## Beyond A Century®

Performance Nutrition • Anti-Aging

How much have you been paying?

|   |             |
|---|-------------|
| 1,4 ADD, 200-400 dose! 20gm .....         | \$69.50     |
| Tribulus Ext. 45% Bulgarian 100gm .....   | 9.75        |
| Ribose 100gm .....                        | 12.00       |
| 5-Methyl-7-methoxy Isoflavone 20gm .....  | 22.00       |
| Ipriflavone, 50 grams pwd .....           | 7.75        |
| DIM, Diindole Methane, 20 grams .....     | 9.75        |
| Androstenedione 100mg, 120 caps .....     | 13.00       |
| 5-Androstenediol 20 grams pwd .....       | 16.00       |
| 4 Androstenediol, 20 grams pwd .....      | 23.75       |
| Creatine Mono, 99%, Micronized, 1kg ..... | 19.80       |
| Chrysin, pure powder, 50gm .....          | 22.50       |
| Yohimbe 2% Std. Extract! 50gm .....       | 7.50        |
| Glutamine 300grm/1kg .....                | 15.00/40.00 |
| Glucosamine Sulfate, 250 grams .....      | 7.50        |
| "Low Heat" Whey Protein 80% 2 lbs .....   | 13.50       |
| ZMA, 808 mg, 100 capsules .....           | 11.50       |
| Arginine base powder, 300gm .....         | 15.00       |

Visit our website for current sale prices!

Shipping only \$4.75 any size order!

Visa/MC/Dscr/Amex orders call:

**800-777-1324**

Or send money order to:

Beyond a Century, Inc. -since 1983-

173 Lily Bay Road, Greenville ME 04411

Hundreds of Products - **FREE** catalog!

Order On-Line with our Secure Server:

[www.beyond-a-century.com](http://www.beyond-a-century.com)

Authenticity of Products Guaranteed!

# New from Forza



Made in USA



Made in USA



F-200 SuperBench ST  
\$650.00



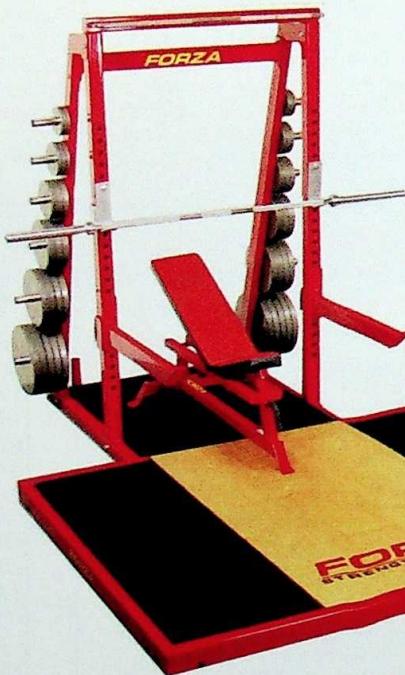
F-101 Olympic Platform  
\$1295.00

New!



F-100 Power Lifting Platform  
\$1195.00  
Shown with F-806 Bar Lift  
\$165.00

New!



F-900 ProRack ST \$1995.00  
with F-102 Platform \$1795.00  
& F-205 ProBench \$595.00  
Complete Power Center \$3995.00



F-709 Squat Stands  
\$995.00



F-205 ProBench  
\$595.00



**FORZA**  
STRENGTH SYSTEMS



11505 E. Trent Ave Spokane, WA 99206 509-927-7587 800-769-9259 FAX: 509-927-0490  
[www.forzastrength.com](http://www.forzastrength.com)

If we (powerlifters) are the salt of the earth, what are the bodybuilders? The enemy? If so, they are a very large and powerful enemy - since all of the multi-million dollar supplement companies cater to bodybuilding fantasies.

BODYBUILDERS; the very name conjures up images of mirror-monkey egomaniacs. However, some of these guys (and gals) really train HARD - and heaven knows they diet harder than we do! The dieting bumps a few bodybuilders into powerlifting competition everyday. (Chocolate ice-cream helped persuade Lt. Col. David Mullins to switch from bodybuilding to powerlifting. OK - whatever it takes!)

Back to the topic at hand: If BodyBuilders are the enemy, where do they train?

I travel all over the country (attending powerlifting meets) and so I train in a lot of different places. I have come into contact with most of the low IQ idiots that typically turn up on talk shows (with their sister/wife). I have met a LOT of bodybuilders. Many of them are intelligent, lean and muscular, hard-training iron-fanatics. (But they are BodyBuilders, so they're probably just trying to trick me.)

Anyway, I've investigated their infestation of the planet and discovered that they all respond to brain waves from "central-command." This central-command is steered by a blond with large plastic boobs in Southern California. My research places her in Venice, CA. I think she eats at The Firehouse, and I think she walks on Venice Beach. She definitely trains at the original Golds. At great personal risk to herself, Rosemary Vernon went behind the scenes to investigate. She is the editor of Dolfzine On-Line Fitness, which I think smuggles ground dolphin meat into the USA disguised as cans of tuna. So, she is used to danger.

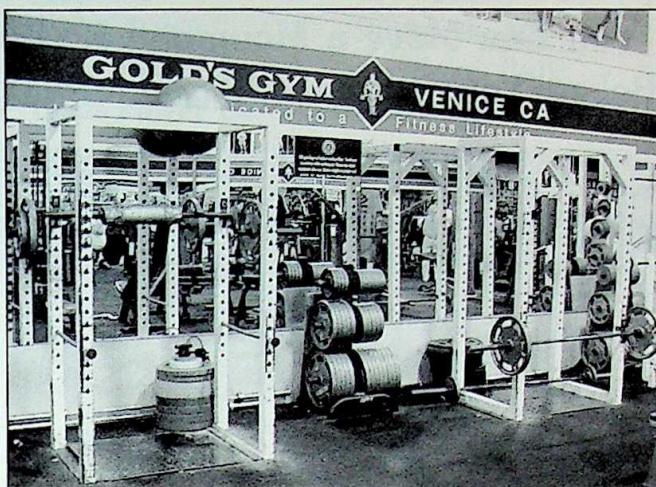
She took along a photographer, cleverly disguised as her husband Jim Vernon. Due to the extreme danger of this foray behind enemy lines, they took a backup. James Krieger (Science Editor of Pure Power magazine) was their 3rd team member. He went in disguise as a statue according to photos accompanying this article.

I'll let Rosemary tell you what sickness they found:

*This is not the type of hard core dungeon like many small powerlifting gyms, but it is nonetheless very hard-core. It's rare to see anyone on the "floor" who is not extremely serious about whatever it is they are doing. Known as The Mecca of Bodybuilding, the gym is primarily identified with that aspect of the iron game.*

# HARD CORE GYM #23

We Have Met the Enemy, and He Trains at Gold's Gym  
as told to PL USA by Rick Brewer, of House of Pain



Are BodyBuilders Our Enemy? ... the interior of Gold's Gym Venice.

However, it attracts many professional and college teams (some of whom train there year round and other who train there when in town), a contingent of talented weightlifters (who keep their private stash of plates locked up when not in use), various other athletes a great many entertainment types who must keep up their physical appearances.

There is an unwritten law that no one, no matter how famous, is to be disturbed while working out. Who you see depends on the time of day you train. The morning is crowded with competitive bodybuilders and most appear in what is often rather outrageous workout wear. Although these people all train seriously, they also use the gym to schmooze and make business connections.

Mid-afternoons are quieter and is normally when one observes professional teams, the weightlifters, a contingency of bodybuilders (such as Lou Ferrigno and his partner) and well-known thespians. Once 4 p.m. rolls around, the gym begins to get very crowded with the office set and remains like this until at least 8 p.m.

The gym was totally remodeled in 2002, including new locker room facilities, pro-shop and front desk area. Since that time, much of the old, worn-out equipment has been removed and new lines, some of which are prototypes, put in. Consequently there is equipment at Gold's/Venice that is rarely found elsewhere.

About six months ago, all the weight plates were changed. While

members trained, the staff hauled in stack after stack of new blanko plates on forklifts and removed the old iron. It paid to be careful the first couple of weeks because the new plates were quite slippery. After that, however, they accumulated enough dirt and sweat to become sticky. No one has ever attempted to clean them.

Likewise, a complete new set of rubber covered dumbbells was put in the front room (there are 3 separate rooms) while the old favorites remain in the back room. New lines of equipment include Nautilus selectorized and plate loaded machines, Ground Zero Pulley apparatuses, Strive, Icarian (probably the most heavy duty) and Cybex.

After much nagging and requests from the Lakers' coach, a reverse hyper machine appeared which has proved extremely popular. Apparently this was one piece the gym had to buy. Most of the equipment is "donated" on the premise that it will show up in photos in the muscle glossies since the gym is constantly used as a backdrop for photo shoots. Reps usually put in an entire line of new products using the membership as guinea pigs. As with everything, there is always a spectacular piece or two, most are okay, and a few are worthless.

Even so, there are still many unique, old pieces of equipment that the membership refused to part with, such as some 30 year old Nautilus leg curl and extension machines, and Icarian body-weight squat apparatus, a Cybex calf machine and the Hammer

plate loaded upper body machines. Free weights are used extensively; there are 4 heavy-duty power racks, a half rack and deadlift station and a plate-loaded T-bar row apparatus in the second room. There are 5 Smith Machines, heavy dumbbells and preloads (both straight bar and EZ curl bar) and all manner of attachments for the various cable machines.

The gym has a large staff that is constantly cleaning and straightening up. But this is a gym that likes to move "the furniture." This is understandable when a new piece of equipment shows up, but they seem not to need any reason to rearrange things. Thus you can spend a few minutes on occasion hunting up your favorite.

The atmosphere is very welcoming to anyone who is serious about training, no matter at what level. People will often stay in the West Los Angeles area for a few months specifically to train at Gold's/Venice and many visitors come throughout the year. The photos on the walls are priceless, some are which quite old. Although this location has been used for about 30 plus years, the original gym still exists on Pacific Ave. It is now a private residence, but the sign remains on the front.

Thank you, Rosemary, for that sneak peak into the mother ship of bodybuilder/aliens. I know there are a few powerlifters who train there, because I met all 3 of them when I worked out there. Seriously, I have trained at Venice Gold's several times over the years - and I always found plenty of iron and equipment. Ned Low, producer of POWERLIFTER Video, trains there and was nice enough to show me around. The people were nice, and non-invasive of my workout space. Fair enough.

I also met plenty of bodybuilders, and a few were quite interested in powerlifting. They had questions about my "different" style of training, and wondered if I was a male model. (OK, I made that last part up.)

If you're ever in the area, I beg you: DO NOT go work out there. The radio brain waves could be too strong, and before you know what you have done - you might wake up in front of the mirror - a bleached blonde with gynecomastia, no body hair and an urge to pose. Fight the temptation.

Questions? Comments?  
[Rick@houseofpain.com](mailto:Rick@houseofpain.com)  
or HOUSE OF PAIN  
PO Box 333  
Fate, TX 75132

Recently I took one of my brilliant graduate assistants to a speaking engagement I had at Paine Weber in New York, New York. He had been bugging me about hearing me speak since the day he enrolled in my class ... like he really didn't hear enough of my bull every day of the week. If I had to guess, I could probably teach you everything I know in about fifteen minutes. This brilliant graduate assistant had been listening to me lecture for one hour every day for seven weeks and still hadn't figured out that I told him everything I knew the first day of class. I figured he was either intellectually constipated or the biggest "brown noser" southeast of the Mississippi. In his defense, I think it is a state requirement that brilliant graduate assistants have to tell their professors how great they are if they want to graduate.

Anyway, since Paine Webber was nice enough to send me two free tickets, I decided to share one of them with him. I figured he would be great for my ego. After all, I love being lionized even if it is a state requirement, and this brilliant graduate assistant was one of the very best at pandering to my ego. He was constantly telling me how great I was and how he had never met any other professor with the capacity, insight, intelligence and eloquence that I possessed ... needless to say, I really appreciated how perceptive he was. In actuality, I revered his aptitude for perjuring himself with a straight face. Like I said, he was a brilliant graduate assistant.

At any rate, when we got to Paine Webber, I stood before some of the most brilliant stockbrokers in the United States, men and women, who at one time in their lives were likely brilliant graduate assistants (that should explain our economy) and I talked eloquently for a solid hour. That is not easy to do when you can teach everything you know in fifteen minutes. Actually this is a gift that most graduate professors possess. They can talk about nothing forever, saying really, well, nothing. This is really an amazing gift.

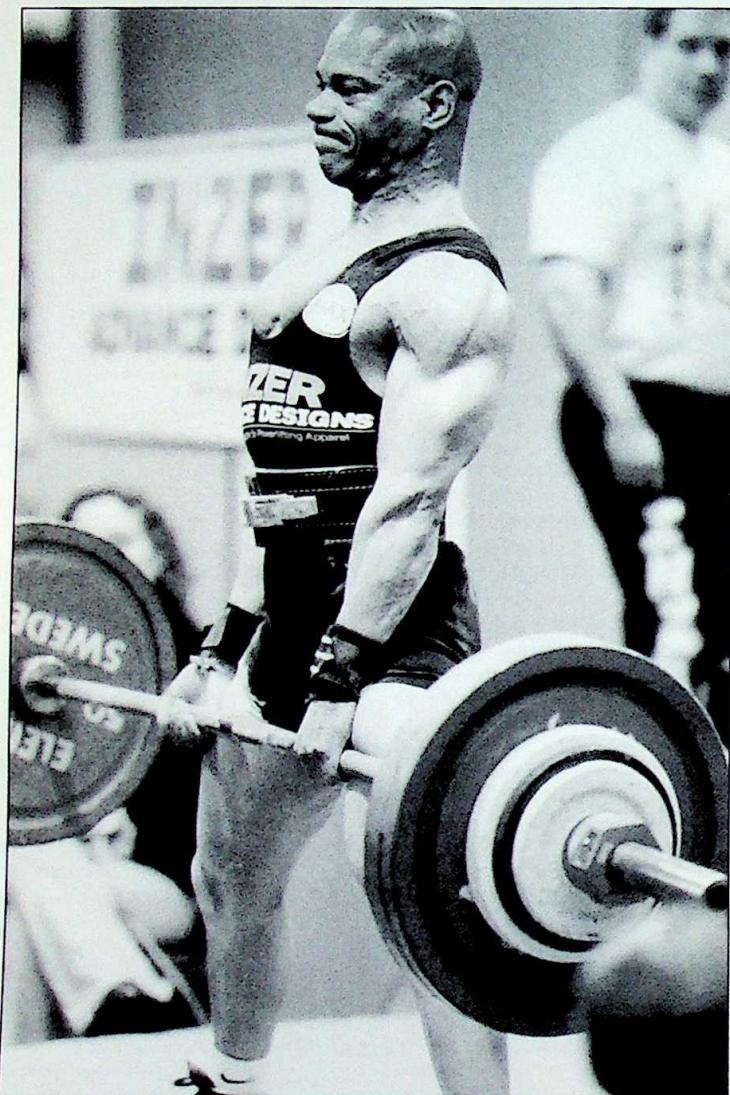
Anyway, after I finished talking, I received a pleasant round of applause that I accepted graciously. I was about to sit down when all of a sudden a hand went up in the audience. It was my brilliant graduate assistant.

"Dr. Judd, I really loved your speech," he exclaimed.

Aren't graduate students wonderful? I told you they really have

# Dr. JUDD

## You Can Move a Mountain, If you Believe You Can by Judd Biasiotto Ph.D.



Succesful Powerlifters, like **Lance Slaughter**, have almost always agreed with the concept of "Think doubt and fail" or "Think victory and succeed."

the ability to be economical with the truth and man can they brown nose .... wonderful attributes that will make them surefire successes in the corporate world or anywhere else for that matter.

"But," he continued.

I hate when someone adds a but to a compliment. It always means disregard everything I just said.

"That part about if you believe you can move a mountain, you can move it. Do you really believe you can make a mountain move just by thinking you can move it? I mean

can you move something just by believing you can move it?"

I looked at this brilliant graduate assistant and the first thing that came to my mind was, "Oh my God, brain damage - 'special classes.'"

Of course, I don't believe you can make a mountain move simply by thinking that you can make it move. People who think in this manner have belief confused with wishful thinking. Trust me on this one, you can't wish a mountain away, you can't wish yourself away,

a world champion, you can't wish yourself a 700 pound bench press or a 1000 pound squat. Nor can you wish yourself a 5 pound deadlift. Wishing will get you nowhere. Wishing never moved anything. But, you can move a mountain with belief, and you can become a success by believing you can succeed. There is nothing metaphysical about the power of belief. Belief is an attitude that generates the desire, energy, expertise and power to do something. When you believe you can do something, the how-to-do-it materializes. Belief triggers the mind to figure out ways to get things done. Today, people who believe in themselves are doing more significant things than just moving mountains. Men with vision and belief have mastered cyberspace, they have put a man on the moon, and they have damn near plotted the solar system. The most essential element, in the pursuit of any endeavor is the belief that what needs to be done can be done. Without firm, unwavering belief in a destination man would not have the desire, enthusiasm, and courage to proceed. Belief is the driving force, the power behind all great discoveries, scientific innovations and athletic accomplishments. Believe, really believe you can succeed, and you will. Believe in yourself and you can make good things happen. Heck, you can make miracles happen. I am talking about really believing in yourself, not the mindset "I think I can" ... you have to know you can. A deep-seated belief in yourself that you can go beyond what other people think is your breaking point is the type of mindset you have to have to produce magic. That is the type of mindset I am talking about.

The trouble is, most people really don't believe in themselves. Recently, I was judging squats at a powerlifting meet and this guy who was about to attempt a personal record walked up to the spotters and said, "Watch me close here because I might miss this." One of the spotters grabbed him by the shoulders and said, "Man, you have to think positive." The lifter looked up at him and replied, "Okay! I am going to miss this." I thought I would fall right out of my chair. Needless to say, the weight buried him. This type of I'll give it a try, but I doubt it is going to work out' mind-set produces failure. Disbelief is negative power. It is like a self-fulfilling prophecy. When you doubt yourself, your mind develops reasons to support that belief.

Doubt, lack of confidence, insecurity, fear, and apprehension are responsible for most failure.

Think doubt and fail.

Think victory and succeed.

At that very same meet, I was talking to one of the lifters backstage, and he was telling me about how great one of the lifters was in his weight class. "Oh," he said, "Brian is awesome; he is at a different level than I am. There is no way in the world I will ever be that good." The lifter he was talking about was not any more gifted physically than he was, but he did exhibit a lot more confidence. In fact, I know Brian well. He is a great lifter, but he is not structurally gifted. He doesn't even have innate strength or power, nor does he have any genetic predisposition that would set him apart from anyone else. What Brian does have is super-confidence. He believes he is among the best; consequently, he acts and performs like he is one of the best.

Here is my take on this. You can respect other athletes. You can learn from them, observe them, study them, but don't worship them. I always feel that if somebody else can do something, then so can I. Believe you can go beyond and you will. Those who think they are second best are inevitably second best. Harness the power of belief and you can make magic. Here are a few

[www.sarden.com](http://www.sarden.com)

**Monolift  
Power Racks  
Glute Benches  
Texas Power Bars**

**Troy Plates  
Supplements  
Medicine Balls  
Safety Squat Bars**

**Call Toll Free: 866-613-7719**

**SARDEN STRENGTH**

suggestions to help you acquire and fortify the power of belief:

Think positive. As you think is how you are. Always think and talk positive. Think success; don't think failure. At work, in your home, at the gym, constantly bombard your brain with positive affirmations. When competing, think, "I'll win," not "I might lose," or "I can't win." When you are competing against someone else, think "I am equal to the best," not "I am outclassed." If you say negative things, stop yourself, analyze why you said it, and then manipulate it into a positive affirmation. When opportunity arises, go for it - don't sell yourself short. Thinking and talking success programs your mind to create strategies for producing success. Thinking negatively does just the opposite. Remind yourself repeatedly and on a regular basis that you can do great things if you put your mind to it. Never underestimate yourself. We are always better than we think we are. Successful people are not supermen. Einstein said an interesting thing. He said, "I have no special talents. I am only passionately curious." Think about this. Einstein figured out that time and space are relative. He also ascertained that nothing could move faster than light. For God's sake, he was a patent

examiner when he wrote breakthrough papers on special relativity, the particle nature of light, and the equivalence of mass and energy. Contrary to the way he is often portrayed, Einstein was just a guy with a good mind that did extraordinary things. Generally, successful people are just ordinary folks who develop a belief in themselves and what they do. Never sell yourself short!

Tell yourself every day that your attitude is more important than any other aspect, including your physical make up. The body serves the mind. It is not the other way around. If you have a strong mind, your body will follow. Envision the reasons why you can achieve something not the reasons why you can't. Develop an "I can, I will" attitude.

Don't be a wishful thinker. The only think wishing can move is you. Dream big, but make the dreams of today the realities of tomorrow. The way you do that is to believe in yourself and work hard. In short conceive, believe and achieve.

Remember that when you believe in yourself good things will happen. And if you don't believe in yourself, no one else will believe in you either.

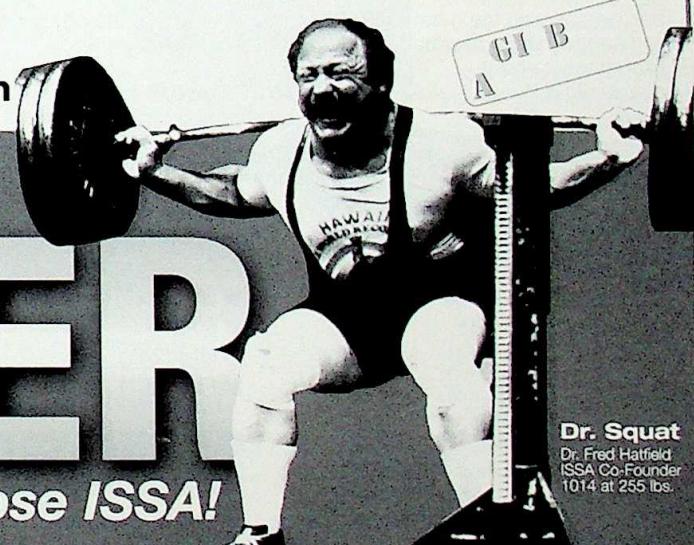
Yes! You can move a mountain if you think you can, and don't let any brilliant graduate assistant tell you differently.

## Personal Training Certification

choose a certification with...

# POWER

choose ISSA!



There has never been a better time to take your passion to the next level and become a Certified Fitness Trainer. As a fitness enthusiast, you know that whether you are in the gym or at the beach, people look up to you. They admire your dedication to training and most importantly, they see the results of your hard work... which makes you a perfect candidate to help others achieve their fitness goals.

Since 1988, ISSA has trained over 50,000 fitness professionals who now help others understand how weight training, aerobic conditioning, flexibility, and proper nutrition improve the quality of life! Call ISSA today, and let us show you how rewarding it is to share your passion for health and fitness with others! Mention code PLUSA803 for a special enrollment offer.

CALL TODAY FOR FREE INFO

**1.800.892.4772**  
[www.FitnessEducation.com](http://www.FitnessEducation.com)

Please mention source code: PLUSA803.



# TITAN HI-PERFORMANCE

## Featuring NXG Fabric!



### THE CENTURION

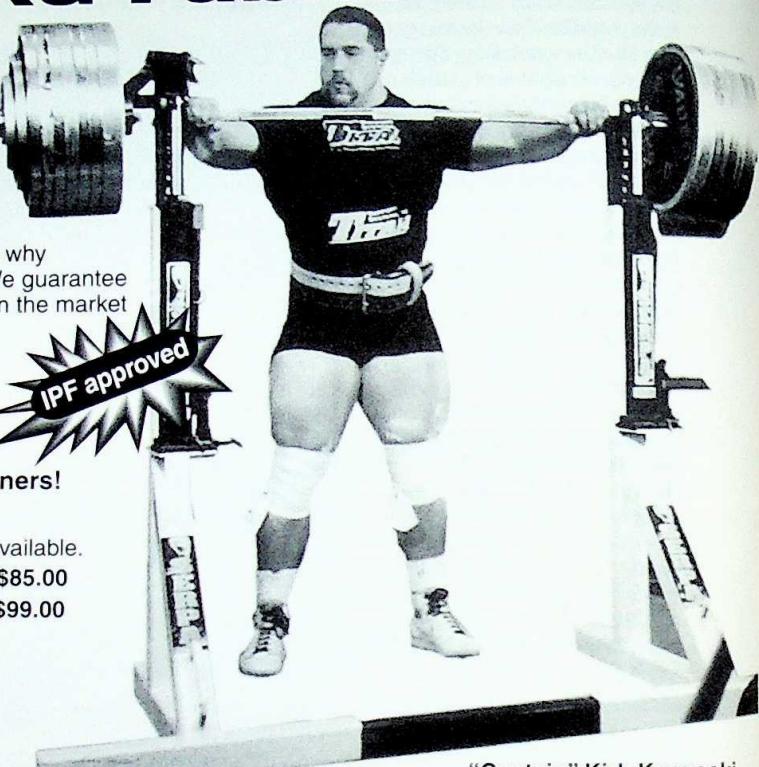
Patent #5,046,194

Now constructed with **NXG** fabric! **NXG** makes every other fabric obsolete! It has the **least stretch** and the **most support** of any fabric on the market, and is virtually **tear proof** and **run proof**!

Combine **NXG** with our **patented harness** support system and you'll see why lifters everywhere are reporting P.R.'s from the local level to the Worlds! We guarantee that Our Centurion or Dual Quad will outperform any other suit on the market any day of the year, every day of the year!



**Tested at the 2000 Mens Worlds.  
Preferred by 7 of 11 lifters of the USA Team!**



**1 Year Blowout Guarantee and 11/2 Years on Runners!**  
Guaranteed to outperform every suit on the market!

- Colors: Black, Royal Blue and Red. Combination colors available.
- Centurion (stock sizes) \$85.00
- Custom Tailored Dual Quad \$99.00



### SIGNATURE GOLD WRAPS

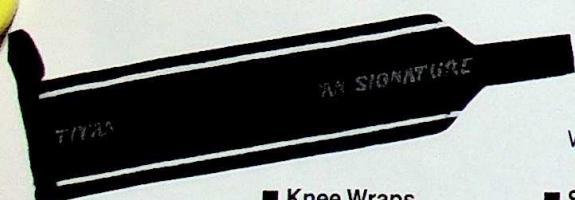
In 1995 Titan engineered the most **radical change** in wrap technology ever and forever changed the performance and look of wraps everywhere.

In 1999, Titan does it again.

Titan Signature Gold Wraps feature **FOUR POWER BANDS** for maximum power and rebound:

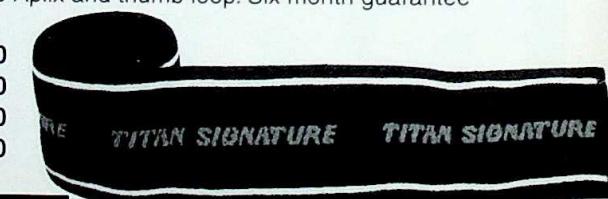
*two gold power bands* on the outside with *two black power bands* in the center surrounding our distinctive *red logo*! One pull will confirm that you'll get more power and performance from *Titan Signature Gold Wraps* than any other wrap around!

Wrist Wraps feature military grade Aplix and thumb loop. Six month guarantee



- Knee Wraps  
1 pr. \$23.95  
2 pr. \$22.00

- Std. (12") Wrist Wraps \$13.50
- 50cm \$14.50
- Mid (24") \$15.50
- Full (36") \$17.50



### ULTRA BELTS

*Made in the USA.* The heaviest, strongest belt ever! Features: (1) **Seamless roller**; (2) **Full leather buckle fold over**; (3) **2 layers of HD steerhide**, 13 mm thickness. Used by Capt. Kirk and other great champions!

- Custom Colors. One or two prong \$99.00



### SST PRO SERIES

*The original and still ultimate power shoes.* Features: (1) **Custom sizing**; (2) **Wedge arch Support**; (3) **Herringbone design sole**; (4) **Full grain leather**; (5) **Cambrelle lining**; (6) **Heel Counter** for max stability; (7) **Hi-Density** molded sockliner; and (8) **Velcro lateral strap**. 4-6 wks. No COD's. Extra for E+ width.

- Starting at \$149.95

Call 1-800-627-3145 or 1-361-991-6749, Fax 1-361-991-9470  
[www.titansupport.com](http://www.titansupport.com)

A few issues ago, I discussed the basics of deadlifting; "Deadlift 101" to you academics out there. This time, I'll get a bit more advanced in training the deadlift and deal with a specific deadlift related training topic. How many deadlifters have you seen explode off the floor, only to slow or lose the lift at the top, just inches short of lockout? There are several exercises and techniques that lifters generally use in training to gain power at lockout. The most common approaches are heavy rack work, shrugs, and lat training. Let's look at some ideas on how your lockout power can be improved, not just on paper, but on the platform.

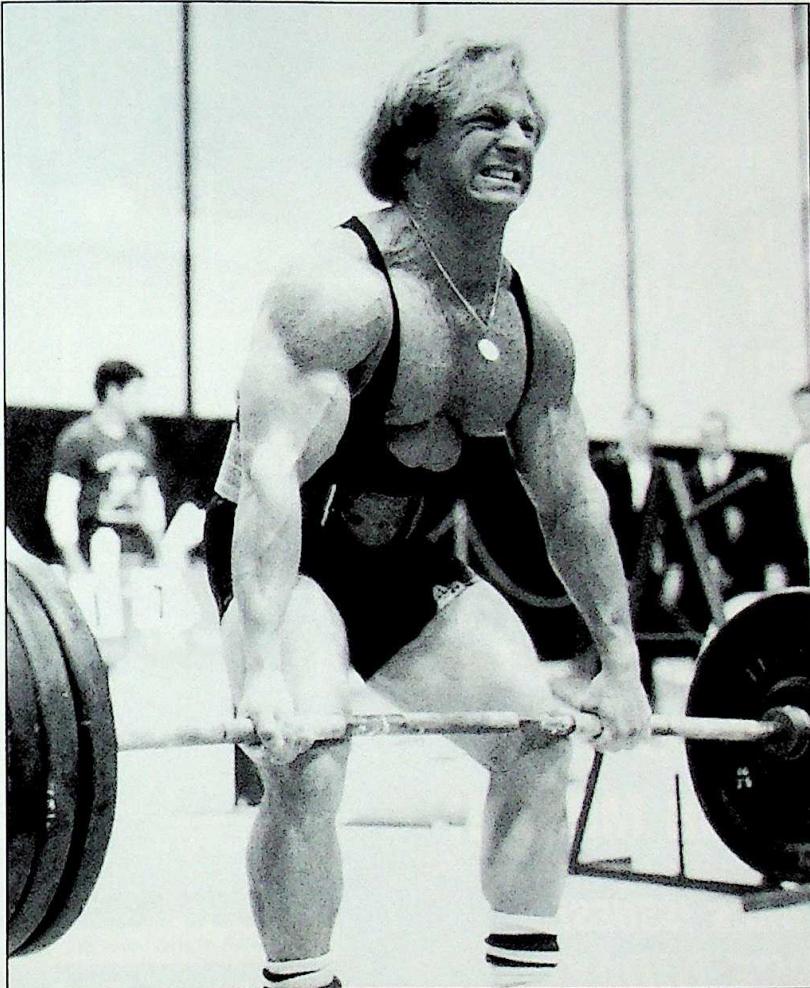
Let's start with execution. Most deadlifters use the power rack for heavy partial lockouts, as the answer to a poor lockout. The power rack enables you to overload a specific part of the lift with more weight than you could normally for the complete movement. Just set the pins at or above knee level, load the bar and lock it out. Many lifters go wrong by putting their bodies in a position of pulling in the rack that is not like any position in their normal deadlift itself. In most cases, that kind of lockout turns out to be a quarter squat with very little upper back involvement, thus little effective strength is actually transferred to the competitive lockout, though the top range of the squat may improve. This explains why some lifters are able to lockout (for reps!) in the rack that weight which they can't lockout in the full lift for a single rep. If you choose to use the rack, get in a position to pull that is as similar as possible to the actual pulling position of your regular deadlift, in order to insure the best results. This might require lowering the weight a bit to get into and hold the proper position. Also, remember to maintain that proper pulling position throughout each rep.

My favorite lockout assistance exercise is barbell shrugs, but these can also be done in a less than effective manner. One way is using too much weight, which prevents a full shrugging movement. Too much weight in the shrug may limit you to a slight bend in the arms with little actual shoulder shrugging. Other lifters perform their shrugs much like an upright row, bending their arms with little shrugging. If you can bend your arms during a "real" shrug, you are using some "powder puff" weights. My recommendation is to

# STARTIN' OUT

*A special section dedicated to the beginning lifter*

## Deadlift Lockout Power as told to Powerlifting USA by Doug Daniels



*Stuck ... Collegiate Champ Ray Penna Jr. with a 617 that wouldn't lock out (Kurlowicz)*

use a little leg kick to get the weight moving. That will also enable you to use a bit more weight (use straps to hold on). The important thing is to maintain a full range of movement. That is, pull all the way up to your ears and lower your shoulders down all the way. Shrugging 'backwards' at the top is actually unnecessary. The trap bar can be used here as well as dumbbells. Either way, I would suggest using lifting straps to help hold on to the weight while shrugging. If you don't do so, your concentration will be split between shrugging and holding on to the bar. Don't worry about not building grip strength when you are using straps for your shrugs.

As long as you do not use them in your regular deadlifts, you will be okay.

Lat work is another key to lockout power. I always recommend more attention to exercise form rather than the amount of weight used. Lat work, like chins, pulldowns, and rows are assistance moves. It doesn't matter to anyone how much you use in those movements (the judges will never ask!). What matters, in the end, are the results of your efforts. Lower the weight you use and get a full extension and contraction. Concentrate on pulling the elbows down or back and not using your biceps to pull the weight. Think of your arms

as hooks for the back muscles. The use of lifting straps can help achieve this form on the movement. It may also necessitate using less weight, for now, in order to get used to the feel of the exercise. The extra lat power and size you gain down the road will be worth the 'pain' endured by using less weight to start with. Paul Kelso's Shrug book is a great source of effective exercises that can be valuable in your training. Make it a part of your power library.

Improving your 'pull off the floor' will make it easier to get the bar past the sticking points later in the course of the lift, due to reduced energy expenditure and increased momentum. It's like pushing a car: the initial effort to get it moving is substantial, but keeping it going after it starts to roll is significantly less taxing. Look for that article coming up in the near future.

Finally comes the application of these exercises. Sometimes in our enthusiasm to conquer our weaknesses, we tend to overload our recuperative abilities with too great a volume of sets and reps. Combine numerous sets of lockouts and shrugs, and add on top of that 10-15 sets of lat work and you're pushing your recuperative abilities beyond their limits. The key in power training is quality, not quantity. I suggest 3-5 sets of shrugs with 3-5 sets of lat work, once a week. If

you cannot decide between rowing and pulldowns, alternate them every week, or every 4-6 weeks, to cover all your bases.

Two weeks prior the meet, I suggest ceasing assistance work to avoid overtraining and to help insure that you'll be fresh for the meet. By applying proper exercise execution and judicious exercise selection, you can improve the lockout portion of your deadlift, not just on paper, but on the lifting platform, where it really counts.

Doug Daniels'  
Web address:  
[members.aol.com/ddani12345/default.htm](http://members.aol.com/ddani12345/default.htm)

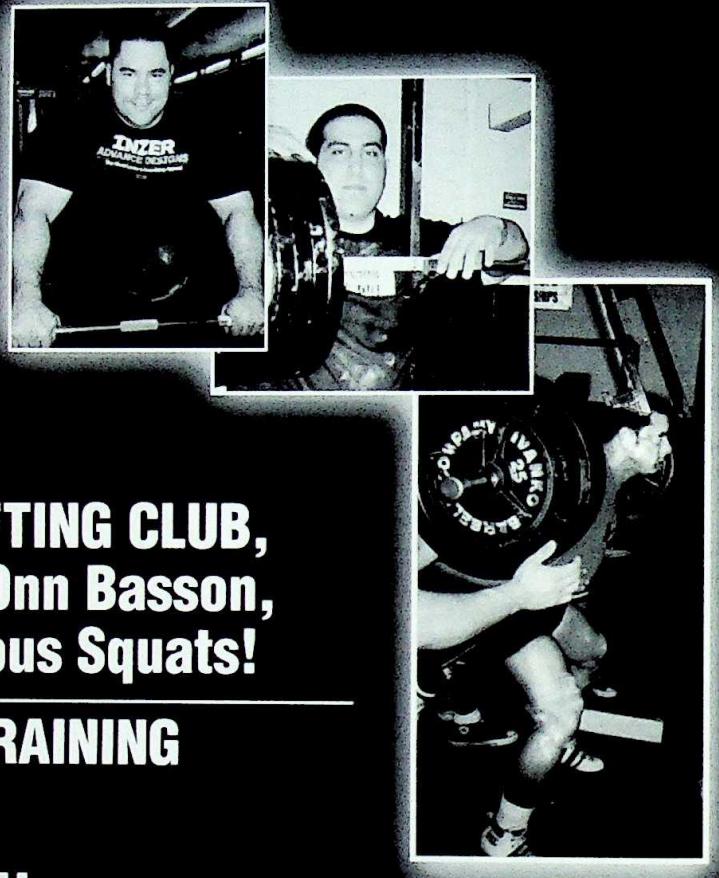
# **Scot Mendelson's BP Workout & 821 BP in Our Upcoming Issue!!!**

## **POW!ERLIFTER VIDEO**

*In Our Current Issue:*

- ★ **STAR BENCH PRESS WORKOUT with Ryan Kennelly!!**
- ★ **THE LOS ANGELES LIFTING CLUB, 1038 LB. SQUATTER Onn Basson, & Joe Avigliano: Serious Squats!**
- ★ **SUPER STRONGMAN TRAINING with Odd Haugen!**
- + **MUCH, MUCH MORE!!!**

**CALL FOR BACK ISSUES!  
SUBSCRIBE TODAY!**



**POWERLIFTER**  
VIDEO MAGAZINE

**CALL 1-800-227-2355**

Yes, I Want to Lift Big! Sign me up for **POWERLIFTER** Video Magazine. Detach and mail this form with your check made payable to **POWERLIFTER** 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 \_\_\_\_\_

35 \*Non U.S. residents add \$3.50 per issue

| SPECIAL SUBSCRIPTION OFFER  |                 |
|---|-----------------|
| First payment   | \$ 19.95 US     |
| Shipping + handling   | \$ 2.95         |
| Sub-Total   | \$ 22.90-       |
| Sales tax (CA residents only)   |                 |
| Total Enclosed  | \$              |
| <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Am Express <input type="checkbox"/> Discover |                 |
| Card No. _____  | Exp. Date _____ |
| Signature _____   |                 |

**Mail to: POWERLIFTER Video, P.O. Box 599, Beverly Hills, CA 90213**

821!!! Wow! Wow! Congratulations to Scot Mendelson on his incredible bench press (and also on his 804 opener) at the APF Seniors in Los Angeles. That is just an amazing lift. Merely calling it a world record doesn't seem to do it justice, and, even more incred-



**Kieran Kidder** did some bench training at the LALifting Club, and then announced the APF Seniors

ibly, it didn't seem to even use all of Scot's strength. Wow!

There's a lot more congratulations to go around. Kieran Kidder did a terrific job in his two days of announcing, revving up the crowd, and Joe and Nance Avigliano, and their entire Los Angeles Lifting Club crew, ran a wonderful, fast-paced, exciting meet.

As for the other lifters — more great lifts. Becca Swanson set a world record in the women's squat at 749. The number of women easily squatting over 500 lbs. was amazing. Two-time "World's Strongest Woman" Jill Mills, and two

# POWER SCENE

women from the North Georgia Barbell Club, Kara Bohigian and Annie Riveccio, gave great performances.

For Annie, this was only her second big powerlifting meet, and her potential is awesome. She's still competing as a top-level bodybuilder, and deciding on which sport she'll focus on. Her next PL meet should be the Georgia State championships in September.

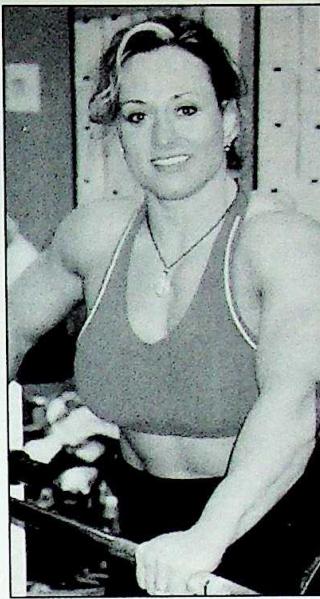
The men's side had a superstar array of lifters, too, including Brent Mikesell, Onn Basson, Garry Frank, and Josh Bryant. *Powerlifting USA* had triple coverage of the action: Mike Lambert, Herb Glossbrenner, and *POWER Scene*, and *POWERLIFTER Video* was there to capture the excitement, big lifts, and backstage stuff for its video series.



Above: **Annie Riveccio** in her 2nd Meet, Below: **Kara Bohigian**



**Becca Swanson** - huge numbers



**Jill Mills** (Photos by Ned Low)

Plus, 2003 Arnold Bench Press champion Ryan Kennelly came down from Washington State to cheer on Scot Mendelson's attempts, and U.S. women's national champion in the shot put and discus, and Olympic competitor, Seilala Sua (who's competed in powerlifting) was there to check out the action.

Once again, congratulations to everyone involved with the 2003 APF Seniors — it was truly a great meet.

The following weekend, it was time again for another L.A. powerlifting meet. Though not quite as incredible as the APF Seniors, the

USPF California State championships was a beautiful and friendly outdoor setting for 50 lifters to show their stuff. *POWERLIFTER Video* host Chuck LaMantia put on the meet, and just a week after hitting his 821 bench, Scot

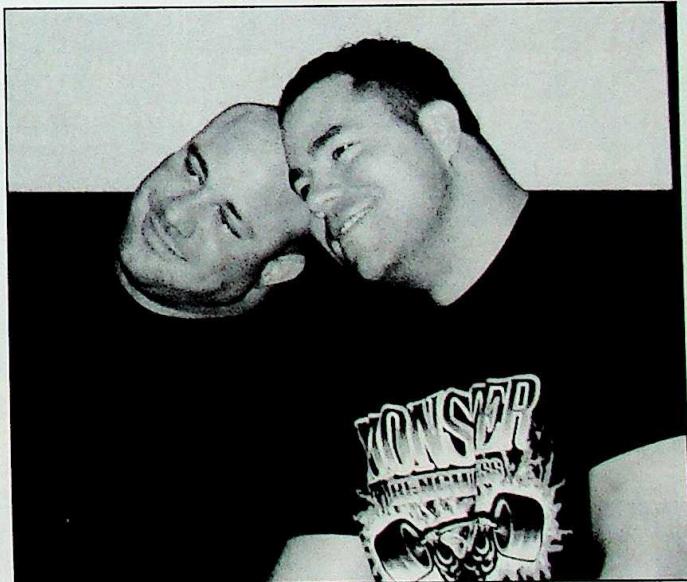


**Daniel Smith** was out of action during the USPF CA State Championships, but showed us why.

Mendelson came, coaching one of his training partners who was competing. Other big lifters like Vicky Hembree, Sam Alduenda, and Daniel Smith were also on hand, as was a Japanese TV crew, there to tape a 79 year old lifter.

Sheila Mann competed in her first three lift meet, and all the lifters and fans got to watch the strains, struggles, failures, and triumphs that powerlifters regularly go through on meet day.

Next month, we should have more on the amazing Scot Mendelson, and on the rest of the powerlifting world. 'til then, stay strong and healthy, and we'll see you on video. **NED LOW**



**Scott Mendelson & Ryan Kennelly** together @ the 2003 APF Seniors

# FORCE TRAINING

by Jim Wendler and  
Elite Fitness Systems

**Question:** I have started to incorporate box jumps into my program. I used to do a lot of plyometrics and eventually went backwards as they killed me. Now I follow the Westside template to the letter, yet I believe I need to throw some jumps into the program.

**Answer:** 1. You believe you need to "throw some jumps into the program" but I'm not sure why you say this. You state earlier that your lifts went down, so are they really helping? 2. Depth jumps can be extremely stressful, as you found out. Like anything, your body needs to be

in shape to perform. If you decide to add plyometrics, I would start with basic exercises (these can be found in books found at EliteFTS.com) and progress from there.

3. If I were to add in box jumps to my program I would do them at the beginning of my DE and ME Squat/DL days, after a good warmup. I wouldn't worry too much about box height in the beginning; let your training be your guide and progress slowly.

4. What is the purpose of doing box jumps in powerlifting? I haven't come to a concrete answer. Remem-

ber, when WBC tested, they all could jump on a (I believe) 40+ box without ever having to do a box jump. These are guys that all weighed 240+. Obviously, something they did before made their box jumps so impressive. Would improving their box jump improve their performance on the platform?

5. Kevin Deweese and I tested our VJ after a ME workout (Good Mornings, GHRs, Reverse Hypers, Ab work). Kevin weighed about 250 and jumped 32 or 33. I weighed 280+ and jumped just over 30. We never did a box jump or any other

kind of training but box squats and strengthening our posterior chain.

6. When I first started training for football as a freshman in H.S. I did a ton of box jumps. It got to the point where I could jump onto the hood of my dad's full size F-150 for ten consecutive reps without re-setting between reps. This may be the reason why I am explosive when I squat. We would also set up 10 high hurdles on a track and bound over them. But, as Bob Youngs and I have talked about, maybe there is a time period in one's training life where these things need to be introduced to be effective. I'm not saying that they still can't be useful, but maybe this quality needs to be developed at an earlier age.

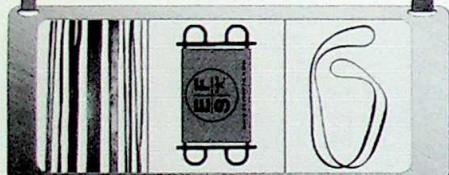
7. If you do add jumps, be careful of the rest of the workout (volume).

**Question:** I have been reviewing the training logs at EliteFTS and don't understand how these workouts can take under one hour. Is it really possible to get a quality workout in that time period or are you guys not telling the truth?

**Answer:** Here are the main reasons why people can not fit their workouts into the one hour period. First, stop all the talking between sets. The only thing going on between sets should be loading the bar and correcting technique. After a lifter is done with a set, the other one should be ready to go. Second, you are probably taking too long on your assistance. I prefer to do assistance in a 2 person group, but 3-4 is okay. Go one right after the other. There is no need for breaks. Third, set everything up before you start. Get the weights out you will need and whatever equipment you will need too. Don't get into the middle of your workout and then have to go dig through your gym bag to find your wrist wraps. Fourth, do your conversing before and after training. Last, and this is the biggest one, you are probably out of shape. This is the biggest culprit and the simplest one to fix. Unfortunately, it's the hardest one to fix as it requires a lot of discipline and work to get in shape. Get your body in shape. You will be surprised at how much easier and productive your training will be.

## BANDS!

[WWW.ELITEFTS.COM](http://WWW.ELITEFTS.COM)

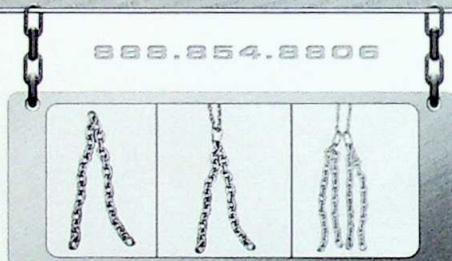


**ELITE FITNESS SYSTEMS** carries the complete line of Flex Bands®. Flex Bands® were developed by former football coach Dick Hartzell. These are the only bands endorsed by Louie Simmons of Westside Barbell. Beware of imitators with inferior bands that are molded or bonded together. They are backed by 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       |

## CHAINS!

888.854.8806



**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                                | \$76.00*  |
| Complete Set: (2)chains,(1)helper chain, (1)oval snap hook  | \$95.99*  |
| 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:

EF  
ST  
[WWW.ELITEFTS.COM](http://WWW.ELITEFTS.COM)

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

EF  
ST  
[WWW.ELITEFTS.COM](http://WWW.ELITEFTS.COM)

For more information on equipment, books, apparel, training accessories, articles, Force Training seminars and over 10,000 archived answers visit [www.EliteFTS.com](http://www.EliteFTS.com).

**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!**

**IRONWRAPS Z**  
(actual size)

**IRONWRAPS A**  
(actual size)

... or fit to your legs to use the greatest knee wraps of all!

Inzer Power Gear is backed by the  
Inzer Performance Guarantee.

Guaranteed to out perform any other brand.



"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 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!**

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  
903-236-4012 • 1-800-222-6897

Yes, the final part of this series is here. My main objective in writing this series is to inform powerlifters of the many nutritional blunders that they are making and how to fix these problems to best improve their performance. I am going to help you stop making nutritional mistakes so that you will get stronger, have fewer injuries, and make sure that you stick around this planet a lot longer. Here I have laid out the final nutritional mistakes that will keep you from reaching your ultimate potential in powerlifting.

### Avoiding Healthy Fat

Fat ... the wonder macronutrient that seems to be getting a lot of press lately. If you are a regular reader of my nutrition column then you will know that I am a big fan of fat. No, not the kind that gives you an extra tire around your waste, or the kind that makes your legs look as if they were created out of cottage cheese, but the healthy fats. Telling powerlifters to consume healthy fats is much harder than telling them to eat bad fats. Most healthy fats taste horrible while the bad fats taste really good. If powerlifters consumed more healthy fats, their health and performance would be taken to a new level. Powerlifters consume way too much saturated fat and trans fatty acids while their intake of mono-unsaturated and poly-unsaturated fats are no where to be seen. You need specific amounts of your Omega 3-6-9 fats depending on your goals and variables. These healthy fats will help lower your cholesterol, decrease tendon inflammation, increase insulin sensitivity, and increase hormonal production including our favorite ... TESTOSTERONE. These are just a few of the benefits that healthy fats provide to the serious powerlifter. If you are not including healthy fats in your nutrition plan, start kicking them in as your health and powerlifting total will be glad you did!

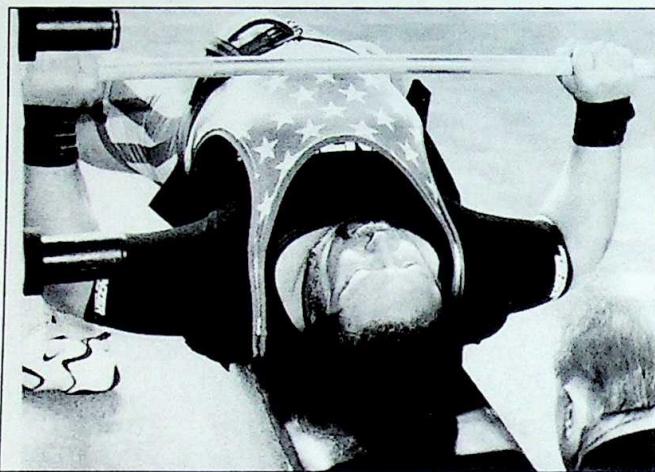
### Not Taking a Multivitamin

This is one mistake that I see over and over. Many powerlifters that I consult with don't take a multivitamin/mineral formula. One thing that we have to remember here is that the large majority of powerlifters don't provide their bodies with the optimal amount of micronutrients that they need on a daily basis. This can definitely be a problem especially since many powerlifters are not getting the proper amounts of micronutrients from the foods that they eat. What this spells out for the strength athlete is disaster. Vitamins and minerals have

# NUTRITION

## Nutritional Mistakes Guaranteed To Ruin Your Powerlifting Success Pt. 5

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



*Quality Platform Performance requires quality nutritional planning.*

many different purposes in the body and if you are deficient in even just one of these micronutrients then you will not be performing at your best. Micronutrients regulate many different physiological processes in the body. These include muscle contraction, regulation of your heartbeat, the absorption and transportation of the food that you eat, the production of hormones and a lot more. If you are allowing your body to be constantly deficient in one or more micronutrients you can not only look forward to a sub par performance, but an increased rate of injuries and over training. Taking a multivitamin/mineral formula is definitely a very important part of your nutritional program so make sure that you take yours on a consistent basis.

### Not Maximizing your Carbohydrate Intake

I know that you won't like to hear this one, but the large majority of powerlifters are not maximizing their carbohydrate intake. They consume not only too many carbs, but the worst types, at the wrong times, and combined with the wrong foods. The problem that I have seen with powerlifters in regards to carbohydrate usage is that they don't know how to use them in their nutritional plan to their advantage. First off many powerlifters eat too many total grams of carbohydrates

per day. Remember if you are consuming more carbs than you are burning in a day, your chance of storing them as fat is very likely. Many powerlifters also eat too many grams of carbs at each meal. This is another problem that will not only help you to feel sluggish but will also help with increasing your fat stores. The next problem is the types of carbohydrates that are consumed. Most powerlifters love simple sugars and refined carbohydrates. Very few powerlifters use the glycemic index or insulin index when they are choosing their carbohydrate sources as well. This is a mistake in itself. Powerlifters are also guilty of not consuming the right carbs at the right time. This is most evident with their pre workout, post workout, breakfast and evening meals. Carbohydrates used in the right manner can really help to improve your performance, but when they are misused they can also be the macronutrient that can cause you the most problems as well. Optimizing your carbohydrate intake is very important for the powerlifter so don't think that this is something that should be taken lightly.

### Having a Wimpy Breakfast

Looking at the size and strength of powerlifters you would think that the large majority of them would be eating like a Sherman tank come breakfast time. Well, a large major-

ity of my clients many eat a wimpy breakfast. Yes, you heard correctly. I have clients that are superheavyweights that used to start off their day with coffee and a muffin. Now what's funny about this whole scenario is that the gentlemen that told me this thought this was pretty good. I almost fell out of my chair when he told me that. He told me that he used to have a coffee and a doughnut for breakfast, but since he was trying to go after the "Healthy Lifestyle" he switched over to a chocolate chip muffin. Is this a joke or what? A coffee and a muffin wouldn't provide enough nutrients for a cockroach let alone a 340 pound man that is planning on putting over 800 pounds on his back. Eating a wimpy breakfast will have you lifting wimpy weights later in the day. If you want to look and lift like a true strength athlete, then you better eat a power packed breakfast that is going to fuel you through your tough workout. How are you supposed to keep your basal metabolic rate high when you start off your day eating like a mouse? Think about it for a minute. Your body has gone 8 hours of sleep without any food. You wake up, your metabolism is just begging for some power packed nutrients and you feed it coffee and a muffin. How are you going to maximize your glycogen stores to fuel you through your workout eating like that? How are you going to keep yourself in anabolic state that will help you to increase your lean tissue and strength when you are eating worse than a couch potato? Just to let you in on something here. We are strength athletes and we have to eat like strength athletes if we want to truly reach our potential in the sport. Your breakfast is one of the most important meals of the day and you should make sure that you are eating a balanced and nutrient dense breakfast that will provide your body with the fuel that it needs to accomplish your goals. Remember, if you want to succeed -- feed the machine!

### Distributing Your Calories Improperly

Here is another mistake that I see all the time with powerlifters. If you are looking to maximize your performance you have to look at how you distribute your calories throughout the day. One of the biggest mistakes in regards to improperly distributing your calories is those who eat a wimpy breakfast, like the guilty superheavyweight whom I mentioned above, yet these same individuals will eat a boatload of junk food right before retiring for the night. Now let's take a look at

what's wrong with this scenario. When your metabolic rate is revved up and is begging for nutrients first thing in the morning you provide it with a breakfast that has absolutely no nutritional value. Sounds really good doesn't it? Now when your metabolic rate is slowing down for the night, you load your stomach to full capacity with simple sugars, refined carbohydrates, sodium, food coloring, preservatives, nitrates, saturated fats, trans fatty acids and a host of other "Nutritious Goodies" right before bedtime. Can you see what's wrong with this picture? At the time when your body needs a steady dose of nutrients, you starve it. When you need specific nutrients to help you recover from your intense training session, you supply it with garbage that will only help to give you low blood sugar, increase your fat stores, and help to increase your chances of health conditions like insulin resistance and diabetes. Distributing your calories throughout the day in a scientifically laid out formation will have a big difference on your performance. When the body is in need of nutrients you have to supply it with what it needs, otherwise much of the hard work that you perform in the gym will be wasted. Many powerlifters don't count their calories, let alone focus on their distribution throughout the day. Distributing your calories incorrectly will cause you to increase your fat stores, put you in a muscle wasting state, slow down your metabolic rate and will increase your recovery time. If this sounds good to you then just continue eating what you want, when you want, in the portion size that you want, and you can at least keep your fingers crossed hoping that you have hit the nutrition nail on the head.

#### **Change your Mindset about Powerlifting Nutrition**

I know that a lot of you reading my articles are somewhat skeptical about this whole nutrition thing. Many think that since powerlifters have done well so far without following scientifically designed customized nutrition programs, then why would we need them now. The nutritional aspect in our sport has been sadly overlooked. The advances in powerlifting equipment, whether you are for or against it, has produced unbelievable jumps in progress. Yet many lifters are still eating as poorly, if not worse, than those two decades ago. If you take a look at almost every sport, from boxing to bodybuilding to running, athletes are constantly looking for the nutritional edge that will help take their performance over the top. As bad as it may sound, the large majority of powerlifters have not put that much effort into their nutritional regimen and this is one of the major reasons why many powerlifters health in their latter years is not as good as it could be. My ultimate goal in writing for *Powerlifting USA* is to help powerlifters reach their optimal performance and increase their health and longevity in this sport. Before I can do this, I have to change the powerlifting mindset about proper nutritional practices and only from there can I take your total to new heights.

#### **Not Having your Program Designed by a Professional**

Now this may sound like a case of shameless self-promotion, but it's not. If you have never sat down with a sports nutritionist before, now is the time to have a professional customize a nutri-

tional program to help you reach your goals. I know many of you probably go through my articles trying to put many pieces of the nutrition puzzle together, but the truth is you won't be able to fine tune a nutrition program without some guidance. When a sports nutritionist constructs a program for you, through a detailed nutrition and supplementation analysis, he will be customizing a program to your specific needs and goals. With a customized program your nutritional plan will be specifically catered to you and won't be some type of generic cookie cutter plan. Many of the things that would be considered no big deal to the average lifter, when it comes to a nutrition plan, can make a big difference with your results. At the same time, your sports nutritionist will be constantly monitoring your weight, body fat percentage, your pounds of lean tissue and the water content of your body. He should also be keeping track of different medical factors, like your blood pressure rating, cholesterol, triglyceride levels, and much more. Another thing that will be very important in your success is that he should also have you get blood work done, including testing your level of insulin sensitivity among other things. As you can see, just trying to throw a few of my ideas together and consulting with a sports nutritionist for program design is like night and day. When you are working with a qualified sports nutritionist they will be able to analyze your program from many different angles. This is something that you won't be able to do. Another thing that you have to understand is that any type of plan that you do follow will only work for so long. It's the same thing with your training. This is one of the benefits of the Conjugate Method of training that is promoted by the

..... **"Remember, if you want to succeed – feed the machine!"** ...

world's best powerlifting coach Louie Simmons. This valuable principle is also true with your nutrition and supplementation program. This is one of the things that a sports nutritionist will do with your nutrition plan. Constantly altering your program will keep your body guessing. This way your body won't adapt to what you are doing with it and you will continually make progress. If you have never worked with a sports nutritionist who specializes in strength athletes, there is no better time to get your plan on track and make your nutritional mistakes a thing of the past.

With the final part of this series, I hope that I have enlightened you with many ideas that you can now apply to your nutritional program. Of course, these are not all the nutritional mistakes that I have seen among powerlifters, as it could take an entire book to cover all the things that I have witnessed over the last 10 years. If powerlifters took their nutritional mistakes as serious as their training, then we would definitely see totals even more unbelievable than we are seeing today. If you are guilty of many of the nutrition mistakes that I have mentioned over the past five issues, it is now time to clean up your act and get your nutrition plan on track. Just remember, if you aren't maximizing your own nutritional plan, your competition will be!

If you have questions or comments I can be reached at ariccluto@x-tremepower.com

#### **Get THE ROPE Advantage**

Work your muscles harder than you've ever dreamed of. Joint and spine friendly.

*Used by World, National and State Champions*

Kit P. 815 Sq. 54 years of age  
Mark P. 495 B.P. High School  
Brett A. 440 B.P. Teen  
Sabine S. 205 B.P. at 115 lbs.

#### **GET THE ROPE ADVANTAGE**

Poster Manual and Apparatus  
Only \$49.95

#### **BODYBUILDER WORKS**

Call me or call them, but use it!!! → → →

#### **THE SHIRT**

Padded where the bar sits for more comfortable squats  
Only \$29.95.  
Please include shirt size with order

Send check or money order to:

The Body Hobby Shop  
1531 S. State Highway 121 #215  
Lewisville, TX 75067  
214-222-2997

E-Mail address: kit.price@prodigy.net  
<http://home1.gte.net/mlp/kit/hobby.htm>

## **BODYBUILDER**

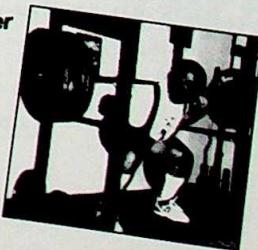
### **A GAMMA ORYZANOL EMULSION**

**A UNIQUE LIQUID FORMULATION UNLEASHING THE POWER OF GAMMA ORYZANOL TO BUILD MUSCLE AND REDUCE STRESS!**



**For THE PROFESSIONAL And THE BEGINNER**

**"Body Builder delivers. My lifts are way up and my body fat lower than ever!"**  
-W. KIT PRICE  
World Champion Power Lifter



**EQUI-AIDE PRODUCTS**

PO Box 393 • Merrick, NY 11566  
516 378-0271 • 1-800-413-3702

**WWW.EQUIAIDE.COM**

**INZER**  
**ADVANCE DESIGNS**  
We Make Power Gear A Science

1-800-222-6897  
903-236-4012

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

IMMEDIATE SHIPPING

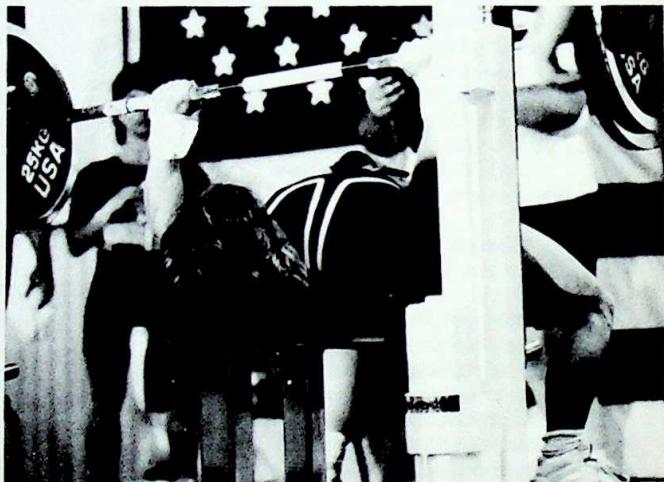
## INZER BLAST SHIRT

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**

"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!

"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.**

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

**Mike Hall**  
**633 lb. Bench**  
ADPFA-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 |
|------|------|------|-------|-----------|
|      |      |      |       |           |
|      |      |      |       |           |
|      |      |      |       |           |
|      |      |      |       |           |

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

**SHIPPING \$6.00**  
**TOTAL** \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

**INZER**  
**ADVANCE DESIGNS**  
We Make Power Gear A Science

PO. 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

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

IMMEDIATE SHIPPING



**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.



**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 - ADEPA 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** 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**

## CHAMPION SUIT

MC  VISA  COD  Check  Money Order

Please indicate size or include measurements of:

Height \_\_\_\_\_  
Weight \_\_\_\_\_  
Upper Thigh \_\_\_\_\_  
Buttocks

Black  Navy Blue  Red  Royal Blue

| ITEM | SIZE | QTY. | PRICE | SUB-TOTAL |
|------|------|------|-------|-----------|
|      |      |      |       |           |
|      |      |      |       |           |
|      |      |      |       |           |
|      |      |      |       |           |
|      |      |      |       |           |

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

|                 |        |
|-----------------|--------|
| <b>SHIPPING</b> | \$6.00 |
| <b>TOTAL</b>    |        |

**INZER**  
**ADVANCE DESIGNS**

PO Box 2981  
Longview, TX 75606

**\$42 or 2 for \$76**

NAME \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
PHONE \_\_\_\_\_

# STRAIGHT BAR TALK

Powerlifting Commentary  
by Mike Lambert, PL USA

..... as if they happened yesterday, it's easy to recall those concentrated "white moments" of powerlifting reality, simultaneously experienced by dozens of this nation's strongest military athletes. Back in the days when the United States Military Powerlifting Championship was at its greatest heights, full teams from each branch of our armed services were funded by Uncle Sam for the lifters to train for, travel to, and compete in powerlifting against each other under the banner of their branch of the service. Some of the greatest lifters the United States has ever known developed to their highest levels of achievement in the sport because of this very generous program. (Many ex-military lifters from those days are STILL making their marks on the record books). Great athletes and coaches challenged each other in a true "team" concept of competition. These were not open contests. Each service brought only a full team and an alternate or two, in case someone couldn't start at the last minute. The performance of every single person on every official 11 man team roster counted for team points. Some of the lifters in a given weight class were world class and others were not, but each competitor's performance and each lift they made, or missed, truly meant something, team-pointwise. On paper, one could predict the outcome of a given class based on the participants' previous results, but at the meet ... stuff happens. Each service had their own guy(s) on a clipboard, figuring out the team implications of each success and each failure on the platform ... if a given lifter were to have a bad day, or - worse yet - bomb out, each of the respective team's scorekeepers would practically break a pencil re-figuring the repercussions on their outfit's prospects. A lifter who was expected to place down the list could upset someone else's "team" applecart too, by simply doing what they were supposed to do, and perhaps a little beyond that if the magic of the moment was with them. There were so

## TEAMPOWERLIFTING

many capable people, optimistically pushing the envelope of their minds and bodies, intently focused on managing the best from what fate and the other teams' performance were to hand them.

This format brought out the most concentrated expression of competitive spirit and camaraderie you can imagine - friendly rivalry at its most extreme efficiency. Robbie Roberts, who for years ran great military meets at the Marine Corps Recruit Depot down in San Diego, thought this "team" format had very significant application in the sport, beyond the uniforms. Why not expand this concept to powerlifting "teams" in general?

Haven't people been complaining, for decades, that Powerlifting meets take too long? While a few gleefully contemplate how snappily meets might run if the number of weight classes were cut down, or even if one of the traditional lifts were just dropped altogether, wouldn't it be more elementary to simply limit the number of lifters who enter the meet in order to control how long the contest takes? The Team Powerlifting concept accommodates a few full

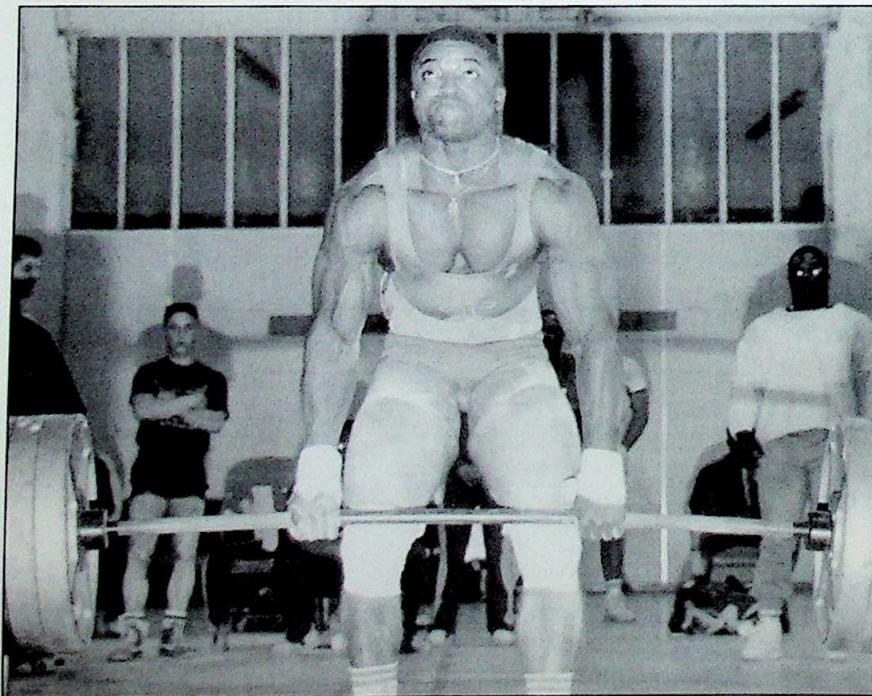
teams, two - three - four of them — 22, 33, or 44 lifters .... a number of entrants that allows for a quickly run contest. Furthermore, the Team Powerlifting concept allows the meet director an enhanced opportunity to cover his financial outlay ... perhaps he won't need to make his investment back just on as many entry fees as he can come up with ... with "Team" Powerlifting he has a more realistic chance to make something back on the gate, because this format of competition is more "promotable" to a general audience. Consider the possibilities .... what about an Ohio versus Pennsylvania versus West Virginia meet (would you pay to watch it, would your uncle go too?), or ... Jefferson County versus Washington County versus Madison County, or Eastside High School against Southside High School, etc. ... these would be meets that are short, to the point, and they are eminently promotable to the general public. People who don't know much about Powerlifting might readily come watch such a competition if it is "their" school, city, state, etc. competing. The "Team" format allows the promoter a broader means to

attract an audience, set up a refreshment booth, run an intensely competitive meet in a short time, and - now for the best part.

Back at those great military meets, there was the official scorekeeping table, and — as noted — each service had a rep or two keeping their own set of numbers, but if you were in the audience — and not keeping score yourself — you might have a notion that some very important things were going on as far as the team standings, but you wouldn't know precisely what they were. That's another of powerlifting's problems as far as dealing with John Q. Public .... the "score" can be complicated to "show", what with many weight classes and many competitors in each class. Of course, a large scoreboard ... as seen at some of the previous major world championships, etc. is great, but you need a large pile of money to build such a display and a small army of guys to manually update it throughout the competition. Nowadays, many contests are scored by computer and, as a result of technological developments, one does have the option of displaying those easily programmable computer generated results off a digitally driven projector (they aren't cheap to buy, but you can rent them for a fairly modest fee).

With that capability, you can project the score (on a wall or screen) in a given weight class, or the team score implications of each lift .. in large letters, so everyone can see what's up ... virtually INSTANTANEOUSLY ... capturing the intense relevance of each lift (RIGHT THEN!) so the crowd can really appreciate exactly what is transpiring with "THEIR" team.

Team Powerlifting ... is it an idea whose time has passed, along with those halcyon days of fully financially supported military teams, or is it something that has finally come of age ... in the Digital Age? If anyone is willing to give a major Team Powerlifting promotion a try, call PL USA (800-448-7693) and we'll arrange for you to get some free publicity to help your effort get rolling.



AUSBY ALEXANDER, at the '88 Armed Services Meet, is a prime example of the national and international success that the Team Powerlifting concept can help bring about. (Joe Velez)

# 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.)

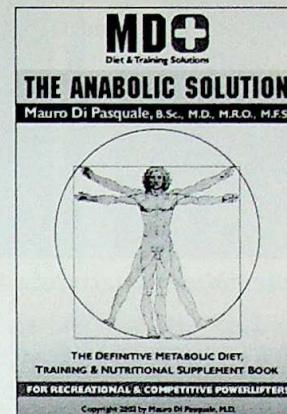
**DEAR MAURO:** I am currently reading your book, The Metabolic Diet. I have also purchased The Anabolic solution for Powerlifters, but have not read it as of yet. My question is as a competitive powerlifter at the local, state, and national level — Which diet plan, or change of life plan as I would like to think that is will be, would be better for me to start with? I currently weight 177 with a body fat % of 27%. I would like to decrease my bodyfat % to 10-14% and keep it there, along with the bodyweight of around 160-164. I will not begin the plans until after my next competition, as I am too close to start now without knowing how it will affect my lifting. My next meet is on the 26th of January — Women's Nationals..... Thank you for your time as I know that your schedule is very busy.

**DEAR JEN:** The Anabolic Solution for Powerlifters Is definitely the way to go as it covers how to maintain muscle mass while dropping body fat - ie having as much functional muscle mass as possible for whatever weight class you're lifting in. The Metabolic Diet can act as a good reference since it has the charts and sample diets, as well as some more information that may prove useful. And I agree about not starting something new close to a competition. It's almost always a mistake. Best regards, **Mauro**

**DEAR MAURO:** I am a sixty-six year old male recreational lifter, although who knows, I may compete yet. The problem is my leg size and mass. I recently lost 25 pounds going from 230 lbs to 205 lbs. I lost mostly fat but unfortunately lost a lot of muscle in my legs. Can you tell me what kind of leg routine I should follow to improve my leg size and strength? At present my thighs measure 23" and calves 16". I've been told that leg presses and combo leg extensions/curls would help. What do you suggest? **Rick**

**Dear Rick:** The problem with a lot of lifters as they age is that they let up on doing squats because of various problems with their back, knees, etc. And if they do squats they don't do them the way they should. My feeling is that you can't basically follow the same leg mass routine. You just have to be careful to modify the weight used and perhaps the intensity and frequency of the workouts. As I mentioned above, if you want to increase mass you're going to have to squat - without gear (except for light knee wraps and belt if needed) and to at least just below parallel. You're also going to have to work up to a decent weight. I find for me it's best to only work the legs once a week but put a lot into that workout. I spend at least an hour doing squats - usually between 1.5 and two hours. Once I'm in fairly good lifting shape I usually rotate three routines, one each week for a 12 week period. The first squat routine is six sets of 6 reps, not including a few warm-up sets. The second routine is one of descending reps, ascending weights. After a few sets of warm-ups, I start with 8 reps, add some weight, do 6 reps, add weight, do 5 reps, add weight, do 4 reps, add weight, do 3 reps, add weight and do 2 reps. The third routine is a lighter one in which I do 5 sets of 8 reps at a very comfortable weight. After a 12 week stint I'll usually do a few weeks of all the other leg exercises that most people do because they're easier, including leg presses, hack squats, calf raises, etc. Then it's

# THE SOLUTION IS HERE!



- **Maximize Strength**
- **Maximize Muscle Mass**
- **Minimize Body Fat**

ORDER ONLINE & RECEIVE A  
10% DISCOUNT WHEN YOU ENTER  
DISCOUNT CODE: PLUSA923

## Soft Cover & e-Book NOW AVAILABLE!

### ANABOLIC SOLUTION FOR POWERLIFTERS

**Dr. Mauro Di Pasquale**, a former IPF World Champion Powerlifter, the father of **low-carb, cyclical dieting**, and the author of both the Anabolic and Metabolic Diets, now introduces the **Anabolic Solution for Powerlifters** - a natural and effective alternative to the use of powerful, and dangerous anabolic drugs. While it's true that there are no magic shortcuts to success, the Anabolic Solution for Powerlifters is your best bet for increasing your **strength and lean muscle mass** in the shortest amount of time, whether you are a recreational or professional powerlifter.

Diet & Training Solutions



For more information visit us at:

[www.metabolicdiet.com](http://www.metabolicdiet.com)

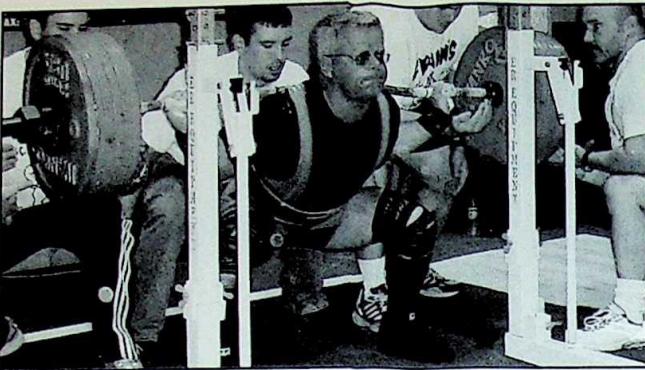
[www.coachsos.com](http://www.coachsos.com)

ORDER ONLINE CALL OR WRITE AND MENTION DISCOUNT CODE  
**(PLUSA923) FOR 10% DISCOUNT**

20 Strathy Rd Unit 6 Cobourg Ontario K9A-5J7  
To Order call 1-905-372-1010

back to the real stuff for another 12 weeks. If you decide to use this routine, let me know how it works out. Keep in mind that along with the lifting you also have to optimize your nutrition. That means getting plenty of protein and calories. You might also want to use some of the product in my nutritional supplement line ([www.MetabolicDiet.com](http://www.MetabolicDiet.com)). For example, both TestoBoost and GHboost have been clinically shown to raise testosterone, growth hormone and IGF-1 levels and as such would provide you with a natural anabolic stimulus and lead to increases in both strength and muscle mass. **Mauro**

**USAPL Masters Nationals (kg)**  
**1-4 MAY 03 - Baton Rouge, LA**  
**52**      **SQ**    **BP**    **DL**    **TOT**  
**Master (40-44)**  
 Danny R. Payne 115    65    147.5    327.5  
**56 Master (40-44)**  
 Denny Barleen 150    117.5    190    457.5  
**Master (45-49)**  
 S. Meadows 170.5    112.5    210    493  
**Master (50-54)**  
 Ira Rosen 180    90    195    465  
**60 Master (40-44)**  
 Tim Smith 192.5    110    200    502.5  
 Kevin Jones 180    112.5    162.5    455  
 Curtis Reinitz 152.5    102.5    167.5    422.5  
**Master (45-49)**  
 John Corsello 172.5    130    187.5    490  
 John S. Bissen 180    92.5    210    482.5  
 Scott Richey 177.5    92.5    185    455  
**Master (55-59)**  
 Iain Burgess 142.5    92.5    160    395  
**67.5 Master (40-44)**  
 L. Weinstein 240    142.5    255    637.5  
 L. Slaughter 215    185    215    615  
 William P. Payne 205    130    235    570  
 Barrett Richey 102.5    85    147.5    335  
 Gregory Page 237.5    150  
**Master (45-49)**  
 Arval Bridges 212.5    157.5    252.5    622.5  
 D. Humphrey 152.5    95    162.5    410  
**Master (50-54)**  
 Brendon Rohan 182.5    135    230    547.5  
 Joe Rizza 190    77.5    190    457.5  
**Master (55-59)**  
 Bob Coleman 157.5    82.5    162.5    402.5  
**Master (60-64)**  
 Jules Pellegrino 185    142.5    182.5    510  
**Master (65-69)**  
 Dillon Maier 160  
**Master (70-74)**  
 Robert Cortes 157.5    107.5    212.5    477.5  
 Frank Richey 147.5    110    185    442.5  
**75 Master (40-44)**  
 Pat Beaumaster 281    165    260    705  
 Joseph Braca 252.5    155    287.5    695  
 Mark A. Sigala 232.5    157.5    260    650  
 Chris T. Dargin 185    160    260    605  
 Brad Olson 230    150    225    605  
**Master (45-49)**  
 Alan G. Cayer 250    157.5    280    687.5  
 Carlos A. Lewis 270    155    240    665  
 D. McCarthy 237.5    132.5    220    590  
 Mark Thomas 212.5    112.5    227.5    552.5  
**Master (50-54)**  
 Mark Cucinella 185    130    207.5    522.5  
 Alan Sheen 110  
**Master (55-59)**  
 Jeff Jacobs 217.5    130    227.5    575  
 Art Menton 212.5    137.5    215    565  
 Bob Sainati 155    90    217.5    462.5  
**Master (60-64)**  
 Sam Alduenda 215    100    235.5    550.5  
**Master (65-69)**  
 Jack Wolff 137.5    82.5    180    400  
 Jerry Ochs 125    95    160    380  
 Donald Steele 92.5    67.5    142.5    302.5  
**Master (70-74)**  
 D. Goodwin 92.5    80    145    317.5  
**Master (80+)**  
 F. Archambault 150    97.5    185    432.5  
**82.5 Master (40-44)**  
 David Ricks 282.5    182.5    295    760



**Mike Bridges** made a comeback at the National Masters (Rick Crain)

|                   |       |       |       |       |                    |       |
|-------------------|-------|-------|-------|-------|--------------------|-------|
| Larry Maile       | 265   | 195   | 270   | 730   | David Bertier      | 177.5 |
| Bill Scully       | 270   | 187.5 | 262.5 | 720   | Master (50-54)     |       |
| Greg Zangl        | 195   | 205   | 255   | 655   | Larry Traub        | 267.5 |
| Doug Harney       | 232.5 | 152.5 | 240   | 625   | Ken Mulholland     | 237.5 |
| Tony Hambric      | 207.5 | 150   | 240   | 597.5 | C. Welcome         | 220   |
| Jesse Robles      | 210   | 140   | 235   | 585   | Roger Silva        | 205   |
| Master (45-49)    |       |       |       |       | Bob Hewitt         | 160   |
| M. Bridges        | 320   | 215   | 292.5 | 827.5 | Jim Thompson       | 165   |
| L. Woodley        | 310   | 167.5 | 302.5 | 780   | Master (55-59)     |       |
| David L. Wiley    | 260   | 152.5 | 232.5 | 645   | Walter Thomas      | 272.5 |
| M. Harrison       | 262.5 | 132.5 | 245   | 640   | Bill Lindsey       | 205   |
| William Kellett   | 135   | 110   | 190   | 435   | Andrew Christo     | 182.5 |
| Master (50-54)    |       |       |       |       | Jim Yakubousky     | 215   |
| Ron Erickson      | 200   | 130   | 242.5 | 572.5 | David Kernion      | 192.5 |
| Bill Clayton      | 217.5 | 137.5 | 212.5 | 567.5 | Master (60-64)     |       |
| Edgar Martinez    | 210   | 127.5 | 195   | 532.5 | T. Lancaster       | 165   |
| R. Gelsomino      | 190   | 137.5 | 205   | 532.5 | Ron Jenkins        | 165   |
| Michael Brady     | 210   | 140   |       |       | Master (65-69)     |       |
| Master (55-59)    |       |       |       |       | William Callihan   | 160   |
| R. Contreras      | 195   | 137.5 | 235   | 567.5 | Master (70-74)     |       |
| J. Klostergaard   | 195   | 187.5 | 175   | 557.5 | Bill Remley        | 170   |
| Jim Yeals         | 192.5 | 122.5 | 235   | 550   | 100 Master (40-44) |       |
| Jim Wold          | 190   | 132.5 | 225   | 547.5 | Scott Zwanstra     | 305   |
| R. Stillman       | 180   | 120   | 200   | 500   | Rich Wenner        | 285   |
| M. Rosenwald      | 170   | 102.5 | 190   | 462.5 | Jim Brown          | 287.5 |
| D. Courville      | 215   |       |       |       | Jerry Trembley     | 270   |
| Master (60-64)    |       |       |       |       | Brian Callahan     | 282.5 |
| Jim Waters        | 147.5 | 100   | 200   | 447.5 | Tracy Glawe        | 277.5 |
| James C. Lyons    | 172.5 | 100   | 172.5 | 445   | 100 Master (40-44) |       |
| Master (70-74)    |       |       |       |       | Mike Lohmann       | 295   |
| Eugene Hall       | 97.5  | 65    | 140   | 302.5 | Wesley Lowey       | 260   |
| Master (75-79)    |       |       |       |       | M. Godawa          | 250   |
| John Weiss        | 102.5 | 67.5  | 147.5 | 317.5 | Michael Brown      | 237.5 |
| 90 Master (40-44) |       |       |       |       | Michael Rufflo     | 170   |
| Gregory Jones     | 297.5 | 195   | 287.5 | 780   | Master (50-54)     |       |
| S. Lemarie        | 257.5 | 175   | 282.5 | 715   | Tom Weeks          | 260   |
| Russel Clark      | 260   | 180   | 260   | 700   | Gary Edwards       | 225   |
| Bruce Thomas      | 255   | 145   | 260   | 660   | Ronnie Randall     | 242.5 |
| Ron Falcone Jr.   | 247.5 | 187.5 | 215   | 650   | Charles Siddle     | 82.5  |
| Gerard Dally      | 232.5 | 145   | 242.5 | 620   | Phil Accordino     | 225   |
| Michael Laabs     | 205   | 125   | 232.5 | 562.5 | Brad Courty        | 237.5 |
| Brett Masuoka     | 200   | 135   | 227.5 | 562.5 | Onnie Jordan       | 220   |
| Eddie Williams    | 205   | 117.5 | 227.5 | 550   | Delvan Worley      | 260   |
| Eliot Feldman     | 187.5 | 132.5 | 200   | 520   | Master (55-59)     |       |
| Mike Willet       |       |       |       |       | David Clark        | 252.5 |
| Master (45-49)    |       |       |       |       | 157.5              | 290   |
| Aaron D. Byas     | 230   | 150   | 275   | 655   | 700                |       |
| K. Bogush         | 182.5 | 132.5 | 192.5 | 507.5 |                    |       |
| Floyd Frank Jr.   | 172.5 | 117.5 | 202.5 | 492.5 |                    |       |

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

|                    |       |       |       |       |
|--------------------|-------|-------|-------|-------|
| Robert Morton      | 175   | 117.5 | 185   | 477.5 |
| Master (60-64)     |       |       |       |       |
| Doug Dienelt       | 205   | 163.5 | 227.5 | 596   |
| Robert Rood        | 195   | 155   | 215   | 565   |
| Dove Pate          | 200   | 142.5 | 205   | 547.5 |
| 110 Master (40-44) |       |       |       |       |
| Jeff Douglas       | 365   | 232.5 | 305   | 902.5 |
| Kevin Stewart      | 335   | 237.5 | 310   | 882.5 |
| Mitch Edelstein    | 257.5 | 185   | 280   | 722.5 |
| Tom Babcock        | 260   | 182.5 | 247.5 | 690   |
| Keith Belish       | 257.5 | 195   | 235   | 687.5 |
| Derek Wallace      | 255   | 160   | 200   | 615   |
| Perry Wyrick       | 170   | 140   | 185   | 495   |
| Master (45-49)     |       |       |       |       |
| Gary Pamplin       | 295   | 242.5 | 232.5 | 770   |
| Rick Chavez        | 287.5 | 155   | 242.5 | 685   |
| Joe Smolinski      | 232.5 | 157.5 | 255   | 645   |
| Marc Nagele        | 225   | 157.5 | 242.5 | 625   |
| Gary Stevens       | 232.5 | 130   | 237.5 | 600   |
| Pat Tyring         |       |       |       |       |
| Master (50-54)     |       |       |       |       |
| Johnny Graham      | 322.5 | 167.5 | 305   | 795   |
| Wayne Alsup        | 247.5 | 147.5 | 272.5 | 667.5 |
| Ron Burnett        | 252.5 | 155   | 240   | 647.5 |
| Bill Sindelar      | 250   | 157.5 | 232.5 | 640   |
| Sean Anderson      | 245   | 162.5 | 227.5 | 635   |
| Master (55-59)     |       |       |       |       |
| Crayton Taylor     | 257.5 | 180   | 265   | 702.5 |
| M. Nichols         | 185   | 125   | 227.5 | 537.5 |
| C. Lambert         | 102.5 | 125   | 137.5 | 365   |
| 125 Master (40-44) |       |       |       |       |
| Doug Ballard       | 337.5 | 215   | 315   | 867.5 |
| D. Gonzales        | 337.5 | 225   | 300   | 862.5 |
| Ken Ryder          | 287.5 | 237.5 | 287.5 | 812.5 |
| Bill Collins       | 272.5 | 212.5 | 287.5 | 772.5 |
| Derell Bowie       | 282.5 | 160   | 250   | 692.5 |
| Bobby Patton       | 180   | 190   | 230   | 600   |
| Caesar White       |       |       |       |       |
| Master (45-49)     |       |       |       |       |
| Roger Hendrix      | 320   | 212.5 | 295   | 827.5 |
| Ted Stewart        | 250   | 150   | 265   | 675   |
| Steve Howard       | 250   | 147.5 | 212.5 | 610   |
| C. Wainwright      | 210   | 155   | 210   | 575   |
| Master (50-54)     |       |       |       |       |
| James Miller       | 272.5 | 172.5 | 255   | 700   |
| Albert Wood        | 195   | 170   | 205   | 570   |
| John Thomas        | 85    | 120   | 202.5 | 407.5 |
| Denny Day          | 210   | 165   |       |       |
| Master (55-59)     |       |       |       |       |
| William Morris     | 255   | 195   | 245   | 695   |
| Master (60-64)     |       |       |       |       |
| T. Arrington       | 257.5 | 160   | 240   | 657.5 |
| Charles Clonce     | 247.5 | 160   | 232.5 | 640   |
| Robb Grisham       | 225   | 142.5 | 210   | 577.5 |
| SHW Master (40-44) |       |       |       |       |
| Paul Fletcher      | 342.5 | 227.5 | 325   | 895   |
| Jim Weiss          | 292.5 | 175   | 285   | 752.5 |
| Steven Johnson     | 240   | 210   | 242.5 | 692.5 |
| Master (45-49)     |       |       |       |       |
| Jim Pope           | 290   | 205   | 312.5 | 807.5 |
| Rick Cech          | 262.5 | 210   | 260   | 732.5 |
| Robert Smith       | 260   | 195   | 252.5 | 707.5 |
| Kirk Vance         | 205   | 160   | 250   | 615   |
| Master (55-59)     |       |       |       |       |
| Ernie Surell       | 317.5 | 190   | 277.5 | 785   |
| Brent McCune       |       |       |       |       |
| Master (60-64)     |       |       |       |       |
| C. J. Batten       | 102.5 |       |       |       |
| Dr. Donn Martin    |       |       |       |       |

(Thanks to Angie Overdeer for the results.)

IPA Joe Average Open

APR 03 - Pen Argyl, PA

| 60 lbs. 7 yrs.                                 | SQ  | BP  | DL  | TOT  |
|--|-----|-----|-----|------|
| Josh Parrish                                   | 125 |     |     | 130  |
| <b>Women 114 Open</b>                          |     |     |     |      |
| Rae Lee Fiore                                  | 300 | 135 | 275 | 710  |
| 139  |     |     |     |      |
| Kathy Miller                                   | 325 | 165 | 325 | 815  |
| <b>114 Pro</b>                                 |     |     |     |      |
| S. Parrish                                     | 415 |     |     |      |
| <b>Men 14-15 Teen 148</b>                      |     |     |     |      |
| Dan Tillman                                    | 405 | 225 | 405 | 1035 |
| <b>Junior/Open 165</b>                         |     |     |     |      |
| Pat Curley                                     | 610 | 370 | 550 | 1530 |
| <b>40-44 Master 181</b>                        |     |     |     |      |
| Fred Piermattei                                | 630 | 385 | 555 | 1570 |
| <b>55-59 Master 198</b>                        |     |     |     |      |
| Paul Kane                                      | 400 | 360 | 430 | 1190 |
| <b>220 Pro</b>                                 |     |     |     |      |
| Dick Crane                                     | 875 | 575 | 550 | 2000 |
| <b>220 AM</b>                                  |     |     |     |      |
| Blaine Rundle                                  | 715 | 405 | 540 | 1660 |
| <b>242 Junior AM</b>                           |     |     |     |      |
| Ryan Baldwin                                   | 600 | 305 | 450 | 1355 |
| <b>275 Submaster</b>                           |     |     |     |      |
| Chris Riedy                                    | 625 |     |     | 500  |
| <b>Junior/Open</b>                             |     |     |     |      |
| Charles Fay                                    | 700 | 435 | 655 | 1790 |
| <b>55-59 Master Pro</b>                        |     |     |     |      |
| Bob O'Brien                                    | 380 |     |     | 380  |
| (Thanks to Jim Parrish for providing results.) |     |     |     |      |

kissing lets get on with it.... Matt hit all 3 attempts in the squat finishing with a very impressive 970. Mike opened with an easy 925 and immediately went to 1015 on his second attempt but was unable to complete the lift. Mike stayed at 1015 on his third attempt and was able to setup strong and DESTROY the lift .... deep in the hole and plenty of speed to the top for 3 white lights. In the bench Matt was able to narrow the gap with a 650 press as Mike went 3 for 3 and finished with 630. The standings after the squat and bench showed Mike at 1645 and Matt at 1620, setting up a showdown in the deadlift. Both men destroyed their opening deads and were ready to get it on with the last two attempts. Mike went to 810 on his second and annihilated the lift as Matt went to 835 to narrow the gap and possibly setup for the win on his final attempt. Mike looked poised to seal the deal as he went to 825 but to everyone's surprise he was unable to complete the lift. The stage was set for Matt to take the win with as he jumped to 850. The music was cranked and the crowd was going crazy as Matt approached the bar ... plenty of speed off the floor but it looked like he might stall at the top but NOT TODAY as Matt willed the bar to lockout for the win. The room erupted as Matt was given the down signal from the judge. When the smoke cleared it was Matt with 2470 and Mike with 2455. What an end to one hell of a battle and one hell of a meet! Thanks to everyone who helped make the meet a success. Special thanks to all of the lifters who competed from all over the country. Thanks to my wife for supporting my powerlifting and helping run the meets. Also, special thanks to Brent Tracey for making this all possible, without your help and influence there would be no meet (not to mention I would not be the lifter I am today). A big thanks to Louie Simmons and Westside Barbell for providing equipment and promoting the meet (and thanks again to Louie for just being Louie, he is the innovator of Powerlifting and without him we would not see the numbers we see today and will continue to see in the future). Thanks to Mike Hill for allowing me to steal your meet and for being one hell of a friend. Thanks to the entire Iron House crew who helped make the meet possible. Thanks to Dave Tate for promoting & helping organize the meet and Mark Chaillet for the sanction & help running the meet. See you next year - April 3 & 4, 2004 (same place) & also at the July 26, 2003 Push/Pull & Bench for Cash. (Thanks to Mike Maxwell, Iron House Gym for providing the results)

#### AAPF National Powerlifting & BP 12,13 APR 03 - Park Forest, IL

|                 |                           |
|-----------------|---------------------------|
| AAPF Bench Only | 110                       |
| Submaster       | Tony Bartolomei           |
| 67.5            | Master 50-54              |
| Joe Mukite      | 200 90                    |
| 75              | Dan Corradetti 182.5      |
| D. Naughton     | 165 Master 55-59          |
| Open            | 75                        |
| 100             | Scott Craig 165           |
| M. Capriotti    | 200 90                    |
| S. Boardman     | 197.5 Ron Cuny 147.5      |
| K. Wentworth    | 175 Master 65-69          |
| 110             | 67.5                      |
| Stan Kramer     | 220 R. Gidcumb 107.5      |
| 125             | Teenage 16-17             |
| R. Eickstaedt   | 210 100                   |
| D. Szymanski    | 200 R. Ramirez Jr. 157.5  |
| Master 40-44    | Teenage 18-19             |
| 82.5            | 82.5                      |
| Lee Roy Banks   | 190 M. Zintmaster 132.5   |
| 90              | 90                        |
| F. Sbalchiero   | 192.5 David Herrera 167.5 |
| 100             | Junior                    |
| Jim Pinckard    | 200 110                   |
| 110             | Thomas Kapsch 182.5       |
| Mark Ingle      | 207.5 Wo Master 45-49     |
| 125             | 52                        |
| R. Eickstaedt   | 210 Chris Spalletto 62.5  |
| Master 45-49    | 90+                       |
| 82.5            | Sidney Thoms 110          |
| Tom West        | 160 Police/Fire 40-44     |
| 90              | 82.5                      |
| Larry Boynton   | 147.5 Lee Roy Banks 190   |
| AAPF PL         | SQ BP DL TOT              |
| Open            |                           |
| 56              |                           |
| Rob Leoni       | 185 105 *198 487.5        |
| 60              |                           |
| Dan Carpenter   | 187.5 132.5 197.5 507.5   |
| 75              |                           |
| C. Kanavas      | 232.5 152.5 260 645       |
| Erwin Chang     | 215 170 215 600           |
| Putt Houston    | 220 165 207.5 587.5       |
| Joshua Fix      | 200 152.5 182.5 530       |
| 82.5            |                           |
| John Urchick    | 272.5 132.5 260 665       |
| 82.5            |                           |
| Joe Espy        | 227.5 170 220 617.5       |
| 90              |                           |
| G. Sotirakos    | 282.5 227.5 275 785       |
| John Latronica  | 285 177.5 282.5 745       |
| Scott Kuderick  | 320 182.5 240 742.5       |

Be the first to show off your sport with these beautiful textured power-lifting 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.

SQUATTER



DEADLIFTER



BENCHPRESSER



DUMBBELL



For information, call Michelle at 760-371-7898 (8am to 5pm Mon-Fri pst.)  
Ordering: To place an order, call or e-mail with your order. Send money order or cashiers check to: Michelle Weiss, 405 Petris Ave, Ridgecrest, CA, 93555. Delivery Time is 4 to 6 weeks, all items in stock. S & H Included.

|                |                                     |  |              |
|----------------|-------------------------------------|--|--------------|
| 100            | Adam Driggers 337 197.5 282.5 817.5 | Master 45-49   | 82.5         |
| Brian Demoff   | 330 175 300 805                     | Doug Petersen 257.5 152.5 252.5 662.5  | 110          |
| Don Powers     | 317.5 195 262.5 775                 | Robert Fabiano 230 167.5 257.5 655   | 100          |
| Mike Szudarek  | 327.5 157.5 287.5 772.5             | Rudy Ruettiger 272.5 155 227.5 655   | 125          |
| Charles Bailey | 355 207.5 317.5 880                 | John Valpatic 220 142.5 235 597.5  | 110          |
| 125            |                                     | J. Zintmaster 142.5 142.5 170 455  | 125          |
| Rich Anderson  | 345 195 280 820                     | Rich Anderson 345 195 280 820  | 140+         |
| Buddy McKee    | 272.5 205 260 732.5                 | Buddy McKee 272.5 205 260 732.5  | Master 50-54 |
| 140+           |                                     | Master 50-54   | 75           |
| Chris Thermon  | 410 272.5 297.5 980                 | James Banner 170 115 192.5 477.5   | 82.5         |
| Submaster      |                                     | Mario Nigro 265 112.5 215 592.5  | 100          |
| 67.5           |                                     | Dick Zenzen 280 167.5 232.5 680  | 140+         |
| Charles Morse  | 190 125 212.5 527.5                 | John Magee 167.5   | 67.5         |
| 75             |                                     | Michael Wider 182.5 100 190 472.5  | Master 55-59 |
| D. Naughton    | *233.5165 195 592.5                 | Eric Stone 240 *135.5220 595   | 82.5         |
| 110            |                                     | Nate Rowland 217.5 155 247.5 620   | 82.5         |
| Michael Banner | 257.5 *200.5275 732.5               | Jim Swanson 297.5 185 275 757.5  | 110          |
| Rick Roberts   | 255 162.5 232.5 650                 | Brad Arbic 280 175 280 735   | 75           |
| Junior         |                                     | Pete Arroyo 290 170 252.5 712.5  | 125          |
| 75             |                                     | B. Williamson 232.5 115 272.5 620  | 125          |
| Eric Stone     | 240 *135.5220 595                   | Teenage 13-15  | 125          |
| 82.5           |                                     | Zach Zenzen 207.5 117.5 207.5 532.5  | 125          |
| Nate Rowland   | 217.5 155 247.5 620                 | Isaac Levario 160 65 152.5 377.5   | 125          |
| 100            |                                     | 100  | 125          |
| Jim Swanson    | 297.5 185 275 757.5                 | Tony Noplos 155 115 187.5 457.5  | 125          |
| 110            |                                     | 100  | 125          |
| Brad Arbic     | 280 175 280 735                     | Jon Smoker 235 122.5 220 577.5   | 125          |
| Pete Arroyo    | 290 170 252.5 712.5                 | E. Sapienza 167.5 137.5 190 495  | 125          |
| 125            |                                     | B. Williamson 232.5 115 272.5 620  | 125          |
| B. Williamson  | 232.5 115 272.5 620                 | Dan Martin 172.5 92.5 190 455  | 125          |
| 13-15          |                                     | 100  | 125          |
| Zach Zenzen    | 207.5 117.5 207.5 532.5             | Earl Davis 235 125 230 590   | 125          |
| 140+           |                                     | Master 65-69   | 125          |
| Isaac Levario  | 160 65 152.5 377.5                  | R. Gidcumb 125 107.5 160 392.5   | 125          |
| 90             |                                     | 100  | 125          |
| Tony Luna      | 135 50 95 280                       | Rich Flores 230 120 240 590  | 125          |
| 100            |                                     | Women Open 52  | 125          |
| P. Luczkowski  | 200 100 190 490                     | B. Zintmaster 92.5 40 112.5 245  | 125          |
| Teenage 16-17  |                                     | W Submaster 90+  | 125          |
| 56             |                                     | Sharra Powell 172.5 62.5 142.5 377.5   | 125          |
| Ajit Gogawale  | 137.5 82.5 147.5 367.5              | 100  | 125          |
| 90             |                                     | Joanna Conner 177.5 102.5 185 465  | 125          |
| 90             |                                     | W Master 45-49   | 125          |
| 90+            |                                     | 90+  | 125          |
| A. Kolodziej   | 227.5 160 212.5 600                 | Sidney Thoms 155 110 122.5 387.5   | 125          |
| Vincent Abrego | 205 147.5 227.5 575                 | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports. We will all miss her. I know everyone extends their condolences to Ernie and the entire Frantz family. The meet took place over two days, which made it a fun weekend for everyone - even the help! Sessions started on time and ran smoothly. Saturday was run on a single platform. Sunday, with 66 lifters, was run on two platforms. The trophies were beautiful cups, from Jon Smoker of Indiana. If you want great tro- | 125          |
| 90+            |                                     | 2003 AAPF Powerlifting & Bench Press Championships April 12 & 13, 2003 The 2003 AAPF Nationals took place April 11-13, at Rich East High School, Park Forest, IL. With 100 lifters, it was one of the largest AAPF Nationals in recent years. The weekend was slightly overcast by the loss of Founder Ernie Frantz's mother. We will all miss her. "Mom" was a regular feature down at Frantz Sports.   |              |

# WORKOUT of the Month

## World Record Buster VINCE ANELLO and his 14 week DEADLIFT training cycle

I think this routine will benefit you readers. My workouts are based on singles which I cycle accordingly. Everyone responds in their own way to different types of rep and set systems. I happen to thrive on singles; many other weight trainees do as well; some do not. I do feel, however, that this routine will benefit a great many powerlifters and increase their deadlift. As you will see, the method of performing singles is a little unique.

I am not going into a squat routine as I am not a Fred Hatfield, but I do feel that partial squats do benefit my deadlift. After regular squats, I set the pins on the power rack so that when I touch the pins the angle of my leg bend is approximately the same as the start of the deadlift. The same foot stance should also be used as in the deadlift. For me, that is close! Lower the weight slowly to the pin, touching the pin, but not resting on it and perform three reps in the same manner. I would recommend three sets of three. The weight used is relative to the structure of the individual. I do this exercise after my squats and add from thirty to fifty pounds more than my top squat for the day. This may have to be modified to suit the individual's strength, weaknesses and structure. I would recommend this only be done once per week. Because of the taxing effect on the back, I would recommend the squat and deadlift not be performed on the same day early in the cycle. I would also drop this movement about three weeks prior to the meet and squat and deadlift on the same day to simulate contest conditions.

I have drawn up a fourteen week routine for the deadlift. If a lifter's previous best was 600, I feel 650 would be a realistic goal. The deadlift will be performed once a week, and

we will start week 1 with a single of 510 and increase 20 pounds every other week. The program on the alternate weeks is the unique part of the routine, and the part which brings the results!

**Week 1**, 255x10, 305x5, 355x3, 405x2, 455x1, 510x1. Partial Deadlifts (from knee), 455x5, 510x3, 560x2.

**Week 2**, 255x10, 305x5, 355x3, 405x2, 455x1x5. The final group of five singles is performed with only one minute rest between sets, so have a friend with a stop watch.

**Week 3**, 275x10, 325x5, 375x3, 425x2, 475x1, 530x1. Partial from knee 475x5, 530x3, 580x2.

**Week 4**, 275x10, 325x5, 375x3, 425x2, 475x1x5. One minute rest between these last singles.

**Week 5**, 295x10, 345x5, 395x3, 445x2, 495x1, 550x1. Partial from knee 495x5.

**Week 6**, 295x10, 345x5, 395x3, 445x2, 495x1x5. One minute rest between sets of singles.

**Week 7**, 315x10, 365x5, 415x3, 465x2, 515x1x5. Partial from knee 515x5, 570x3, 620x2.

**Week 8**, 315x10, 365x5, 415x3, 465x2, 515x1x5. One minute rest between sets of singles.

**Week 9**, 335x10, 385x5, 435x3, 485x2, 535x1, 590x1. Partial from knee 535x5, 590x3, 640x2.

**Week 10**, 335x10, 385x5, 435x3, 485x2, 535x1x5. One minute rest between singles.

**Week 11**, 355x10, 405x5, 455x3, 505x2, 555x1, 610x1. Partial from knee 555x1, 610x1, 660x1.

**Week 12**, Perform squat and deadlift on the same day, dropping partial squats, 355x10, 405x5, 455x3, 505x2, 555x1x5. One minute rest between singles.

**Week 13**, 355x10, 405x5, 455x1, 505x1, 555x1, 590x1.

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).

Week 14, Meet day, warmup 355x10, 405x5, 505x1, 555x1. Opener 590, 2nd attempt 620, 3rd attempt 650.

As I mentioned before, the program can be modified to suit the individual. Partials are discontinued on the 12th week. I would also combine the deadlift day with the heavy squat day in the 12th and 13th week.

The two bodybuilding exercises I perform for the deadlift are the lat pulldown and bentover row. I also work the Nautilus machines and use that principle for all my bodybuilding. I perform one set to failure.

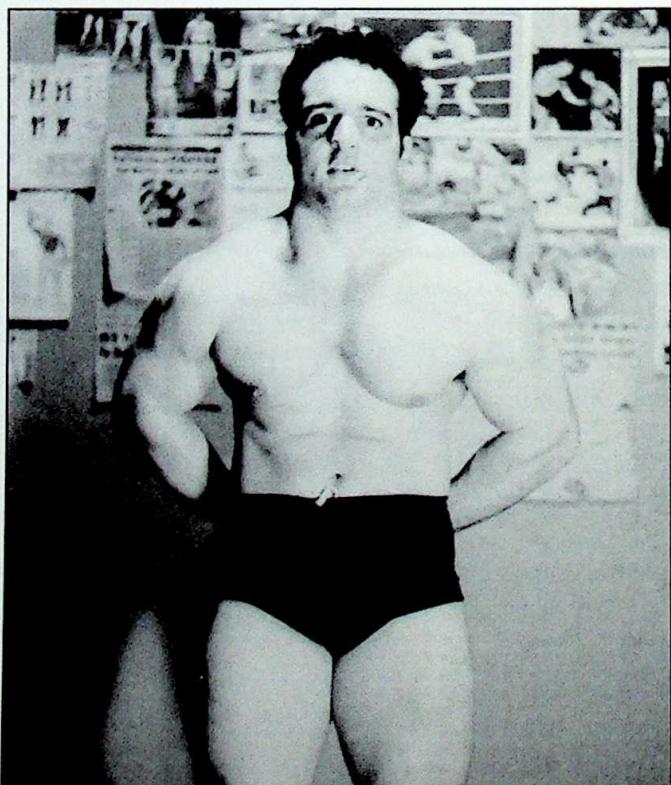
I would recommend that lat work be done after the deadlift workout and on one other day, a total of two days per week. I have found the lats to be a very important muscle group in the deadlift. I would also recommend the Nautilus

principle of one set to failure for each exercise (2 second contraction, hold at contraction 2 seconds, 4 sec. negative each rep).

I would also recommend one set to failure of shrugs for the finish of the deadlift. I use a Nautilus machine but one can use a barbell. Perform this exercise along with your lat work. One should be able to get from 8 to 12 reps before one cannot perform another strict repetition. When 12 reps can be performed, raise the weight ten pounds.

Remember, the singles with one minute rest between sets are the secret to this program. It makes the exercise very intense by putting a great amount of work into a shorter period of time, which increases the intensity. It is the intensity which increases the results.

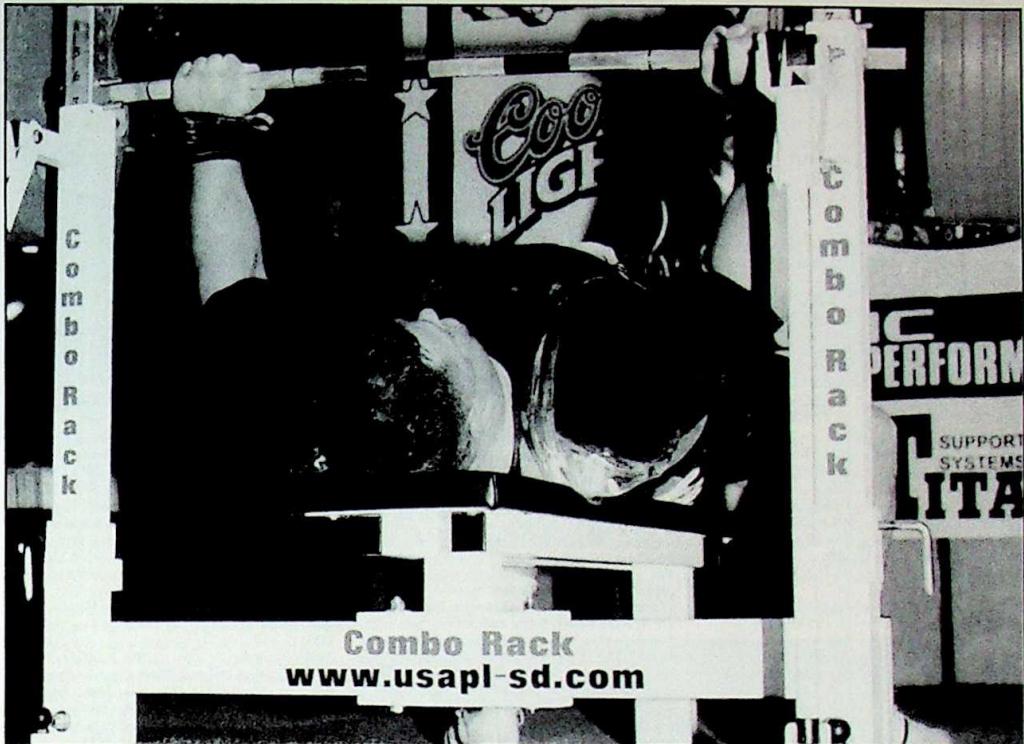
May all your lifts be light and all your lights be white.



Vince Anello at the age of 19 in a photo supplied by Matt Gabor. Vince recently underwent hip replacement and we all wish him well

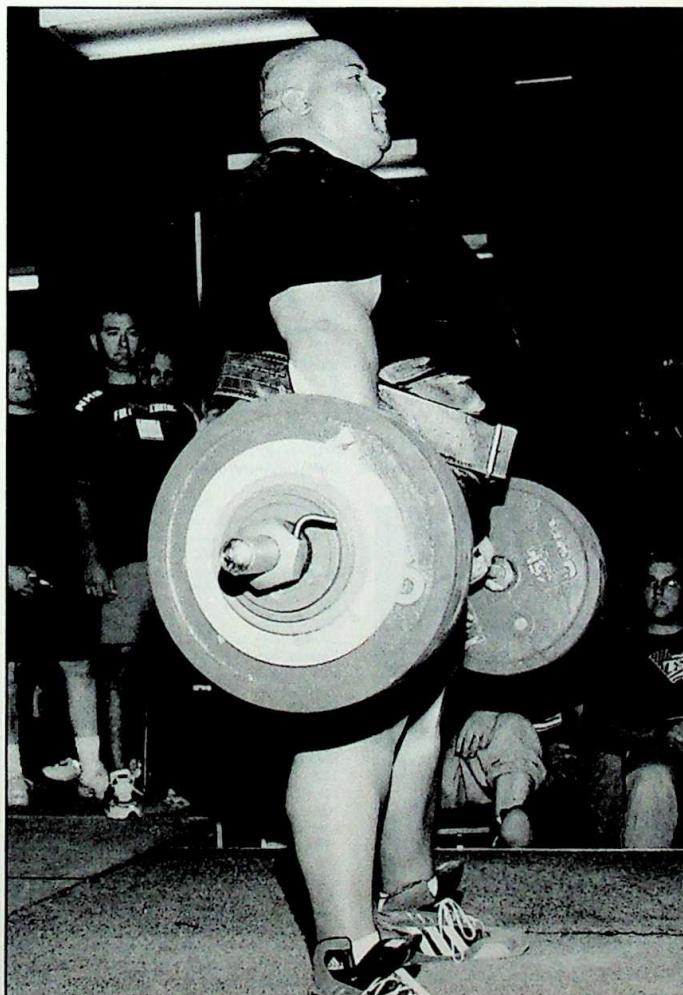
An impressive meet presentation by Meet Director Steve Howard and his army of capable supporters in historic Rapid City, South Dakota, a great place to visit. Ervin Gainer set a new American Record in the squat (447) and deadlift (509) to win the 114s alone @ 1229. Doc Holloway went 473 264 518 1256 for a 10 times body-weight plus win at 123. Hennis Washington came back to the USAPL and 9/9ed a 1377 to win the 132s, and Scott Layman won the 148s with 1466. Wade Hooper brought the IPF squat record back to the USA with a 727, and finally broke the 600 lb. mark in the deadlift for a 1774 winner total at 165. Erick Nickson had shirt problems and bombed in the bench. Rich Salvagni took three tries to find depth on his opener squat, then went on to win the 181s and, en route, try to break the IPF World Record in the bench press at 530, locked out but not passed. New USAPL President Larry Maile was 3rd at 1603. Mike Mastrean had a torn pec, so Ray Benemerito had his way at 198,

## USAPL Men's Nationals FLASH REPORT

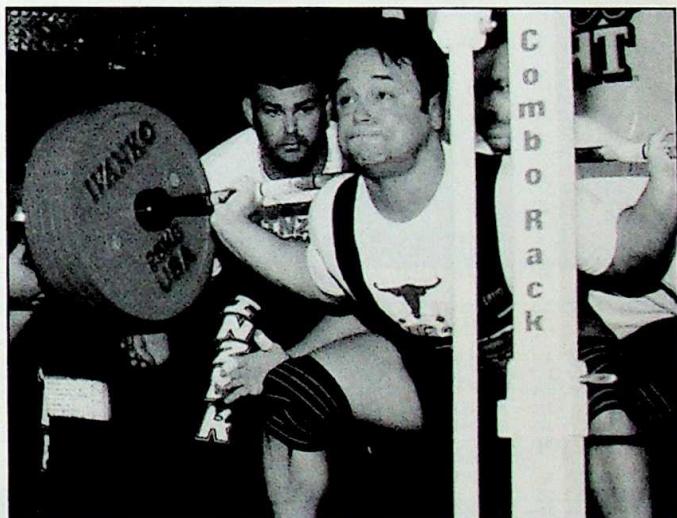


*Brad Gillingham was magnificent in a rapid recovery from his second consecutive bicep tear, and at 181*

*Rich Salvagni (below) was a new face on the USAPL victory stand.*



*JEFF LEWIS was HUGE ... in every PL related meaning of the world*



but took three tries to get his bench in. At 220, Tony Succarotte got a new IPF World Record in the bench press with 578 (missing 589), but couldn't hold off the deadlift onslaught of Nick Tylutki (755) and Charr Gaghan (799 - just barely getting the down signal in time). Tony Harris apparently hurt himself in the warmup room and opened his deadlifts with 600, and then patiently waited to stiff leg up the winner weight of 716 over Kevin Stewart. The 275s were madness .... 19 lifters and 6 over 2000. Scott Lade got an IPF World Record in the bench

with 661 (missed 672), but couldn't hold off Tony Cardella's 2110. Willie Croner (2077), Greg Wagner (2072), and Ryan Goldin (2044) were in it. The Supers were much anticipated. Brian Siders squatted 909, benched 672 (barely missed 699), and pulled 804 for 2386. Brad Gillingham went 9/9 with a big 865 squat, impressive 611 bench, and a controlled stiff leg success with 810 for 2287. Jeff Lewis benched 650 so easily, it looked like he should have tried 700. Dan Gaudreau got a Masters World Record BP of 584. Full report next issue.

**ADAU "No Druggie's Allowed"**  
17 MAY 03 - Erie, PA

|                 |            |                    |
|-----------------|------------|--------------------|
| SQUAT           | 4th        | 215                |
| WOMEN           | 242        |                    |
| 123             | ED BETZA   | 330                |
| CAROL KOCH      | 150        | RICH VOLPATTI 320  |
| MEN             |            | GREG WOLBERT       |
| 165             |            | JOEL BELL          |
| RAMONE CRUZ     | 455        | JONATHAN STEWART   |
| 4th             | 465        | 319                |
| 181             | DALESTONER | 400                |
| TONY SIKORSKI   | 285        | S.H.Y. CLASS       |
| 198             |            | RAY BUTLER 500     |
| D. HENDERSON    | 435        | 4th 501            |
| AL MANGINI      | 390        | L. D'AVBROSIO 365  |
| 4th             | 400        | 16 - 17 YEARS      |
| 220             |            | 242                |
| D. GRANDINETTI  | 455        | JONATHAN STEWART   |
| RICK JENKS      | 430        | 35 - 39 YEARS      |
| BRENT FULINGS   | 340        | 342                |
| LEROY BURTON    | 255        | ED BETZA 330       |
| 4th             | 260        | 40 - 44 YEARS      |
| 242             |            | 165                |
| PAT HUNTLEY     | 460        | RAMONE CRUZ 265    |
| 275             |            | 4th 270            |
| JEFF LAWSON     | 445        | 198                |
| 4th             | 455        | NATE CARTER 375    |
| SHY CLASS       |            | M. TONKOVICH 335   |
| L. D'AMBROSIO   | 600        | 220                |
| 4th             | 650        | BUCKY SISKO 345    |
| 40 - 44 YEARS   |            | 45 - 49 YEARS      |
| 165             |            | 220                |
| RAMONE CRUZ     | 455        | DAVELHOTA 370      |
| 4th             | 465        | RICK JENKS 290     |
| 220             |            | 55 - 59 YEARS      |
| BRENT HULINGS   | 340        | 198                |
| 45 - 49 YEARS   |            | BUTCH HUEY 300     |
| 220             |            | 242                |
| RICK JENKS      | 430        | RICH VOLPATTI 320  |
| 50 - 54 YEARS   |            | 65 - 69 YEARS      |
| 198             |            | 220                |
| AL MANGINI      | 390        | LEROY BURTON 210   |
| 4th             | 400        | DEAD LIFT          |
| 65 - 69 YEARS   |            | 114                |
| LEROY BURTON    | 255        | CHRIS STONER 185   |
| 4th             | 265        | JACOB WICZ 335     |
| BENCH PRESS     |            | 4th 340            |
| WOMEN           |            | 165 POUND CLASS    |
| OPEN            |            | RAMONE CRUZ 505    |
| 148             |            | 4th 515            |
| J. SCHROEDER    | 105        | 181 POUND CLASS    |
| 4th             | 110        | DON SWINGLE 400    |
| 165             |            | JOE SELL 380       |
| S. DRALEE VILLO | 135        | TONY SIKORSKI 345  |
| 4th             | 140        | 198                |
| 14 - 15 YEARS   |            | ALMGINI 455        |
| 148             |            | 220                |
| J. SCHROEDER    | 105        | D. GRANDINETTI 480 |
| 4th             | 110        | BRENT MULINGS 475  |
| 35 - 39 YEARS   |            | LEROY BURTON 345   |
| 165             |            | 4th 365            |
| S. DRALEE VILLO | 135        | 242                |
| 4th             | 140        | PAT HUNTLEY 540    |
| MEN             |            | 275                |
| OPEN            |            | JEFF LAWSON 540    |
| 148             |            | 4th 555            |
| KEN HODGES      | 300        | YOUTH 11 - 12      |
| 165             |            | 97                 |
| RAMONE CRUZ     | 265        | CHRIS STONER 185   |
| 4th             | 270        | 40 - 44 YEARS      |
| 181             |            | 165                |
| DON SWINGLE     | 205        | RAMONE CRUZ 505    |
| 198             |            | 4th 515            |
| DUANE MARTYN    | 425        | 220                |
| NATE CARTER     | 375        | BRENT MULINGS 475  |
| M. TONKOVICH    | 335        | 50 - 54 YEARS      |
| BUTCH HUEY      | 300        | 198                |
| 220             |            | ALMAGIM 455        |
| ALONZO DAVIS    | 375        | 65 - 69 YEARS      |
| DAVELHOTA       | 370        | 220                |
| BUCKY SISKO     | 345        | LEROY BURTON 345   |
| RICK JENKS      | 290        | 4th 365            |
| LEROY BURTON    | 210        |                    |

Firs I want to thank my crew for all their help, to make this another great contest. Mike Martucci, Dave Hientzel, Adam Hersperger, Matt Catalino and Jason Stazer for spot-loading. Ed Betza, Danette Martucci, Terry Johnson and Angel for running the table. Al and Brenda Siegel, Terry Johnson, Adam Hersperger and Matt Catalino as officials. If I forgot anyone, forgive me. SQUAT CHAMPIONSHIPS: Carol Koch started the ball rolling with her masters American record of 150 pounds in the 123, 55 - 59 age group, followed by her teammate, Tony Sikorski, setting a 60 - 65 years, 181 class record with 285. Ramone Cruz had a great day, going 4 for 4 to set an open and masters record at 165 with an easy 465 pounds, which won the Champion of Champions award. In the 198 class, Don Henderson (open) and Al Mangini (50 - 54) went first and second with both setting new American records. Dave Grandineti was top man at 220 with Rick Jenks (45 - 49) on his tail. Jenks set an American numbers record with 430. Leroy Burton set a masters record in the 65 - 69 year class. At 242, Pat Huntley won GOLD with a sub-masters record and Jeff Lawson did the same at 275 pounds. Lou D'Ambrosio was top man at supers and did an EASY 650 for the record. BENCH PRESS



**Ramone Cruz at the ADAU "No Druggies Allowed" Single Lift Championships. (photograph was provided by Joe Orengeia)**

**CHAMPIONSHIPS:** Jolene Schroeder, my wonderful granddaughter, was the opener in this contest and she won the GOLD in the 148 pound class with an American teen record of 110, then my INCREDIBLE fiance, Sondra Lee, won the 165 class with a sub-masters record of 140 pounds. Ken Hodges managed to get one bench in and it was a great, RAW 300 pounds in the 148 class for the GOLD. Meanwhile Ray Cruz won the open and masters at 165 with a masters record 270 pounds. CHAMPION OF CHAMPIONS, Duane Martin went 3 for 3, finishing up with a RAW 425 pounds in the 198 class. INCREDIBLE, Duane's teammate, Nate Carter, took the SILVER and set the masters 40 - 44 record with a GREAT 375. Butch Huey won the masters 55 - 59 class with a record 300 pounds. At 220, Alonzo Davis and Dave Lohota went one and two respectively with 375 and 370. Nice contest. There were five starters in the 242 class, but only two finished with Ed Betza taking the GOLD, just ahead of Rich Volpatti. Dale Stoner went 3 for 3 and won the 319 class with a beautiful 400 pounds while Super Heavy went to Ray Butler with a record 501, RAW DEADLIFT CHAMPIONSHIPS: Eleven year old Chris Stoner was the 97 pound youth champion with a 185 pound record and fifteen year old Jacob Jurkiewicz won GOLD in the 148 teen division with a record 340. Ramone Cruz finished off his day with a 515 pound victory pull to win the 165 class. His lift was a masters record and won him the CHAMPION OF CHAMPIONS award. Fifty six year old, Don Swingle won the 181 class and fifty year old, Al Mangini won the 198 pound class. Dave Grandineti and Brent Hulings went head to head at 220 with Grandineti taking the GOLD by 5 pounds over Hulings. At 242, sub-master, Pat Huntley was the champ with a great 540 effort and Jeff Lawson, also a sub-master, won the 275 class with an American record 555. "THE FARTHER BACKWARD YOU CAN LOOK, THE FARTHER FORWARD YOU CAN SEE." - Sir Winston Churchill (Results thanks to Joe Orengeia)

**Kinross Powerlifting Club Meet  
19 APR 03 - Kincheloe, MI**

| Pure Divisions  | SQ   | BP   | DL  | TOT   |
|---|------|------|-----|-------|
| 170.8   |      |      |     |       |
| James Hutner  | 450* | 305  | 500 | 1255  |
| 187   |      |      |     |       |
| John Mull   | 500  | 320  | 515 | 1335  |
| Zevon McCurdy   | 415  | 365  | 555 | 1335  |
| Chris Cooper  | 420  | 280  | 450 | 1150  |
| 205   |      |      |     |       |
| Tony Cushman  | 495  | 300  | 495 | 1290  |
| Mike Mei  | 350  | 300  | 500 | 1150  |
| Joe Duke  | 385  | 215  | 365 | 965   |
| 227   |      |      |     |       |
| Jamie Magneson  | 535  | 325  | 550 | 1410  |
| 250.2   |      |      |     |       |
| Rich McKim  | 475  | 305  | 500 | 1280  |
| 280   |      |      |     |       |
| Mike Morgan   | 600  | 390  | 620 | 1610  |
| Eric Morgan   |      | 445  |     | 445   |
| Raw Division  |      |      |     |       |
| 154.3   |      |      |     |       |
| Pat Bergeron  | 245  | 185  | 400 | 830   |
| 170.8   |      |      |     |       |
| Dwight Harris   | 300  | 205  | 410 | 915   |
| 187   |      |      |     |       |
| David Thomas  | 285  | 275  | 450 | 1010  |
| Bryce Rushing   | 245  | 225  | 385 | 855   |
| Marc Novack   |      | 375* |     | 375   |
| 205   |      |      |     |       |
| Philip Dotson   | 500* | 350  | 550 | 1400* |
| Larry Hanner  | 405  | 285  | 500 | 1190  |
| Pat Gorney  | 225  | 225  | 315 | 765   |
| Marvin Grave  |      | 260  |     | 260   |
| 227   |      |      |     |       |
| Robert Dozeman  | 555* | 380  | 535 | 1470  |
| Scott Thomas  | 550  | 390* | 500 | 1440  |
| Richard Dunham  | 315  | 235  | 375 | 925   |
| Jessie Shacks   |      | 340  |     | 340   |
| 200   |      |      |     |       |
| Perry Mungua  | 225  | 295  | 405 | 925   |
| * - Institutional Record. Meet Coordinator: David Mastaw, Recreation Director. Meet Director: Charles Schaefer. Referees: Jerry Martin-Bey, Scott Will, Al Hartford, Charles Saches. No N.A.S.A. records were set at this meet, however we still have some nice numbers put up by the fellas here at Kinross. At around 8:00 am, the meet got under way. James Hutner, lifting in the 170.8 weight class, pure division, set an institution record with a respectable 450 LB. squat. I expect to see some big numbers from him in the future. As of late, we have had a big interest in the Raw Division and this meet was no exception. Mark Novak lifting Raw in the 187 weight class powered up a 375 LB. bench press for a Raw institution record. In the 205 weight class, Dotson El, set (2) institutional raw records with a 500 Squat, 1400 LBS. total. The competition of the day was between Rob Dozeman and Scott Thomas. Both men lifted in the raw division, 227 weight class. These two lifters displayed some intensity that deserved recognition. First up, "BULLDOZER" Rob Dozeman, set a new raw record with 555 LB. Squat. Not to be outdone, Scott "SNOWBALL" Thomas, threw up a 390 LB. bench press for an institutional record. What's the old adage "THE MEET AIN'T OVER TILL THE WEIGHT HITS THE FLOOR"? Well, it was definitely true for these two competitors. Coming into the deadlift, "SNOWBALL", was in the lead by 5 LBS. Both men opened with 500 LBS. No problem, "BULLDOZER", chose "535", for his second lift, letting Thomas know that if he wanted to win he had to work for it! "SNOWBALL", never once backed down from a challenge, chose 540 LBS. to keep his advantage. "DOZEMAN", made 535 look easy, however Thomas missed 540 on his second lift. |      |      |     |       |

The BULLDOZER still wasn't safe though, SNOWBALL had one more lift. Unfortunately, both men missed there third and final lifts! The bulldozer came and plowed through the snowstorm to take first in the 227 weight class. I would also like to mention Larry, "LOCO", Hanner who took 2nd in the 205 LB. weight class raw division. This man displayed some true strength, lifting with a prosthetic leg! This meet also saw the return of our "CANADIAN CONNECTION", Eric and Mike Morgan, brothers from Canada, decided to bring a few friends, Chris Cooper competed in the 187 weight class and Michael Mer competes in the 205. They also brought along equipment manager Aaron Erickson, whom promised to lift later this year at our next meet. Erik and Mike Morgan both competed in the 280 weight class pure division. Mike pulled up a nice 620 deadlift and Eric smoked a 445 Bench press. I smellin' 500 soon! Special thanks to these men for supporting our club and lifting with us. Also, special thanks to all spotters, loaders, score keepers and Dave Mastaw. (Meet Results - Goddard.)

**Peak Fitness Bench Press**  
31 MAY 03 - Hattiesburg, MS

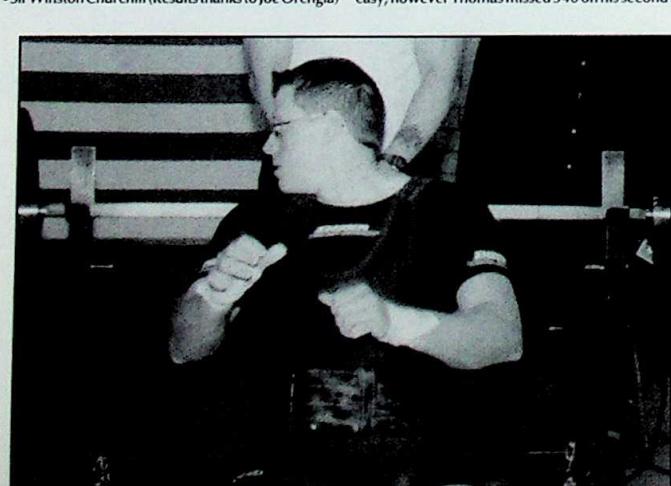
|                  |                  |                |
|------------------|------------------|----------------|
| Women            | Steve Hartley    | 330            |
| Rhonda Cross     | 130              | Tyrone Davis   |
| Amanda Tucker    | 110              | Bentley Carter |
| Teen             | Jamie Williamson | 275            |
| Teen             | 220              |                |
| Brandon Johnson  | 185              |                |
| Lee Weiskopf     | 235              | Justin Gordon  |
| Masters          |                  | 450            |
| Bentley Carter   | 310              | John Perkins   |
| MEN              |                  | 430            |
| 165              |                  | Gary Dixon     |
| 165              |                  | 405            |
| Robert Conner    | 350              |                |
| 165              |                  | 242            |
| Jason Simon      | 320              | Brian Strange  |
| 181              |                  | 490            |
| Marklee Anderson | 275              | Trey Gunn      |
| 198              |                  | 255            |
| Matt Ruppert     | 335              | John Micka     |
|                  |                  | 550            |
|                  |                  | Thomas Little  |
|                  |                  | 505            |
|                  |                  | Billy Royston  |
|                  |                  | 425            |

Peak Fitness Bench Press Championships were held at Peak Fitness in Hattiesburg, Mississippi on May 31, 2003. While Peak Fitness holds a Full Meet every year in February, this was better than expected and some intense lifting took place. John Micka in the 275's walked away with Best Lifter Award after benching an impressive 550 at a bodyweight of 225. Thomas Little of the Mississippi Highway Patrol narrowly beat Brian Strange of the Hattiesburg Police Dept. to win the Best Police/Fire Award. Rhonda Cross won Female Best Lifter with a PR of 130. Brandon Johnson of Columbia took first place in the Teen Division and Bentley Carter won the Masters Division. Other impressive lifters included Justin Gordon with 450 in the 220's and Jason Simon with 320 at 165 (Thanks to J. Micka for the results.)

**2nd Annual Big Dog Classic**  
11 MAY 03 - W. Lafayette, OH

|                 |              |                 |
|-----------------|--------------|-----------------|
| BENCH           | Raw Masters  |                 |
| 148             | Mike Leikari | 330             |
| Raw Open        | Teen 17-19   |                 |
| Eric Hinton     | 175          | TJ Owen         |
| 165             |              | 275             |
| Open            | Submasters   |                 |
| Jeff Morgan     | 500          |                 |
| Stephen Higgins | 375          | Masters         |
| 181             |              | John Ayers      |
| Raw Open        | Open         |                 |
| Cory Farmer     | 300          | Brian Clonan    |
| Doug Hardesty   | 250          | 455             |
| Masters         |              | Jason McConnell |
| Tom Proya       | 465          | 255             |
| Tracy Wyler     | 340          | Aarron Nepett   |
| Rick Williamson |              | 308             |
| Open            | Masters      |                 |
| Tom Proya       | 465          | Kent Burgess    |
| 198             |              | 520             |
| Raw Open        | Open         |                 |
| Mark Lahna      | 355          | Kent Burgess    |
| Raw Masters     | Deadlift     |                 |
| Gary Combs      | 340          | 123             |
| 220             |              | Teen 13-16      |
| Raw Open        | 165          | Bobby Gilmore   |
| Sean Massey     | 300          | 235             |
| Cephus Pearson  | 275          | Open            |
| Raw Masters     |              |                 |
| Sean Massey     | 300          | Steve Jones     |
| 242             |              | 435             |
| Ralph Young     | 565          | Teen 17-19      |
| Eric Bradshaw   | 475          | Aarron Stroup   |
| Jamie Blanecht  | 370          | Open            |
| Kyle Crilow     | 365          | 242             |
| Mike Leikari    | 330          | Womens          |
|                 |              | Kelsey Dugas    |
|                 |              | 280             |
|                 |              | Open            |
|                 |              | Brian Clonan    |
|                 |              | 570             |
|                 |              | Jason McConnell |

Best Lifter: Ralph Young (Bench), Brian Clonan (Deadlift). Winner of rep contest was Gary Combs who benched his bodyweight 30 reps. John and Kayleen would like to thank the following: Judges - Rusty Black, Dave Clement, Greg Eikenberry, and Jim Whyde. Loaders - John Maloy and Jeff Nolan. Score Table - Pam McKee and Randy Edwards. (Thanks to Muscle Bound Fitness for providing the meet results.)



**Chris Cooper - guest lifter at the Kinross Powerlifting Club Competition - gets ready to bench press 310 lbs. (courtesy Leon Goddard)**

**WABDL Southeastern BP & DL**  
01 MAR 03 - Jackson, Georgia

|                    |                  |                   |      |
|--------------------|------------------|-------------------|------|
| BENCH              | 198              |                   |      |
| Class 1 Men        | Susan Jackson    | 126*              |      |
| 132                | Teen M 13-15 148 |                   |      |
| Jeremy Duncan      | Kyle Burge       | 181*              |      |
| 148                | Brandon Leming   | 286               |      |
| Danny Dickey       | 4th              | 303!              |      |
| Stephen Kitchens   | 310              | 181               |      |
| 4th                | 314*             | John Schramm      | 236* |
| 165                | 220              |                   |      |
| Joshua Wrye        | 396*             | Shane Hammock     | 286* |
| 198                | 309+             |                   |      |
| Gregory Gibson     | 121*             | Aaron Olivares    | 270! |
| Tim Miller         | 341              | Teen M 16-19      |      |
| Andy Maddox        | 385              | 132               |      |
| Frank Bennett      | 396              | Jeremy Duncan     | 259* |
| Ted Kennedy        | 402              | 165               |      |
| 4th                | 413*             | Scottie Mayo      | 225  |
| Tony Medina        | 413*             | 4th               | 231  |
| 220                | Brandon Clark    | 253               |      |
| Todd Humphries     | 402              | 198               |      |
| 4th                | 409*             | Kevin Brown       | 360* |
| 242                | 220              |                   |      |
| Thomas Kesling     | 402*             | Adam Hix          | 380  |
| 308                | 275              |                   |      |
| Ron Dunn           | 457*             | Kevin Brown       | 424* |
| David Dunn         | 490              | Teen W 13-15      |      |
| Guest Lifter       | 181              |                   |      |
| 97                 | Alanna Omahen    | 121*              |      |
| Kyle Boehm         | 55               | Teen W 16-19      |      |
| Jr M 20-25         | 114              |                   |      |
| 165                | Courtney Wyre    | 82*               |      |
| Joshua Wrye        | 396*             | W                 |      |
| 181                | 132              |                   |      |
| Jon Miller         | 236              | Patti Reinelt     | 121  |
| 198                | Kirstie Boehm    | 143               |      |
| Mike Rubio         | 429*             | 4th               | 148* |
| 220                | 148              |                   |      |
| Luke Gallegger     | 451*             | Donna Lewis       | 132* |
| 242                | 181              |                   |      |
| Patrick Dean       | 352*             | Carolyn Sterling  | 209  |
| Law/Fire 48+       | 198              |                   |      |
| 220                | Susan Jackson    | 126*              |      |
| Michael Overbey    | 407*             | WM 40-46          |      |
| Law/Fire Open Men  | 181              |                   |      |
| 165                | Carolyn Sterling | 209*              |      |
| Greg Davidson      | 270*             | WM 47-53          |      |
| 198                | 198              |                   |      |
| Jack Turner        | 314              | Elizabeth Spence  | 99*  |
| 4th                | 319*             | DEADLIFT          |      |
| Mike Rubio         | 429*             | Class 1 Men       |      |
| 275                | 220              |                   |      |
| Wayne Watts        | 440*             | Bobby Myers       | 652* |
| Larry Mooney       | Jr M 20-25       | Jr M 20-25        |      |
| Law/Fire Sub Men   | 181              |                   |      |
| 198                | Jon Miller       | 413               |      |
| Chuck Davidson     | 352              | 242               |      |
| 4th                | 363              | Patrick Dean      | 518  |
| 275                | Jr W 20-25       |                   |      |
| Wayne Watts        | 440*             | Yancey Bond       | 192* |
| Law/Fire Sub Women | 275              | Law/Fire Open Men |      |
| 132                |                  |                   |      |
| Patti Reinelt      | 121              | Larry Mooney      | 402  |
| M 40-46            | 4th              | 4th               | 440* |
| 123                |                  |                   |      |
| Glenn Murphy       | 209              | M 40-46           |      |
| 220                | 198              |                   |      |
| Kevin Holston      | 314              | Ted Carter        | 501  |
| Kenneth Millrany   | 451*             | V. Rutherford     | 462  |
| V. Rutherford      | 275              | 4th               | 501* |
| Johnnie Pelt       | 330              | Kevin Holston     | 545  |
| Mark Patrick       | 380              | 4th               | 573* |
| M 54-60            | 275              |                   |      |
| 198                | Johnnie Pelt     | 501               |      |
| Phil Newsome       | 374*             | M 47-53 181       |      |
| 242                | Ron McNeely      | 540               |      |
| Oliver Johnson     | 451*             | O                 |      |
| M 61-67            | 148              | Brandon Leming    | 363* |
| 181                |                  | 4th               | 440* |
| Melton Harrell     | 214*             | Sub M 34-39       |      |
| Open               | Ted Carter       | 501               |      |
| 148                | Shaun Smith      | 573               |      |
| Danny Dickey       | 259              | Larry Mooney      | 402  |
| Brandon Leming     | 286              | 4th               | 440* |
| 4th                | 303!             | Sub M 34-39       |      |
| Stephen Kitchens   | 310              | 198               |      |
| 165                | Shaun Smith      | 573*              |      |
| Brett Campbell     | 402              | 220               |      |
| 181                | Bobby Myers      | 652*              |      |
| Kourtney Sanks     | 451*             | Sub W 34-39       |      |
| 198                | 148              |                   |      |
| Andy Maddox        | 385              | Carol Ann Myers   | 341* |
| 220                | 198              |                   |      |
| Eddie Sterling     | 440              | Susan Jackson     | 231* |
| 275                | Teen 13-15 148   |                   |      |
| Larry Mooney       | 374              | Brandon Leming    | 363* |
| 308                | 165              |                   |      |
| David Dunn         | 490              | Roland McNeil     | 374* |
| Sub M 34-39        | 220              |                   |      |
| 165                | Shane Hammock    | 429*              |      |
| Brett Campbell     | 402              | Teen 16-19        |      |
| 4th                | 407*             | 275               |      |
| 198                | Graham Lansford  | 451*              |      |
| Rod Harrell        | 462*             | W 148             |      |
| 220                | Carol Ann Myers  | 341*              |      |
| Todd Humphries     | 402              | 198               |      |
| Sub W 34-39        | Susan Jackson    | 231*              |      |



(l-r) **Bobbie Myers**, 652 DL, **Carol Ann Myers**, 341 DL, and Daughter **Catrina** (Photos by Gus Rethwisch)

1 - World Record. \* - State Record. In Class 1 bench Jeremy Duncan set a Georgia record with 259 at 132. At 148 Stephen Kitchens set a Georgia Record with 314 at 165. Josh Wyre did a huge 395 at 165 for a Georgia State Record. At 198 Greg Gibson set a Tennessee Record with 121. Also at 198 Tony Medina set a Georgia Record with 413 edging out Ted Kennedy who did 402 and tied the record with 413. At 242 Thomas Kesling put up a Tennessee Record 402 at 242. At 308 Ron Dunn did an Alabama Record 457. But the winner was David Dunn who did 490. In Junior Men Josh Wyre set a Georgia Record with 396. At 198 Mike Rubio set a Georgia Record with 429. At junior 220 Luke Gallegger set an Alabama record with 451. At junior 242 Patrick Dean set an Alabama Record with 352. In Law/Fire Master 48+ Michael Overbey set a World Record at 220 with 407 and just missed 424. In Law/Fire Open 165 Greg Davidson set a Georgia Record with 270. In Law/Fire Open 198 Mike Rubio set a Georgia record with 429. In Law/Fire 275 Wayne Watts set a Georgia Record with 440. In Law/Fire Submaster 198 Chuck Davidson set a Georgia Record with 363. In Master Men 40-44 220, Ken Millrany set a Tennessee Record with 451. In Master 54-60 242 Oliver Johnson was very impressive with a 451 Alabama Record. In Master 61-67 181 Melton Harrell set a Georgia Record with 214. Melton is 66. In Open 148 Stephen Kitchens set a Georgia Record with 314. At Open 165 Brett Campbell did a 407 GA Record and had at about 10 more pounds in him. In Open 181 Kourtney Sanks set an Alabama Record with 451. In Submaster 198 Roderick Harrell set an Alabama Record with 462. In Submaster 220 Todd Humphries set a Georgia Record with 409. In Teen 13-15 148 Brandon Leming set a World Record 286 and followed that up with a 303 world record. He's a gamer and has a good future in lifting ahead of him. In Teen 13-15 Super Aaron Olivares set a World Record with 270. In Teen 16-19

275 Kevin Brown set an Alabama Record with 424. In Open Women 132 Kristie Boehm set a Georgia Record with 148. In Master women 40-46 181 Carolyn Sterling set an Alabama Record with 209. In the Deadlift Bobby Myers set a Florida State Record with 652. He's increased his deadlift by 100 since July of 2001. In Master Men 40-46 220 Kevin Holston set a GA Record with 573. Brandon Leming set TN State Record in both Open and Teenage at 148 with 363. In

Teen Men 13-15 220 Shane Hammock set a GA Record with 429. In Open Women 148 and Submaster 148 Carol Ann Myers set Florida Records with 341 in her 1st meet. I want to thank Randall Wyre and his staff for putting on a great meet. Also Steve Ramey the Georgia State Chairman for WABDL who did a great job of Judging and Sandy Ellis the consummate gentleman who provided great trophies and was good on the mike as the MC (Rethwisch.)

**Major Mike Overbey** with a 407 World Record BP in Law/Fire 198, 48+



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

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

**Registration Fee \$20.00**

*Make checks payable to and mail to:*

**WORLD ASSOCIATION OF BENCH  
PRESSERS AND DEADLIFTERS**  
P.O. Box 90305  
Portland, OR 97290

If under 18, have parent initial \_\_\_\_\_

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

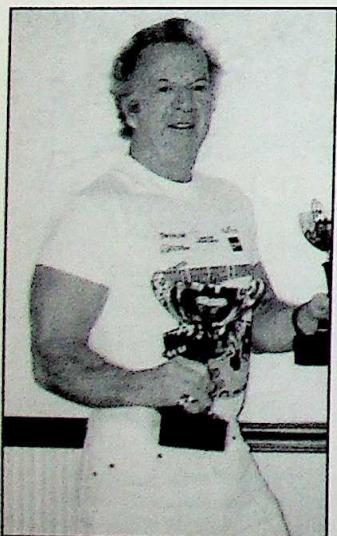
In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature \_\_\_\_\_

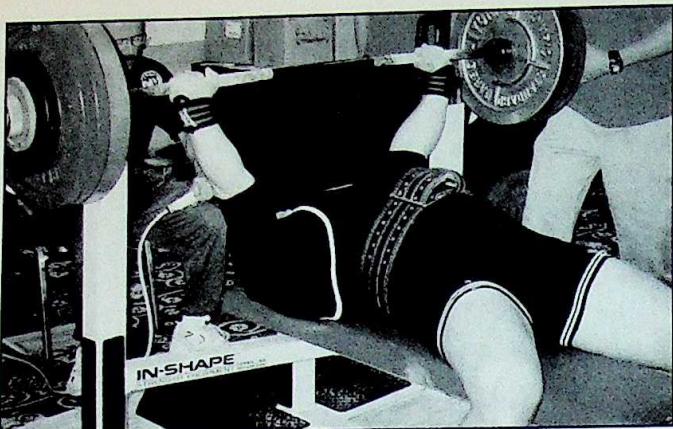
**WABDL House of Pain BP & DL**  
08 MAR 03 - Mesa, AZ

|                     |                    |                  |      |
|---------------------|--------------------|------------------|------|
| BENCH               | 242                |                  |      |
| Class 1 Men         | Kaleb Crafts       | 374*             |      |
| 132                 | W                  |                  |      |
| Josh Harrison       | 275                | 105              |      |
| 148                 | Anna James         | 149              |      |
| Fred Martinez       | 248*               | 198              |      |
| Richard Gidcumb     | 253*               | M. Williamson    | 203* |
| Jr M 20-25          | WM40-46            |                  |      |
| 165                 | 105                |                  |      |
| Ammon Stephens      | 314*               | Anna James       | 149! |
| 198                 | DEADLIFT           |                  |      |
| Josh McHenry        | 303                | Jr 20-25         |      |
| 220                 | 165                |                  |      |
| Dan Swoveland       | 347*               | Ammon Stephens   | 490  |
| 275                 | 220                |                  |      |
| Jerry Pritchett     | 451*               | Dan Swoveland    | 462  |
| Law/Fire 40-47      | 4th                | 507*             |      |
| 181                 | 275                |                  |      |
| Lee Roy Banks       | 413                | Jerry Pritchett  | 733  |
| 220                 | Law/Fire 40-47     |                  |      |
| Jeffrey Allen Jones | 451*               | Ken Eyre         | 556* |
| 275                 | Law/Fire Submaster |                  |      |
| Ken Eyre            | 407*               | 309              |      |
| Law/Fire Open       | Don Kralovetz      | 650*             |      |
| 198                 | M40-46             |                  |      |
| Mark Norton         | 402*               | 220              |      |
| 242                 | Willie McCoy       | 650              |      |
| Jesse Martinie      | 407*               | 242              |      |
| Law/Fire SubMaster  | Anthony Ashley     | 573*             |      |
| 309                 | M47-53             |                  |      |
| Don Kralovetz       | 523*               | 165              |      |
| M40-46              | Mike Woytetye      | 501*             |      |
| 148                 | 198                |                  |      |
| Phung Nguyen        | 270                | Tom Jackson      | 567* |
| 165                 | Anders Wahlund     | 622*             |      |
| Alex Martinez       | 308                | M54-60           |      |
| M47-53              | 242                |                  |      |
| 220                 | Bud Davis          | 633              |      |
| Rocky Gingg         | 485                | M61-67           |      |
| M61-67              | 148                |                  |      |
| 148                 | Richard Gidcumb    | 358              |      |
| Richard Gidcumb     | 253                | Open             |      |
| 181                 | 165                |                  |      |
| Earl Beardall       | 242                | Ammon Stephens   | 490  |
| 220                 | 181                |                  |      |
| Ken Anderson        | Open               | Michael Brown    | 529  |
| 148                 | 198                |                  |      |
| Brad Montague       | 336*               | Anders Wahlund   | 622* |
| 165                 | John Mendoza       | 551              |      |
| Evan Davidson       | 385*               | 242              |      |
| 181                 | Thomas Burke       | 600              |      |
| Sean Connery        | 275                |                  |      |
| Darren Carr         | 369*               | Patrick Holloway | 727  |
| 220                 | 4th                | 738*             |      |
| Mike Desrosiers     | Jerry Pritchett    | 733              |      |
| John Mendoza        | 468                | 309              |      |
| Rocky Gingg         | 485                | Michael Grill    | 688* |
| 242                 | Sub M 34-39        |                  |      |
| John Peru           | 501*               | 181              |      |
| 275                 | Darren Carr        | 435              |      |
| Patrick Holloway    | 518                | Sub W 34-39      |      |
| Sub W 34-39         | 198                |                  |      |
| 198                 | M. Williamson      | 402*             |      |
| M. Williamson       | 203*               | Teenage 16-19    |      |
| Teen 16-19          | 242                |                  |      |
|                     | Kaleb Crafts       | 507*             |      |

\* - State record. ! - World Record. In Class 1 Bench Fred Martinez set an Arizona State Record with 248 at 148 but Richard Gidcumb of Michigan beat him



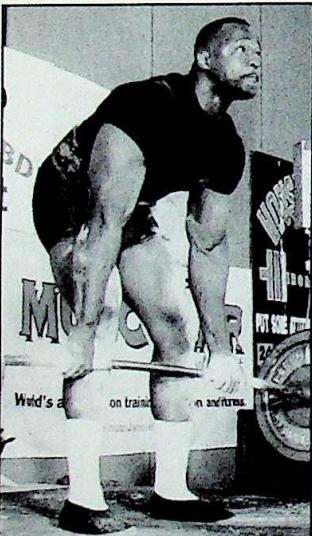
**Richard Gidcumb** set two Michigan State Records and drove 2000 miles to the House of Pain BP & DL (Photo provided by Rethwisch)



**Scott Hoekstra's** opening bench of 523 lbs. during the WABDL Southwestern Spring Break BP+DL (Photo courtesy of Scott Hoekstra.)

with 253 and a Michigan State Record. In Junior Men Bench Ammon Stephens set a Utah State Record at 165 with 314. At 220 Dan Swoveland set an Arizona Record with 346. At 275 Jerry Pritchett set an Arizona Record with 451. Jerry owns Thorbeck's Gym where the real serious lifters train. In the old days Jon Cole, Jack Kanter, Matthews, Jack Barnes, Marvin Allen, Dave Keaggy and Mike Matusak trained there. In Law/Fire Master Lee Roy Banks of Illinois who lifts raw, put up 413 at 181. Jeffery Allen Jones of Nevada set a Nevada State Record with 462 a huge 27# jump over his previous best. Jones is a Police Sergeant in Sparks, Nevada. At 275 Ken Eyre set a Utah Record with 407. In Law/Fire Open Mark Norton set an Arizona Record with 402. At 242 Jessie Martinie set an Arizona Record with 407. In Submaster Law/Fire at super Don Kralovetz benched 523 for a Arizona Record. In Master men Rocky Grigg was

a World Record 622 to take 1st place. In Open Men at 275 Patrick Holloway won the battle of records with 738 but lost to Jerry Pritchett in the war. Pritchett did 733 and Holloway did 727 but Holloway took the record on a 4th attempt. At Super Michael Grill set an Arizona Record with 688. He's a former 800 deadlifter. In Submaster Women Michele Williamson pulled 402 for an Arizona Record at 198. In Teenage 16-19 242 Kaleb Crafts set a Utah Record with 507. I want to thank our Judges Jim Snodgrass, Mike Desrosiers, Beth Higginbotham. Our Main Sponsor was House of Pain with Rick Brewer also sponsoring were Mark Bozza with House of Fitness, Tom Manno and Karin Boyd of Sybiotics, Robert Walker of Twinlab, Neal Spruce & Jim Starr of Apex Fitness, Wes Kampen & Michelle Sheedy of Monster Muscle.com and Powerlifting Superstore, Giorgio USAi of Forza Strength Systems and Mike Lambert of Powerlifting USA. (Results thanks to Rethwisch.)



**Willie McCoy** with a 650 DL at the Mesa, AZ BP+DL. (Gus R.)

outstanding lifter with 485 at master 47-53 220. In Open Men Brad Montague at 148 set a Utah Record 336. At 165, former World Record Holder at 148 in the open with 414, Evan Davidson set an Arizona Record with 385. At 181 Darren Carr set a Utah Record with 369. At 242 John Peru set an Arizona Record with 501. In Submaster women Michele Williamson set an Arizona Record 203. Michelle will bench 300# some day. She is 198 and is about 5'9" and very solid. In Teen 16-19 242 Kaleb Crafts set a Utah Record 374. In Master Women 40-46 105 Anna James set a World Record 149 and was named the outstanding Female bENCHER of the meet. In the deadlift in Junior men 275 Jerry Pritchett deadlifted 733 only one pound shy of his World Record. At 220 Dan Swoveland set an Arizona Record 507. In Law/Fire Master 40-47 Ken Eyre set a Utah Record with 556. In Law/Fire submaster Don Kralovetz set an Arizona Record with 650 at super heavy. In Master Men Deadlift Willy McCoy from Omaha, Nebraska is coming back from a bicep injury and only pulled 650. He's usually good for 735-750. His goal is to get back there. In 40-46 242 Anthony Ashley set an Arizona Record with 573. In Master men 47-53 165 Mike Woytetye set an Arizona record with 501 - impressive at 50. At 198 Tom Jackson set an Arizona Record with 567 but Anders Wahlund of Sweden set

\* - State Record. ! - World Record. This meet was held in the beautiful Marriot Hotel in Fullerton a suburb of Los Angeles. An old time lifter and friend of mine Larry Kidney was there. It was great to chat with him about the old days. The meet directors were Lorraine and Jody Woods. The attendance was 175 in a 200 seat ballroom. In the bench in the 47-53 242 class Alvin Waldon put up a nice Calif State Record 479 weighing only 233. In Master 54-50 198 Ron Matheson set an Arizona State Record with 385. In Open 198 Joe Smith came all the way from Louisiana and pushed 485 for a Louisiana State Record. In Submaster 275 Scott Hoekstra was very impressive with a Calif State Record 562 and an exhibition 5th attempt with 589 that he smoked. In women master 47-53 123 Gerrie Shapiro set a Calif Record with 170. She locked it out twice. Gerrie always has a good time at the meets and she brings a good attitude. In the deadlift Joe Muller set a Calif State Record in Class 1 242 with 595. In Junior 198 Ryan Monahan set a Calif Record with 446. In Junior 242 Tim Behan set a CA record with 617. In Junior Women 148 Caroline Piatek set a Calif Record with 264. In Master 54-60 220 Dr. Larry Blum was very exciting to watch. He pulled a picture perfect 551 CA Record at age 58. In Master 68-74 181 Richard Simon set a Calif Record with 314. In Submaster 198 James Kegrice set a World Record 677 with room to spare. In Open 275 Robert Speno pulled a 628 and in teen 16-19 275 Cameron Field Eaton pulled a 606. Gordon Santee was the Head Judge and is always very professional in his demeanor on the platform. (Thanks to Gus Rethwisch for providing the results.)

**R.C.F. SPRINGFEST**

20 APR 02 - IONIA, MI

| OPEN  | SQ  | BP  | DL  | TOT  |
|---|-----|-----|-----|------|
| 132   |     |     |     |      |
| JONES   | 285 | 255 | 385 | 925  |
| 148   |     |     |     |      |
| MAILER - OL   | 460 | 305 | 480 | 1245 |
| LEWIS   | 340 | 280 | 450 | 1070 |
| 165   |     |     |     |      |
| BEAUMONT  | 435 | 330 | 500 | 1265 |
| LENZI   | 380 | 315 | 465 | 1160 |
| TATE-EL   | 365 | 275 | 405 | 1045 |
| 181   |     |     |     |      |
| KUSMICKI - OL   | 585 | 405 | 615 | 1605 |
| BLACK   | 530 | 380 | 560 | 1470 |
| OSBOURNE  | 425 | 340 | 515 | 1280 |
| HARVEY  | 375 | 345 | 525 | 1245 |
| 198   |     |     |     |      |
| LORENZ  | 585 | 375 | 605 | 1565 |
| ARAUJO  | 560 | 350 | 585 | 1495 |
| VARGO   | 520 | 325 | 540 | 1385 |
| STEVENSON   | 460 | 315 | 510 | 1285 |
| WOODS   | 405 | 290 | 475 | 1170 |
| 220   |     |     |     |      |
| WELCH   | 635 | 440 | 620 | 1695 |
| PETERSON  | 570 | 405 | 560 | 1535 |
| BROOKS-BEY  | 540 | 320 | 500 | 1360 |
| HARRIS-BEY  | 460 | 295 | 515 | 1270 |
| JONES-EL  | 475 | 300 | 475 | 1250 |
| 242   |     |     |     |      |
| CASEY-OL  | 740 | 485 | 675 | 1900 |
| GIBSON  | 525 | 425 | 620 | 1570 |
| MASLOW  | 500 | 390 | 500 | 1390 |
| 275   |     |     |     |      |
| WILLIAMS  | 645 | 405 | 655 | 1705 |
| BURGER  | 500 | 380 | 520 | 1400 |
| RAW   |     |     |     |      |
| 165   |     |     |     |      |
| TATE-EL   | 365 | 275 | 405 | 1045 |
| 181   |     |     |     |      |
| KESSEL  | 385 | 310 | 490 | 1185 |
| 242   |     |     |     |      |
| CLAYTON   | 525 | 405 | 575 | 1505 |
| OPEN MASTER   |     |     |     |      |
| 40-49   |     |     |     |      |
| 148   |     |     |     |      |
| HICKS   | 330 | 280 | 425 | 1035 |
| 165   |     |     |     |      |
| LENZI   | 380 | 315 | 465 | 1160 |
| 198   |     |     |     |      |
| ARAUJO  | 560 | 350 | 585 | 1495 |
| 198   |     |     |     |      |
| STEVENSON   | 460 | 315 | 510 | 1285 |
| 242   |     |     |     |      |
| CLAYTON   | 525 | 405 | 575 | 1505 |
| OL=OUTSIDE LIFTER MEET DIRECTOR: JIM "TEX" STEVENSON. HEAD REF: T.J. JOHNSON.   |     |     |     |      |
| The first full meet that was held at this "joint". First order of thanks goes to lifter and meet director Jim "Tex" Stevenson, who not by his own choice came here, started this program and showed us how to run a powerlifting meet. Special thanks to three outside lifters. Bill Mailer from Greenville, Joe Kusmicki from Lansing, and Don Casey from Muskegon, Michigan. We also thank them for donating the Inzer Wrestling Singlets. Thanks to all the people who took time loading, spotting, and judging. (Thanks to Joe Black for providing these meet results.) |     |     |     |      |

# WOW - FIRST LOOK!

All American Pharmaceuticals  
introduces **Nytric EFX**

## What is it?

Nytric EFX is the latest offering from the insanely popular nitric oxide amplifiers.

## What does it do?

If I really have to explain this, then chances are you've been sleeping in your gym locker for the last year! But, you have to hear it somewhere! Simply put — Nitric Oxide (NO) is the molecule responsible for giving you those massive muscle pumps in the gym. Unfortunately, (NO) production only lasts a short while after your workout is over, usually about 25-35 minutes. With Nytric EFX's pH controlled delivery, your body will pump out (NO) for hours! This means that you will keep those vein popping pumps all day long! Because of its vasodilation benefits, your muscles will receive a surge of nutrients and oxygen that will kick your recovery into overdrive. Nytric EFX will ignite new muscle growth, give you bigger, longer lasting pumps and boost your muscular endurance levels beyond your wildest dreams!

## Who is it from?

Nytric EFX is produced by All American Pharmaceuticals. Although A.A.P is not yet a household name, they are no newcomers to the industry. Besides manufacturing some of the biggest products in the industry, A.A.P has been developing effective and innovative formulas for over a decade. A.A.P is best known for its ingenious buffered creatine formula called *Kre-Alkalyn*, which will be available to the public by the time you read this.

## So what's the bottom line?

Nytric EFX is no imposter. This product will make you a supplement believer. You will see and feel a difference in a matter of days! And best of all, it's legal in all professional and collegiate level sports, power lifting and bodybuilding organizations.



For Vein  
Popping Pumps,  
**Call Now!**  
**(800) 541-3422**

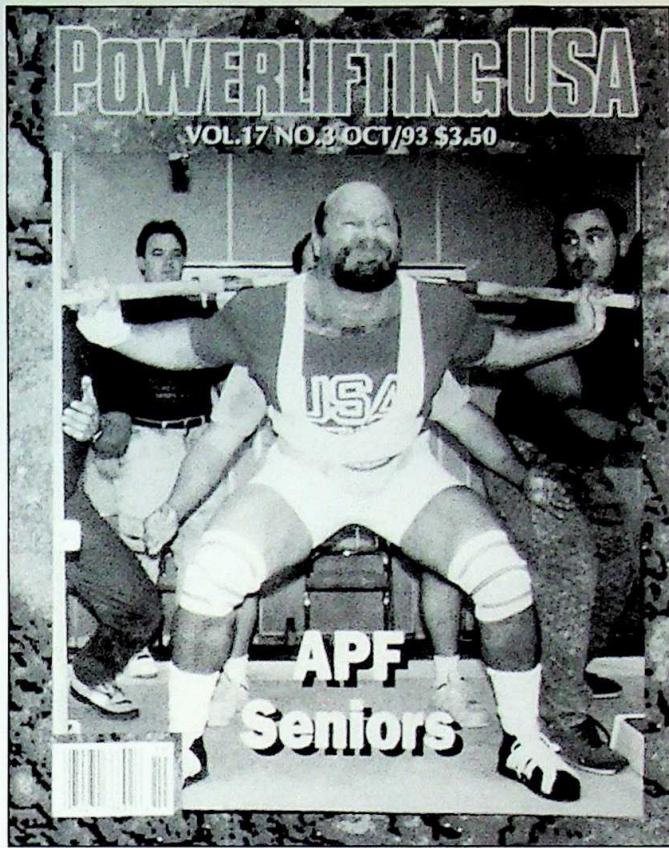


# Powerlifting USA Magazine BACK ISSUES

- Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
- Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
- Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
- Dec/93... 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 Rainwater-Grimwood, TOP 100 198, ADFPA TOP 20 123s
- Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPW Worlds, TOP 100 220, ADFPA TOP 20 132s
- May/94... USPF/ADFPA Collegiates, USPF Jr. Nats, IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
- Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Points in the Squat, TOP 100 275s, ADFPA TOP 165s
- Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 SHWs, ADFPA TOP 20 181s
- Aug/94... APF SRs, Paula Suzuki Interview, Shane 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 Profile, Asian Championships, Conjugate Training, USPF Bench Nationals, European Jrs/Womens, United We Stand, TOP 100 165s.
- Jan/95... WPC Worlds, IPF Worlds, IPF World Masters, Greatest All Time Squatter, Karl Saliger of Austria, Meet Performance Review, TOP 100 181s.
- Feb/95... World's Strongest Man Contest, Jesse Kellum Squat Workout, Willie Williams 705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.
- Mar/95... Women's TOP 20, Don Reinhardt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood Bench Routine, TOP 100 220s
- Apr/95... NASA Natural Nationals, Deadlifting without Deadlifting, Raising Work Capacity, Bruce Wilhelm Profile, L.M.W. Compounds, TOP 100 242s.
- May/95... Mike Bridges, Jamie Harris' 740 Bench, James Henderson, USPF Jrs., Changing Weight Classes, Joe McAuliffe Squat Workout, TOP 100 275s
- Jun/95... Antonio Krastev, USPF Collegiates/Bench Nationals, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW
- Jul/95... IPF Women's Worlds, Nick Lavitola Deadlift Workout, Pec Tear Night!
- mare, Aloe Vera for Training, Off Season Hints, TOP 100 Flyweights
- Sep/95... TRIPLE SENIORS ISSUE ADFPA/APF/USPF, How to Use Creatine, Chris Confessori 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/Teenage Rankings, Chromium, Plant Extracts, Multi-Year Training System, First Seniors, Framework for the Novice.
- Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s
- Aug/96... ADFPA Men's, APF Sr. Nationals, "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie Simmons, FIBO Show, TOP 100 123s.
- Sep/96... USPF Sr. Nationals, IPF Women's Worlds, Training for Women by Louie Simmons, APF Teen/Jr./Masters, IPA World Cup, TOP 100 132s.
- Oct/96... WDFPF Worlds, Ed Coan/Kirk Karwoski Interview, Anthony Clark Interview, Herb Glossbrenner "Responds to the Response", TOP 100 148s
- Nov/96... APF Can-AM, Clark benches 780, James Henderson says "Face Me", Triboxin, Wade Hooper Squat Workout, Paul Wren profile, TOP 100 165s
- Jan/97... IPF Men's Worlds, WPC Worlds, Step by Step Trainning by Louie, Rejecting Rejection, 20 Greatest U.S. Lifters, Performance Nutrition, TOP 100 198s
- Feb/97... Power of Compelling Outcomes, WPC Men's Worlds, IPA Nationals, Formula for Success, Tips on Making Weight, USPF Biography, TOP 100 220s
- Apr/97... Clark Benches 800-Waterman 600 @ 181, USA Powerlifting Crisis, World's Strongest Man, USA PL Decline, John Ford Pt. 2, TOP 100 242s.
- May/97... Dream Team Pt. I, 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 Profile, TOP 100 123s
- Sep/97... USAPL/USPF/APF Triple Seniors Issue, 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 Profile, Power Biceps Training, Larry Miller interview, Top 100 Ltwts.
- Nov/97... U.S. Strongest Man Contest, World's FASTEST Bench Presser, Rick Gauger Profile, Light Training Days, Diabetes & PL, TOP 100 165s.
- Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPF's Best Women, Walt Austin DL, TOP 100 181s
- Jan/98... IPF Men - Master - Jr. Worlds, WDFPF Men - Teen - Jr. - Master Worlds, World's Strongest Man Qualifiers, Best IPF Women, TOP 198s
- Feb/98... WABDL Worlds, IPF BP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians, Speed Strength, TOP 100 220s
- Mar/98... Mark Philippelli Interview, TOP 20 Women, Teen, Master Rankings, James Henderson, George Nelson, 1st Worlds, Brad Gillingham backstage
- Apr/98... Bull Stewart Speaks, USAPL Women's Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.
- 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 Aholo, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.
- Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.
- Sep/98... APF Seniors, Part 1, the Ed Coan Decision, Power Bells, York Summer Picnic, Visit to Westside, 3x3 Training Plan Part 1, TOP 100 132s
- Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench
- Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.
- Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Duke, 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, WNPW Worlds, Jerry Tancil, TOP 100 198s.
- Feb/99 ... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s
- Apr/99 ... The ED COAN Book, Why Whey?, Gordon Sante Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.
- May/99 ... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.
- Jun/99 ... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National Collegiates, Louie Simmons on Pre-Meet Training, "Choking", TOP 100 SHWs
- 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 Nats., APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s
- Oct/99 ... USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s
- Nov/99 ... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.
- Dec/99 ... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s
- Jan/00 ... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s
- Feb/00 ... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S. TOP 100 220s
- Mar/00 ... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons
- Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
- May/00 ... Dennis Cieri, What is a 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, Bench Press 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 Flyweights.
- Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
- Sep/00 ... USPF Srs., IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
- Oct/00 ... Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.
- Nov/00 ... Best Bench of All Time, the final More from Ken Leistner, Drug Free Bench

www.1500LB.com

The October 1993 cover of *PL USA* featured one of the APF's most successful lifters, Scott Warman, from the APF Sr. Nationals where he won the 275s with 964 501 804 2270. Among other winners were Doris Simmons (wife of Louie) with 319 143 314 at 105, Anna Blakley with 363 SQ, 293 BP (4th) and a 374 DL. Nowadays WPO Prez Kieran Kidder won the 308s with 887 534 633 2110. Vada Crosby profiled the Master of Mass, Superheavyweight Grant Pitts, the man with 24.5 inch biceps and one of the most monumental physiques in PL history. John Florio, who has squatted with over 900 lbs. had his Workout of the Month for the squat in this issue. On the TOP 100 list for the 123 lb. class, the top lifters were H. Nguyen in the squat with 500, Rick Couch in the bench with 377, and Tim Taylor in both the deadlift with 540 and the total with 1245. Ben Zak was 96th in the squat with 308 lbs., while many time Women's World Champ for the USA Carrie Boudreau was 67th in the bench press with 2361, but she was 8th in the deadlift with 458. Aforementioned Ben Zak was 42nd in the total with 959. This edition is one of our most requested back issues nowadays because the groundbreaking article "Evolutionary Training" by Jay Schroeder, Part 1, appears in



**BACK ISSUE OF THE MONTH ...** you can still get the OCT '93 edition of *PL USA*, and many others, for \$5 postpaid (see details below, and ask about our price break when you order more than one issue at a time!)

this edition of *PL USA*. ADFPA star Sean Culnan was interviewed by Bob Gaynor. Joe Walden discussed the subject "Bombing Out - Is It The End of the World?" in our Startin'

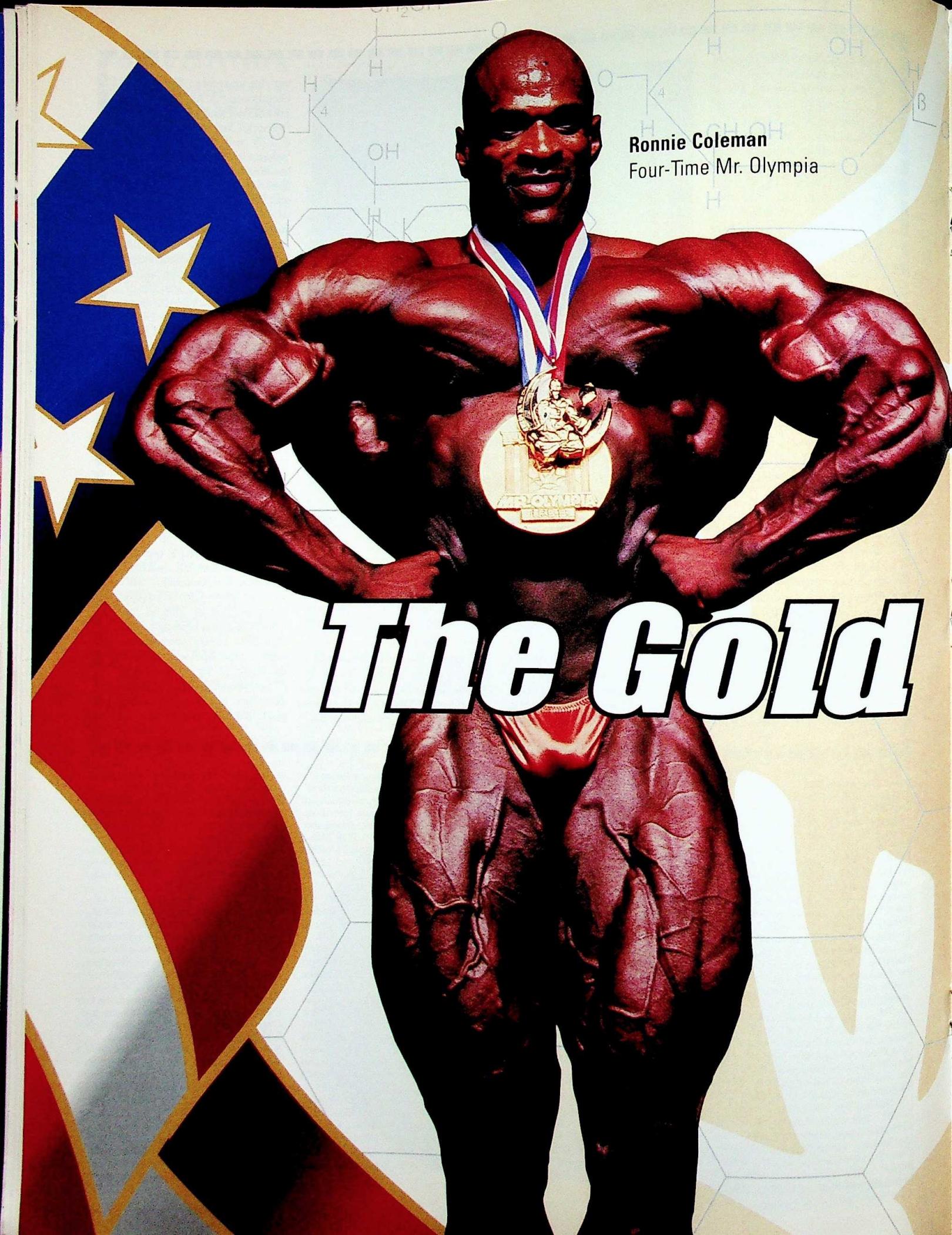
Out feature. The Rest Pause system of training was revisited by Doug Daniels. Louie Simmons discussed "Coaching and Training" with guidelines for preparing for and compet-

Guide, Advanced Squat Cycle by Louie Simmons, TOP 100 Middleweights Dec/00 ... Tao of Competition Pt. I, IPF Jr. + Masters Worlds, More World Record Benches by Louie Simmons, the Bench Press Shirt, TOP 100 Lighthavies Jan/01 ... IPF Men's Worlds, WABDL Worlds, AWPC Worlds, Roy Fokken BP Workout, Eccentric & Concentric Training by Louis Simmons, TOP 100 198s Feb/01 ... Garry Frank Goes 2500, WPC Worlds PT. 1, IPA Nationals, Complex Training. 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 Nationals, Westside Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Power Breaking, 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 275s Jun/01 ... Siouz Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals, IPF Double In-

terview, 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, Lifting Belts, TOP 100 123s Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s. Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, 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, Louie on Training the Lockout, TOP 100 198s Feb/002 ... WABDL DL Worlds, IPF Bench Worlds, WNPF Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Bar-

low, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on "the Repetition Method" Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s Jun/02 ... MeetScot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs. Jul/02 ... Kennelly Benc hes 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s. Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s. Sep/02 ... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Nails, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s. Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan Deadlift Workout, TOP 100 165s Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF SubJr.

Worlds, Fred Hatfield Interview, 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 @ Arnold Classic, Crawford Benches 785, Jamie Harris Pt. 1, Equipment, Never Looking Back by Louie, TOP 100 242s. May/93 ... Bill Crawford's Road Back, Odd Haugen Strongman, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s. JUN/JUL 93 ... IPF Women's Worlds, IPF World Masters BP, APF Nails, Mendelson Benches 821, Best Male PLers, Using Squat Gear, DLing on the Rise, TOP SHWs LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POSTOFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.



Ronnie Coleman  
Four-Time Mr. Olympia

# The Gold

# WEIDER™

EAT BIG TO GET BIG.™



What's the first rule of building muscle? **Calories.** Even

before protein, if you don't get enough calories, more than what you burn, it's damn hard to grow muscle. But even though the "eat to grow" principle is a Holy Grail, getting enough quality calories continues to be the number one problem for bodybuilders of all ages.

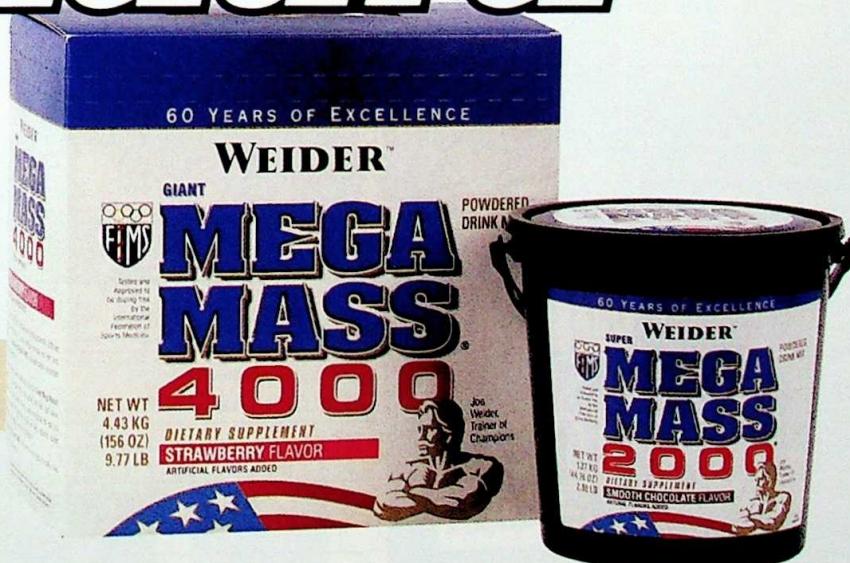
In fact, all the fancy supplements in the world won't do much if you're not eating enough calories... a principle consideration in formulating **Mega Mass® 2000 and 4000.** **Mega Mass®** delivers the calories, carbohydrates, and protein necessary to support protein synthesis while keeping muscle protein catabolism at bay.<sup>1\*</sup>

Before or after training or at times when eating a whole food meal isn't in the cards. **Mega Mass® 2000 and 4000** have a wide range of vitamins and minerals as well as calories from carbs and milk protein derived essential and non-essential amino acids to ensure you are getting what you need to keep improving, which is perfect for the hard gainer or the busy athlete!\* In fact, Science is just catching-up to what Weider Muscle Technology has been telling everyone for years, supplementing calories, carbs and protein (providing a full range of essential amino acids) before and after training helps promote protein synthesis, especially for hard gainers.\*

Recently published research indicates that supplementing carbs and essential amino acids prior to and after training may increase the protein synthesis potential of your muscles.<sup>1\*</sup> In other words, providing carbs and essential amino acids before and after training not only helps the muscle replete nutrients like protein and glycogen as well as repairing muscle damaged during intense exercise, but also gives long-term muscle gains a head-start.\*

Call it what you like, "tools of the trade" or "standard issue", **Mega Mass®** is used by athletes around the world because **Mega Mass®** helps you to turn hard work into rock hard muscle!

# Standard



Mega Mass® 2000 and 4000 both come in three delicious flavors: Chocolate, Vanilla and Strawberry.

FOR MORE  
INFORMATION CALL:  
1-800-435-3948

AVAILABLE AT



**Fred Meyer**

**Oscos Drug**

AND OTHER FINE RETAILERS.

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

**USPF Can American Bench Press  
16 FEB 03 - Manchester, NH (KG)**

|               |               |          |
|---------------|---------------|----------|
| Men Junior    | C. Laird      | 142.5    |
| C. Laird      | T. Adams      | 127.5    |
| K. Gauthier   | 122.5         | 100 kg   |
| Men Submaster | F. Schuelz    | 202.5!   |
| J. Morrison   | 150*          | J. Dowst |
| B. Cote       | 172.5*        | B. Cote  |
| Mens Open     | T. Daigneault | 130      |
| 82.5 kg       |               |          |
| J. Morrison   | 150*          |          |

1- Denotes Best Lifter. \* - Denotes State Record.  
Referees - Brian Farmer, Jamie Fellos, Laura Tourelot, Announcer - Rocco Boulay. Expeditor - Krista Martineau Venue - Ramada Inn. Special Thanks go out to Krista Martineau, Brian Farmer, Rocco Boulay, Jamie Fellows, Carole Kuchinsky, Bill Dugay, Laura Tourelot, Scott Martel, Vicki, and everyone else for all of their help. Also, our sponsors: House of Pain Ironwear, Nutrition 101, USA Bodybuilding.com, Champion Barbell Club. Remember to see what's happening in true New England Powerlifting check out USPF Region 1 website: [www.AmericanPowerlifting.com](http://www.AmericanPowerlifting.com) (Thanks to Nutrition 101 for providing these meet results.)



**NASA High School Champs  
27 MAR 03 - Oklahoma City, OK**

| PS                | Curl | BP   | DL    | TOT   |
|-------------------|------|------|-------|-------|
| wjr-sr            |      |      |       |       |
| 170               |      |      |       |       |
| Candice Artym     | 42.5 | 77.5 | 155   | 275   |
| 127               |      |      |       |       |
| Mandy Hughes      | 32.5 | 67.5 | 107.5 | 207.5 |
| 138               |      |      |       |       |
| Elissa Rice       | 25   | 50   | 110   | 185   |
| shw               |      |      |       |       |
| Alicia Strickland | 32.5 | 77.5 | 120   | 230   |
| 127               |      |      |       |       |
| Caroline Kaufman  | 27.5 | 47.5 | 85    | 160   |
| 127               |      |      |       |       |
| Rebecca Andrews   | 22.5 | 42.5 | 90    | 155   |
| 187               |      |      |       |       |
| Kellie Casad      | 25   | 47.5 | 122.5 | 195   |
| 170               |      |      |       |       |
| Jennifer Sthole   | 25   | 45   | 82.5  | 152.5 |
| shw               |      |      |       |       |
| Dean Gard         | 30   | 45   | 117.5 | 192.5 |
| wjr-so            |      |      |       |       |
| 119               |      |      |       |       |
| Jeni Glasco       | 30   | 55   | 125   | 210   |
| shw               |      |      |       |       |
| Tamara Walter     | 37.5 | 57.5 | 147.5 | 242.5 |
| 170               |      |      |       |       |
| Sarah Smith       | 25   | 42.5 | 77.5  | 145   |
| 119               |      |      |       |       |
| Ricky Weeks       | 42.5 | 82.5 | 125   | 250   |
| fr-so             |      |      |       |       |
| 119               |      |      |       |       |
| Andrew Wright     | 42.5 | 75   | 132.5 | 250   |
| 119               |      |      |       |       |
| Bryce Hartman     | 32.5 | 47.5 | 102.5 | 182.5 |
| 119               |      |      |       |       |
| Steve Ellefson    | 25   | 35   | 90    | 150   |

**Best Lifter Frank Schuetz with  
Laura Tourelot, promoter of  
Granite State Bodybuilding  
Championships, during the USPF  
Can American BP (Photograph  
was courtesy of Nutrition 101)**

|       |                  |       |       |       |       |                   |       |       |       |       |
|-------|------------------|-------|-------|-------|-------|-------------------|-------|-------|-------|-------|
| 170   | Stephen Klien    | 65    | 100   | 190   | 355   | Ben Hein          | 137.5 | 95    | 155   | 387.5 |
| 170   | Scott Torrance   | 50    | 102.5 | 167.5 | 320   | Brandon Flowers   | 217.5 | 110   | 200   | 527.5 |
| fr-so |                  |       |       |       |       | 187               |       |       |       |       |
| 170   | Pat Moore        | 47.5  | 107.5 | 155   | 310   | Luke Graves       | 160   | 82.5  | 170   | 412.5 |
| 170   | Zack Jones       | 32.5  | 80    | 145   | 257.5 | Kenny Linker      | 227.5 | 110   | 227.5 | 565   |
| 187   |                  |       |       |       |       | 205               |       |       |       |       |
| 187   | Tra Brown        | 55    | 102.5 | 207.5 | 365   | Luke Woods        | 160   | 102.5 | 142.5 | 405   |
| 187   |                  |       |       |       |       | 227               |       |       |       |       |
| 187   | Kyle Lawson      | 60    | 110   | 195   | 365   | Corey Walstron    | 215   | 112.5 | 227.5 | 555   |
| 187   |                  |       |       |       |       | Cody Harmon       | 195   | 92.5  | 205   | 492.5 |
| 187   | Roy Jackson      | 57.5  | 105   | 167.5 | 330   | David Denham      | 182.5 | 105   | 182.5 | 470   |
| 187   |                  |       |       |       |       | Randy Leftwich    | 167.5 | 92.5  | 167.5 | 427.5 |
| 187   | Joseph Houriah   | 52.5  | 92.5  | 167.5 | 312.5 | 250               |       |       |       |       |
| 187   |                  |       |       |       |       | Buke Mardanlou    | 240   | 155   | 240   | 635   |
| 187   | Tad Peters       | 55    | 0     | 0     | 55    | 250               |       |       |       |       |
| 205   |                  |       |       |       |       | Austin Bishop     | 165   | 80    | 162.5 | 407.5 |
| 205   | Brian Casad      | 57.5  | 147.5 | 245   | 450   | 280               |       |       |       |       |
| 205   |                  |       |       |       |       | Cody Adams        | 262.5 | 152.5 | 220   | 635   |
| 205   | Austin Wilson    | 50    | 117.5 | 190   | 357.5 | James Cheeseman   | 245   | 140   | 232.5 | 617.5 |
| 205   |                  |       |       |       |       | Adam Sosa         | 227.5 | 122.5 | 235   | 585   |
| 205   | Javier Deleon    | 55    | 87.5  | 210   | 352.5 | Wilson Vann       | 217.5 | 102.5 | 220   | 540   |
| 227   |                  |       |       |       |       | Levi Christman    | 115   | 122.5 | 165   | 402.5 |
| 227   | Sam Souther      | 67.5  | 162.5 | 217.5 | 447.5 | 315               |       |       |       |       |
| 227   |                  |       |       |       |       | Nick Harris       | 202.5 | 132.5 | 170   | 505   |
| 227   | Donovan Pierson  | 55    | 122.5 | 195   | 372.5 | 315               |       |       |       |       |
| 250   |                  |       |       |       |       | Ed Robison        | 207.5 | 160   |       |       |
| 250   | Chuck Rohr       | 57.5  | 135   | 172.5 | 365   | shw               |       |       |       |       |
| 280   |                  |       |       |       |       | Todd Mikkelsen    | 197.5 | 125   | 180   | 502.5 |
| 280   | Greg Muxlow      | 67.5  | 112.5 | 195   | 375   | jr-sr             |       |       |       |       |
| 280   |                  |       |       |       |       | 127               |       |       |       |       |
| 280   | Levi Christman   | 52.5  | 122.5 | 165   | 340   | Dave Douglas      | 147.5 | 80    | 170   | 397.5 |
| 315   |                  |       |       |       |       | 127               |       |       |       |       |
| 315   | Ross Collins     | 57.5  | 102.5 | 202.5 | 362.5 | Charles Watson    | 127.5 | 75    | 135   | 337.5 |
| 315   |                  |       |       |       |       | 138               |       |       |       |       |
| 315   | Jeremiah Snyder  | 55    | 117.5 | 147.5 | 320   | Chad Dyer         | 155   | 97.5  | 170   | 422.5 |
| 315   |                  |       |       |       |       | 138               |       |       |       |       |
| 315   | Men Open         | SQ    | BP    | DL    | TOT   | Steve Main        | 130   | 90    | 160   | 380   |
| 119   |                  |       |       |       |       | 154               |       |       |       |       |
| 119   | Ryan Ballard     | 150   | 97.5  | 152.5 | 400   | Natchez Metcalf   | 177.5 | 122.5 | 242.5 | 542.5 |
| 119   |                  |       |       |       |       | 154               |       |       |       |       |
| 119   | James Williams   | 107.5 | 50    | 142.5 | 300   | Joshua Williams   | 177.5 | 117.5 | 182.5 | 477.5 |
| 119   |                  |       |       |       |       | 154               |       |       |       |       |
| 119   | James May        | 67.5  | 35    | 75    | 177.5 | Derek Biddle      |       |       |       |       |
| 119   |                  |       |       |       |       | 170               |       |       |       |       |
| 119   | Daniel Alexander | 127   |       |       |       | Jim Ferre         | 207.5 | 142.5 | 237.5 | 587.5 |
| 119   |                  |       |       |       |       | 187               |       |       |       |       |
| 119   | Kamell Warren    | 105   | 57.5  | 105   | 267.5 | Leonard Summers   | 238.5 | 125   | 227.5 | 591   |
| 119   |                  |       |       |       |       | Mike Mackey       | 207.5 | 152.5 | 217.5 | 577.5 |
| 119   | Kevin Turner     | 147.5 | 87.5  | 162.5 | 397.5 | Tad Peters        | 105   |       |       |       |
| 119   |                  |       |       |       |       | 205               |       |       |       |       |
| 119   | Andrew Alexander | 137.5 | 77.5  | 115   | 330   | Curtis Rust jr    | 245   | 155   | 225   | 625   |
| 119   |                  |       |       |       |       | Brian Casad       | 217.5 | 147.5 | 245   | 610   |
| 119   | Shane Metcalf    | 157.5 | 97.5  | 177.5 | 432.5 | Joshua Berner     | 210   | 142.5 | 225   | 577.5 |
| 119   |                  |       |       |       |       | Michael Fulton    | 210   | 132.5 | 215   | 557.5 |
| 119   | Andrew Dixon     | 210   | 117.5 | 200   | 527.5 | E.Drummond        | 205   | 120   | 227.5 | 552.5 |
| 119   |                  |       |       |       |       | Adam Rogers       | 200   | 130   | 200   | 530   |
| 119   | David Mardanlou  | 202.5 | 117.5 | 172.5 | 492.5 | 227               |       |       |       |       |
| 119   |                  |       |       |       |       | Sam Souther       | 160   | 162.5 | 217.5 | 540   |
| 119   | Rickey Perryman  | 172.5 | 110   | 172.5 | 455   | 250               |       |       |       |       |
| 119   |                  |       |       |       |       | Matt Kaffenbarger | 245   | 152.5 | 200   | 597.5 |
| 119   | J.J. Gilly       | 160   | 92.5  | 185   | 437.5 | Seth Mikulich     | 212.5 | 137.5 | 217.5 | 567.5 |
| 119   |                  |       |       |       |       | Chuck Rohr        | 180   | 135   | 172.5 | 487.5 |
| 119   | Pat Moore        | 142.5 | 107.5 | 155   | 405   | Jay McAlester     | 190   | 105   | 185   | 480   |
| 119   |                  |       |       |       |       | Brent Bennett     | 280   |       |       |       |
| 119   |                  |       |       |       |       | William Frazier   | 265   | 147.5 | 250   | 662.5 |
| 119   |                  |       |       |       |       | 315               |       |       |       |       |
| 119   |                  |       |       |       |       | Jason Turknett    | 247.5 | 137.5 | 227.5 | 612.5 |
| 119   |                  |       |       |       |       | shw               |       |       |       |       |
| 119   |                  |       |       |       |       | Joshua Lee        | 232.5 | 152.5 | 265   | 650   |
| 119   |                  |       |       |       |       | Kyle Daniels      | 195   | 137.5 | 195   | 527.5 |
| 119   |                  |       |       |       |       | 101               |       |       |       |       |
| 119   |                  |       |       |       |       | Kaycie Goff       | 37.5  | 30    | 62.5  | 130   |
| 119   |                  |       |       |       |       | 138               |       |       |       |       |
| 119   |                  |       |       |       |       | Jeni Glasco       | 92.5  | 55    | 125   | 272.5 |
| 119   |                  |       |       |       |       | 138               |       |       |       |       |
| 119   |                  |       |       |       |       | Amanda Watson     | 70    | 47.5  | 82.5  | 200   |
| 119   |                  |       |       |       |       | 147.5             |       |       |       |       |
| 119   |                  |       |       |       |       | Tamara Walter     | 165   | 57.5  | 147.5 | 370   |
| 119   |                  |       |       |       |       | wjr-sr            |       |       |       |       |
| 119   |                  |       |       |       |       | 101               |       |       |       |       |
| 119   |                  |       |       |       |       | Melaney Watson    | 47.5  | 32.5  | 75    | 155   |
| 119   |                  |       |       |       |       | 110               |       |       |       |       |
| 119   |                  |       |       |       |       | Kristin Tom       | 127.5 | 62.5  | 127.5 | 317.5 |
| 119   |                  |       |       |       |       | 119               |       |       |       |       |
| 119   |                  |       |       |       |       | Katie Oswalt      | 95    | 55    | 117.5 | 267.5 |
| 119   |                  |       |       |       |       | 127               |       |       |       |       |
| 119   |                  |       |       |       |       | Vanessa Berryhill | 90    | 42.5  | 100   | 232.5 |
| 119   |                  |       |       |       |       | 138               |       |       |       |       |
| 119   |                  |       |       |       |       | Ronnie Melancon   | 127.5 | 77.5  | 137.5 | 342.5 |
| 119   |                  |       |       |       |       | Stephanie Burns   | 112.5 | 50    | 140   | 302.5 |
| 119   |                  |       |       |       |       | Elissa Rice       | 80    | 50    | 110   | 240   |
| 119   |                  |       |       |       |       | 154               |       |       |       |       |
| 119   |                  |       |       |       |       | Lauren Burton     | 112.5 | 57.5  | 115   | 285   |
| 119   |                  |       |       |       |       | Amber Crittenden  | 77.5  | 47.5  | 115   | 240   |
| 119   |                  |       |       |       |       | Nicole Pennington | 87.5  |       |       |       |
| 119   |                  |       |       |       |       | 170               |       |       |       |       |
| 119   |                  |       |       |       |       | Trinity Camp      | 105   | 47.5  | 97.5  | 250   |
| 119   |                  |       |       |       |       | Jennifer Shephard | 77.5  | 45    | 82.5  | 205   |
| 119   |                  |       |       |       |       | 187               |       |       |       |       |
| 119   |                  |       |       |       |       | J.Fernandez       | 165   | 92.5  | 150   | 407.5 |
| 119   |                  |       |       |       |       | Kellie Casad      | 80    | 47.5  | 122.5 | 250   |
| 119   |                  |       |       |       |       | shw               |       |       |       |       |
| 119   |                  |       |       |       |       | Jeri Shephard     | 195   | 82.5  | 175   | 452.5 |
| 119   |                  |       |       |       |       | Alicia Strickland | 105   | 77.5  | 120   | 302.5 |
| 119   |                  |       |       |       |       | Dean Gard         | 45    | 117.5 |       |       |
| 119   |                  |       |       |       |       | 117.5             |       |       |       |       |

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

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

If Under 18 have Parent Initial \_\_\_\_\_

Signature \_\_\_\_\_

(Thanks to Rich Peters for providing these results.)

**SLP SOUTHERN IL OPEN BP/DL  
01 MAR 03 - EFFINGHAM, IL**

|                    |                    |      |
|--------------------|--------------------|------|
| BENCH PRESS        | 4th                | 220* |
| teenage men 16-17  | teenage men 16-17  |      |
| 181                | 181                |      |
| Clint Williams 275 | Clint Williams 400 |      |
| teenage men 18-19  | 4th                | 420  |
| 198                | open men 198       |      |
| Matt Bell 360      | Chad Taylor 425    |      |
| DEADLIFT           | teenage men 18-19  |      |
| junior women       | 198                |      |
| 123                | Matt Bell 465      |      |
| Erica Haister 210* | 4th                | 500  |

\* - Son Light Power Illinois state record. The Son Light Power Southern Illinois Open Bench Press/Deadlift Championship was another small meet at Effingham, Illinois, held on March 1, 2003 at the Village Mall. With just six total entries it was still a huge success because each lifter set a new personal record for their respective classes. In the bench press event Clint Williams won the teenage men 16-17/ 181 class, lifting in his first competition. Clint finished with a personal best 275. Matt Bell continues to chase the state record at 18-19/198 with his new Phenom shirt, finishing here with a personal best 360. Matt did make a run at the record, taking a fourth with 375 and missing just short of knockout. Chad Taylor also had a new shirt he was getting used to and looked strong with his opener of 410. A second with a personal best 425 also locked out with ease, but his final attempt with 450 stalled just at the top. Chad took home the open 198 title. In the deadlift competition Erica "Hooter Girl" Haister had a great first meet. The ex-gymnast had just been deadlifting a few weeks and was not quite aware of her strength, so we pushed her. Finishing with a state record and personal best 210 we then called for 220 which she made just as easy. Weighing in at 122, Erica set the IL record for the jr division. Lots of potential here! Clint Williams got his second title of the day at 16-17/181 and two new prs with his 400 third and 420 fourth attempts. Clint finished just 5 pounds short of the current record. Matt Bell also got new prs with his third and fourth attempts, finishing with 465 and a big 500 final pull. Thanks to my son Joey, grandson Daniel and Billie Jellies for all their help. (Darrell Latch.)

**AAFP Frank Kostyo Memorial  
22 MAR 03 - Lakeland, FL**

Teen 13-15 SQ BP DL TOT  
105



*Clint Williams with Coach Earl Yingst at the SLP IL BP & DL (Latch)*

|                  |      |      |      |       |                |      |      |      |       |
|------------------|------|------|------|-------|----------------|------|------|------|-------|
| Katie Hutchison  | 155* | 75*  | 185* | 415*  | Don Beasock    | 500  | 315  | 450  | 1265  |
| 148 Open         |      |      |      |       | Master 65-69   |      |      |      |       |
| Doreen Trafton   | 285  | 155  | 360  | 800   | Bill Player    | 365* | 300* | 410* | 1075* |
| 198+             |      |      |      |       | Master 70-74   |      |      |      |       |
| Open             |      |      |      |       | Wendell Smith  | 215* | 215* | 305* | 735*  |
| Kari Sabin       | 390  | 270* | 410* | 1070  | Master 75-79   |      |      |      |       |
| Submaster        |      |      |      |       | Duffy Thompson | 185* | 135* | 265* | 585*  |
| Kari Sabin       | 390* | 270* | 410* | 1070* | 198            |      |      |      |       |
| Master 40-44     |      |      |      |       | Master 40-44   |      |      |      |       |
| Nancy Edelson    | 300* | 165* | 385* | 850*  | Tim Calhoon    | 505  | 315  | 500  | 1320  |
| 114              |      |      |      |       | Master 70-74   |      |      |      |       |
| Open             |      |      |      |       | Bill Remley    | 420* | 295* | 440  | 1155* |
| Scott Beasley    | 155  | 125  | 255  | 535   | 220            |      |      |      |       |
| 181              |      |      |      |       | Master 40-44   |      |      |      |       |
| Open             |      |      |      |       | Brantly Kelly  | 625  | 320  | 590  | 1535  |
| Brian Strickland | 600  | 415  | 530  | 1545  | Master 45-49   |      |      |      |       |
| Don Beasock      | 500  | 315  | 450  | 1265  | Mike Robinson  | 565  | 330  | 525  | 1420  |
| Junior           |      |      |      |       | Pat Ryan       | 550  | 300  | 480  | 1330  |

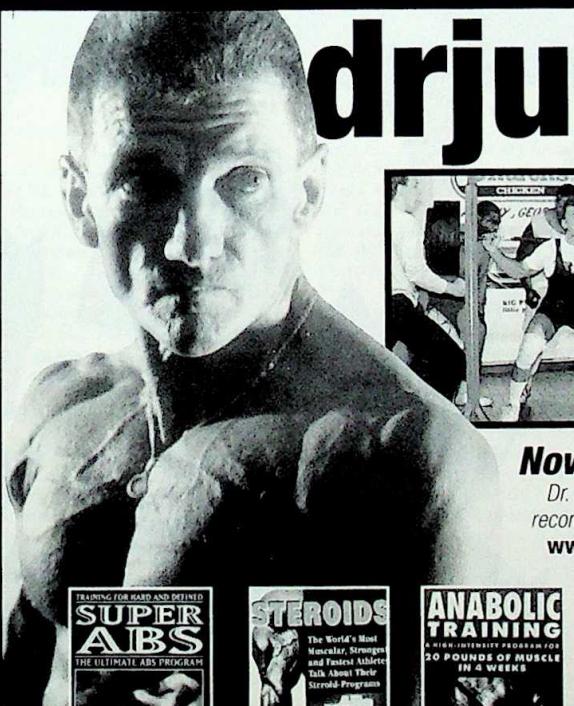
James McDonald 530 135 560 1225

242

Junior

Doug Hawkins 550 360 550 1460

\* - Denotes AAFP record. The 7th Annual Frank Kostyo AAFP Memorial Powerlifting Championships kicked-off in Lakeland, FL with Katie Hutchison breaking 4 American Records in the Women's 13-15 teenage division. Katie weighed in at 102 and set the record in every event competing in her first meet. She took 1st place and would have taken the best dressed powerlifter award if there was such a thing. Doreen Tesfton did some outstanding lifting in 148's with an impressive 360 deadlift for 1st place. Kori Sabin actually had an off day and still managed to set 6 American Records in town divisions and 1st place in both. Nancy Edelson won 1st place and set 4 American in the 40-44 age group. Nancy almost pulled a 440 deadlift to break her own record. Special Olympian Scott Beasley won the Men's 114 with a nice 255 deadlift. Scott was recently featured in the Goodwill Newsletter for his powerlifting accomplishments. Brian "I'll guess your weight" Strickland won the Open 181 and took Best Lifter honors. Brian was just coming off of a 1701 total from a recent meet and was a little off his mark for this one. Don Beasock had a nice 1265 total for 2nd place in the 181 and 1st in the Junior Division. Twelve Master American Records were established in this weight class by Bill Player, Wendell Smith, and Duffy Thompson. Bill Player did some fine lifting in the 65-69 age group with an impressive 1075 total. Wendell Smith had a nice 215 bench in the 70-74 age group and Duffy Thompson just missed a 205 squat in the 75-79 age group. Duffy is truly amazing. He had a total knee replacement 18 months ago and deadlifted an all-time personal best and American Record 2651 in the 198's Tim Calhoon established some personal best lift and won the 40-44 division. Bill Remley must be powered by a never-stopping energizer battery. Bill Keps on going and lifting and breaking records and going and lifting and breaking records and ... Bill ended up winning the 70-74 age group and broke 3 records doing it. Kelly took 1st in the 220 Master 40-44 age group with a nice 625 squat. The tough Master 45-49 age group was won by Mike Robinson. Pat Ryan and James McDonald took 2nd and 3rd respectively. Doug Hawkins won the 242 junior class with a nice 1460 total. Special thanks to Louis Baltz, All American Gym, BJ Stigall, Steve Beck, Tom O'Donnell, Junkyard Dogg, Johnny Best, Barbara Beasley, Melanie Monts de Oca, Dan Jonas, and all the lifters for making this meet possible. (Thanks to All American Gym for results.)

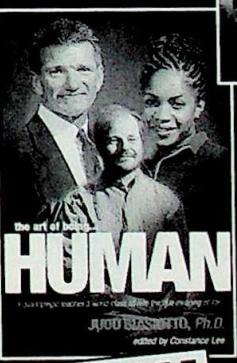


# drjudd.net

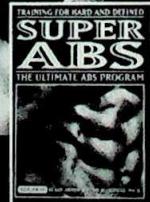


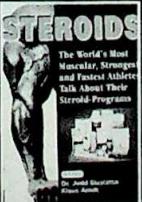
**Now Playing!**

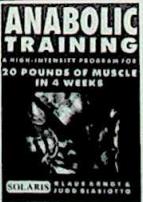
Dr. Judd's amazing record-breaking squat.  
[www.drjudd.net](http://www.drjudd.net)

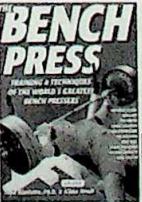


**NEW RELEASE**









**Training Methods, Tips and Secrets - \$19.95ea.**

World Class Enterprises • 1108 W. Broad Ave. • Albany, Georgia 31707 • 229-446-0490

**WORLD-CLASS BOOKS AVAILABLE NOW!**

**1-800-836-3093**

**order online at [drjudd.net](http://drjudd.net)**

The Art of Being Human is a magnificent story that will warm your heart, enlighten your mind and inspire your soul to strive for success, happiness, and self-fulfillment. The book is a magical chronicle of how a quadriplegic turns a petite woman into a world class powerlifter and at the same time teaches a world class athlete the true meaning of life. It will give you confidence to do and become whatever you want. More importantly it will give you a living blueprint for achieving self-fulfillment.

# House of Pain



## H.O.P. Water Proof Iron Wear (\$18)

is the coolest new technical fabric for hardcore workouts! Soft cotton on the inside for comfort, with moisture-wicking synthetic fibers on the outside for your toughest training! If you're serious, you'll need one of these - *and they rule in extended cardio.*

*\*Sizes M-4X, 2 colors, only \$18 (add \$2 for 3X and 4X)!  
For a limited time you can get any 2 for \$33 (+S/H)!"*

**NEW T-SHIRT DESIGNS!**  
*Not even in our catalog yet!*

## Put a little variety on your back!



Thom Logo  
(tan, ash)



Gothic Crest  
(ash, black)



Strongman  
(white)



Mega Curl  
(white, ash)



BIG 3 SQ BP DL  
(ash, white)



Cable Crossover  
(white, ash)

**BONUS:**  
PICK ANY 2  
**GET A FREE**  
H.O.P Hand Towel!

**[888] 463-7246**  
or order  
online: [www.houseofpain.com](http://www.houseofpain.com)

**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.

**8-10 AUG, IPA World Powerlifting Championships, Radisson Penn Harris Hotel and Conference Center, Harrisburg, Pennsylvania, Mark Chaillet: 717-495-0024, Chaillet@NFDC.net or Ellen Chaillet: echaillet@aol.com**

**9 AUG, APA Vicksburg Open PL, BP, DL (Mississippi), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com**

**9 AUG, APF N. Texas Championships (Dallas, TX - men, women - open/below class I, masters, submasters, jr. - single lift divisions) MetroFlex Gym, 817-465-9331, www.metroflexgym.com, hardbodyhunter@attbi.com**

**9 AUG, APF Ohio State Championships/ Buckeye Open and Bench, West Lafayette, OH, www.ohioapf.com, Randy Edwards 937-781-9219, John Blackstone 740-545-0840, benchman600@squatmail.com**

**9 AUG, 2nd Annual Maryland Strongest Man Contest (Gold Level) LaPlata, MD. Contact Graham Bartholomew 301-893-8290 (after 8pm) or grahambo1@mindspring.com**

**9 AUG, APF Vench Beach Push/Pull PL, 310-399-2775**

**9 AUG, SLP Wisconsin State Fair BP/DL Championships (West Allis, WI) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifing@aol.com, www.virginiausapl.com**

**10 AUG, USPF International Cup BP (Ramada Inn Convention Center) Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5429, AmericanPowerlifting.com, SQ700@aol.com**

**10 AUG, SLP Missouri State Fair BP/DL Championships (Sedalia, MO) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070**

**16 AUG, Gerry Furst OC Health Club 911 Remembrance BP, 61st St + Bay, Ocean City, MD 21842, 410-723-2323**

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

**16 AUG (new contact), Drug Tested WABDL Southern Regional Bench Press and Deadlift Championships, New Orleans, LA, Gus Rethwisch, 503-762-5066, 503-901-1622**

**16 AUG, USAPL Mid-Atlantic Open PL/BP, John Shifflett, 15427 Brandy Rd., Culpeper, VA 22701, 434-985-3932**

**16 AUG, 19th Iowa State Fair BP/DL & 13th Law Enforcement & Fire State**

Fair BP/DL, Jeff Baird, 6804 Starview St., Des Moines, IA 50320, 515-953-6833, bairdz@aol.com

**16 AUG, Northeast Wi Strongman Challenge 2003 (Gold level) New London, Wi www.bigtongscrivens.com for updated information**

**16 AUG, South Carolina Strongman Championship, Columbia, SC Proceeds to benefit Special Olympics of South Carolina. (Gold Level) Contact Mike Johnston (803)-799-8616 or majellisp@aol.com**

**16 AUG, SLP Indiana State Fair BP/DL Championships (Indianapolis, IN) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifing@aol.com, www.virginiausapl.com**

**16,17 AUG, 13th AAPF/APF YMCA Snake River PL, BP, DL (Idaho Falls, ID) 208-520-8773, 523-0600**

**17 AUG, USAPL Front Range Fort Lift, Stephen Harms, 2301 S. City Rd. 3E, Ft. Coluns, CO 80525, 970-484-9130**

**17 AUG, USAPL Iowa State + Hawkeye Open, Bryan Getchell, 2729 Chambers, Sioux City, IA 51104, 712-258-4965**

**17 AUG, SLP Illinois State Fair BP/DL Championships (Springfield, IL) Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**23 AUG, USAPL Mississippi STate PL/BP, Jim Wold, 145 Hardy Ct #S-C, Gulfport, MS 39507, 228-860-6795**

**23 AUG, USAPL Mississippi State, Gulfport MS, Rhodes Club Fitness, Hardy Court Shopping Ctr, Gulfport, MS 39597, 228-868-0190**

**23 AUG, (tentative) The Midwest Strongman Showdown September fest Omaha NE Convention Center NE/Iowa contact Joe Secord 402-672-7835 e-mail: bulldogstrengthsports@yahoo.com**

**23 AUG, ABA Arkansas Open Bench Press Championships, Little Rock, AR, D.D. Nichols, 2122 Misty Circle, Benton, AR 72015, 501-860-6851**

**23 AUG, USPF Northern California Push/Pull Championship - Modesto, Entry Form at www.powerliftingca.com, Jason Burnell, 510-232-4755, deepsquatter@deepsquatter.com and Dave Cummerrow, david\_cummerow@yahoo.com**

**23 AUG, 7th Annual WABDL Drug Tested Alki Beach Bench Press and Deadlift Championships, Alik Beach, Seattle, WA, Bull Stewart, 206-725-7894 and 206-343-4692**

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

**23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117**

**23,24 AUG, AAU North American Powerlifting, Bench, Deadlift and Push Pull, San Bernardino, California, Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net**

**23,24 AUG, USAPL Bench Press**

# Coming Events

**Nationals, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156**

**24 AUG (NEW DATE), 13th annual Endless Summer BP contest, Jon Smoker, 30907 CR 16, Elkhart, IL 46516, 574-674-6683**

**24 AUG, AAU Missouri-Kansas Bench Press Deadlift Championships, X-Treme Fitness, 636-583-1779, Darin Gilley, 2820 Old Gray Summit Road, Pacific, MO 63069, 636-742-4537**

**30 AUG, APA Midwestern US BP+DL (Burlington, IA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com**

**30 AUG, APA Labor Day Weekend Bash (Blue Springs, MO - PL, Push-Pull, Single BP & DL) Rodney Wood, 417-256-2297, rodwood@weighttrainersunited.com**

**30 AUG (NEW DATE), NASS NE US Strongman Challenge (Silver Level) Poughkeepsie, NY; Contact Steven Mann @ 50 Rinaldi Blvd. Apt 2C, Poughkeepsie, NY 12601 845-473-5230 or steve@purepowerlifting.com**

**30 AUG, APF No Limits BP & DL Meet (Hempstead, NY) Chris Taylor, 516-822-6660 or 631-471-5551, pmind2body@aol.com**

**30 AUG, Granite State Open Bench Press / Deadlift (Separate Contests) (Open, Teen, JR, Sub, Master, Women), Louis LaPoint, 337 Roxbury St, Keene, NH 03431, 603-352-8590**

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

**AUG, USPF Northeastern Open BP, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, AmericanPowerlifting.com, SQ700@aol.com**

**AUG, (middle Aug. tentative) The Central USA Strongman Challenge (Platinum Level); Contact Jefferson Meadors, 773-704-6047 or jeffersonmeadors@aol.com**

**6 SEP (NEW DATE), WNPF Lifetime Drug Free PL/BP/DL/SQ Nationals (Atlantic City, NJ) WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418**

**6 SEP, Body Conditioning BP (Men + Women), Body Conditioning, 1379 Industrial Park Dr., Edmore, MI, 48829**

**6 SEP, 100% Raw Virginia State BP (Chesapeake Holiday Inn), Paul Bossi, 252-338-6920**

**6 SEP, USAPL Twin Cities Open, Brad Madvig, 12430 Porcupine Ct., Eden Prairie, MN 55344, 612-619-5178**

**6 SEP, APF Georgia State, Jon Grove, 770-422-1226**

**6 SEP, Saratoga YMCA BP, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, 518-587-3000,**

## Huge Iron Powerlifting Schedule

**8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine)**

**9-6-03, APF Georgia State**

**9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in Atlanta (Daytona Beach, Fl.)**

**09-27-03 WPO Bench Bash for Cash (Orlando, FL)**

**10-25-03 AAPF Southern States Powerlifting Championship (Daytona Beach, Fl.)**

**11-8-9-03 WPO Finals (Atlanta, GA)**

**12-6+7-03 APF Southern States Powerlifting Championship (Daytona, Fl.)**

**3-5+6-04 WPO Super Open Finals, (Arnold Classic - Columbus, OH)**

Call 386-426-8648 or E-mail us

hugeiron@logicalcity.com

or write us at Box 1277, Edgewater, FL 32132

[www.geocities.com/muscleworkspowerteam](http://www.geocities.com/muscleworkspowerteam)

**6 SEP**, SLP Tennessee State Fair BP/DL Championships (Nashville, TN) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), sonlight@netcare-il.com  
**6 SEP**, APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL) 386-426-8648 or email hugeiron@logicalcity.com

**6,7 SEP**, NPA Natural Nationals BP, DL, PL (drug tested) Duane Burlingame, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, [fittifiedb@cs.com](mailto:fittifiedb@cs.com)

**6,7 SEP**, WABDL Drug Tested West Coast Bench Press and Deadlift Championships, Marriot Hotel, Rancho Cordova, CA, (near Sacramento), Jody Woods, 916-485-3808

**7 SEP**, PPL S. Carolina Drug Free PL, BP, DL, IronMan, Muscle Factory, 4631-A Aiken-Augusta Hwy, N. Augusta, SC 29841, 803-593-1709

**7 SEP**, WNPF Ohio Valley, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-7792-6670

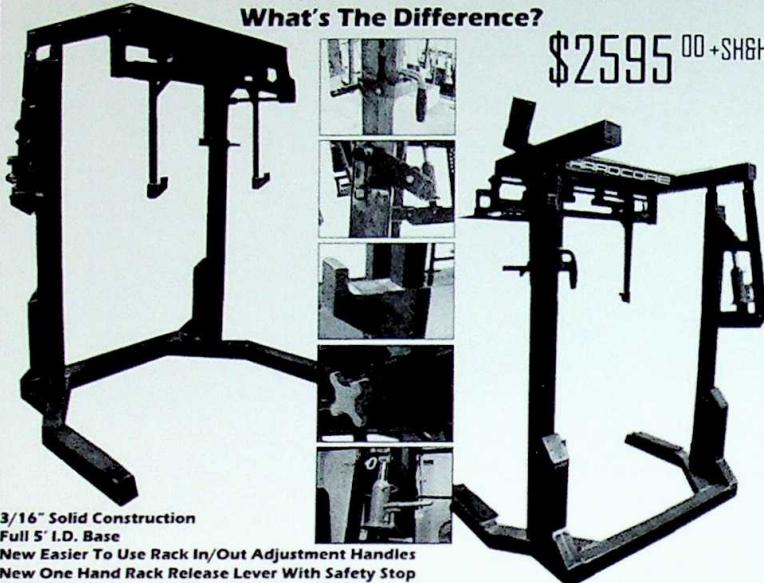
**13 SEP**, Tennessee Regional PL'ing, BP & Power Sports.

Nashville, TN. Rich Peters, Phone - 405-527-8513, E-mail [SQBPDL@aol.com](mailto:SQBPDL@aol.com), P.O. Box 735, Noble, OK. 73068

**13 SEP**, APA BP + DL Nationals (Kennewick, WA), Scott Taylor,

## THE HARDCORE

What's The Difference?



**3/16" Solid Construction**  
**Full 5" I.D. Base**  
**New Easier To Use Rack In/Out Adjustment Handles**  
**New One Hand Rack Release Lever With Safety Stop**  
**An Improved Leverage Handle To Close Rack**  
**An 11 Ton Jack With Easy To Use Release Handle**  
**New One Piece Machined Bar Saddle**

Lewiston

(207) 225-5070

Maine

RUSS BARLOW

CHRISTOPHER WIERS

By Lifters For Lifters

SCOTT BLANCHARD

Box 27204, El Jobean, FL 33927,  
941-697-7962, Fax 801-905-  
7046, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)  
**13 SEP**, SPF Tennessee State Open/  
Closed BP, Jesse Rodgers, 1326  
Koblan Dr., Hixson, TN 37343, 423-

876-8410

**13 SEP**, Saxonburg Strength Fest  
(Saxonburg, PA) Strongman Contest,  
Therapeutic Muscle Specialists, 724-  
265-1500, [muscle@nauticom.net](mailto:muscle@nauticom.net)

**13 SEP**, AAU Pennsylvania Champi-

T1S1A4, Can, P: 403-938-3067,  
F: 403-938-0489, [www.CPC-powerlifting.com](http://www.CPC-powerlifting.com)

**14 SEP**, 5th Annual Deadlift on the  
River, Jon Smoker, 30907 CR 16,  
Elkhart, IN 46516, 574-674-6683

Canada is proud to announce that the IPF World Masters Powerlifting Championships will be held in Regina, Saskatchewan, Canada. What follows is the procedure which should be followed in booking guestrooms for the Powerlifting Championships October 5 - 12, 2003 1) All room bookings / reservations for participants and/or spectators for the event must be made directly with the hotel. 2) Rooms booked through Ramada Central Reservations or other third party sources which incur booking fees / commissions will not be included in the calculations for the rebate to be paid to the Committee. Participants will not be able to access /

receive the special rate (\$115.00) through these sources. 3) Reservations can be made through our toll free number in North America - 800 667 6500, by telephone direct - 306 569 1666, by fax - 306 352 6339, or by e-mail - [regina@saskramada.com](mailto:regina@saskramada.com). 4) The contact for room reservations at the hotel is Linda Fuh - Front Office Manager. In her absence inquiries should be directed to Amy Cuthill - Reservations Clerk. It is recommended that reservation requests by telephone be made during normal business hours, 9:00 AM to 5:00 PM, Monday to Friday. Contacts: Wayne Cormier, SPA President, Chairperson and Co-meet Director, Phone: 1-306-446-1330, Fax: 1-306-445-2829, Cell: 1-306-441-3199, email: [wcormier@sasktel.net](mailto:wcormier@sasktel.net). Jeff Butt, CPU President, Co-meet Director, Phone: 1-306-694-5262, Email: [buttspa@hotmail.com](mailto:buttspa@hotmail.com). We would like to thank our sponsors: Inzer Advance Designs, The Ramada Hotel- Regina, Budweiser, Challenger Graphix, Powerlifting USA, Saskatchewan Powerlifting Association, ER Equipment, Ivanko, Murray Chev Olds-Saskatchewan, Diamond Limousine. Sincerely, Wayne and Tricia Cormier



**~ COMING on Nov. 1<sup>st</sup> ~**

1:00 PM at Paxton Center School (Route 31 in Paxton)

**THE ATLANTIS**  
**STRONGEST MAN IN NEW ENGLAND**  
**CONTEST**

Hosted and Judged by the  
 "Strongest Man in the World"  
 BILL KAZMAIER



**5 EVENTS**

1. Trap Bar Deadlift
2. Bench Press
3. Standing Jerk Press
4. Chin Up with Most Weight
5. Thomas Inch Dumbbell Lift

**5 CASH PRIZES**

|      |          |
|------|----------|
| 1st. | \$500.00 |
| 2nd. | \$300.00 |
| 3rd. | \$200.00 |
| 4th. | \$100.00 |
| 5th. | \$50.00  |

**All New Pound for Pound Division Added**

- RULES:**
1. The placings in each event will be determined by a one rep max with the maximum weight.
  2. Overall winners will be determined by a grand total of weight from all five events.
  3. No super suits, bench shirts, erector suits or straps will be allowed.
  4. Lifting belts and chalk will be allowed.
  5. Each contestant must pay a Fifty Dollar entree FEE

**Tickets are \$10.00 in Advance  
 or \$15.00 at the Door.  
 Call: 508-885-3686**

(To Benefit the Paxton Fire Department)

**14 SEP,** "United We Stand" BP (proceeds to the Red Cross for victims of 9-11-2001. 20" American Flag Trophies, 1st-5th, all divisions) Charles Venturella, 718 Mabel St., New Castle, PA 16101, 724-654-4117

**19 SEP,** RAW Virginia State Bench Press, John Shifflett, PO Box 941, Stanardsville, VA 22973, validating@aol.com

**20 SEP,** Oklahoma Grand, PL'ing, BP & Power Sports, Lexington, OK. (S. of Norman, Ok) Rich Peters, Phone - 405-527-8513, E-mailSQBPDL@aoLcom, P.O. Box 735, Noble, OK, 73068

**20 SEP,** Steel City Classic Bench for Cash (Greater Pittsburgh Masonic Center - Benefits Steel City Demolay - Guest Appearance Gregg Valentino - World's Biggest Arms) www.smokingjoe.tu

**20 SEP,** Lynch Mob Shirtless BP (Circleville, OH) John Weaver, 740-477-6847, or Jon Ellick, antman517@aol.com

**20 SEP (NEW DATE),** Iron Boy Bench Press Classic, Winston-Salem, NC, keith@ironboyenterprises.com, h t t p : / / www.houseofpaynepowerlifting.com, 336-766-3347

**20 SEP,** 5th Sci-Fit Bench Press, Joe or Jamey, 2055 Eisenhower Parkway, Macon, GA 31206, 478-750-7005

**20 SEP,** APA Maine State Push Pull (formula - all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070

**20 SEP,** NASA New Mexico Regionals (PL, PS, BP) Mike Adelmann, Box 44582, Rio Rancho, NM 87174, 505-301-3887, powerlifter@surfbest.net

**20 SEP,** NASA Bartlesville Drug Free (Bartlesville, OK) Jim Duree, 5619 Pawnee Ave., Kansas City, KS 66106,

9 1 3 . 5 9 6 - 7 3 2 6 ,  
 JDuree7086@aol.com

**20 SEP,** Claude Youngren Memorial BP/DL, Mike Raya, 2921 N. University St., Peoria, IL 61604, 309-688-2736

**20 SEP,** The Heartland Strongman Challenge II Harrah's Casino & Hotel Council Bluffs IA; Contact Joe Secord 402-672-7835 email: buildstrongstrengthsports@yahoo.com

**20 SEP,** WABDL Drug Tested Hawaii State Championships Bench Press & Deadlift, Waimanalo, Hawaii, Keith (808) 259-9800, toll free 877-259-5267, Kenekes@hawaii.RR.com

**20 SEP,** SLP OPEN POWERLIFTING/BP/DL NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL. 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

## 19th ANNUAL IOWA STATE FAIR BENCH PRESS - DEADLIFT MEET

Saturday, August 16th, 2003

Location: Des Moines, Iowa

@ Iowa State Fairgrounds

Catch the excitement of the "Hottest Meet This Summer" and all the attractions of the huge Iowa State Fair. Meet Director/Promoter: Jeff Baird. Contact Info: Bairdz@aol.com or call 515-953-6833 for more meet information

**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 PL0803  
 Reading, PA 19608  
 1-800-822-9995 or Phone Fax 1-610-670-0135

**4 OCT,** WPA World Bench Press (Fitchburg, MA) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com

**4 OCT (NEW DATE),** Nasa Big River Classic PL & Bench Press Regional Competition (Blytheville, Arkansas) Daryl and Tobey Johnson

**4 OCT,** NASA Colorado Regional, Denver CO, NASA, PO Box 735, Noble, OK, 73068, www.nasa-sports.com

**4 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

**5 OCT,** SLP Iowa State BP/DL Championships (Coralville, IA) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**5 OCT,** 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

**11 OCT (NEW DATE),** NASS E. Coast Strongman (Oceana NAS, VA Beach, VA - Men (Lt/Hvy) & Women) Gayle Schroeder, strength@exis.net, 757-481-6963, www.powerandstrength.com, www.nastrongman.com

**11 OCT,** SPF Georgia State BP (Dalton, GA - Open/Closed/Raw), Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410, www.southernpowerlifting.com

**11 OCT (NEW DATE),** NASA KY Regional PL, BP, PS (Hester's Family Fitness - Louisville, KY) Greg and Susan Van Hoose, Rt. 1 Box 166, Ravenswood, WV 26164, 304-273-2283, gvhl@wirefire.com

**11 OCT (corrected phone #),** USPF Central California Powerlifting, Bench Press & Deadlift Championship - Bakersfield, Entry Form - www.powerliftingca.com, Lisa Denison, 661-664-7724, PWRLFTRS@msn.com

**11 OCT,** APA Palmetto Push-Pull (Rock Hill, SC) John Demchak, 803-493-2760, meets@carolinastrength.com, www.carolinastrength.com

**11 OCT,** NASA Ohio Regional, PL'ing, BP & Power Sports, Springfield, OH, Rich Peters, PO Box 735, Noble, OK, 73068, 405-527-8513, SQBPDL@aol.com

**11 OCT,** SLP Arkansas State BP/DL Championships (Paragould, AR) Son Light Power, 122 W. Sale St., Tuscola, IL, 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**11 or 18 OCT,** US Navy Fleet Week, East Coast Strongman Championship, Va Beach, VA. NAS Oceana. Gayle Schroeder, strength@exis.net, 757-481-6963, info: http://www.powerandstrength.com (Online Entry Soon)

**12 OCT,** 3rd annual Fall Classic, John or Kayleen Blackstone, Muscle

Bound Fitness, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840  
**17-19 OCT, WDFPF World Powerlifting Championships, (Equipped & Unequipped) & Congress - St. Petersburg, Russia, Andrew Cominos, Tel: 01637 860908, Fax: 01637 860911  
**18 OCT, PPL USA Drug Free Championships, (PL, BP, DL, IronMan), Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906, 7 0 6 - 7 9 0 - 3 8 0 6 , Pythongym@aol.com****

**18 OCT, WABDL Night of Champions BP + DL, All American Gym, 309 W. Main St, Lakeland, FL 33801, Ken@kensnelliower.con, 863-687-6268**

**18 OCT, Walker's Gym Bench Press Classic (open & raw: women, men, teen, masters, police, military, firefighters - 2 platforms, 5 places) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918  
**18 OCT, 2nd annual Boardwalk Gym Fall BP (Winona, MN) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dwgsmg78@msn.com, or the gym at 507-452-7133****

**18 OCT, Body Factory Full Power Challenge/Bench, Jim Parrish, 436 Blue Valley Dr., Bangor, PA 18013, 610-588-3739, jsajparr@fast.net**

**18 OCT, PPL USA "Drug Free" Powerlifting Championships, Full Power, Bench Only, Deadlift only & Iron Man, Python Power League, Attn: Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906, 706-790-3806, Pythongym@aol.com**

**18 OCT, NASA East Texas Regional, Longview, TX, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**18 OCT, Ashtabula YMCA Touch 'n Go (Ashtabula, OH) Lonnie Anderson, 440-964-3013**

**18 OCT, 7th Pennsylvania Power Challenge BP & DL (Reading, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823**

**18 OCT, 12th Annual Muscle Beach, Venice Special Olympics Power Lift-Off. INVITATION ONLY, Venice Beach Recreation Center, 1800 Ocean Front Walk, Venice, CA 90291, (310) 399-2775**

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

**19 OCT, Joe Average Seminar, Jim Parrish, 436 Blue Valley Dr., Bangor, PA 18013, 610-588-3739, jsajparr@fast.net**

**19 OCT, Championnat Canadien de Bench - Souleve de Terre et Push/Pull (Montreal), Marcel St-Laurent, 457, 7ieme Avenue Nord #1, Sherbrooke, QC, J1E 2S2, 819-346-9466, fax - 819-346-6104**

**24-26 OCT, WNPF World Championships & World Strongman Championships, WNPF, Box 142347, Fayetteville, GA 30214, wnpf@aol.com, 770-996-3418  
**25 OCT, APA Nationals PL, BP, DL (Bristol, VA), Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, Fax 801-905-7046, scott@apa-wpa.com****

**25 OCT, The Fitness Max Fall BP (Tupelo, MS) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, dwgsmg78@msn.com or the gym @ 662-842-0297  
**25 OCT, 21st Raw ADAU Central PA****

## Strongest Cop in America Contest

September 13, 2003

Open to all Police and Correctional Officers

Top 10 Contestants qualify for Strongest Man in America 2004

Assabet Vocational High School Gym  
Marlborough, Massachusetts  
1:00 PM

### 5 Events

1. Trap Bar Deadlift
2. Bench Press
3. Standing Jerk Press
4. Chin Up with Most Weight
- 5 Thomas Inch Dumbbell Lift

### Cash Prizes

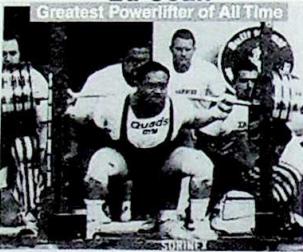
- |      |          |
|------|----------|
| 1st. | \$500.00 |
| 2nd. | \$300.00 |
| 3rd. | \$200.00 |
| 4th. | \$100.00 |
| 5th. | \$ 50.00 |

#### Rules:

1. Placings in each event determined by a one rep max with the maximum weight.
2. Overall winners determined by a grand total weight from all five events.
3. No super suits, bench shirts, erector suits or straps will be allowed.
4. Lifting belts and chalk will be allowed.
5. Entry fee fifty dollars (\$50.00) per contestant.

Hosted and Judged by...

**Ed Coan**



Tickets: \$10.00 in advance  
\$15.00 at the door

Call: 508-886-4959

Ask for Addison for Information & Entry Forms

E-mail: mercedestv@earthlink.net

To Benefit the  
**Northborough Rotary Club**

nooga, TN), Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-8 7 6 - 8 4 1 0 . www.southernpowerlifting.com

**1 NOV, 2nd annual Atlantis Strongest Man in New England (Paxton, MA - trap bar DL, BP, standing jerk press, chin with wt., Thomas Inch DB lift - 5 cash prizes, proceeds to Paxton Fire Dept. - hosted & judged by Bill Kazmaier) Bruce, Jeff, or Todd, 508-885-3686 (CORRECTED PHONE NUMBER)**

**1 NOV, 3rd Annual Maryland State Police Strongman Contest (Silver Level); Easton, MD; Contact Graham Bartholomew; 301-893-8290 (after 8pm) or grahambo1@mindspring.com  
**1 NOV, APF Texas Cup (Austin) - Men & Women - Open/Below I/ Masters (5 yr age groups)/ SubMasters/Junior (2yr age groups)/ Police/Fire/Single Lifts-Flexion Strength Systems/Seguin Fitness, 256 W. Court St, Seguin, Tx 78155, 1-800-378-6460****

**1 NOV, USA RAW BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com**

**1,2 NOV, APF Pine Tree State Open (all classes) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070**

**1,2 NOV, NASA North Carolina Regional, Hickory, NC, NASA, PO Box 735, Noble, OK. 73068, www.nasasports.com**

**2 NOV, SLP Effingham Open BP/DL Classic (Effingham, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 2 1 7 - 2 5 3 - 5 4 2 9 , www.sonlightpower.com, sonlight@netcare-il.com**

**7 NOV, RAW Blue Ridge Bench Press Classic, John Shiflett, PO Box 941, Stanardsville, VA 22973, vaulting@aol.com**

**8 NOV, Fred Pfister Push and Pull (all divisions and age groups) Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201, Ray Dunn, 413-499-1217**

**8 NOV, APA Lonestar Powerlifting Championships - Houston, Texas, Tom McCullough, 281-752-0540, powerlifter@angelfire.com**

**8 NOV, SLP Fitness One Fall BP/DL Championships (Hamilton, OH) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**8,9 NOV, NASA Iowa Regional Championships, PL'ing, BP & Power Sports, Des Moines, IA, Rich Peters, PO Box 735, Noble, OK 73068, 405-527-8513, SQBPDL@aol.com**

**8,9 NOV, WPO Finals (Atlanta, GA) Huge Iron Productions, hugeiron@logicalcity.com, www.worldpowerlifting.org**

**8-9 NOV, USAPL NJ State PL, Joe Moreale, 350 RT 46, Rockaway, NJ 07866, 973-627-9156**

**9 NOV, ADAU Connecticut State PL & BP, Robert Delavega, Powerhouse Gym, 71 Commerce Drive, Brookfield, CT 06804, 203-775-8548, phbrookfield@aol.com**

**9 NOV, SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com**

**14-16 NOV, IPA Sr. Nationals, Radisson Penn Harris Hotel + Convention Center (Harrisburg, PA) Mark Chaillet @ 717-495-0024, chailfit@NDFC.net or echaillet@aol.com**

**4 OCT APF Northern California Open PL & BP (San Francisco, CA) John Ford 650-757-9506**



# IPA SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS

**November 14 - 16, 2003**

Radisson Penn Harris Hotel  
Harrisburg, Pennsylvania

Sponsored by:  
Chaillet's Private Fitness

**Want to Know More?**

[www.ipapower.com](http://www.ipapower.com)

(717) 495-0024

[Chailfit@nfdc.net](mailto:Chailfit@nfdc.net)

[Echaillet@aol.com](mailto:Echaillet@aol.com)

**15 NOV.** WNPF Florida State Bench! Deadlift! Powercurl on November 15, 2003 in Tampa, FL. Meet Director- Brian Burritt, 15910 Lahinch Circle, Odessa, FL 33556 813792-1316

**15 NOV.** James B. LaRusso Memorial Bench Press Meet, Muscle World Gym, 401 W. Hand Ave., Cape May Court House, NJ 08210, (trophies and cash prizes) 609-465-4723

**15 NOV.** APF Oregon Record Breakers, PL w/ monolift, BP/DL, Big Bear's Gym 1226 NW Grove, Newport Or. 97365, 541-574-4507, [bbgym.tripod.com/gym/id1.html](http://bbgym.tripod.com/gym/id1.html)

**15 NOV.** SLP Kentucky State BP/DL Championships (Paducah, KY) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

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

**16 NOV.** Championnat Quebecois de powerlifting (Sherbrooke), Marcel St-Laurent, 457, 7ieme Avenue Nord #1, Sherbrooke, Qc, J1E 2S2, 819-346-9466, fax - 819-346-6104

**16 NOV.** SLP NATIONAL 'RAW' POWERLIFTING/BP/DL NATIONALS (Rolla, MO) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, [www.sonlightpower.com](http://www.sonlightpower.com), [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

**22 NOV.** SPF Southeastern PL + BP, Jesse Rodgers, 1326 Koblan Dr., Hixson, TN 37343, 423-876-8410

**22 NOV.** 100% Raw World Championships (Elizabeth City, NC), Paul Bossi, 252-338-6920

**22 NOV.** NASA W. Texas Regional (PL, BP, PS - Lubbock, TX), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, [SQBPD1@aol.com](mailto:SQBPD1@aol.com)

**22 NOV.** USAPL Idaho State PL & Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035

**22 NOV.** USAPL MA/RI States Open, Greg Kostas, Box 483, 113 Linden, Whitman, MA 02382, 781-447-6714

## 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-K Box 1974  
Highland, IN 46322

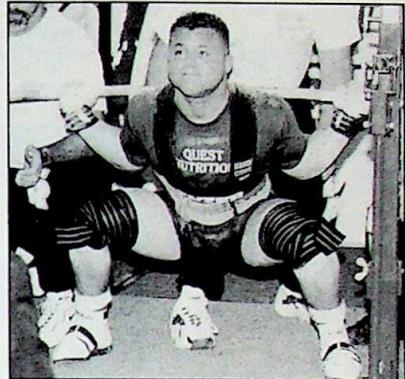
Foreign orders add \$2.00 per order  
Will mail out questionnaire with each  
order

# QUEST NUTRITION

Find out what some of the top level athletes are taking!!!

**Wade Hooper**

- Multi IPF World Champion -



Wade's favorite Quest Products:  
Synergy, Hardcore, and Pyruvate

- Synergy

- 34 g Protein
- 5 g Creatine
- 3 g Glutamine

- Quest Whey - New Flavors  
Now available in 2 lbs and 5.1 lbs.

- Creatine

- Glutamine - Unrivaled Quality!

- Questalean, Thermaslim,  
Pyruvate....

- Today's Essentials - A Multi-vitamin you can actually feel!

- **HARD CORE** - "The Ultimate Anti-catabolic" containing HMB, Glutamine & MSM!

Call for informative brochure!!

Tel: (770) 495-0787

Fax: (770) 497-1817

Online ordering available at:  
[www.Quest-Nutrition.com](http://www.Quest-Nutrition.com)

**QUEST NUTRITION**

3000 Mattison St. NW  
Duluth, GA 30096

**22 NOV**, Kings of the Coast Mixed Doubles Strongman Classic (Silver Level); Dover Delaware. Light and heavyweight pair team. Contact Jim Henry at 1183 Hartly Rd. Hartly, DE 19953; 302-730-4007 e-mail: jimhenry280@hotmail.com or contact KevinSenato at Kevzr580@aol.com

**22 NOV**, Omaha Open BP, DL, Push/Pull, AV Sorensen Recreation Center, Omaha, NE, Keith Machulda, 402-444-5596

**22 NOV**, SLP Chicagoland Classic BP/DL Championships (Naperville, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**23 NOV**, SLP Central Illinois Open BP/DL Championships (Hillsboro, IL) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**29 NOV**, NASA Kansas Regional (PL, BP, PS - Salina, KS), Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, SQBPD@ao.com

**29 NOV**, Iron Dawg Open PL & BP (Holiday Inn, Marietta, GA) L.B. and Nadine Baker, 770-725-6684, www.irondawg.com

**6 DEC (NEW DATE)**, USBF Maryland State Bench Press Championships (Raw & Assisted) & Battle of Baltimore Armwrestling, Brian Washington, PO Box 20042, Baltimore, MD 21284-0042, 410-265-8264, brian@usbff.net

**6 DEC**, SPF Strongest Bench in the South (Open, Masters, Grandmasters, Women, Junior, Teen) Powerhouse Gym, 7035 Lee Hwy, Chattanooga, TN, Jesse Rodgers, 423-876-8410

**6 DEC**, USAPL Blacksmith Open PL/BP, Mike Overdeer, 124 W. Van Buren, Columbia City, IN 46725, 260-248-4889

**6 DEC**, USBF Ironman Open & Dumbarton 2-Man Deadlift, Brian Washington, Box 20042, Baltimore, MD 21284, 410-265-8264, brian@usbff.net

**6 DEC (new address)**, USAPL New York State Bench - Deadlift Championships, Bruce Swanson, 15 Palisades Rd., Patterson, NY 12563, 845-279-2346, http://www.geocities.com/brucewan500/index.html

**6 DEC**, APA/TMSPA Patriot Open - Houston, Texas, Tom McCullough,

281-752-0540, powerlifter@angelfire.com

**6 DEC**, APF Rio Grande Valley Championships (McAllen) - Men & Women - Open/Below 1/ Masters (5 yr age groups)/ SubMasters/Junior (2yr age groups)/ Police/Fire/Single Lifts - Flexion Strength Systems/ Seguin Fitness, 256 W. Court St, Seguin, Tx 78155, 1-800-378-6460

**6 DEC**, APF 50th annual IRON MAN Open PL & BP challenge, Mr. Iron Man, Ms. Iron Woman, and Over 40 Mr. Iron Man (Fresno, CA) Bob Packer, 559-658-5437 or 559-322-6805

**6 DEC**, 3rd Toys for Tots Christmas BP, (New Oxford Gym Inc., 400 Lincoln Way East, New Oxford, PA, 717-624-8570, all wt. classes, all age groups) Glenn Murphy Jr, BOX 1013, Westminster, MD 21158

**6 DEC**, Miller Chevrolet Christmas Bench Press Classic, Dave Harrison,

The Gym in Elk River, 550 Freeport Ave, Elk River, MN 55330, 763-441-4232

**6 DEC**, NASA Bluegrass Regional Powersports, Bench Press & Deadlift Championship, @ Henderson, Ky Info: Showtime @ 1-270-830-7209

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

**6 DEC**, USAPL Virginia State PL & BP, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

**6,7 DEC**, AAU World Bench Press, Deadlift and Push Pull Championships, Laughlin, Nevada, (meet

**NV) Gus Rethwisch, 503-762-5066**

**13 DEC**, 16th Elkhart BP, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683

**13 DEC**, WNPF Sarge McCray Bench, Deadlift & Powercurl and Ironman Nationals in Bordentown, NJ, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

**13 DEC**, USAPL POLICE & FIRE NATIONALS (Omaha, NE), Tim Anderson, 402-427-8085, timanderson@hunet.net, www.nebraskapowerlifting.com

**13 DEC**, NASA Missouri Regional, Carthage, MO, NASA, PO Box 735, Noble, OK, 73068, www.nasa-sports.com

Robt. Eckhart, 319 N. 2nd St., Lehighton, PA 18235, 601-377-5852

**31 JAN**, WNPF DELAWARE/MARYLAND STATE POWERLIFTING, BENCH, POWERCURL & WNPF DEADLIFT NATIONAL CHAMPIONSHIPS- NEWARK, DE, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

**JAN**, PPL Augusta Open (drug free, BP, DL, Ironman, Full Power) Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

**14,15 FEB**, Natural National Powerlifting, Bench Only & Power Sports Championship, OKC, OK, Rich Peters, Phone - 405-527-8513, E-mail SQBPDL@aol.com, P.O. Box 735, Noble, OK, 73068

**21 FEB**, WNPF 2ND TENNESSEE POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWER CURL CHAMPIONSHIPS - CLEVELAND, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

**22 FEB**, 12th WNPF GEORGIA NATURAL POWERLIFTING, BENCH, DEADLIFT & POWERCURL CHAMPIONSHIPS - ATLANTA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

**5,6 MAR**, WPO Super Open Finals (Arnold Classic - Columbus, OH) Huge Iron Productions, Box 1277, Edgewater, FL 32132, 386-426-8648, hugeiron@logicalcity.com

**6 MAR**, WABDL California State BP/DL (Monterey Beach Hotel, Monterey, CA), Matt Lamarque, 831-277-4766

**6 MAR**, WNPF NEW JERSEY POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL CHAMPIONSHIPS- EDISON, NEWJERSEY, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

**7 MAR**, WNPF PENNSYLVANIA POWERLIFTING, BENCH, DEADLIFT, SQUAT & POWERCURL, PHILADELPHIA, PA, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

**13 MAR**, All Church Powerlifting Contest, Pastor Pete Amerman, Hillside Lutheran Brethren Church, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

**19-21 MAR 04 (NEW DATE)**, USAPL High School Nationals, Bruce Sullivan, 1545 4 1/2 mile Rd, Racine WI 53402, 262-639-3210

**20 MAR**, WNPF 1ST COLLEGIATE NATIONALS & 4TH RALPH PEACE MEMORIAL CAROLINA Bench/Deadlift, Powercurl- GREENVILLE, SC, 770-996-3418, WNPF@AOL.COM OR WNPF, PO BOX 142347, FAYETTEVILLE, GA, 30214

**20 MAR**, ADAU 41st Great Lakes

## THE RIGHT WAY TO TRAIN WITH DUMBBELLS. POWER HOOKS

Provides a safer, more intense workout.

Maximum Exercise Benefit.

Only way to effectively preload dumbbells.

The best way to spot and handle dumbbells.

only \$49.95 plus S/H \$6.75

To order by credit card call toll free 1-888-669-6316  
or send check or money order to: COUNTRY POWER

85-979 Farrington Hwy.

Waianae, HI 96792

Found only in stores that understand the importance of dumbbell training.

capped at 400 lifters), Martin Drake, PO Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

**6-7 DEC**, APF Southern States (Daytona, FL) 386-426-8648 or email hugeiron@logicalcity.com

**7 DEC**, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728, joemusclehead@cs.com

**7 DEC**, USAPL Champions Sports & Recreation Open, Jim Hart, 4418 NW 50th St, Lincoln, NE 68524, 402-470-3672

**7 DEC**, 11th Raw ADAU Coal Country Classic (separate BP & DL contests, open and all age groups - men and women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

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

**9-14 DEC**, WABDL Drug Tested Worlds (Riviera Hotel, Las Vegas,

**13 DEC**, ISA Presents Superman of the Century, Superman, Powerlifting, Superman of the Century, Push/Pull, And Bench Press Nationals (SMC consists of total full powerlifting + clean and jerk), 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

**13 DEC**, Christmas BP Classic/Curl, John Shiflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

**14 DEC**, USAPL Midwest Senior States (Omaha, NE - open to all lifters) Tim Anderson, 402-427-8085, timanderson@hunet.net, www.nebraskapowerlifting.com

**14 DEC**, SLP Little Rock Open II BP/DL Classic (Little Rock, AR) Son Light Power, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com, sonlight@netcare-il.com

**20 DEC**, 1st Bench Press Classic,

**FROM A SATISFIED MEET ADVERTISER:** "Thank you for advertising our event in your great magazine. Approximately 1/3 of our out-of-town lifters saw the ad and called us. We will be submitting another ad in the next few months. Once again, thank you very much."

(Open + All Ages - Men + Women)  
Joe Orenia, 4468 W. 26th St., Erie,  
PA 16506, 814-833-3727

**27 MAR**, APC Georgia State Open,  
PL + BP, LB Baker, 770-725-6684,  
[www.irondawg.com](http://www.irondawg.com)

**MAR**, Carolina Full Powermeet,  
Monroe, 704-283-5587

**MAR**, Bench Press Nationals (Ohio,  
Phoenix, Nashville or Denver) Rich  
Peters, Phone - 405-527-8513, E-mail:  
[SQBPDL@aol.com](mailto:SQBPDL@aol.com), P.O. Box  
735, Noble, OK. 73068

**MAR**, Power Sports Nationals (Ohio,  
Nashville, Phoenix or Denver) Rich  
Peters, Phone - 405-527-8513, E-mail:  
[SQBPDL@aol.com](mailto:SQBPDL@aol.com), P.O. Box  
735, Noble, OK. 73068

**3 APR**, WNPF 2ND ALABAMA  
NATURAL POWERLIFTING,  
BENCH, DEADLIFT, SQUAT &  
POWER CURL CHAMPIONSHIPS-  
MONTGOMERY, 770-996-3418,  
[WNPF@aol.com](mailto:WNPF@aol.com) OR WNPF, PO  
BOX 142347, FAYETTEVILLE,  
GA. 30214

**3,4 APR**, High School Nationals,  
Powerlifting & Power Sports, OKC,  
OK Rich Peters, Phone - 405-527-  
8513, E-mail: [SQBPDL@aol.com](mailto:SQBPDL@aol.com),  
P.O. Box 735, Noble, OK. 73068  
**10 APR**, Capital of Michigan Power &  
Bench Press Classic (all age & wt.  
classes - teen, open, master, police/  
firefighter classes & team) Lansing  
Community College, Physical Fitness  
& Wellness Dept., Jeff Buchin, or  
Lynn Savage @ 517-483-1227

**17 APR**, WNPF NATIONAL  
BENCH PRESS AND POWER  
CURL CHAMPIONSHIPS-  
ATLANTIC CITY, NJ, 770-996-  
3418, [WNPF@aol.com](mailto:WNPF@aol.com) OR  
WNPF, PO BOX 142347,  
FAYETTEVILLE, GA. 30214

**APR**, USAPL Collegiate Nation-  
als, Jim Hart, 4418 NW 50th St.,  
Lincoln, NE 68524, 402-470-  
3672

**1,2 MAY**, WNPF 4TH PAN-  
AMERICAN POWERLIFTING,  
BENCH, DEADLIFT, SQUAT &  
POWER CURL NATIONALS &  
WNPF HIGH SCHOOL  
NATIONALS- STUART OR WEST  
PALM BEACH, FLORIDA, 770-996-  
3418, [WNPF@aol.com](mailto:WNPF@aol.com) OR  
WNPF, PO BOX 142347,  
FAYETTEVILLE, GA. 30214

**23 MAY**, WNPF YOUTH-TEEN-  
JUNIOR NATIONALS  
POWERLIFTING, BENCH,  
DEADLIFT, SQUAT,  
PHILADELPHIA, PA, AND WNPF  
STRONGMAN NATIONAL  
CHAMPIONSHIP, 770-996-3418,  
[WNPF@aol.com](mailto:WNPF@aol.com) OR WNPF, PO  
BOX 142347, FAYETTEVILLE,  
GA. 30214

**MAY**, USAPL Masters Nationals,  
Tom North, 2025 E. Shady Grove  
#2, Irving, TX 75060, 972-721-  
0200

**5,6 JUN**, NASA Nationals  
(Biltmore Hotel, OKC, OK) Nasa,  
Box 735, Noble, OK, 73068,  
[www.nasa-sports.com](http://www.nasa-sports.com)

**5,6 JUN**, Masters / Sub Masters

Nationals PL'ing, BP & Power Sports  
Championship, Oklahoma City, OK  
Rich Peters, Phone - 405-527-8513,  
E-mail: [SQBPDL@aol.com](mailto:SQBPDL@aol.com), P.O. Box  
735, Noble, OK. 73068

**12-13 JUN**, ADAU Nationals, Joe  
Orenia, 4468 W. 26th St., Erie,  
PA 16506, 814-833-3727

**13 JUN**, WNPF MEN'S USA  
CHAMPIONSHIPS & WOMEN'S  
NATIONAL POWERLIFTING,  
BENCH, DEADLIFT, SQUAT &  
POWER CURL NATIONALS -  
ATLANTA AND USA  
STRONGMAN CHAMPIONSHIPS,  
770-996-3418, [WNPF@aol.com](mailto:WNPF@aol.com)  
OR WNPF, PO BOX 142347,  
FAYETTEVILLE, GA. 30214

**27 JUN**, WNPF ELITE  
NATIONALS & SUBMASTERS &  
MASTERS NATIONAL  
CHAMPIONSHIPS  
POWERLIFTING, BENCH,  
DEADLIFT, SQUAT-  
PHILADELPHIA, PA, 770-996-  
3418, [WNPF@aol.com](mailto:WNPF@aol.com) OR  
WNPF, PO BOX 142347,  
FAYETTEVILLE, GA. 30214

**JUN**, U.S.A. PL'ing, BP & Power  
Sports Championship, Springfield,  
OH. Rich Peters, Phone 405-527-  
8513, E-mail: [SQBPDL@aol.com](mailto:SQBPDL@aol.com),  
P.O. Box 735, Noble, OK. 73068

**JUN**, USAPL Teen/Jr. Nationals,  
Jim Hart, 4418 NW 50th St.,  
Lincoln, NE 68524, 402-470-  
3672

**24,25 JUL**, Grand Nationals (INC),

PL'ing, BP & Power Sports, Hickory,  
NC, Rich Peters, Phone - 405-527-  
8513, E-mail: [SQBPDL@aol.com](mailto:SQBPDL@aol.com),  
P.O. Box 735, Noble, OK. 73068

**18 JUL**, WNPF RAW NATIONALS  
& AMERICAN CUP  
POWERLIFTING, BENCH,  
DEADLIFT, SQUAT &  
POWER CURL- EDISON, NJ AND  
WNPF AMERICAN STRONGMAN  
CHAMPIONSHIPS, 770-996-3418,  
[WNPF@aol.com](mailto:WNPF@aol.com) OR WNPF, PO  
BOX 142347, FAYETTEVILLE,  
GA. 30214

**JUL**, USAPL Men's Nationals, Paul  
Fletcher, 17735 Creekhollow,  
Baton Rouge, LA 70817, 225-  
753-8586

**21,22 AUG**, WNPF BATTLE OF  
THE COUNTRIES  
POWERLIFTING, BENCH,  
DEADLIFT CHAMPIONSHIPS  
FLORIDA, 770-996-3418,  
[WNPF@aol.com](mailto:WNPF@aol.com) OR WNPF, PO  
BOX 142347, FAYETTEVILLE,  
GA. 30214

**14,15 AUG**, World Cup PL'ing, BP  
& Power Sports Championship, OKC,  
OK, Rich Peters, Phone - 405-527-  
8513, E-mail: [SQBPDL@aol.com](mailto:SQBPDL@aol.com),  
P.O. Box 735, Noble, OK. 73068

**11 SEP**, WNPF LIFETIME DRUG  
FREE NATIONAL POWERLIFTING,  
BENCH, DEADLIFT, SQUAT &  
POWER CURL & POLICE/FIRE/  
MILITARY NATIONALS AND  
LIFETIME DRUG FREE  
NATIONAL STRONGMAN &  
POLICE/FIRE/MILITARY  
NATIONAL STRONGMAN  
BORDENTOWN, NJ

**18 SEP**, ADAU "No Druggies Al-  
lowed" SQ, BP, DL (NO Total - Men  
+ Women - Open + All Age Groups)  
Joe Orenia, 4468 W. 26th St., Erie,  
PA 16506, 814-833-3727

**20 SEP**, WNPF South Georgia  
Bench/ Deadlift & Powercurl  
Championships in Fitzgerald, GA,  
770-996-3418, [WNPF@aol.com](mailto:WNPF@aol.com)  
OR WNPF, PO BOX 142347,  
FAYETTEVILLE, GA. 30214

**25 SEP**, 2nd ANNUAL WNPF

**SOUTH GEORGIA BENCH/**  
**DEADLIFT & POWERCURL**  
**CHAMPIONSHIPS, FITZGERALD,**  
GA, 770-996-3418,  
[WNPF@aol.com](mailto:WNPF@aol.com) OR WNPF, PO  
BOX 142347, FAYETTEVILLE,  
GA. 30214

**12-19 OCT**, WPC World Champi-  
onships (Fresno, CA) Bob Packer,  
559-658-5437 or 559-322-6805  
**28-31 OCT**, WNPF WORLD  
POWERLIFTING, BENCH,  
DEADLIFT, SQUAT &  
POWER CURL CHAMPIONSHIPS  
STRONGEST MAN IN THE WNPF  
WORLD CHAMPIONSHIPS-  
EDISON, NEW JERSEY, 770-996-  
3418, [WNPF@aol.com](mailto:WNPF@aol.com) OR  
WNPF, PO BOX 142347,  
FAYETTEVILLE, GA. 30214

**20 NOV**, WNPF POWERFEST  
2004 DRUG FREE BENCH PRESS,  
DEADLIFT & POWER CURL-  
ATLANTA, GA, 770-996-3418,  
[WNPF@aol.com](mailto:WNPF@aol.com) OR WNPF, PO  
BOX 142347, FAYETTEVILLE,  
GA. 30214

**18 DEC**, WNPF IRONMAN  
NATIONALS (Bench/Deadlift  
combined) & SARGE MCCRAY  
BENCH, DEADLIFT &  
POWER CURL- BORDENTOWN,  
NJ, 770-996-3418,  
[WNPF@aol.com](mailto:WNPF@aol.com) OR WNPF, PO  
BOX 142347, FAYETTEVILLE,  
GA. 30214

**27 DEC**, SLP The Last One! BP/DL  
Championships, Son Light Power,  
122 W. Sale St., Tuscola, IL. 61953,  
2 1 7 - 2 5 3 - 5 4 2 9 ,  
[www.sonlightpower.com](http://www.sonlightpower.com),  
[sonlight@netcare-il.com](mailto:sonlight@netcare-il.com)

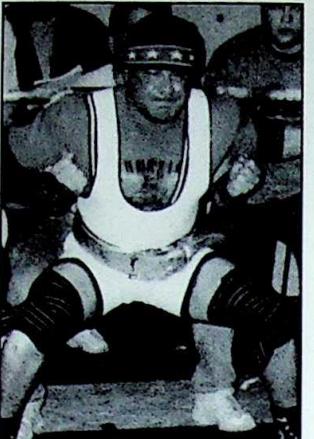
P.S. when writing include a  
Stamped, Self-Addressed Envelope.  
(USA meets only). If you  
phone, please note if there is a  
specific time to call and DON'T  
CALL COLLECT.

P.P.S. Italicized entries in this  
listing are new competitions or  
updates to previous entries.

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

**Iron House Classic**  
12,13 APR 03 - Newark, OH

|                |              |                |             |     |     |      |
|----------------|--------------|----------------|-------------|-----|-----|------|
| BENCH          | AM           | E. Alexander   | 480         | 350 | 455 | 1285 |
| PRO            | 242          | Teen           | 450         | 240 | 550 | 1240 |
| 165            | Master       | PRO            |             |     |     |      |
| Open           | Dan Williams | SHW            |             |     |     |      |
| Fred Boldt     | 540          | Open           |             |     |     |      |
| Ron Maynard    | PRO          | K. Sizemore    | 625         | 315 | 500 | 1440 |
| 220            | Open         | 148            |             |     |     |      |
| Junior         | Ed Clark     | Open           |             |     |     |      |
| Chris Berry    | 500          | Tom Moe        | 635         | 420 | 500 | 1555 |
| Open           | AM           | Doug Heath     | 181         |     |     |      |
| Jeff Adams     | 580          | Tom Hypes      | 670         | 270 | 620 | 1560 |
| Todd Seiple    | 560          | PRO            | F. Wamslags | 198 |     |      |
| Chris Smith    | 555          | Bill Denlinger | Open        |     |     |      |
| Mark Burroughs | Curt Luburgh | D. Blankenship | 770         | 515 | 640 | 1925 |
| 550            | 630          | Lance Mosley   | 750         | 500 | 665 | 1915 |
| Bill Giammarco | Jim Danison  | Mike Hill      | 805         | 475 | 630 | 1910 |
| Craig Scott    | Daniel Jay   | John Brown     | 665         | 515 | 520 | 1700 |
| Powerlifting   | Submaster    | Joe Jester     | 680         | 520 | 500 | 1700 |
| SQ             | Chris Young  | Rob McNutt     | 550         | 480 | 540 | 1570 |
| AM             | 515          | Grant Lanning  | 550         | 410 | 605 | 1565 |
| 114            | BP           | AM             |             |     |     |      |
| Open/Master    | DL           | 220            |             |     |     |      |
| Gary Zeolla    | 305          | Master         |             |     |     |      |
| 123            | 195          | Paul Sutphin   | 710         | 365 | 540 | 1615 |
| Junior         | 350          | Sam Glover     | 460         | 305 | 420 | 1185 |
| Travis Wilburn | 375          | PRO            |             |     |     |      |
| PRO            |              | Open           |             |     |     |      |
| 132            |              | Jason Adams    | 700         | 440 | 600 | 1740 |
| Open           |              | Ryan Porter    | 675         | 420 | 630 | 1725 |
| A. Weisberger  | 505          | Josh Murphy    | 650         | 405 | 580 | 1635 |
| AM             | 330          | AM             |             |     |     |      |
| 165            | 465          | 242            |             |     |     |      |
| Open           | 1300         | Master         |             |     |     |      |
| Mark Freeman   | 530          | John Black     | 745         | 335 | 575 | 1655 |
| Tim Sherbondy  | 400          | S. McKimmie    | 600         | 450 | 550 | 1600 |
| Jim Rooney     | 500          | PRO            |             |     |     |      |
| PRO            | 485          | D. Shoemaker   | 490         | 410 | 520 | 1420 |
| Teen           | 1375         | AM             |             |     |     |      |
| Adam Rouan     | 500          | Open           |             |     |     |      |
| AM             | 275          | Todd Fellure   | 675         | 500 | 700 | 1875 |
| 181            | 480          | Mitch Warnes   | 550         | 430 | 500 | 1480 |
| Junior         | 1255         | James Williams | 795         | 475 |     |      |
| David Revels   | 500          | Teen           |             |     |     |      |
| Master         | 305          | Zach Cole      | 700         | 420 | 630 | 1750 |
| Rick Hamsher   | 550          | PRO            |             |     |     |      |
| Teen           | 500          | SHW            |             |     |     |      |
| Justin Smith   | 380          | Teen           |             |     |     |      |
| 198            | 260          | Tim Harold     | 775         | 510 | 650 | 1935 |
| Master         | 470          | AM             |             |     |     |      |
| John Scott     | 600          | 242            |             |     |     |      |
| Open           | 275          | Junior         |             |     |     |      |
| J. Allessandro | 750          | Bard Ault      | 550         | 405 | 460 | 1415 |
| Ryan Barks     | 400          | PRO            |             |     |     |      |
| Open           | 590          | Open           |             |     |     |      |
| Adrian Griffin | 580          | E. Thomasson   | 840         | 475 | 685 | 2000 |
| Evan Simon     | 425          | Ed Rectenwald  | 725         | 570 | 625 | 1920 |
| Submaster      | 550          | Jim Laird      | 775         | 525 | 590 | 1890 |
| Michael Gugino | 630          | Ed Clark       | 750         | 525 | 575 | 1850 |
| PRO            | 470          | AM             |             |     |     |      |
| 220            | 610          | 275            |             |     |     |      |
| Master         | 1710         | Junior         |             |     |     |      |
| Chris French   | 680          | Tim Forby      | 550         | 435 | 500 | 1485 |
| AM             | 315          | Master         |             |     |     |      |
| Open           | 615          | Pete Primeau   | 705         | 550 | 645 | 1900 |
| Matt Ladewski  | 660          | Submaster      |             |     |     |      |
| D. McQueen     | 380          | Jeff Parks     | 505         | 460 | 480 | 1445 |
| SubMaster      | 675          | PRO            |             |     |     |      |
|                | 1715         | Open           |             |     |     |      |
|                | 700          | JL Holdsworth  | 825         | 630 | 705 | 2160 |



**Mike Hill with an 805 squat at pro 198. (by Iron House Gym)**

records were shattered throughout the weekend. The Saturday morning session featured Amateur, Master, Submaster, Junior, and Teen lifters through the 220 lb. weight class as well as the women lifters. In the 114 Open Master Men's class Gary Zeolla set several world records finishing 9 for 9 with an 850 total. The 165 Open Amateur class featured 2 lifters with Tim Sherbondy taking second with a 1375 total and Mark Freeman taking first with 1430. Michael Gugino won the 198 Submaster Amateur class with a 1710 total, which included a nice 470 bench and 610 deadlift. Joseph Allesandro dominated the 198 Open Amateur with a big 1740 total including a huge 750 squat. Joseph was off a bit on the bench or his total would have been over 1800. Iron House lifter Ryan Barks finished in second in the 198 Open Amateur at his first meet with a 1585 total that included an easy 705 squat and Adrian Griffin was a close third with a 1555 total. Matt Ladewski had an impressive day in the 220 Open Amateur with a 1715 total including a 675 world record deadlift and just missed 700 on a fourth attempt. Big Tim Harold posted an impressive 1935 total as a teenage SHW. Despite all of impressive lifts by the men, the morning session belonged to the women of Westside Barbell. Karen Sizemore went 6 for 6 in the squat and deadlift including a world record 625 squat on her way to an impressive 1440 total. Amy Weisberger stole the show by shattering records on each lift as well as breaking the total record as she went a perfect 9 for 9 for the day in the 132 class. She set the squat record with 505, bench record with 330, deadlift record with 465 and total record with a huge 1300 total which earned her elite status in the men's division! Amy is a Powerlifting machine out-totaling most of the men in her weight class and as Louie Simmons said of Amy's accomplishments "Come get some." The afternoon session featured the Open Pro lifters from 148 through 220. Doug Heath totaled 1550 to win the 148s and Fabian Wamslags finished with 1560 to win the 181s. The 198 class was loaded with great lifters including three of the top 198-ers in the country - Mike Hill, Lance Mosley, and Dan Blankenship. Mike Hill was the early favorite after a huge 805 squat but Lance and Dan would close the gap in the bench leaving only 35 lbs between all 3 lifters going into the deads. Dan opened with an easy 640 but took a big jump to 700 and missed twice, leaving the door open for Mike and Lance. Mike was able to pull 630 but no more and had to settle for third as Lance jumped into second with a successful 665 pull and tried 680 on his third for the win. The end result was Dan winning with 1925, Lance in second with 1915, and Mike in third with 1910. Dan also took the Best Lifter Sword among the lightweights. Look for these guys, and the return of Brent Tracey, to battle on in future meets. The 220 Open Pro division featured another close battle with Jason Adams taking first with a 1740 total. Iron House lifters Ryan Porter and Josh Murphy took second and third with Ryan finishing with 1725 and Josh finishing with 1635. Both Ryan and Josh struggled on the day but we expect both to bounce back and put up big numbers at the IPA Worlds in August. In the bench only division 165 lb. Fred Boldt of Westside Barbell benched a huge 540 and just missed a 570 world record. Fred had some major shirt problems, blowing out two shirts on the day but we're expecting him to destroy this record at the Iron House Push Pull and Bench for Cash on July 26th in Zanesville. Jeff "Gritter" Adams won the 220 Open Pro class with 580. Todd Seiple was also strong in the 220 Open Pros with a 560 for second and Chris Smith was close behind with 555 for third. Chicken Hawk (the Gorilla Killa) was also impressive in the bench with 550 at 215 body-weight. Iron House lifter Curt Luburgh took the 275 class for the second straight year with a big 630 bench and just missed 650 on a third attempt. Sunday was set for the big boys! Eskil Thomasson, the cursing Swede from Westside Barbell, took the top spot in the 242 Open Pro class with a 2000 total, which included a big 840 squat. Ed Rectenwald went 8 for 9 totaling 1920, including a big 570 bench, to finish second behind Eskil and a strong Jim Laird finished third with 1890. Pete Primeau from Black's Gym was impressive in the 275 Master class with a 1900 world record total as he won the class and set new world records in each lift. The 275 Open Pro class was a battle from start to finish with a total of 11 competitors, 5 of which totaled 2000 or better. J.L. Holdsworth was impressive on every lift (825, 630, & 705) posting a 2160 total to win the class. Kevin Deweesee and Jim Wendler each totaled 2100 with Kevin taking second by virtue of lighter body-weight. Kevin and Jim are great squatters with Kevin squatting 860 and Jim posting a 925 squat. The 20-year-old Nate Johnston of Westside also had a great day with a 2005 total and finished the day strong with a 700 deadlift. Iron House lifter Ed Owens, the Big Booty Daddy, showed some heart with an 800 squat and 2000 total. Dave Barno owned the 308 Open Pro class by posting a monster 2330 total which featured a 960 squat and 800 pull. Dave Tate finished in second with a 2050 total while Jim Heinz captured third with a 1710 total. In the Super Heavyweight Open Pro division Matt Smith and Mike Ruggiero of Westside Barbell put on a powerlifting clinic. These two guys are not only world-class athletes they are world class individuals displaying professionalism and sportsmanship from start to finish. Enough ass

## International Powerlifting Association "Lifting for Lifters"

### Application for Registration

|                   |               |                    |
|-------------------|---------------|--------------------|
| Last Name         | First         | Initial            |
| Street Address    | City          |                    |
| State or Province |               | 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](http://www.ipapower.com)

AAU Arkansas Raw PL & BP  
17 MAY 03 - Conway, AR



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.

|                 |               |
|-----------------|---------------|
| BENCH           | 198           |
| Women           | 40-44         |
| 105             | Richie Zuber  |
| 35-39           | 242           |
| Tracy Russell   | 72            |
| 181             | Charles Lee   |
| 16-17           | 242           |
| Khary Monroe    | 236*          |
| 220             | Daren Walters |
| 18-19           | 352           |
| Jake Pruitt     | 275           |
| Open            | Mike Strain   |
| 198             | 402           |
| Richie Zuber    | 242           |
| 220             | 50-54         |
| Neil Robinson   | 396           |
| 319             | Leon McLean   |
| Carl Causin     | 462           |
| 275             | 347           |
| 35-39           | 70-74         |
| Lee McRae       | 242           |
| Women           | 60-64         |
| 165             | Harold Hager  |
| 16-17           | 203\$         |
| Kayla Ibarra    | 110           |
| 105             | 88            |
| 18-19           | 159           |
| Emily Newell    | 104*          |
| 148             | 77*           |
| 20-23           | 154*          |
| Aimee Brinkley  | 104*          |
| MEN             | 330*          |
| 114             | 104           |
| 12-13           | 446           |
| Jake Thomas     | 88            |
| 14-15           | 61            |
| 165             | 154           |
| Sage Prueett    | 253           |
| 242             | 303           |
| Blake Shaw      | 341           |
| 16-17           | 214           |
| 165             | 385           |
| Zach Race       | 402*          |
| Stuart Thomas   | 220           |
| 181             | 264           |
| Nathan Kendrick | 363           |
| Ryan Collins    | 281*          |
| 242             | 418           |
| Isaac Cobb      | 358           |
| 220             | 1063          |
| 20-23           | 402           |
| Daniel Davis    | 297           |
| 363             | 1041          |
|                 | 479           |
|                 | 1119          |

#### 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

AAU National Headquarters  
do The Walk Disney World Resort  
PO Box 10,000  
Lake Buena Vista, FL 32830

**SPORT CODE**

**ASSOCIATION CODE**

**MEMBERSHIP CHECK**

CATEGORY ONE:  Athlete  Coach  Official  Volunteer

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

Club No.:  Club Name:  E-Mail:

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

I agree to be bound by the AAU Code as well as AAU operating procedures and policies, including but not limited to: binding arbitration and the release and indemnity of the AAU. By paying my annual membership dues, I certify that I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office.

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

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)

Member's Signature

Parent/Guardian Signature

USAPL IBI Women's Challenge  
19 OCT 02 - Lynnwood, WA

Open 220 Terry Tucker 457 341 633 1432 Open SQ BP DL TOT 97

319+ Arthur Reid 407 518 C. Loukprasong 110 55 150 315

275 R. Churchward 330 145 340 815

35-39 John Crone 473 352\* 501\* 1327 Open 148 Angela Iverson 140 85 155 380

Al Harris 253 275 402 931 Machele Collier 240 120 295 655

220 60-64 Lea Brown 255 155 245 655

Ken Jordan 358\* 225\* 325 908 198+ Kireen Ellis 400 240 440 1080

\* - State Record, \$ - American Record. (Thanks to Sheri Wyatt 340 235 385 960

Meet Director: Daniel Singleton for these results.) (Thanks to USAPL for providing the meet results.)

Masters 40-44 165 Dee Backiel 215 115 245 575

198 Jill Arrow 390 205 385 980

165 Master 45-49 Leah Smith 275 405 255 660

Master 55-59 165 Dana Backiel 225 120 280 625

Teen 16-17 198 B. Buck-Wood 265 155 260 680

Teen 18-19 148 Q. Underwood 260 140 310 710

(Thanks to USAPL for providing the meet results.)

831-637-0797

Call For Other Products & Models

**Safety Power  
Squat Bar  
\$362**



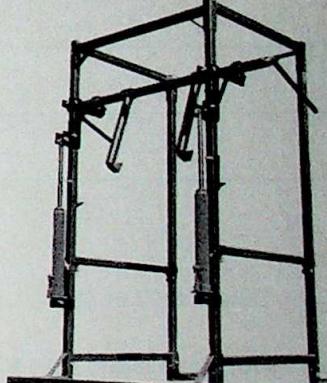
**Weapons  
of  
Champions**  
Scot Mendelson

**Combo Bar  
\$385**

**WWW.1500LB.COM**

**NO**

Back Stress  
Shoulder Pain  
Knee Pain  
Spotter



**Sumo Rack  
1/2 Adjustment  
Pictured with Full Beam  
Safety Power Hook  
Custom Sizing Available  
\$Call**

Factory Direct/Shipping Included  
Crepinsek 130 Barnhouse Rd  
Hollister, CA 95023  
USA

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

## Improved Heavy Duty

- \* tight tough fit
- \* strong support off chest
- \* extra comfort built in
- \* great immediate results

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 \_\_\_\_\_

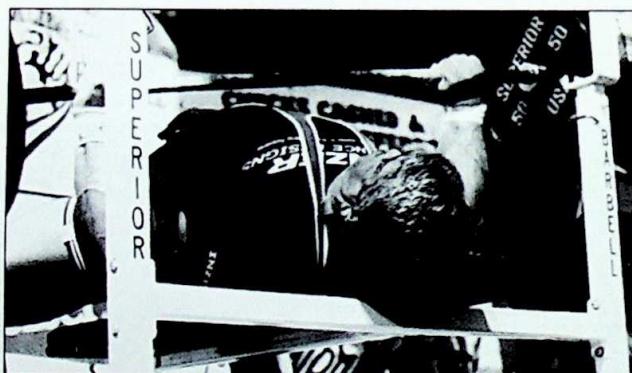
colors - Black, Red, Navy Blue, Royal Blue  
MC VISA DVR COD CHECK add \$6.00 S&H

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

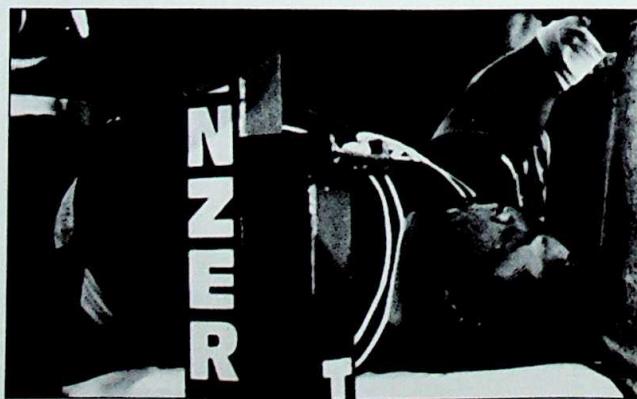
## Extra High Performance Heavy Duty

- \* 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

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**

**More Items Available**

from



**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

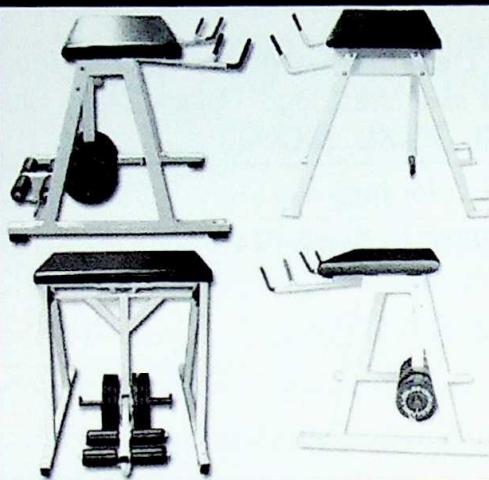
**WNPF Delaware Championships**  
25 JAN 03 - Dayton, OH

|                 |              |  |       |      |            |      |
|-----------------|--------------|--|-------|------|------------|------|
| POWER CURL      | Open Raw     | Mercurio   | 410   | 285  | 445        | 1140 |
| 148 Open        | McIntyre-BL  | Gelsinger  | 480   | 415  | 550        | 1445 |
| Fleming 115     | 40-49        | Open Raw   | 425   | 440  | Smith      | 460  |
| 165             | Plummer      | 242  | 460   | 315  | 425        | 1200 |
| 50-59           | Lifetime     | Novice Raw   | 440   | 405  | Ross       | 275  |
| Lane            | Plummer      | 13-16  | 440   | 350* | 405        | 1160 |
| DEADLIFT        | 50-59 Raw    | Andrews  | 250   | 300  | Davis      | 250  |
| 60              | Davis        | Lifetime Raw   | 242   | 260  | 13-16      | 385  |
| 9-10 Raw        | 17-19        | Feirheller   | 170*  | 515  | Andrews    | 945  |
| Gattinella 100* | Buckley      | 40-49  | 260   | 320  | Feirheller | 1400 |
| 148             | 40-49        | Brinton-BL   | 275   | 500* | 500*       | 600  |
| 9-10 Raw        | Gismonde     | Sandersen  | 340   | 450  | 1725       | 1200 |
| Taylor 170*     | 40-49 Raw    | BL - Best Lifter. * - American Record. (by Troy Ford.) | 310   | 320  | 430        |      |
| 165             | Hicks        |  | 310   | 450  |            |      |
| 50-59           | Lifetime Raw |  | 310   |      |            |      |
| Lane            | Hicks        |  | 310   |      |            |      |
| BENCH           | 275          |  |       |      |            |      |
| 165             | 40-49        |  |       |      |            |      |
| 50-59 Raw       | Sullivan     |  | 405   |      |            |      |
| Lane            | SHW          |  |       |      |            |      |
| 250             |              |  |       |      |            |      |
| 181             | Open Raw     |  |       |      |            |      |
| Lifetime        | Edwards      |  | 500   |      |            |      |
| Gattinella 360  | Lifetime Raw |  | 500   |      |            |      |
| 220             | Edwards      |  |       |      |            |      |
| Open            |              |  |       |      |            |      |
| Handlin 420     |              |  |       |      |            |      |
| Powerlifting    | SQ           | BP   | DL    | TOT  |            |      |
| Women           |              |  |       |      |            |      |
| 148             |              |  |       |      |            |      |
| 17-19           |              |  |       |      |            |      |
| LACH 215        | 120          | 265*   | 600   |      |            |      |
| 40-49 Raw       |              |  |       |      |            |      |
| Spano 145       | 90           | 260  | 495   |      |            |      |
| Men             |              |  |       |      |            |      |
| 114             |              |  |       |      |            |      |
| 11-12 Raw       |              |  |       |      |            |      |
| McClosky 250*   | 110*         | 305*   | 605*  |      |            |      |
| 123             |              |  |       |      |            |      |
| 13-16           |              |  |       |      |            |      |
| LaGravensis 225 | 125          | 285  | 635   |      |            |      |
| D'Anton 190     | 115          | 220  | 525   |      |            |      |
| Trigo 145       | 85           | 225  | 455   |      |            |      |
| 132             |              |  |       |      |            |      |
| 13-16           |              |  |       |      |            |      |
| McGrath 250     | 170          | 290  | 710   |      |            |      |
| Puglisi 240     | 150          | 305  | 695   |      |            |      |
| 148             |              |  |       |      |            |      |
| Brown 315       | 200          | 365  | 880   |      |            |      |
| Parisi 225      | 175          | 285  | 685   |      |            |      |
| Open            |              |  |       |      |            |      |
| Romanelli 385   | 315          | 440  | 1140  |      |            |      |
| 165             |              |  |       |      |            |      |
| 13-16           |              |  |       |      |            |      |
| Baldrick 285    | 190          | 330  | 705   |      |            |      |
| Open Raw        |              |  |       |      |            |      |
| Romberger 455   | 360          | 575  | 1380  |      |            |      |
| 17-19           |              |  |       |      |            |      |
| WONG 400        | 205          | 370  | 975   |      |            |      |
| 198             |              |  |       |      |            |      |
| 13-16           |              |  |       |      |            |      |
| Colonna 225     | 155          | 245  | 625   |      |            |      |
| 40-49 Raw       |              |  |       |      |            |      |
| Catina 475*     | 255          | 495  | 1225* |      |            |      |
| Novice Raw 325  | 200          |  |       |      |            |      |
| Meldofsky 17-19 |              |  |       |      |            |      |

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**  
1417 DEMOREST RD. COLUMBUS OH 43228  
PHONE (614) 801-2060

|                 |     |     |       |     |                  |      |     |      |       |
|-----------------|-----|-----|-------|-----|------------------|------|-----|------|-------|
| Lucas           | 345 | 205 | 335   | 885 | Dees             | 425  | 250 | 450  | 1125  |
| 198             |     |     |       |     | 40-49            |      |     |      |       |
| Lifetime Raw    |     |     |       |     | Ray              | 425  | 315 | 635* | 1375  |
| Ray             |     |     |       |     | Open Raw         | 425  | 315 | 635  | 1375  |
| 220             |     |     |       |     | Ray              | 425  | 315 | 635  | 1375  |
| Novice          |     |     |       |     | Radford          | 500  | 400 | 450  | 1350  |
| 242             |     |     |       |     | Lifetime Radford | 500  | 400 | 450  | 1350  |
| Woods           |     |     |       |     | 50-59 Butler     | 565* | 350 | 550* | 1465* |
| 525             |     |     |       |     | 242 13-16 Dees   | 425  | 250 | 450  | 1125  |
| 13-16           |     |     |       |     | Novice           |      |     |      |       |
| McGrath 250     | 170 | 290 | 710   |     |                  |      |     |      |       |
| Puglisi 240     | 150 | 305 | 695   |     |                  |      |     |      |       |
| 148             |     |     |       |     |                  |      |     |      |       |
| Brown 315       | 200 | 365 | 880   |     |                  |      |     |      |       |
| Parisi 225      | 175 | 285 | 685   |     |                  |      |     |      |       |
| Open            |     |     |       |     |                  |      |     |      |       |
| Romanelli 385   | 315 | 440 | 1140  |     |                  |      |     |      |       |
| 165             |     |     |       |     |                  |      |     |      |       |
| 13-16           |     |     |       |     |                  |      |     |      |       |
| Baldrick 285    | 190 | 330 | 705   |     |                  |      |     |      |       |
| Open Raw        |     |     |       |     |                  |      |     |      |       |
| Romberger 455   | 360 | 575 | 1380  |     |                  |      |     |      |       |
| 17-19           |     |     |       |     |                  |      |     |      |       |
| WONG 400        | 205 | 370 | 975   |     |                  |      |     |      |       |
| 198             |     |     |       |     |                  |      |     |      |       |
| 13-16           |     |     |       |     |                  |      |     |      |       |
| Colonna 225     | 155 | 245 | 625   |     |                  |      |     |      |       |
| 40-49 Raw       |     |     |       |     |                  |      |     |      |       |
| Catina 475*     | 255 | 495 | 1225* |     |                  |      |     |      |       |
| Novice Raw 325  | 200 |     |       |     |                  |      |     |      |       |
| Meldofsky 17-19 |     |     |       |     |                  |      |     |      |       |

### USAPL Badger Open

10 MAY 03 - Whitewater, WI

|                  |     |     |     |      |
|------------------|-----|-----|-----|------|
| 165              | SQ  | BP  | DL  | TOT  |
| Lance Kirchner   | 545 | 465 | 525 | 1535 |
| Joshua Riemer    | 400 | 265 | 470 | 1135 |
| 181              |     |     |     |      |
| John Maccanelli  | 525 | 365 | 600 | 1490 |
| Dustin Stumpf    | 470 | 280 | 560 | 1310 |
| 198              |     |     |     |      |
| Luke Titel       | 535 | 360 | 600 | 1495 |
| Jessie Belzinger | 560 | 320 | 525 | 1405 |
| David Impola     | 430 | 345 | 500 | 1275 |
| 220              |     |     |     |      |
| Ryan Stills      | 710 | 420 | 680 | 1810 |
| Brendan Luedtke  | 580 | 350 | 630 | 1560 |
| Ron Burmeister   | 530 | 415 | 540 | 1485 |
| 242              |     |     |     |      |
| Jon Nault        | 605 | 440 | 635 | 1680 |
| Matt Gunville    | 650 | 405 | 550 | 1605 |
| Philip Diamond   | 545 | 430 | 575 | 1550 |
| Nick Selk        | 545 | 430 | 525 | 1500 |
| Tom Smith        | 440 | 335 | 500 | 1275 |
| 275              |     |     |     |      |
| Scott Schoen     | 660 | 485 | 710 | 1855 |
| Scott Ward       | 670 | 505 | 600 | 1775 |
| Luke Peters      | 460 | 300 | 520 | 1280 |
| SHW              |     |     |     |      |
| Josh Erickson    | 405 | 260 | 385 | 1050 |
| Eric Allen       | 270 | 450 | 720 |      |
| Tim Uecker       |     |     |     | 455  |
| Women            |     |     |     |      |
| Sarah Lind       | 300 | 170 | 330 | 800  |
| Ashley Servi     | 200 | 90  | 230 | 520  |
| Tricia Schutte   | 275 | 175 | 290 | 740  |
| Stacy Langer     | 205 | 115 | 250 | 570  |
| Karen Metzner    | 365 | 225 | 395 | 985  |
| Jill Schooley    | 245 | 95  | 270 | 610  |
| Tonya Dillie     | 275 | 155 | 265 | 695  |

(Thanks to USAPL for providing these meet results)

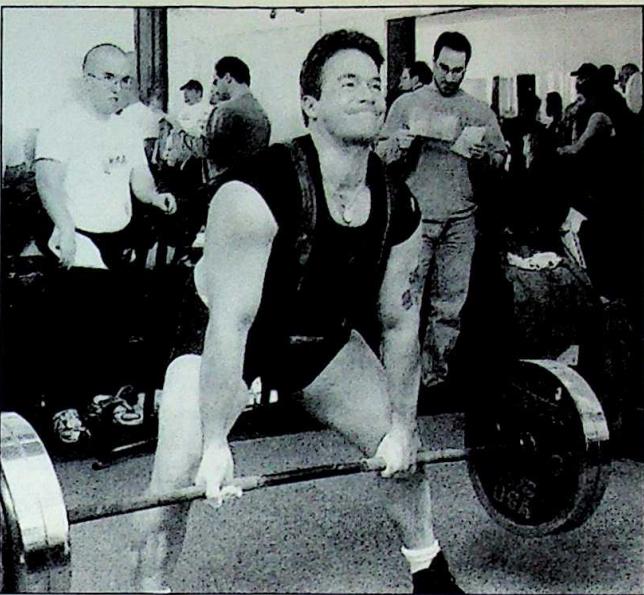
SIGNATURE / PARENTS SIGNATURE IF UNDER 18 \_\_\_\_\_

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.

**USAPL Iron Man & Record Breakers**  
15 MAR 03 - Chesterland, OH

|   |                  |                        |
|---|------------------|------------------------|
| BENCH   | Kenneth Bogush   | 137.5                  |
| Open Men  | Jules Pellegrino |                        |
| 148   | SubMasters       |                        |
| Michael Santiago  | 135              | Dane Robinson 200      |
| Chris Apistar   | 120              | Charles Neal 200       |
| Jose Mammisa  | 115              | Ironman Deadlift       |
| 181   |                  | Open Men               |
| Shane Adjibade  | 172.5            | 148                    |
| 198   | Chris Apistar    | 187.5                  |
| George Weber  | 177.5            | Michael Santiago 185   |
| Tim Jones   | 130              | Joseph Cammisa 165     |
| 220   |                  | 181                    |
| Rich Krusely  | 200              | Shane Adjibade 270     |
| Jeff Brennan  | 195              | 198                    |
| 242   | Robert Cutting   | 250                    |
| Lou Saviano   | 250              | Tim Jones 222.5        |
| Daniel Beggs  | 182.5            | 220                    |
| Jason Louder  |                  | Fred Vogel 172.5       |
| 275   | David Sned       |                        |
| Kevin Hebert  | 232.5            | 242                    |
| Robert Norris   | 225              | David Cooper 325       |
| Juniors Formula   |                  | Ray Lopez 290          |
| Mike Ciupinski  | 190              | Wlodek Lesiak 210      |
| Teens Formula   |                  | Juniors Formula        |
| Justin Rogers   | 140              | Anthony Cassiere 247.5 |
| Ryan McDonough  | 122.5            | Teen Formula           |
| A. Panzarelli   | 92.5             | Ryan McDonough 207.5   |
| Women Formula   |                  | Justin Roger 195       |
| Disa Halfield   | 120              | Women Formula          |
| Beverly Salerno   | 40               | Beverly Salerno 110    |
| Lite  |                  | Lite                   |
| Ellen Stein   | 80               | Ellen Stein 177.5      |
| Masters   |                  | B. Mergenthaler 120    |
| Robert Norris   | 225              | Jeff Jacobs 227.5      |
| Michael Makofsky  | 152.5            | Ray Lopez 290          |
| Daniel Beggs  | 182.5            | K. Ksepka 290          |
| Ricky Greenspan   | 165              | Steve Dabrin 192.5     |
| Robert Hurley   | 122.5            | Kenneth Bogush 192.5   |
| Marty Winnicki  | 130              | Daniel Beggs           |
| The USAPL Ironman Bench Press/Deadlift Record Breakers took place on March 15th at Pro Fitness in Rockaway, NJ. The turnout was good and so was the lifting. The women kicked things off in the Bench Press with Ellen Stein setting records every time she took the platform. Disa Halfield and Beverly Salerno also lifted very well. Mike Ciupinski won the Juniors class with a nice 418 at a body weight of 168. Justin Rogers won the Teen class, Dan Robinson won the Submasters and Robert Norris won the Masters Class. Michael Santiago won the 148 Open with a nice 297. Shane Adjibade won the 181s with a 380. The 198s were won by George Weber with a lift of 391 and Rich Krusely won the 220s with a 441 press. Big Lou Saviano came down from New York to hit a personal best 551 to win the 242s and the Best Lifter in the Bench. Kevin Hebert won the 275s with a nice 512 bench. The Deadlift started with the women. Ellen Stein set another record with her very impressive 391 at 123. Becky Mergenthaler lifted in her first meet and the 18 year old pulled a very nice 264. Jeff Jacobs won the Master Class, Ryan McDonough won the teens and Anthony Cassiere won the Juniors Class. It was close in the 148s with Chris Apistar winning with a 413 pull. The 181s were won by Shane Adjibade with an impressive 595 and Robert Cutting ended with winner at 198 with a 551. Fred Vogel pulled 380 to win the 220s class. David Cooper came up from Maryland, pulled an impressive 716 and won the 242s. Ray Lopez took |                  |                        |



**Robert Cutting**, at the Pro Fitness Rockaway Record Breakers, with a 250 kg deadlift in the 198 lb. class (Photo provided by R. Cutting)

2nd in the 242s with a very nice 639. Of note, the Record Breakers saw Ellen Stein, even with a token squat, set 4 American Records. Anthony Cassiere, Beverly Salerno, and Justin Rogers all set State Records. Thanks goes out to all the spotters, loaders and referees for making the meet run smoothly. (Thanks to USAPL for providing these meet results.)

|                  |                 |     |     |     |      |
|------------------|-----------------|-----|-----|-----|------|
| Teen 16-17       | Ashley Parshe   | 320 | 165 | 300 | 785  |
| 198              |                 |     |     |     |      |
| Teen 18-19       | Brittany Sisson | 300 | 150 | 330 | 780  |
| 220              |                 |     |     |     |      |
| Teen 16-17       | Tessa Browning  | 235 | 110 | 245 | 590  |
| MEN              |                 |     |     |     |      |
| 114              |                 |     |     |     |      |
| Teen 14-15       | Chris Campagna  | 215 | 120 | 250 | 585  |
| 123              | Ben Zagone      | 185 | 120 | 240 | 545  |
| Teen 16-17       | Thomas Roshto   | 225 | 150 | 290 | 665  |
| Teen 14-15       | Joseph McKell   | 305 | 125 | 270 | 700  |
| 132              |                 |     |     |     |      |
| Teen 18-19       | Danny Blanchard | 360 | 260 | 385 | 1005 |
| 132              | Chayse Melancon | 390 | 260 | 320 | 970  |
| Teen 16-17       | Staci Dencausse | 240 | 135 | 295 | 670  |
| 148              |                 |     |     |     |      |
| Teen 14-15       | Kate Savole     | 250 | 125 | 80  | 655  |
| Junior 20-23     |                 |     |     |     |      |
| Jordan Callais   | 145             | 75  | 145 | 365 |      |
| 123              |                 |     |     |     |      |
| Junior 20-23     | Evelyn Schuwerk | 220 | 90  | 230 | 540  |
| 132              |                 |     |     |     |      |
| Junior 20-23     | Staci Dencausse | 240 | 135 | 295 | 670  |
| 148              |                 |     |     |     |      |
| Teen 18-19       | Manuel Rulz     | 370 | 210 | 490 | 1070 |
| Teen 14-15       | Gina Ascani     | 150 | 75  | 225 | 450  |
| 165              |                 |     |     |     |      |
| Teen 16-17       | Brandon Smith   | 180 | 170 | 300 | 650  |
| 181              |                 |     |     |     |      |
| Junior 20-23     | Britt Vallot    | 355 | 225 | 445 | 1025 |
| 220 Open & 40-49 | Randi Smith     | 300 | 130 | 270 | 700  |
| 60-69            |                 |     |     |     |      |
| Eric Lebougeols  | 275             | 265 | 365 | 905 |      |
| 165              |                 |     |     |     |      |

|                |                 |     |     |      |      |
|----------------|-----------------|-----|-----|------|------|
| Teen 18-19     | S. McLawhlin    | 480 | 305 | 535  | 1320 |
| Teen 14-15     | Parker Hodge    | 310 | 170 | 375  | 855  |
| Open           | Clint Gallo     | 415 | 250 | 475  | 1140 |
| Master 50-54   | Alan Sheen      | 135 | 95  | 275  | 505  |
| Junior 20-23   | Kendall Goodly  | 460 | 230 | 500  | 1190 |
| 181            |                 |     |     |      |      |
| Open           | Chris Welch     | 365 | 235 | 445  | 1045 |
| Junior 20-23   | Mike Luckett    | 570 | 375 | 600  | 1545 |
| 50-59          | DJ Hardin       | 560 | 350 | 600  | 1510 |
| Master 55-59   | Nate Thornton   | 465 | 360 | 530  | 1355 |
| 198            | David Zaworski  |     |     |      |      |
| Teen 18-19     | Chris Holman    | 530 | 365 | 530  | 1425 |
| Teen 16-17     | Garrett Halphen | 455 | 290 | 500  | 1245 |
| Master 55-59   | David Kermion   | 145 | 145 | 400  | 565  |
| Junior 20-23   | David Brewer    | 540 | 315 | 610  | 1465 |
| 220            | Phil Maranto    | 405 | 315 | 500  | 1220 |
| Teen 18-19     | David Oser      | 275 | 160 | 350  | 785  |
| Teen 16-17     | Dominic Posso   | 560 | 300 | 460  | 1320 |
| 275 Teen 18-19 | Scott Miller    | 620 | 385 | 625  | 1630 |
| Charles Posso  | 670             | 365 | 550 | 1585 |      |
| Torey McKenzie | 465             | 250 |     |      |      |
| SHW Teen 18-19 | Jim Battenfield |     |     |      |      |
| Junior 20-23   | Exxon           | 615 | 395 | 520  | 1530 |

(Thanks to USAPL for providing the meet results.)

**USAPL Tiger Invitational**  
15 FEB 03 - Baton Rouge, LA

| Women            | SQ               | BP  | DL  | TOT  |
|------------------|------------------|-----|-----|------|
| 105              |                  |     |     |      |
| Teen 18-19       | Jennifer Prejean | 220 | 115 | 280  |
| Junior 20-23     |                  |     |     | 615  |
| Jordan Callais   | 145              | 75  | 145 | 365  |
| 123              |                  |     |     |      |
| Junior 20-23     | Evelyn Schuwerk  | 220 | 90  | 230  |
| 132              |                  |     |     | 540  |
| Junior 20-23     | Staci Dencausse  | 240 | 135 | 295  |
| 148              |                  |     |     | 670  |
| Teen 14-15       | Kate Savole      | 250 | 125 | 80   |
| Junior 20-23     |                  |     |     | 655  |
| Gina Ascani      | 150              | 75  | 225 | 450  |
| 165              |                  |     |     |      |
| Teen 16-17       | Brandon Smith    | 180 | 170 | 300  |
| Junior 20-23     |                  |     |     | 650  |
| Britt Vallot     | 355              | 225 | 445 | 1025 |
| 220 Open & 40-49 | Randi Smith      | 300 | 130 | 270  |
| 60-69            |                  |     |     | 700  |
| Eric Lebougeols  | 275              | 265 | 365 | 905  |
| 165              |                  |     |     |      |

|                  |          |                    |
|------------------|----------|--------------------|
| Female Open      | 148      | 35-39              |
| Brandi Hatchler  | 130      | Derrick Benson 400 |
| Men 165-17       | 242 Open |                    |
| Josh Dalton      | 165      | Pete Cropp 630     |
| 50-59            | 50-59    | Kyle Pigni 630     |
| Paul Nadeau      | 220      | 35-39              |
| 181 Open         |          | Dan Johnston 370   |
| Sean Bailey      | 280      | 40-49              |
| 50-59            |          | Randy Robinson 500 |
| Jonathan Glenn   | 165      | Joe Gismonde 375   |
| 198 Open         |          | Chester Bednar 375 |
| Jason Hayes      | 285      | 35-39              |
| 60-69            |          | Bobby Hizer 510    |
| Bill Mears       | 375      | 40-49              |
| George Litos     | 210      | Bud Dummond 445    |
| 220 Open & 40-49 |          | John Sullivan 405  |
| Jeff Plummer     | 470      | Supers             |
|                  |          | Mike Garland 365   |

(Thanks to John Shifflett for providing the 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](http://www.adfpa.com) • [www.usapowerlifting.com](http://www.usapowerlifting.com)

**Conditions Of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I do test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of that positive test 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 \_\_\_\_ qt. \_\_\_\_ ) (colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)

• Polo Shirt - \$35.00(s-x) \$37.00(xd & up) (size \_\_\_\_ qt. \_\_\_\_ ) (colors: navy, white)

• White Referee Designation Polo - \$30.00(s-x) \$32.50(xd & up) (size \_\_\_\_ qt. \_\_\_\_ )

• Lifter Classification Patch - \$5.00 (qty. \_\_\_\_ ) (must provide meet results) • Navy Sweatshirt - \$30.00(s-x) \$32.00(xd & up) (size \_\_\_\_ qt. \_\_\_\_ )

• Logo Patch - \$5.00 (qty. \_\_\_\_ ) (Shop for patch: .50)

• Hats - \$15.00 (qty. \_\_\_\_ ) (colors: white, navy, black)

Check/Money Order # \_\_\_\_\_ Credit Card: Visa-Mastercard-Discover Exp. Date: \_\_\_\_\_ Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Cardholder Signature: \_\_\_\_\_

Membership Price: \$ \_\_\_\_\_

Merchandise Total: \$ \_\_\_\_\_

Merchandise Shipping: \$4.00

Total Purchased: \$ \_\_\_\_\_

(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)



All memberships expire 12 months from date of purchase.

**Dr. Mark's Columbus BP Classic**  
03 MAY 03 - Columbus, OH

|                  |                  |                 |     |
|------------------|------------------|-----------------|-----|
| 114              | Greg Tarr        | 500             |     |
| Amber Salsburey  | 75               | Doug Dudash     | 485 |
| 132              | Joe Decaminada   | 425             |     |
| Tyler Smith      | 215              | Scott Prozy     | 375 |
| 148              | Andy Bohlander   | 315             |     |
| Daniel Ramey     | 135              | Paul Vargo      | 450 |
| 165              | Dan Liberman     | 385             |     |
| Joey Shiuey      | 370              | Tony Gruber     | 315 |
| Jon Krouse       | 260              | Edil Weaver     | 560 |
| Larry Floridi    | 235              | Bob Howell      | 295 |
| Eric Case        | 185              | SHW             |     |
| 181              | Jerry O'Bradovic | 610             |     |
| Andy Furnas      | 440              | Blaise Karlovic | 620 |
| Jon Ellick       | 430              | Paul Key        | 585 |
| 198              | Steve Conner     | 350             |     |
| Bill Giannacchio | 500              | Adam Baker      | 250 |
| Don Shiuey       | 360              | Michael White   | 250 |
| 220              | Gary Goodrick    |                 |     |

Overall Lifter - Steve Conner (220 lbs. Div.) - Awarded \$1000 Cash and the Big Joe's Sword. Youngest Outstanding Lifter - Tyler Smith. Highschool Overall Lifter-Andy Bohlander. Appreciation Award, Host of Contest/Hospitality - Mike Ferguson. Most Improved Lifter from 2002 Classic - Steve Conner - 525 to 625. The contest was a great success and extremely competitive in nature. The overall winner was a battle between heavy weight Jerry O'Bradovic and Steve Conner, who was the returning champion from the 220 division last year. Steve Conner captured the 220 division again with a press of 625 at a weight of 215 providing him with a 349.5 overall, utilizing the Schwartz formula. Westside Barbell Sensation, Jerry O'Bradovic, weighed in at 293 with the best lift of 680 lbs., putting his Schwartz formula percentage at 347.82. A Special thanks Karen Knutson who was our Director of Sales and Judges, Don Knutson, Attorney Paul Travis, Attorney Eric Johnson and Hector Ramos. Several sponsors were on hand including the Navy, Army, Nutritional Forum and Karin's X-treme Power Wear. (Thanks to Dr. Mark Matvey.)



**Dr. Mark's Columbus BP Classic - ABOVE:** (Front row, kneeling left to right) Andy Furnas, Daniel Ramey, Jonathan Krouse, Tyler Smith, Larry Floridi, John Ellick, Amber Salsburey (behind Amber, kneeling) Jerry O'Bradovic (2nd Row, Standing from left to right) Joey Shiuey, Edil Weaver, Dan Liberman, Andy Bohlander, Doug Dudash, Blaise Karlovic, Greg Tarr, Steve Conner, Paul Key, Bill Giannacchio, Karen Knutson (Director of Sales), Tony Gruber, Dr. Mark Matvey (Meet Promoter), Jeff Pesek, Paul Vargo, Dan Liberman. **BELow -** (left to right) Dr. Mark Matvey (Meet Promoter), Steve Conner, and Karen Knutson (Meet Director of Sales) (Photos courtesy of Mark Matvey)

**USPF New Hampshire/New England US Open/US Women's Nationals**  
27 APR 03 - Manchester, NH (KG)

|                   |                      |                       |
|-------------------|----------------------|-----------------------|
| NH State BP       | T. Trov              | 160                   |
| Jr Men (16-17)    | Submaster            |                       |
| 181               | Jeff Morrison        | 152.5                 |
| J. Merrow (20-23) | P. Sussman           | 185                   |
| 181               | Master 50+           |                       |
| F. Coolbroth      | B. Frost             | 155*                  |
| 1981b             | Open                 |                       |
| K. Putnam         | 172.5* K. Odell      | 145                   |
| T. Troy           | 160 181              |                       |
| Submaster Men     | Joe Bistany          | 162.5                 |
| Jeff Morrison     | 152.5* J. Ferland    | 157.5                 |
| Joe Percuoco      | 142.5* Jeff Morrison | 152.5                 |
| Open 181          | 198                  |                       |
| Joe Bistany       | 162.5 Harold Kemp    | 177.5                 |
| J. Ferland        | 157.5 S. Blum        | 115                   |
| B. Kobrenski      | 155 308              |                       |
| Jeff Morrison     | 152.5 B. Tucker      | 217.5                 |
| 220               | New England Deadlift |                       |
| Mike Ahem         | 197.5 Mens Open      |                       |
| H. Preston        | 195 198              |                       |
| P. Sussman        | 185 Harold Kemp      | 237.5*                |
| 308               | US Open BP           |                       |
| Joe Percuoco      | 142.5* Men           |                       |
| Master Men 40+    | Submaster            |                       |
| P. Sussman        | 185 Jeff Morrison    | 152.5                 |
| N. Giroux         | 150 Joe Percuoco     | 142.5                 |
| Master 50+        | P. Bennett           |                       |
| B. Frost          | 155* J. Bourgault    | 222.5\$ 165           |
| NH Deadlift       | B. Tucker            | 217.5                 |
| Junior Men        | Master Men 50+       |                       |
| FredCoolbroth     | 175* P. Bennett      | 97.5\$                |
| Open Men          | Open 181             |                       |
| 181               | T. Troy              | 160                   |
| B. Kobrenski      | 287.5* Jeff Morrison | 152.5                 |
| 220               | 198                  |                       |
| Mike Ahem         | 272.5* Harold Kemp   | 177.5                 |
| New England BP    | Guest                |                       |
| Junior            | T. Higgins           | 275                   |
| 181               | US Open Deadlift     |                       |
| J. Merrow (20-23) | James Simons         | 222.5 160*            |
| 165               | (20-23)              | 245 627.5             |
| K. Odell          | C. Rogers            | 207.5                 |
| 198               | K. Odell             | 197.5* 145*           |
| K. Putnam         | Harold Kemp          | 237.5 (45-49)         |
| State Champs      | Mike Ahem            | 272.5* Jose Goncalves |
| Women             | SQ                   | BP DL Tot             |
| Master 40+        |                      | (50-54)               |
| D. Kelecy         | 62.5* 47.5* 92.5*    | 202.5*                |
| Master 50+        |                      | (65-69)               |
| S. McKinlay       | 132.5* 82.5* 132.5*  | 347.5*                |
| Men               | P. Bennett           |                       |
| Junior (16-17)    | Mens Open            |                       |
| 181               |                      |                       |



record, but all of the women's open, too! Some of the women's open records were more than five years old! Sonja McKinley had a great day, breaking all NH State open and masters records, but then went on to American Records in the women's 55-59yr, 181 division! Sonja's opening squat of 117.5 broke the current record of 107.5, set back in 6/21/86 by Gwen Patillo! She wasn't done! She ended with a big 132.5 kg., beating the record by 25 kg! That's a significant margin to beat an American record by in an organization that's over 25 years old! Opening bench of 67.5 beat Gwen's 65 kg. She finished with 82.5 kg, beating the old record by 17.5 kg. Sonja was nice enough to allow Gwens deadlift record to stay at 145 kg, but her 347.5 total, well, shattered Gwens 317.5 total record, too ... Goes to show the kind of coaching IPF competitor Tom Weeks offers! Referees - Brian Farmer, Jamie Fellows, Laura Tourtellot, Announcer - Rocco Boulay, Expeditor-Krista Martineau Venue-Ramada Inn. Special Thanks go out to Krista Martineau, Brian Farmer, Rocco Boulay, Jamie Fellows, Carole Kuchinsky, Bill Dugay, Laura Tourtellot, Scott Martel, Vicki, and everyone else for all of their help. Also, our sponsors: House of Pain Ironwear, Nutrition 101, USA Bodybuilding.com, Champion Barbell Club. Remember to see what's happening in true New England Powerlifting check out USPF Region I website: www.AmericanPowerlifting.com (Dave Follansbee, Region I Chair) (Nutrition 101).

**USAPEL Maine State**  
12 APR 03 - Rockland, ME

|                   |                       |               |
|-------------------|-----------------------|---------------|
| BENCH             | Robert Mealey         | 380           |
| Women's Open      | Steve Fournier        | 285           |
| Darcy McQuade     | 140 Men Teen          |               |
| Tia Fournier      | 115 Darrick Trask     | 270           |
| Pam Morong        | 115 Justin Wolcott    | 275           |
| Women Submaster   | Men Submaster         |               |
| Darcy McQuade     | 140 Dave McKnight     | 355           |
| Men Open          | Rob Porter            | 325           |
| Ben Bruno         | 480 Mens Masters      |               |
| Robert Rockwell   | 415 Al Stork          | 440           |
| Albert Stork      | 440 Doug Morong       | 365           |
| Doug Morong       | 365 Mens Grandmasters |               |
|                   | Lynn Althearn         | 410           |
| Men Open          | SQ                    | BP DL TOT     |
| 132               |                       |               |
| Richard DelGallo  | 355                   | 205 385 945   |
| Ryan Urso         | 260                   | 265 360 855   |
| 148               |                       |               |
| Mike Petrarca     | 400                   | 285 450 1135  |
| 165               |                       |               |
| Sean Dicalaldo    | 540                   | 350 600 1490  |
| Tom Stewart       | 395                   | 250 470 1115  |
| Anthony Williams  | 335                   | 295 470 1100  |
| Toby Pond         | 230                   | 225 345 800   |
| 198               |                       |               |
| Mike Campbell     | 560                   | 400 570 1530  |
| Mike Laliberte    | 590                   | 400 540 1530  |
| Bill Fitzjurs     | 385                   | 300 465 1150  |
| Ken Fitzjurs      | 325                   | 300 385 1010  |
| 220               |                       |               |
| Rene Moyen        | 500                   | 365 520 1385  |
| Dave McKnight     | 475                   | 355 525 1355  |
| Garrett Chabot    | 445                   | 335 490 1270  |
| Wayne Fitzjurs    | 355                   | 340 425 1120  |
| Dave Jackson      | 335                   | 255 350 940   |
| 242               |                       |               |
| Joe Moses         | 600                   | 385 600 1585  |
| Joe Peters        | 550                   | 410 575 1535  |
| Jamie Guay        | 535                   | 380 475 1390  |
| James Krajewski   | 450                   | 380 460 1290  |
| Rob Porter        | 400                   | 325 450 1175  |
| 275               |                       |               |
| Sam Tyler         | 650                   | 460 590 1700* |
| Mike Chapman      | 405                   | 375 405 1185  |
| SHW               |                       |               |
| Walter Sabine     | 650                   | 375 570 1595  |
| Dan Wiswell       | 600                   | 365 625 1590  |
| Men Teen          |                       |               |
| Darrick Trask     | 320                   | 270 395 985   |
| Grant Bailey      | 315                   | 305 365 985   |
| Jeremy Clark      | 250                   | 165 370 785   |
| Nathan LaPlant    | 250                   | 215 370 835   |
| Jason Cliley      | 230                   | 240 315 785   |
| Men Juniors       |                       |               |
| Mike Campbell     | 560                   | 400 570 1530  |
| Joe Peters        | 550                   | 410 575 1535  |
| Men Submasters    |                       |               |
| Dave McKnight     | 475                   | 355 525 1035  |
| Rob Porter        | 400                   | 325 450 1175  |
| Men Masters       |                       |               |
| Dan Wiswell       | 600                   | 365 625 1590  |
| Mens Grandmasters |                       |               |
| Hal MulHolland    | 500                   | 385 600 1485  |
| Richard DelGallo  | 355                   | 205 385 945   |
| Tom Stewart       | 395                   | 250 470 1115  |
| Bob Ayers         | 175                   | 125 320 620   |
| Jack Carr         | 200                   | 225 285 710   |
| Womens Open       |                       |               |
| Sheila Sullivan   | 280                   | 135 300 715   |
| Pam Morong        | 200                   | 115 275 590   |
| John Clough       | 155                   | 90 255 500    |
| Kali Homes        | 240                   | 95 275 610    |
| Womens Teen       |                       |               |
| Kali Homes        | 240                   | 95 275 610    |

- Denotes Best Lifter. \* Denotes State Record. \$ - American Record. 19 year old Katie Cooper had a great day breaking not only every junior NH (Thanks to USAPEL for providing these meet results)

**Central Wisconsin Bench Press**  
03 MAY 03 - Friendship, WI

|                |     |                    |     |
|----------------|-----|--------------------|-----|
| Masters I Men  | 123 | Kevin Steffen      | 140 |
| 220            | 345 | 132                |     |
| Mike True      |     | Ekaehai Steinhoist | 225 |
| 275            | 430 | Matt Buck          | 165 |
| Steve Fronek   |     | 148                |     |
| 308            | 500 | Dan Peirstoff      | 225 |
| Jeff Brust     |     | Doug Reeb          | 225 |
| Master II Men  | 165 | Nick Buck          | 220 |
| 165            | 240 | 165                |     |
| Bob Goldsmith  |     | Rob Hanley         | 280 |
| SHW            | 450 | Brad Deforest      | 250 |
| Don Janson     |     | Jim Ironside       | 195 |
| Tom Nelson     | 375 | 181                |     |
| Master III Men |     | Arin Ellingson     | 230 |
| Chris Roffler  | 190 | Mike Powers        | 280 |
| Open Men       |     | Mike Johnson       | 275 |
| 148            | 245 | Sean Anderson      | 270 |
| William Bacon  |     | Ryan Madlon        | 245 |
| 165            | 365 | 220                |     |
| Dave Thompson  |     | A. Baumgartner     | 280 |
| 198            | 425 | Patrick Klundt     | 280 |
| Brad Hanneman  |     | Steve Kollowski    | 275 |
| Erik Jacobs    | 300 | Tyler Wente        | 255 |
| 220            |     | Kyle McMartin      | 350 |
| Jamie Sweirs   | 540 | A. Baumgartner     | 315 |
| Eric Leverance | 405 | Eli Silas          | 290 |
| 275            |     | 275                |     |
| Darin Weltzien | 400 | Derek Liggett      | 330 |
| Teen Men       |     | Nate Bula          | 290 |
| 114            | 95  | Teen Women         |     |
| Jack Anderson  |     | 148                |     |
|                |     | Jessica Weideman   | 125 |

Best Lifters: Teen - Kyle McMartin. Open - Jamie Zweirs. Submasters/Master I - Jeff Brust. Masters II/Masters III - Don Janson. Team Results: Madison West - 162, A-F High - 156. Oseola - 152. This is the 6th Annual Central Wisconsin Bench Press Contest. The numbers were down from last year 52 to 38 this year due to another contest in the area and opening day of fishing. We had a great meet anyway. It is held at our high school and all the money made goes into buying new equipment for the high school weight room. First of all I would like to thank all the volunteers with out them the contest would not have made it to the 6th Annual. We gave out 4 best lifter awards. We had 3 high schools enter as a team. I am looking forward to next years contest and hope to get more lifters. (Thanks to John Easterly, Meet Director for results.)

**W.N.P.F. UPSTATE NEW YORK**  
02 MAR 03 - WATERLOO, NY

|                    |                 |                    |
|--------------------|-----------------|--------------------|
| BENCH Assisted     | John Lattimer   | 315*               |
| 148 Novice Female  | Michael Krol    | 295                |
| Michelle Vetus     | 180             | 50-59              |
| Men                | Mark Schoeder   | 200*               |
| 148 17-19          |                 | 242                |
| James Zobel        | 205*            | Lifetime           |
| 181                | R. Murray       | 425                |
| 13-16              | Paul Miller     | 410                |
| Kyle Smith         | 255*            | Natural            |
| Novice             | R. Murray       | 425                |
| Stefan Glover      | 275*            | 242 40-49          |
| 50-59              | Steve Rogers    | 350                |
| John Hopf          | 290*            | 275 60-69          |
| 198 50-59          | Olin Henneman   | 335                |
| Vince Peterson     | 305*            | SHW                |
| 220                | Lifetime        |                    |
| 17-19              | Jeff Lewis      | 500                |
| Mike Stromness     | 295             | Scott Carter       |
| Lifetime           |                 | 415                |
| Joe Marsala        | 500*            | Natural            |
| Ryan Ciozak        | 435             | Joseph Behare      |
| 40-49              |                 | 445                |
| James Mitchell     | 385*            | Deadlift Assisted  |
| 50-59              | Own Vanbuskirk  | 320                |
| Scott Shales       | 390             | 242 Lifetime Asst. |
| 242 Lifetime       | Mark Harrison   | 500                |
| Craig Kimax        | 410*            | 275 50-59 Raw      |
| 40-49              | Darryl Crans    | 455                |
| Jack Glover        | 430*            | 198 50-59 Asst.    |
| Wayne Carroll      | 400             | 220 17-19 Raw      |
| SHW 40-49          |                 | Mike Krol          |
| Maurice Harling    | 430*            | 590                |
| BENCH Raw          | Squat Raw       |                    |
| 198 40-49          | 220 17-19       |                    |
| Leo Cicchelli      | 430*            | John Lattimer      |
| 220                | Power Curl      | 470                |
| 17-19              | 181 70-79       |                    |
|                    | Owen Vanbuskirk | 125                |
| Powerlifting Asst. | SQ              |                    |
| 148 50-59          | BP              |                    |
| Dennis Brochey     | 380*            | DL                 |
| 198                | 280!            | TOT                |
| Lifetime           | 350*            | 1000*              |
| John Grasta        | 450             | 455                |
| 50-59              | 350             | 1255               |
| John Hopkins       | 400*            | 450*               |
| 220 Lifetime       | 265*            | 1165*              |
| Ron Perno          | 600             | 600*               |
| 275                | 300             | 1500               |
| Natural            |                 |                    |
| Chris Semmel       | 550*            | 560*               |
|                    | 420             | 1530*              |



Many of the Lifters at the Central WI BP Champs (Photo by J. Easterly.)

|   | Marshall Hancock | 525  | 430* | 525  | 1480  | DIVISIONS DENNIS BROCHY TURNED IN AN IMPRESSIVE TOTAL SETTING ALL NEW STATE RECORDS ON HIS WAY TO WINNING THE 148LB MASTERS DIVISION AND BEST LIFTER. IN THE 198LB CLASS JOHN GRASTA PUT UP SOME STRONG LIFTS AS DID MASTER LIFTER JOHN HOPKINS WHO SET ALL NEW STATE RECORDS. RON PERO TURNED IN ANOTHER STRONG TOTAL SETTING A NEW STATE RECORD WINNING THE 220LB LIFETIME DIVISION. IN THE 275LB NATURAL DIVISION CHRIS SEMMEL AND MARSHALL HANCOCK BATTLED WITH BOTH LIFTERS SETTING STATE RECORDS AND SEMMEL EDGING OUT THE WIN. MASTER LIFTER RICHARD CAMP SET ALL NEW STATE RECORDS WINNING THE MASTERS DIVISION. IN THE RAW DIVISIONS, FEMALE LIFTERS CAROL SARRATORI AND SARAH MCCUALEY BOTH SET NEW STATE RECORDS AND MCCUALEY SET NEW AMERICAN RECORDS WINNING THEIR DIVISIONS. TEEN LIFTER NOCK WEIS DID SOME STRONG LIFTING SETTING NEW STATE RECORDS WINNING THE 181LB TEENAGE DIVISION. IN THE 242LB CLASSES BRIAN CHAFFEE SET NEW STATE RECORDS WINNING THE NOVICE DIVISION AS DID MICHAEL CHAFFEE IN THE 275LB NOVICE DIVISION. DOUG KOCH TURNED IN STRONG LIFTS WINNING THE 242LB LIFETIME DIVISION AND BEST LIFTER. MASTER LIFTER DARRYL CRANS SET NEW STATE RECORDS WINNING THE MASTERS 275LB DIVISION. SOME STRONG LIFTS WERE PUT UP AND PULLED BY VINCE PETERSON, MARK HARRISON, JAMIE SYKES AND SARAH PETERS WHO EACH WON THEIR DIVISIONS IN THE IRONMAN CLASSES. PETERSON, HARRISON AND DARRYL ALSO TOOK WINS IN THE DEADLIFT ONLY DIVISIONS. IN THE ASSISTED BENCH PRESS, FEMALE LIFTER MICHELLE VETULA PUT UP A STRONG LIFT WINNING THE NOVICE DIVISION. |
|---|------------------|------|------|------|-------|--|
| 40-49   | Richard Camp     | 600* | 325* | 500* | 1425* |  |
|   | Powerlifting Raw |      |      |      |       |  |
| 123 Lifetime Female   | Carol Sarratori  | 135* | 85*  | 200* | 420*  |  |
| 148   | Lifetime Female  |      |      |      |       |  |
| Sarah McCualey  | 175!             | 145! | 225! | 545! |       |  |
| 181 17-19   | Nick Weis        | 335* | 245* | 300* | 880*  |  |
| 242   | Novice           |      |      |      |       |  |
| Brian Chaffee   | 295*             | 225* | 360* | 880* |       |  |
| 275   | Doug Koch        | 550  | 325  | 550  | 1425  |  |
|   | Novice           |      |      |      |       |  |
| Michael Chaffee   | 305*             | 220* | 380* | 905* |       |  |
| 50-59   | Darryl Crans     | 380* | 255* | 455* | 1090* |  |
| Ironman Assisted  | BP               | DL   | TOT  |      |       |  |
| 198 50-59   | Vince Peterson   | 305* | 515* | 820* |       |  |
| 242 Lifetime  | Mark Harrison    | 440* | 500* | 900* |       |  |
| 148 Lifetime  | Jamie Sykes      | 220* | 300* | 500* |       |  |
| 165 13-15 Female  | Sarah Peters     | 140* | 240* | 380* |       |  |
| 275 Lifetime  | Darryl Crans     | 255* | 455* | 710* |       |  |
| 1- American Record. * - State Record. THIS YEAR WE MOVED THE WESTERN NEW YORK CHAMPIONSHIPS TO WATERLOO, N.Y. AND THIS TURNED OUT TO BE A GOOD MOVE. FIFTY FIVE LIFTERS SHOWED UP AND DID SOME IMPRESSIVE LIFTING. IN THE POWERLIFTING ASSISTED |                  |      |      |      |       |  |

SION. TEEN LIFTERS JAMES ZOBEL, KYLE SMITH AND MIKE STROMNESS PUSHED UP SOME STRONG LIFTS WINNING THEIR DIVISIONS WITH ZOBEL AND SMITH SETTING NEW STATE RECORDS. NOVICE LIFTER STEFAN GLOVER SET A NEW STATE RECORDS IN THE 181LB CLASS AS DID MASTER LIFTERS JOHN HOPE AND VINCE PETERSON IN THEIR DIVISIONS. IN THE 220LB CLASSES JOE MARSALA JR PUT UP AN IMPRESSIVE LIFT WINNING THE LIFETIME DIVISION AND BEST LIFTER. RYAN CIDZIK WASN'T TO FAR BEHIND MARSALA ALSO PUTTING UP A STRONG LIFT. MASTER LIFTERS JAMES MITCHELL JR AND SCOTT SHALES BOTH SET NEW STATE RECORDS ON THEIR WAY TO WINNING THEIR DIVISIONS. IN THE 242LB CLASSES JACK GLOVER AND WAYNE CARROLL BATTLED IN THE MASTERS DIVISION WITH GLOVER EDGING OUT CARROLL AND SETTING A STATE RECORD. SHW MASTER MAURICE HARLING ALSO SET A STATE RECORD WINNING THE MASTERS DIVISION. IN THE RAW DIVISIONS MASTER LIFTER LEO CICCHELI HIT A BIG LIFT IN THE 198LB CLASS WINNING HIS DIVISION AND BEST LIFTER. TEENAGER JOHN LATIMER AND MICHAEL KROL BATTLED WITH LATIMER EDGING OUT KROL AND SETTING A STATE RECORD, WITH LATIMER ALSO TAKING A FIRST IN THE SQUAT ONLY DIVISION. KROL BOUNCED BACK TO MAKE AN IMPRESSIVE PULL WINNING THE DEADLIFT DIVISION. MASTER LIFTER MARC SCHOEDER SET A STATE RECORD WINNING HIS DIVISION. IN THE 242LB CLASSES RL MURRAY AND PAUL MILLER WERE IN A TIGHT BATTLE IN THE LIFETIME DIVISION WITH MURRAY EDGING OUT MILLER AND ALSO WINNING THE NATURAL DIVISION. MASTER LIFTER STEVE ROGERS PUT UP AN EASY LIFT TO WIN HIS DIVISION AND THEN SPENT THE REST OF HIS TIME HELPING WITH THE MEET. IN THE 275LB CLASS, MASTER OLIN HENNEMAN DID A STRONG LIFT WINNING HIS DIVISION. IN THE SHW CLASS LIFTERS JEFF LEWIS AND SCOTT CARTER BOTH PUT UP STRONG LIFTS WITH LEWIS GETTING THE WIN. NATURAL LIFTER JOSEPH BEHARI JR ALSO PUT UP A STRONG LIFT WINNING THE DIVISION. IN THE DEADLIFT, MASTER LIFTER OWEN VANBUSKIRK DID A STRONG PULL WINNING THE MASTERS DIVISION AND ALSO TOOK THE DIVISION IN THE POWER CURL. A SPECIAL THANKS TO MR. AND MRS. STEVE ROGERS FOR THEIR HELP IN SETTING UP THIS MEET AND TOM KRISTOFF PASSED UP LIFTING TO HELP JUDGE. THANKS TO ALL THE LIFTERS AND OTHER PEOPLE WHO HELPED MAKE THIS A GREAT MEET. THE W.N.P.F. WILL BE RETURNING TO WATERLOO IN SEPTEMBER. (Thanks to RON DEAMICIS for these meet results.)

**Lawrence County Super Bench**  
06 APR 03 - New Castle, PA

|                   |               |                 |
|-------------------|---------------|-----------------|
| Mens Open         | 220           |                 |
| 148               | Barry Pochiba | 505             |
| C. Ventrella      | 375           | Novice          |
| 181               |               | 181             |
| Tom Proya         | 460           | Josh Vanallen   |
| 198               |               | 300             |
| Mark Kyser        | 345           | Bill Valentine  |
| 220               |               | 315             |
| Barry Pochiba     | 505           | Brandi MaQuarie |
| Gary Jenkins      | 460           | 400             |
| Ryan Humphrey     | 435           | Jr 20-23        |
| 242               |               | 220             |
| Joe Golden        | 400           | Brandon Fratto  |
| Steve Sardella    | 355           | 375             |
| 308               |               | Walt Kustra     |
| Lonnie Anderson   | 450           | 405             |
| SHW               |               | Adam Bulfone    |
| Nate Rolle        | 420           | 350             |
| Police + Fire     |               | Teen 17-19      |
| 181               |               | 230             |
| Ron Johnson       | 360           | Ryan Sardella   |
| 220               |               | 300             |
| Marc Darcangelo   | 405           | 198             |
| Robert Verdi      | 375           | Josh Vanallen   |
| 275               |               | 300             |
| Van Smith         | 425           | Avery Smith     |
| Master 40-49      |               | 300             |
| 148               |               | 275             |
| C. Ventrella      | 375           | Keith Smith     |
| 181               |               | 350             |
| Tom Proya         | 460           | Submaster 33-39 |
| 198               |               | 198             |
| Ray Maines        | 300           | Mark Kyser      |
| 220               |               | 345             |
| Robert Verdi      | 375           | 242             |
| Frank McLaughlin  | 335           | Terry Gibson    |
| Bill Valentine    | 315           | 500             |
| 242               |               | Open Raw        |
| Chester Bednar    | 390           | Adam Heckmen    |
| 308               |               | 320             |
| Lonnie Anderson   | 450           | 220             |
| SHW               |               | 405             |
| Nate Rolle        | 420           | Chester Bednar  |
| Grand Masters 50+ | 275           | 390             |
|                   |               | Van Smith       |

In this meet any and all bench shirts were allowed how ever USAPL rules apply on pause, lockouts, arch-feet (Thanks to Charles Ventrella for results)

## LOUIE SIMMONS' PRESENTS Training Secrets of Westside Barbell Club

Now on video!



|                               |         |
|-------------------------------|---------|
| Squat Workout.....            | \$54.95 |
| Bench Press Workout.....      | \$49.95 |
| Bench Press Secrets.....      | \$35.95 |
| Squat Secrets.....            | \$29.95 |
| Dead Lift Secrets.....        | \$29.95 |
| Special Strengths.....        | \$54.95 |
| Reactive Method.....          | \$44.95 |
| T-Shirts (m,l,xl,2xl,3xl).... | \$14.95 |
| Shipping/handling.....        | \$6.50  |

Send Check or Money order to:

Westside Barbell Club  
3884 LARCHMERE DR  
GROVE CITY, OHIO 43123

Back View of dog appears on back of t-shirt



WESTSIDE BARBELL

3884 Larchmere Drive Grove City, Oh 43123

PHONE (614) 801-2060

**9th Midwest Bench Press & Deadlift**  
05 APR 03 - Green Bay, WI

| Women Bench    | David Balthazor | 520               |     |
|----------------|-----------------|-------------------|-----|
| Tricia Schutte | 180             | Darin Heyerdahl   | 465 |
| Marissa Gannon | 115             | 275 Police & Fire |     |
| Cathy Adrian   | 125             | Jamie Zynda       | 370 |
| Bonnie Turner  | 100             | Ben Giffin        | 345 |
| 132            |                 | SHW               |     |
| Joshua Myers   | 225             | Rusty Campshire   | 340 |
| 148            |                 | Submaster 35-39   |     |

| Dennis Feld | 275 | 198 & Under |
|-------------|-----|-------------|
|-------------|-----|-------------|

| Tim Aldag | 275 | Tim Aldag | 275 |
|-----------|-----|-----------|-----|
|-----------|-----|-----------|-----|

| Juan Garcia | 260 | 220 & Over |
|-------------|-----|------------|
|-------------|-----|------------|

| Dave Aldag | 245 | Steve Ettnor | 415 |
|------------|-----|--------------|-----|
|------------|-----|--------------|-----|

| 165 | Todd Depner | 410 |
|-----|-------------|-----|
|-----|-------------|-----|

| D. Constantineau | 330 | Master 40+ |
|------------------|-----|------------|
|------------------|-----|------------|

| Al McCredie | 315 | 198 & Under |
|-------------|-----|-------------|
|-------------|-----|-------------|

| PJ Gantner | 255 | Dennis Feld | 275 |
|------------|-----|-------------|-----|
|------------|-----|-------------|-----|

| Jeremy Memmrich | Matt Waller | 330 |
|-----------------|-------------|-----|
|-----------------|-------------|-----|

| 181 | Al McCredie | 315 |
|-----|-------------|-----|
|-----|-------------|-----|

| Mark Menor | 425 | Jon DeCleene | 325 |
|------------|-----|--------------|-----|
|------------|-----|--------------|-----|

| Erik Alholm | 365 | Theo Muir | 315 |
|-------------|-----|-----------|-----|
|-------------|-----|-----------|-----|

| Kevin Lindsley | 350 | Dave Aldag | 245 |
|----------------|-----|------------|-----|
|----------------|-----|------------|-----|

| Jim Overland | 330 | 220 & Over |
|--------------|-----|------------|
|--------------|-----|------------|

| Justin Majewski | 325 | David Balthazor | 520 |
|-----------------|-----|-----------------|-----|
|-----------------|-----|-----------------|-----|

| Quincy Koltz | 320 | Ken Ganter | 325 |
|--------------|-----|------------|-----|
|--------------|-----|------------|-----|

| Mitch Clark | 295 | Jim O'Neil | 335 |
|-------------|-----|------------|-----|
|-------------|-----|------------|-----|

| 181 Police & Fire | Joe Rodriguez | 315 |
|-------------------|---------------|-----|
|-------------------|---------------|-----|

| Mark Menor | 425 | Women |
|------------|-----|-------|
|------------|-----|-------|

| Erik Alholm | 365 | Tricia Schutte | 300 |
|-------------|-----|----------------|-----|
|-------------|-----|----------------|-----|

| Quincy Koltz | 320 | Bonnie Turner | 250 |
|--------------|-----|---------------|-----|
|--------------|-----|---------------|-----|

| James Knowles | 310 | Marissa Gannon | 235 |
|---------------|-----|----------------|-----|
|---------------|-----|----------------|-----|

| 198 | 148 |  |
|-----|-----|--|
|-----|-----|--|

| Andy Adrian | 450 | Chris Majewski | 480 |
|-------------|-----|----------------|-----|
|-------------|-----|----------------|-----|

| Fred Popp | 405 | 165 |
|-----------|-----|-----|
|-----------|-----|-----|

| C. Dunham | 405 | D. Constantineau | 475 |
|-----------|-----|------------------|-----|
|-----------|-----|------------------|-----|

| Matt Bowling | 395 | Brady Anderson | 465 |
|--------------|-----|----------------|-----|
|--------------|-----|----------------|-----|

| David Impala | 350 | 181 |
|--------------|-----|-----|
|--------------|-----|-----|

| Jon DeCleene | 325 | Erik Alholm | 560 |
|--------------|-----|-------------|-----|
|--------------|-----|-------------|-----|

| 198 Police & Fire | David Anderson | 490 |
|-------------------|----------------|-----|
|-------------------|----------------|-----|

| Andy Adrian | 450 | Quincy Koltz | 480 |
|-------------|-----|--------------|-----|
|-------------|-----|--------------|-----|

| Fred Popp | 405 | 198 |
|-----------|-----|-----|
|-----------|-----|-----|

| 220 | Tom Conklin | 600 |
|-----|-------------|-----|
|-----|-------------|-----|

| Mike Cimicud | 445 | 220 |
|--------------|-----|-----|
|--------------|-----|-----|

| Mike Fleming | 410 | Tristan Neely | 600 |
|--------------|-----|---------------|-----|
|--------------|-----|---------------|-----|

| David Cimicud | 400 | Tom Laning | 575 |
|---------------|-----|------------|-----|
|---------------|-----|------------|-----|

| Tristan Neely | 355 | Neil Hakila | 555 |
|---------------|-----|-------------|-----|
|---------------|-----|-------------|-----|

| 220 Police & Fire | David Cimicud | 540 |
|-------------------|---------------|-----|
|-------------------|---------------|-----|

| Mike Fleming | 410 | Mike Cimicud | 525 |
|--------------|-----|--------------|-----|
|--------------|-----|--------------|-----|

| 242 | Steve Bowers | 520 |
|-----|--------------|-----|
|-----|--------------|-----|

| Jason Mattson | 435 | 242 |
|---------------|-----|-----|
|---------------|-----|-----|

| Nick Selk | 425 | Matt Gunville | 585 |
|-----------|-----|---------------|-----|
|-----------|-----|---------------|-----|

| Joe Nault | 420 | Masters |
|-----------|-----|---------|
|-----------|-----|---------|

| Steve Ettnor | 415 | 198 & Under |
|--------------|-----|-------------|
|--------------|-----|-------------|

| Todd Depner | 410 | Tom Conklin | 600 |
|-------------|-----|-------------|-----|
|-------------|-----|-------------|-----|

| Aaron Pynenberg | 375 | David Anderson | 535 |
|-----------------|-----|----------------|-----|
|-----------------|-----|----------------|-----|

| Steve Heney | 295 | Pete Utic | 480 |
|-------------|-----|-----------|-----|
|-------------|-----|-----------|-----|

| 275 | Jim Glanding | 445 |
|-----|--------------|-----|
|-----|--------------|-----|

| Scott Lade | 665 |
|------------|-----|
|------------|-----|

| Best Lifter: Bench - 198 & Under - Andy Adrian, 220 |
|---|
|---|

| & Over - Scott Lade, Deadlift - 198 & Under - Erik |
|--|
|--|

| Alhome, 220 & Over - Tristan Neely, 9Thanks to |
|--|
|--|

| Dave Balthazor of Beyond Fitness for the results.) |
|--|
|--|



Competitors at the 9th Midwest BP/DL (left to right) Erik Alholm, Tom Conklin, Scott Lade, David Balthazor (Photos-Beyond Fitness.)

**USAPL Michigan State HS/Teen**  
03 MAY 03 - Bangor, MI

| Women | SQ | BP | DL | TOT |
|-------|----|----|----|-----|
|-------|----|----|----|-----|

| 114 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 14-15 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Megan Bruschart | 215 | 105 | 215 | 530 |
|-----------------|-----|-----|-----|-----|
|-----------------|-----|-----|-----|-----|

| 123 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 16-17 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Carly Nogle | 290 | 165 | 370 | 860 |
|-------------|-----|-----|-----|-----|
|-------------|-----|-----|-----|-----|

| 132 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 14-15 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Molly Dennany | 340 | 195 | 325 | 860 |
|---------------|-----|-----|-----|-----|
|---------------|-----|-----|-----|-----|

| 16-17 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Sarah Daul | 205 | 125 | 195 | 525 |
|------------|-----|-----|-----|-----|
|------------|-----|-----|-----|-----|

| 148 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 14-15 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Mallie Metzler | 185 | 110 | 280 | 575 |
|----------------|-----|-----|-----|-----|
|----------------|-----|-----|-----|-----|

| Cynthia Hughes | 205 | 150 | 300 | 655 |
|----------------|-----|-----|-----|-----|
|----------------|-----|-----|-----|-----|

| 181 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 16-17 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Tiffeni Bayer | 315 | 140 | 330 | 785 |
|---------------|-----|-----|-----|-----|
|---------------|-----|-----|-----|-----|

| 198 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 14-15 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Bonica Brown | 330 | 155 | 340 | 825 |
|--------------|-----|-----|-----|-----|
|--------------|-----|-----|-----|-----|

| SHW |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 16-17 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Shea Wallus | 335 | 245 | 335 | 915 |
|-------------|-----|-----|-----|-----|
|-------------|-----|-----|-----|-----|

| Men |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 114 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 14-15 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Tyler Melvin | 130 | 85 | 150 | 365 |
|--------------|-----|----|-----|-----|
|--------------|-----|----|-----|-----|

| Bryan Prescot | 240 | 145 | 275 | 660 |
|---------------|-----|-----|-----|-----|
|---------------|-----|-----|-----|-----|

| 123 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 14-15 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| Jon Smoker | 115 | 70 | 200 | 385 |
|------------|-----|----|-----|-----|
|------------|-----|----|-----|-----|

| 132 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

| 14-15 |  |  |  |  |
|-------|--|--|--|--|
|-------|--|--|--|--|

| F. Andrade | 185 | 235 | 420 |  |
|------------|-----|-----|-----|--|
|------------|-----|-----|-----|--|

| Josh Vyverman | 270 | 185 | 335 | 790 |
|---------------|-----|-----|-----|-----|
|---------------|-----|-----|-----|-----|

| Jess McDonald | 165 | 100 | 195 | 460 |
|---------------|-----|-----|-----|-----|
|---------------|-----|-----|-----|-----|

| 148 |  |  |  |  |
|-----|--|--|--|--|
|-----|--|--|--|--|

**USAPL Rocky Mountain States & Bill's "Bad Cat" Bench Press**  
17 MAY 03 - Pocatello, ID

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

| Frank Lieke - SQ, DL, Dustin Cornell - BP, Bonica Brown - All National Qualifiers: Jason Wolfe - 242/ |
|---|
|---|

| T2, Ray Porter - 181/T2, Mark Mazurek - 198/T2, Dustin Cornell - 181/T2, Ryan Keathly - 181/T3, |
|---|
|---|

| Frank Lieke - 275/T2, Cynthia Hughes - 148/T2, Bonica Brown - 198/T1. (Thanks to USAPL-Results) |
|---|
|---|

| (F.) Bench - Brandon Clark, Shae Wallus (F.) Deadlift - Cory Salsman, Bonica Brown (F.) State Records: |
|--|
|--|

NASA Missouri State Championship  
29 MAR 03 - (kg)

|                   |       |               |               |       |
|-------------------|-------|---------------|---------------|-------|
| Power Sports      |       | 205           | Rocky Artym   | 142.5 |
| bphs              |       | Bench Only    |               |       |
| 170               |       | m2            |               |       |
| Alan Harper       | 97.5  | 227           | Leon McLean   | 167.5 |
| bpm1              |       | sm2           |               |       |
| 205               |       | 227           | Mike Hutchins | 125   |
| Dale Franklin     | 147.5 | nat           |               |       |
| dlyouth           |       | 170           |               |       |
| youth             |       | Shawn Wingert | 145           |       |
| Devin Peters      | 52.5  | sm2           |               |       |
| sqhs              |       | 170           |               |       |
| 187               |       | Shawn Wingert | 145           |       |
| Justin Thomas     | 115   | 170           |               |       |
| sqmp              |       | Shawn Wingert | 145           |       |
| Power Sports      | Curl  | BP            | DL            | TOT   |
| hs                |       |               |               |       |
| 187               |       |               |               |       |
| Roy Jackson       | 57.5  | 105           | 162.5         | 325   |
| hs                |       |               |               |       |
| 227               |       |               |               |       |
| Mando Ramos       | 52.5  | 112.5         | 195           | 360   |
| hs                |       |               |               |       |
| 315               |       |               |               |       |
| Ross Collins      | 55    | 102.5         | 197.5         | 355   |
| int               |       |               |               |       |
| 227               |       |               |               |       |
| Jeremy Johnson    | 57.5  | 157.5         | 105           | 320   |
| m1                |       |               |               |       |
| 154               |       |               |               |       |
| Bill Anderson     | 62.5  | 110           | 175           | 347.5 |
| mp                |       |               |               |       |
| 170               |       |               |               |       |
| Gary Hughes       | 50    | 87.5          | 140           | 277.5 |
| mp                |       |               |               |       |
| 205               |       |               |               |       |
| Rocky Artym       | 65    | 117.5         | 185           | 367.5 |
| nat               |       |               |               |       |
| 315               |       |               |               |       |
| Bob Souza         | 70    | 137.5         | 195           | 402.5 |
| nov               |       |               |               |       |
| 170               |       |               |               |       |
| Brad Pfeiffer     | 65    | 127.5         | 160           | 352.5 |
| nov               |       |               |               |       |
| 315               |       |               |               |       |
| Bob Souza         | 70    | 137.5         | 195           | 402.5 |
| pure              |       |               |               |       |
| 170               |       |               |               |       |
| Brad Pfeiffer     | 65    | 127.5         | 160           | 352.5 |
| pure              |       |               |               |       |
| 315               |       |               |               |       |
| Bob Souza         | 70    | 137.5         | 195           | 402.5 |
| sm1               |       |               |               |       |
| 154               |       |               |               |       |
| Eric Walkingstick | 65    | 112.5         | 182.5         | 360   |
| teen              |       |               |               |       |
| 227               |       |               |               |       |
| Chase Fisher      | 67.5  | 137.5         | 205           | 410   |
| wbs               |       |               |               |       |
| 187               |       |               |               |       |
| Candace Artym     | 43.5  | 80            | 152.5         | 276   |
| wsm2              |       |               |               |       |
| 138               |       |               |               |       |
| Laura Anderson    | 35    | 50            | 121           | 206   |
| youth             |       |               |               |       |
| Steven Ellefsen   | 22.5  | 35            | 90            | 147.5 |
| Zachary Hensley   | 13.5  | 25            | 62.5          | 101   |
| Powerlifting      | SQ    | BP            | DL            | TOT   |
| hs                |       |               |               |       |
| 119               |       |               |               |       |
| Steven Hancock    | 82.5  | 57.5          | 112.5         | 252.5 |
| hs                |       |               |               |       |
| 187               |       |               |               |       |
| David Mardonlou   | 202.5 | 120           | 172.5         | 495   |
| hs                |       |               |               |       |
| 187               |       |               |               |       |
| Rickey Perryman   | 180   | 112.5         | 172.5         | 465   |
| hs                |       |               |               |       |
| 205               |       |               |               |       |
| Michael Fulton    | 210   | 132.5         | 215           | 557.5 |
| hs                |       |               |               |       |
| 227               |       |               |               |       |
| Corey Walston     | 190   | 105           | 215           | 510   |
| hs                |       |               |               |       |
| 227               |       |               |               |       |
| Cody Harmon       | 165   | 85            | 182.5         | 432.5 |
| hs                |       |               |               |       |
| 250               |       |               |               |       |
| Justin Wolf       | 207.5 | 110           | 195           | 512.5 |
| hs                |       |               |               |       |
| 250               |       |               |               |       |
| Jay McAllister    | 182.5 | 110           | 175           | 467.5 |
| hs                |       |               |               |       |
| 250               |       |               |               |       |
| Mitch Doyle       | 235   |               | 230           |       |
| hs                |       |               |               |       |
| 280               |       |               |               |       |
| Buke Mardonlou    | 232.5 | 147.5         | 207.5         | 587.5 |
| hs                |       |               |               |       |
| 280               |       |               |               |       |
| Seth Milkulich    | 215   | 145           | 220           | 580   |
| hs                |       |               |               |       |
| 280               |       |               |               |       |
| Adam Sosa         | 220   | 122.5         | 207.5         | 550   |
| hs                |       |               |               |       |
| 280               |       |               |               |       |
| Austin Bishop     | 157.5 | 87.5          | 175           | 420   |

# GOT PROTEIN?

*Not at These Prices You Don't!*

ProteinCustomizer.com

offers a full line of specialty proteins, including, but not limited to:

**ALL INSTANTIZED FOR EASY MIXING!**

|                                    |            |
|------------------------------------|------------|
| Whey Protein                       | \$3.50/lb  |
| CFM Whey Isolate                   | \$6.99/lb  |
| Ion Exchange Whey Isolate          | \$6.99/lb  |
| Hydrolyzed Whey Peptides           | \$7.25/lb  |
| Micellar Casein                    | \$8.75/lb  |
| Milk Protein Isolate               | \$4.75/lb  |
| Egg White Protein                  | \$3.99/lb  |
| Flavored BCAA + Glutamine Anabolic |            |
| Workout Drinks                     | \$22.50/lb |

Custom mixing is available upon request, *no extra charge!*



"BCAA's are a critical component for fast recovery from my extreme training. The best part about it is the BCAA and proteins from ProteinCustomizer really do make a significant difference in my strength and recovery!"

Thanks Again,  
Karl

Karl Gillingham:

*IFSA Pro Strongman Champion and World's Strongest Man Competitor*

"As a Doctor of Chiropractic, Board Certified Nutritionist and a competitive powerlifter, I know the importance of supplementing an athlete's diet with branched chain amino acids. By increasing my body's supply of BCAAs, I can speed up the recovery process from intense and grueling workouts, all while doing it drug-free. BCAAs should be a part of the drug-free athlete's arsenal of supplements and the BCAA powder from ProteinCustomizer is my personal choice!"

Michael A. Hartle, D.C., D.A.C.B.N., C.C.N., C.C.S.P., C.S.C.S.



L-Glutamine, BCAA, Creatine, Hydrolyzed Peptides, Carbohydrates, Joint Care, Specialty Supplements, all at the lowest prices on the planet!

For Secure Ordering Log On To:

**ProteinCustomizer.com**

Or Phone: 630.231.4900

|                   |       |       |       |       |
|-------------------|-------|-------|-------|-------|
| jr                |       |       |       |       |
| 154               |       |       |       |       |
| Andrew Boggs      | 160   | 92.5  | 170   | 422.5 |
| jr                |       |       |       |       |
| 154               |       |       |       |       |
| Scott Leimkuehler | 112.5 | 70    | 132.5 | 315   |
| jr                |       |       |       |       |
| 187               |       |       |       |       |
| Will Norris       | 150   | 80    | 182.5 | 412.5 |
| jr                |       |       |       |       |
| 227               |       |       |       |       |
| Bryan Simpson     | 160   | 87.5  | 172.5 | 420   |
| mp                |       |       |       |       |
| 187               |       |       |       |       |
| David Priest      | 195   | 115   | 195   | 505   |
| pure              |       |       |       |       |
| 250               |       |       |       |       |
| Christopher Ferri | 255   | 177.5 | 282.5 | 715   |
| sm1               |       |       |       |       |
| 227               |       |       |       |       |
| Don Hayes         | 237.5 | 155   | 235   | 627.5 |
| teen              |       |       |       |       |
| 205               |       |       |       |       |
| Colfer Doherty    | 170   | 77.5  | 230   | 477.5 |

WPA World Championships  
12,13 APR 03 - Burlington, IA

|   |      |                 |             |
|---|------|-----------------|-------------|
| BENCH   |      | 8. Rappeneckar  |             |
| 198   |      | 308             |             |
| Junior  |      | Masters         |             |
| JoshPower   |      | Jim Ingram      | 400         |
| Open  |      | 220             |             |
| JoshPower   |      | Norm Johnson    |             |
| 220   |      | 198             |             |
| Master  |      | Masters         |             |
| Walter Welcheck   | 445  | John Kinney     |             |
| Junior  |      | 308             |             |
| Don Peterson  | 365  | Open            |             |
|   |      | Milan Jovanovic |             |
| Powerlifting  | SQ   | BP              | DL TOT      |
| Women   |      |                 |             |
| 123   |      | 350\$           | 210 345 905 |
| Martine Jean  |      |                 |             |
| 148   |      |                 |             |
| Masters   |      |                 |             |
| Richard Gidcom  | 300  | 240             | 375 915     |
| DT Open   |      |                 |             |
| Richard Gidcom  | 300  | 240             | 375 915     |
| Open  |      |                 |             |
| Richard Gidcom  | 300  | 240             | 375 915     |
| 165   |      |                 |             |
| Teen  |      |                 |             |
| Michael Welcheck  | 500! | 300             | 450 1250    |
| DT Women  |      |                 |             |
| Lyn Silbert   | 405  | 285!            | 415 1105!   |
| Master Women  |      |                 |             |
| Lyn Silbert   | 405! | 285!            | 415! 1105!  |
| 181   |      |                 |             |
| DT Open   |      |                 |             |
| Graham Sesler   | 576! | 285             | 500 1361    |
| Junior  |      |                 |             |
| Wes Sesler  | 465  | 300             | 500 1265    |
| 4th   |      |                 |             |
| Teen  |      |                 |             |
| Jeffrey Laurin  | 470  | 270             | 470 1210    |
| 198   |      |                 |             |
| Open  |      |                 |             |
| Jared Beard   | 525  | 470             | 485 1480    |
| Masters   |      |                 |             |
| Kit Price   | 480  | 300             | 500 1280    |
| 4th   | 510! |                 | 540!        |
| Les Keith   | 460  | 305             | 430 1195    |
| 220   |      |                 |             |
| Junior  |      |                 |             |
| Ross Grady  | 700  | 400             | 600 1700    |
| Open  |      |                 |             |
| Ross Grady  | 700  | 400             | 600 1700    |
| 275 Open  |      |                 |             |
| Curtis Wainwright   | 450  | 340             | 450 1240    |
| DT Open   |      |                 |             |
| Curtis Wainwright   | 450  | 340             | 450 1240    |
| 308 DT Open   |      |                 |             |
| Wade Johnson  | 770! | 570             | 630 1970    |
| Submaster   |      |                 |             |
| Wade Johnson  | 770! | 570             | 630 1970    |
| Teen  |      |                 |             |
| Nick Thompson   | 610  | 365             | 575 1550    |
| Masters   |      |                 |             |
| Victor Klein  | 400  | 290             | 440 1130    |
| SHW DT Open   |      |                 |             |
| Bryon Dowling   | 700! | 510             | 625 1835    |
| 1 - Denotes World Record. \$ - Denotes Canadian Record. Best Lifters: Master Men - Walter Welcheck (Bench), Richard Gidcom (Powerlifting). Teen - Michael Welcheck. Drug Free - Wade Johnson. Junior - Ross Grady. Womens Drug Free - Martine |      |                 |             |

USAPL Warrior Open

26 APR 03 - Chesterland, OH

|                |     |     |     |      |
|----------------|-----|-----|-----|------|
| Men            | SQ  | BP  | DL  | TOT  |
| Mark Sesenover | 515 | 370 | 550 | 1435 |
| Gregory Denson | 435 | 290 | 525 | 1250 |

(Thanks to USAPL for providing these meet results)

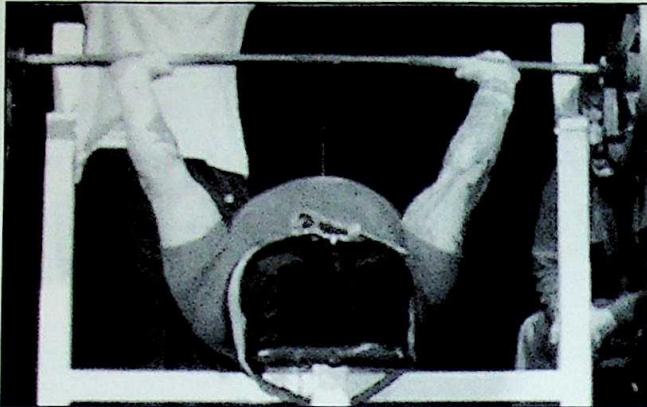
**Pro-Fitness Raw With a Pause**  
22 FEB 03 - Shelby, NC

|                    |              |                  |     |
|--------------------|--------------|------------------|-----|
| TEEN               | Tony Elmore  | 335              |     |
| Eric Spicer        | 265          | Travis Watts     | 335 |
| Kyle Travis        | 275          | 198 OPEN         |     |
| SUBMASTERS         | Dan Pearson  | 480              |     |
| Curtis Rabon       | 480          | Solon Logan      | 390 |
| John Raines        | 415          | Greg Satterfield | 340 |
| Nate Ingram        | 425          | 220 OPEN         |     |
| MASTERS            | Orlo Helmer  | 430              |     |
| Ron Hillman        | 390          | John Raines      | 415 |
| Y. Frank Sumner    | 285          | Kevin Kallay     | 415 |
| Charles Littlejohn | 370          | 242 OPEN         |     |
| 148 OPEN           | Kevin Dowd   | 500              |     |
| Carlos Murdock     | 280          | Les Wardlow      | 455 |
| Brandon O'Neil     | 255          | Dan Scott        | 85  |
| Mickey Cook        | 245          | 275 OPEN         |     |
| 165 OPEN           | Michael Belk | 525              |     |
| Tony McClain       | 315          | Jomo Rankin      | 500 |
| Cliff Freeman      | 295          | Chad Bailey      | 48  |
| Ernest Watkins     | 275          | SHW              |     |
| 181 OPEN           | Chuck Harris | 575              |     |
| Darron Glenn       | 365          | Eddie Klutts     | 485 |
|                    | Curtis Rabon | 480              |     |

What a meet! Although it was raining like crazy, it did not keep the crowd or the participants from coming to this meet. Fifty-five entries for the first annual meet. Starting with the Masters I (35-45), Curtis Rabon won with his opener at 480 lbs and Nate Ingram got 3rd with 425 lbs and had a lot more in him! Masters II (46-over) was won by Pro Fitness' own 49 year old Ron Hillman with 390 lbs. At 210 lbs, he looks huge! A very charismatic "Yogi" Frank Sumner finished 2nd by Schwartz and Charles Littlejohn, owner of "His Place Gym" in nearby Lincoln got 3rd at 370 lbs. Tony McClain won the 165's with a strong 315 lbs. 181 had Darron Glenn from Gastonia winning with 365, edging out Tony Elmore and Travis Watts at 335 with Tony getting 2nd by formula: 198's, what can I say? Dan Pearson who trains at Pro-Fitness and Old School Gym posted what I believe to be the best lift of the meet: 480 lbs at 192. Just missing 510, he lost his groove! He pauses 500 in training every week! Two-twenty's had Orlo Helmer at 430 lbs barely beating John Raines and Kevin Kallay of Fitness Connection, both at 415 lbs. The 242 class was a fun one to watch too. First place went to Kevin Dowd from Asheville benching 500 lbs with ease. Kevin is strong. When he puts a shirt on - RUN! Second went to Les Wardlow at 455 lbs who looks a lot bigger than 242 lbs. Michael Belk from Charlotte smoked 525 lbs to win the 275 class with Jomo Rankin second at 500 lbs and Chad Bailey 3rd at 485 lbs. "Legendary" Chuck Harris from Clark's Total Fitness in Mooresville easily won the SHW class. Chuckle opened with 575 and gave 590 a good ride twice. If he hadn't warmed-up with 515x4, 525x1, and 545x1, 600 would have been a forgone conclusion. My buddy Eddie Klutts finished second with 485 lbs. Eddie has smoked 570 with a shirt so look for him to do 600 in the near future, maybe more! I would like to say that this meet was a show of strength! The judging was harder than most powerlifting meets. The bar had to be motionless on the chest, one second pause, then "GO" command - VERY TOUGH! I believe if someone tells you they can bench X - amount of weight, they should be able to lay down and do it! Period. Raw. Thanks so much to everyone who helped with this meet. Josh Lowery and Michael Eckerd for loading and unloading those 100's all day long. Thanks to Allen Davis - Pastor and Landmark Baptist Church. Thank you Mike Lambert and Powerlifting USA for helping promote this meet. (Thanks to Tim Brittain for providing these results.)

**USAPL Albany Strength**  
08 MAR 03 - Albany, NY

|                 |                |                |     |     |     |     |
|-----------------|----------------|----------------|-----|-----|-----|-----|
| BENCH           | 198            |                |     |     |     |     |
| Women           | Dave Bellanca  | 415            |     |     |     |     |
| 114 Teen        | Masters        |                |     |     |     |     |
| Monica Albizu   | 130            | 181            |     |     |     |     |
| Geraghy, Faydra | 155            | Pal Carroll    | 350 |     |     |     |
| Men             | 319            |                |     |     |     |     |
| 165             | Fred Dini      | 510            |     |     |     |     |
| Barrett Heacock | 215            | 242            |     |     |     |     |
| 181             | Pete Brahm     | 305            |     |     |     |     |
| Robert Woloven  | 215            | 275            |     |     |     |     |
| M. Geraghy      | 440            | Geoff Planter  | 510 |     |     |     |
| Special Olympic | SQ             | BP             | DL  | TOT |     |     |
| 181             | Diesel Decamp  | 250            | 150 | 300 | 700 |     |
| Women           | 114            | Donna McBurney | 210 | 140 | 265 | 615 |
| 148             | Mary Moultray  | 180            | 115 | 230 | 525 |     |
| 132             | Danielle Moore | 305*           | 165 | 320 | 790 |     |
| 156             | Emily Sowek    | 250            | 175 | 325 | 750 |     |
| Men             | 132 Raw        | Mario Forte    | 220 | 180 | 380 | 780 |
| 145 Raw         | Bill Balfoort  | 255            | 240 | 300 | 795 |     |



**Dan Pearson** locking out 480 pounds at 192 bodyweight during the 1st Annual Pro-Fitness BP. Dan was born without legs. (Pro-Fitness.)

|     |                  |     |     |      |      |   |     |     |     |      |  |
|-----|------------------|-----|-----|------|------|---|-----|-----|-----|------|--|
| 165 | Keith Odell      | 290 | 275 | 350  | 990  | Harlan Pyne   | 253 | 198 | 292 | 744  |  |
|     | Mike Cipinski    | 55  | 395 | 55   | 505  | Jerry Ochs  | 303 | 209 | 352 | 865  |  |
|     | Mike Macri       | 550 |     |      |      | Open  |     |     |     |      |  |
| 181 |                  |     |     |      |      | 148   |     |     |     |      |  |
|     | Nick Zabowski    | 455 | 315 | 510  | 1280 | Monte Mason   | 468 | 264 | 407 | 1140 |  |
|     | Joe Lostrito     | 405 | 340 | 430  | 1175 | Matt Poss   | 336 | 270 | 363 | 970  |  |
|     | Bob Kont         | 430 | 280 | 425  | 1135 | Brad Killings   | 435 | 325 | 501 | 1262 |  |
|     | Mike Remillard   | 300 | 275 | 405  | 980  | Todd Craig  | 462 | 253 | 507 | 1223 |  |
|     | Steve Dick       | 250 | 155 | 420  | 840  | Jerry Ochs  | 303 | 209 | 352 | 865  |  |
|     | Juan Collazo     |     |     |      |      | Jeff Blindauer  | 523 | 435 | 589 | 1548 |  |
| 198 | Ray Dunn         | 450 | 320 | 500  | 1270 | Cuong Van Tran  | 611 | 319 | 584 | 1515 |  |
|     | Don Johnson      | 420 | 265 | 480  | 1165 | Max Rippel  | 507 | 391 | 573 | 1471 |  |
| 41h |                  |     |     |      |      | 220   |     |     |     |      |  |
|     | Robert Remillard | 300 | 265 | 470  | 1035 | Mike Reed   | 529 | 347 | 589 | 1466 |  |
|     | Marty Sheehan    |     |     |      |      | Joe Reiter  | 352 | 275 | 374 | 1003 |  |
| 220 | Jeff Cuyler      | 475 | 425 | 560  | 1460 | Troy Knebel   | 578 | 374 | 551 | 1504 |  |
|     | Dave Eddy        | 400 | 420 | 475  | 1295 | Joe Kunzman   | 578 | 347 | 562 | 1488 |  |
|     | Rafeal Matos     | 410 | 345 | 500  | 1255 | Brian Waala   | 501 | 352 | 485 | 1339 |  |
|     | Alan Blond       | 385 | 365 | 500  | 1250 | 275+  |     |     |     |      |  |
|     | John Porumba     |     |     |      |      | Jonathan Leo  | 650 | 496 | 529 | 1675 |  |
|     | Frank Tisco      | 600 | 475 | 625  | 1700 | J. Daugherty  | 203 | 198 | 303 | 705  |  |
|     | Tom Kristoff     | 670 | 450 | 770* | 1890 | Michael Ricker  | 231 | 402 | 606 | 1240 |  |
|     | Dennis Holder    | 550 | 405 | 575  | 1530 | Team Placings - 1st - YMCA Power, 2nd - Team Walgreens. Best Lifter Lightweight - Jeff Blindauer. Best Lifter HVV Wt. - Jonathan Leo. Best Squat - Cuong Van Tran. (Thanks to USAPL for the results.) |     |     |     |      |  |

**USAPL South Dakota State**  
26 APR 03 - Sioux Falls, SD

|                      |              |                 |     |      |
|----------------------|--------------|-----------------|-----|------|
| BENCH                | Master 60-69 |                 |     |      |
| Women                | Jerry Ochs   | 209             |     |      |
| Teen 16-17           | 181          |                 |     |      |
| Cari Payne           | 143          | Mark Shane      | 352 |      |
| Kimberly Person      | 94           | Curt Marchiendo | 325 |      |
| Teen 18-19           |              | William Kliche  | 325 |      |
| Jannel Hoffman       | 115          | Kenny Leisinger | 236 |      |
| Open                 |              | Jerry Ochs      | 209 |      |
| Paula Rippel         | 165          | 198             |     |      |
| MEN                  |              | Jeff Blindauer  | 435 |      |
| Teen 16-17           |              | Max Rippel      | 391 |      |
| Brendan Hurley       | 242          | 220             |     |      |
| Jon Christensen      | 214          | Stuart Junker   | 380 |      |
| Master 40-49         |              | Brain Hunhoff   | 281 |      |
| Michael              | 413          | Tim Anderson    | 562 |      |
| Stuart Junker        | 380          |                 |     |      |
| Tim Driscoll         | 369          | Dale Pearce     | 380 |      |
| Kevin McKnight       | 325          | Michael Bridge  | 413 |      |
| Brian Hunhoff        | 281          | Kevin McKnight  | 325 |      |
| Master 50-59         |              | 275             |     |      |
| Gregory Hunter       | 264          |                 |     |      |
| Kenny Leisinger      | 236          | 275+            |     |      |
| Harlan Payne         | 198          | Jonathan Leo    | 496 |      |
|                      |              | J. Daugherty    | 198 |      |
| WOMEN                | SQ           | BP              | DL  | TOT  |
| Teen 16-17           |              |                 |     |      |
| Cari Payne           | 198          | 143             | 253 | 595  |
| Kimberly Person      | 159          | 94              | 264 | 518  |
| Teen 18-19           |              |                 |     |      |
| Jannel Hoffman       | 165          | 115             | 265 | 545  |
| Open                 |              |                 |     |      |
| Angella Carlson      | 236          | 181             | 270 | 688  |
| Paula Rippel         | 259          | 165             | 281 | 705  |
| Nicole Royals        | 187          | 94              | 242 | 253  |
| MEN Teen 16-17       |              |                 |     |      |
| Andrew Reiman        | 451          | 187             | 507 | 1146 |
| Brendan Hurley       | 385          | 242             | 451 | 1080 |
| Jon Christensen      | 330          | 214             | 402 | 947  |
| Louden Horse         | 137          | 236             | 264 | 705  |
| Master 40-49         |              |                 |     |      |
| Brainare Jarecki     | 479          | 281             | 473 | 1234 |
| Brainare Preisendorf | 374          | 281             | 429 | 1085 |
| Teen Women           |              |                 |     |      |
| Tamera Walter        | 253          | 104             | 303 | 661  |
| M. Men               |              |                 |     |      |
| Ken Mulholland       | 496          | 314             | 556 | 1366 |
| Open Men             |              |                 |     |      |
| Rick Ochs            | 451          | 303             | 508 | 1262 |

**USAPL Sioux City Open**  
03 MAR 03 - Sioux City, IA

|                   |                      |      |     |      |
|-------------------|----------------------|------|-----|------|
| BENCH             | Theresa Goergen      | 159  |     |      |
| 132 M Women       | 198 Teen Men         |      |     |      |
| Terri Shepard     | 126 Brainare Jarecki | 281  |     |      |
| 181 Open men      | Brainare Preisendorf | 281  |     |      |
| Mark Shane        | 325 220 M Men        |      |     |      |
| 198 M Men         | Gene Goerden         | 264  |     |      |
| Rick Easton       | 275 Lyle Olson       | 209  |     |      |
| 198+ Teen Women   | 220 Open Men         |      |     |      |
| Tamera Walter     | 104 Tim Anderson     | 540  |     |      |
| 198+ Open Women   | 275 Open             |      |     |      |
|                   | Jamie Strickler      | 407  |     |      |
| 123               | SQ                   | BP   | DL  | TOT  |
| Teen Women        |                      |      |     |      |
| Lacey Bantz       | 170                  | 104  | 231 | 507  |
| Brittni Kallemyen | 159                  | 104  | 209 | 473  |
| Open Women        |                      |      |     |      |
| Karlynn Eslick    | 259                  | 126  | 286 | 672  |
| Teen Men          |                      |      |     |      |
| Nick Willwerth    | 203                  | 115  | 253 | 573  |
| 148               |                      |      |     |      |
| M. Women          |                      |      |     |      |
| Rita Carlsson     | 220                  | 121  | 319 | 661  |
| M. Men            |                      |      |     |      |
| Jim Balomenos     | 314                  | 198  | 435 | 947  |
| Teen Men          |                      |      |     |      |
| Cody Mau          | 248                  | 176  | 402 | 826  |
| Cody Clearwater   | 264                  | 170  | 319 | 755  |
| Open Men          |                      |      |     |      |
| Todd Schmidt      | 209                  | 253  | 297 | 760  |
| M. Men            |                      |      |     |      |
| 165               |                      |      |     |      |
| Jerry Ochs        | 303                  | 198  | 352 | 854  |
| Open Men          |                      |      |     |      |
| Richard Davis     | 446                  | 358* | 457 | 1262 |
| Teen Men          |                      |      |     |      |
| Jerry Ochs        | 479                  | 281  | 473 | 1234 |
| Brainare Jarecki  | 374                  | 281  | 429 | 1085 |
| Teen Women        |                      |      |     |      |
| Tamera Walter     | 253                  | 104  | 303 | 661  |
| M. Men            |                      |      |     |      |
| Ken Mulholland    | 496                  | 314  | 556 | 1366 |
| Open Men          |                      |      |     |      |
| Rick Ochs         | 451                  | 303  | 508 | 1262 |

|                  |      |     |     |      |
|------------------|------|-----|-----|------|
| 220              | Teen |     |     |      |
| Corey Rutherford | 253  | 170 | 358 | 781  |
| Open             |      |     |     |      |
| Dave Berger      | 523  | 429 | 518 | 1471 |
| 242              |      |     |     |      |
| Teen             |      |     |     |      |
| Alex Neukirch    | 435  | 236 | 446 | 1118 |
| Open             |      |     |     |      |
| Brad Leisinger   | 529  | 385 | 584 | 1499 |
| 275              |      |     |     |      |
| Open             |      |     |     |      |
| Jamie Strickler  | 551  | 407 | 512 | 1471 |
| Joe Kunzman      | 540  | 341 | 523 | 1405 |
| Master           |      |     |     |      |
| Joe Kunzman      | 540  | 341 | 523 | 1405 |
| SHW              |      |     |     |      |
| Open             |      |     |     |      |
| Steve Logan      | 628  | 457 | 644 | 1730 |
| Conan Wass       | 529  | 391 | 551 | 1471 |

(Thanks to USAPL for providing these meet results)

**USAPL Pennsylvania BP (kg)**

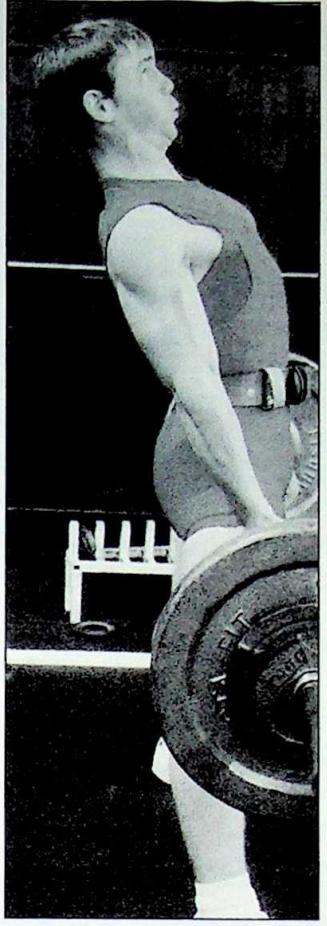
05 APR 03 - Greater Scranton, PA

|       |                  |       |
|-------|------------------|-------|
| WOMEN | 181              |       |
| Open  | Rick Dalmas      | 95    |
| 132   | Teen 16-17       | 148   |
|       | Phyllis Cournan  | 72.5  |
| 148   | Ryan Mousseau    | 72.5  |
|       | Ellen Yusavage   | 52.5  |
| 181   | Loren Mangino    | 155   |
|       | Liz Gallagher    | 72.5  |
| 198+  | Tim Lewis        | 120   |
|       | Vicki Marcikonis | 122.5 |
| 198   | Stephen Baronski | 180   |
|       | Master 45-49     | 165   |
| 132   | C. Paolucci      | 165   |
|       | Collegiate       | 148   |
| 181   | Phyllis Cournan  | 72.5  |
|       | Loren Mangino    | 155   |
| 181   | Stephen Baronski | 180   |
|       | Junior 20-23     | 165   |
| 165   | John Shemanski   | 195   |
|       | William Kelly    | 125   |
| 115   | Master 40-44     | 198   |
|       | Patrick Kerr     | 115   |
| 100   | Bob Legg         | 137.5 |
|       | 181              | 180   |
| 181   | Russ Sitt        | 190   |
|       | S. Baronski      | 180   |
| 198   | Billy Grippo     | 170   |
|       | Master 45-49     | 132   |
| 220   | D. Swackhamer    | 187.5 |
|       | Jim Kavarns      | 102.5 |
| 170   | Rob Baum         | 220   |
|       | 220              | 220   |
| 220   | Master 50-54     | 165   |
|       | Jeffrey Hughes   | 167.5 |
| 130   | Russ Burnett     | 130   |
|       | 242              | 242   |
| 200   | Bob Legg         | 100   |
|       | 181              | 181   |
| 200   | David Harris     | 200   |
|       | 200              | 200   |
| 165   | Dan Raichford    | 165   |
|       | A. Scopelitti    | 127.5 |
| 242   | 242              | 242   |
|       | Niko Hulslander  | 272.5 |
| 200   | David Harris     | 200   |
|       | Victor Hollaway  | 200   |
| 165   | Master 55-59     | 165   |
|       | Russell Burnett  | 130   |
| 130   | Kefrey Fremont   | 120   |

**NASA Illinois/ Indiana Champs**  
31 MAY 03 - Flora, IL

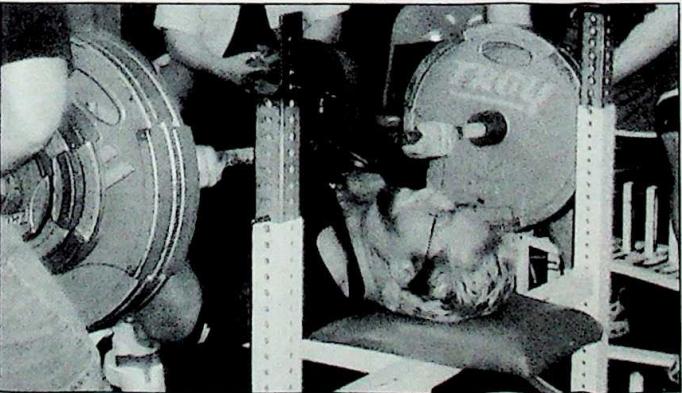
|                  |      | 227             | Dan Goble | 425  |
|------------------|------|-----------------|-----------|------|
| Pure             |      | 187             |           |      |
| 205              |      |                 |           |      |
| Chris Galick     | 10   | Masters 2       |           |      |
| Masters 1        |      | Steve Moskowitz | 260       |      |
| FEMALE           | SQ   | BP              | DL        | TOT  |
| 127-Pure         |      |                 |           |      |
| Angie Casbon     | 230  | 120             | 250       | 600  |
| 139-Teenage      |      |                 |           |      |
| Jordan Wathan    | 160  | 75              | 225       | 460  |
| 154-High School  |      |                 |           |      |
| Dawn Dassell     | 215  | 115             | 230       | 560  |
| MALE             |      |                 |           |      |
| 139              |      |                 |           |      |
| Eric White       | 275  | 165             | 350       | 760  |
| 170              |      |                 |           |      |
| Teenage          |      |                 |           |      |
| Robbie Bute      | 305  | 205             | 340       | 850  |
| High School      |      |                 |           |      |
| Jock Barron      | 340  | 200             | 380       | 920  |
| Masters Pure     |      |                 |           |      |
| Richard Sears    | 360  | 220             | 335       | 915  |
| 187              |      |                 |           |      |
| Pure             |      |                 |           |      |
| Tony Masian      | 580  | 365             | 565       | 1510 |
| 205              |      |                 |           |      |
| High School      |      |                 |           |      |
| Dylan McGee      | 340  | 210             | 380       | 920  |
| Junior           |      |                 |           |      |
| Alan Hill        | 480  | 330             | 500       | 1310 |
| 227              |      |                 |           |      |
| Teenage          |      |                 |           |      |
| Shane Sexton     | 340  | 185             | 350       | 875  |
| Pure             |      |                 |           |      |
| Steve Richardson | 640  | 360             | 595       | 1595 |
| Sub-Masters 11   |      |                 |           |      |
| Steve Richardson | 640  | 360             | 595       | 1595 |
| Sub-Masters Pure |      |                 |           |      |
| Tom Nuzum        | 535  | 335             | 565       | 1435 |
| POWER SPORTS     | Curl | BP              | DL        | TOT  |
| YOUTH -91.5      |      |                 |           |      |
| Justin Phillips  |      |                 |           |      |
| HIGH SCHOOL      |      |                 |           |      |
| Female-127       |      |                 |           |      |
| Jayne Belcher    | 50   | 70              | 195       | 315  |
| Male-250         |      |                 |           |      |
| Tommy Schaefer   | 55   | 100             | 215       | 370  |
| JUNIOR           |      |                 |           |      |
| 187              |      |                 |           |      |
| Shandan Curtis   | 125  | 295             | 420       | 840  |
| 250              |      |                 |           |      |
| David Riley      | 155  | 280             | 430       | 865  |
| NOVICE           |      |                 |           |      |
| 170              |      |                 |           |      |
| David Walls      | 135  | 225             | 405       | 765  |
| 250              |      |                 |           |      |
| Andy Shaffer     | 145  | 350             | 225       | 720  |
| PURE             |      |                 |           |      |
| 250              |      |                 |           |      |
| Chris Sears      | 125  | 200             | 420       | 745  |
| SUB-MASTERS      |      |                 |           |      |
| Pure-227         |      |                 |           |      |
| Craig Rasmussen  | 150  | 265             | 470       | 885  |
| SPECIAL OLYMPICS |      |                 |           |      |
| Doris Scott      | 35   | 65              | 125       | 225  |
| Jerry Hexter     | 40   | 85              | n/a       | 130  |
| Jerry Thorman    | 45   | 85              | 185       | 315  |

The 2003 Natural Athlete Strength Association's Illinois/Indiana State Championships packed The Gym with 28 athletes tossing around serious iron. Two of the more impressive lifts came in the bench press where 192 pound Chris Galick of Illinois and Indiana Master's lifter Dan Goble both hoisting more than 400 pounds. Dan's lift was especially impressive since his opening attempt at 410 pound



**Flora Eighth Grader Robbie Bute** stands up with a strong second effort in the deadlift on his way to an eight-for-nine day with PRs in the squat, bench, deadlift & total.

fell short when his bench press shirt decided to part ways with his body. The missed attempt was immediately caught by spotters Danny Gill and Brian Lane, but that left him with just two lifts. He switched shirts, made the 410, then jumped 15 pounds to a final attempt of 425, which he made look like the opener might have been if the shirt had held. Galick was even more impressive when he came back from loosening up on his first attempt and getting called for downward movement of the bar, to easily lock out 400 pounds on his second try before powering up 410 pounds to earn Best Lifter honors. The full power meet also featured a pair of outstanding efforts with the lighter



**The Shirt begins to let go on Dan "The Danamill" Goble's 410 pound opening bench press attempt.** The spotters caught the bar before it could injure Goble. He came back with a back-up shirt to make both the 410 & a 425 third attempt. The 425 was the heaviest bench of the day during the NASA Illinois/Indiana (Photographs courtesy The Gym.)

of the two lifters taking home the Outstanding Lifter Plaque. Evansville, Indiana's Tony Masian came into the meet a full 187. He hit all three squat attempts, finishing with a rock-solid 580. He also managed to comeback from a missed first attempt in the bench to push up 365 pounds, then closed out the day with a 565 deadlift for a 1510 total. Blytheville, Arkansas' Steve Richardson brought the crowd to its collective feet with a picture perfect 640-pound squat as the influence of Dr. Daryl Johnson continues. Richardson closed out his day with successful efforts of 360 in the bench and 595 in the deadlift. His total would have even been more than 1596 if he hadn't been called for rules infractions on lifts of 380 in the bench and 635 in the deadlift. The trend for Best Lifters continued in Power Sports where hometown favorite Shandan Curtis was edged out of the Outstanding Lifter plaque by St. Louis' David Walls. Curtis made the most of his first meet with a seven-for-nine outing and an 840 total in the curl, bench, and deadlift contest. A 20-pound jump on his third curl attempt was basically the difference in the outstanding lifter trophy with Curtis missing at 125, while Walls curled a 135-pound effort. Walls finished the day with a 765 total at a bodyweight of 167 to edge Curtis out of the Outstanding Lifter award by a difference of 0.07. One of the more impressive showings of the day came from 13-year old Shane Sexton. Shane's first meet had been the February NASA Illinois State High School Championships where he posted a 200-pound squat, 155-pound bench and missed a 300-pound deadlift. This time, he was a perfect "nine-for-nine" with a 340 squat, 185 bench and 350 deadlift for an 875 total. Floyd Henson Junior High classmate Robbie Bute, who had gone 12-for-12 at the high school meet, only missed his third squat in his second meet. He also soared to new PRs with a 205 bench and a 340 deadlift. The meet continued to be enjoyable because of a blend of experienced, novice, special and youth lifters. Young Justin Phillips made the trek down from Sugar Grove in northern Illinois to compete as his father judged and rested for the June 8 NASA Sub-Masters Meet in Arizona. The local trio of Special Olympians; Jerry Thorman, Doris Scott and Jerry Flexler all tuned up for their June 13 effort at the Illinois Special Olympics State Summer Games. First-time lifters were Jock Barron and Dawn Dassell from Evansville, IN; Jayne Belcher and Tommy Schaefer from St. Louis, MO; and local lifters Dylan McGee, Shandan Curtis and Jordan Wathan. As is always the case, this meet couldn't have been conducted without excellent people working at it. The Gill Girls, Cheri and Diana, continue to be the best table duo in powerlifting with Di's announcing always clear and positive, while Cheri had the results ready to be presented less than a minute after the bar hit the floor on the final deadlift. The duo of Danny Gill and Brian Lane did the bulk of the platform work, making a couple of excellent catches on both squats and bench press. Alan Hill made his last deadlift, shortly after setting a new state record of 330 pounds in the bench press, then stepped in to finish spotting for Danny on deadlifts. Roy Smith walked in from a four-wheel riding class just in time of load for deadlifts. The judging continued to be that of a national meet with Jeremy Phillips, Bob Tabaka, Bethany Schwaninger and former NASA Referees of the Year, Erin Maxwell and Mable Smith tossing lights throughout the day. (Thanks to The Gym for providing the meet results.)



**Olney Central College Sophomore Shandan Curtis** completes his easy opening curl of 110#s

**USAPL California Championships**  
12-13 APR 03 - Napa, CA

|  | SQ             | BP   | DL  | TOT  |      |
|--|----------------|------|-----|------|------|
| M2   |                |      |     |      |      |
| 114  | Sabre Lucchesi | 165  | 126 | 209  | 501  |
| M1   |                |      |     |      |      |
| 123  | C. Nicholson   |      |     |      |      |
| Open   |                |      |     |      |      |
| 132  | C. Henesian    | 253  | 121 | 303  | 677  |
| 148  | Sasha Meshkov  | 341  | 154 | 336  | 831  |
| M4   |                |      |     |      |      |
| 181  | Susan Gill     | 231  | 99  | 225  | 556  |
| MEN  |                |      |     |      |      |
| T1   |                |      |     |      |      |
| 114  | Chris Tremblay | 154  | 110 | 248  | 512  |
| T2   |                |      |     |      |      |
| 148  | Jeff Stanley   | 303  | 242 | 451  | 997  |
| M3   |                |      |     |      |      |
| 181  | Joe Randazzo   | 292  | 198 | 341  | 831  |
| Open   |                |      |     |      |      |
| Scott Layman                                       | 556            | 385  | 529 | 1471 |      |
| Eric Nahorniak                                     | 391            | 314  | 435 | 1140 |      |
| Jon Shapiro  | 374            | 275  | 358 | 1008 |      |
| Jeff Stanley                                       | 303            | 242  | 451 | 997  |      |
| David Brinegar                                     | 292            | 187  | 319 | 798  |      |
| 181  | Alan Franks    | 462  | 314 | 573  | 1349 |
| Andrew Schober                                     | 407            | 314  | 479 | 1200 |      |
| George Payne                                       | 352            | 248  | 440 | 1041 |      |
| Aaron Benes  | 352            | 209  | 440 | 1002 |      |
| M5   |                |      |     |      |      |
| Roy Eriksen  | 374            | 248  | 424 | 1047 |      |
| David Neville                                      | 242            |      |     |      |      |
| M7   |                |      |     |      |      |
| Gerard Ahern                                       | 292            | 214  | 374 | 881  |      |
| Open   |                |      |     |      |      |
| Greg Buffington                                    | 589            | 429  | 300 | 1619 |      |
| Joe Matteo   | 633            | 396  | 578 | 1609 |      |
| Open   |                |      |     |      |      |
| Victor Calia                                       | 496            | 363  | 606 | 1466 |      |
| Nick Dowdall                                       | 473            | 385  | 573 | 1432 |      |
| 220  |                |      |     |      |      |
| T3   |                |      |     |      |      |
| Steve Eckles                                       | 385            | 35   | 518 | 1228 |      |
| M1   |                |      |     |      |      |
| Jerry Tremblay                                     | 600            | 369  | 600 | 1570 |      |
| M3   |                |      |     |      |      |
| Dan Briner   | 424            | 347  | 589 | 1360 |      |
| M5   |                |      |     |      |      |
| Doug Dienelt                                       | 501            | 330  | 551 | 1383 |      |
| Open   |                |      |     |      |      |
| Tony Flabo   | 606            | 413  | 622 | 1642 |      |
| Steve Pena   | 556            | 407  | 551 | 1514 |      |
| Jeff Aguirre                                       | 562            | 374  | 523 | 1460 |      |
| Clint Cooley                                       | 451            | 330  | 584 | 1449 |      |
| 242  |                |      |     |      |      |
| M1   |                |      |     |      |      |
| Robert Ciano                                       | 501            | 407  | 622 | 1531 |      |
| Open   |                |      |     |      |      |
| Steve Silver                                       | 661            | 496  | 683 | 1840 |      |
| Steve Landry                                       | 650            | 462  | 633 | 1746 |      |
| Open   |                |      |     |      |      |
| Russell Kitan                                      | 551            | 600  | 551 | 1702 |      |
| Doug Carroll                                       | 600            | 358  | 573 | 1531 |      |
| Barrell Marum                                      | 501            | 3330 | 540 | 1372 |      |
| 275  |                |      |     |      |      |
| M2   |                |      |     |      |      |
| Phil Andrews                                       | 606            | 473  | 755 | 1835 |      |
| M6   |                |      |     |      |      |
| Danny Herrera                                      | 507            | 413  | 473 | 1394 |      |
| Open   |                |      |     |      |      |
| Phil Andrews                                       | 606            | 473  | 755 | 1835 |      |
| David Freeland                                     | 540            | 501  | 650 | 1691 |      |
| Open   |                |      |     |      |      |
| Riccardo Magni                                     | 622            | 440  | 628 | 1691 |      |
| Ryan Hebler  | 600            | 363  | 551 | 1515 |      |
| Frank Palmer                                       | 501            | 518  | 462 | 1482 |      |
| 275+   |                |      |     |      |      |
| M1   |                |      |     |      |      |
| Bruce A Lee  | 744            | 462  | 644 | 1851 |      |
| M2   |                |      |     |      |      |
| Leo Contreras                                      | 154            | 407  | 154 | 715  |      |
| M4   |                |      |     |      |      |
| Rich Hamilton                                      |                |      |     |      |      |
| Open   |                |      |     |      |      |
| Toby Levers  | 766            | 424  | 733 | 1923 |      |
| Bruce A Lee  | 744            | 462  | 644 | 1851 |      |
| Meet Directors: Jason Burnell, Lance Slaughter.    |                |      |     |      |      |
| (Thanks to USAPL for providing these meet results) |                |      |     |      |      |

**NASA Ohio Bench Press**  
11 JAN 03 - W. Liberty, OH

|                   |                 |                   |  |                 |       |                 |                   |                 |                            |
|-------------------|-----------------|-------------------|--|-----------------|-------|-----------------|-------------------|-----------------|----------------------------|
| WOMENS            | James Sparks    | 112.5             | Teen   | Pal Barton      | 97.5  | M1              | Mike Giese        | 182.5           | USAPL Nation's Capital Cup |
| 110               | M1              | HSP               | HSP  | Tim Lamb        | 117.5 | HSP             | SHW               | BENCH           | 17 MAY 03 - Vienna, VA     |
| Valerie Pendleton | 35              | Alan Zimmerman    | 132.5  | PS              | PS    | BJ Miller       | 137.5             | Female          |                            |
| 119               | M5              | Alan Zimmerman    | 132.5  | Jay Montgomery  | 215   | M1              | 97 Open           | Junior          |                            |
| Teen              | 205             | Steve Williams    | 182.5  | Steve Williams  | 182.5 | Earl Curry      | 198               | Rory Howell     | 340                        |
| Katie Oswalt      | 52.5            | Eric Wiessinger   | 157.5  | Eric Wiessinger | 157.5 | SM1             | 148 40-44         | Catherine Solan |                            |
| 127               | HSP             | PN                | PN   | PN              | 182.5 | John Lovallen   | 165               | Howard Sturman  | 380                        |
| HSP               | Dusty Roberts   | 100               | Steve Williams   | Dennis Herron   | 247.5 | 40-44           | Howard Sturman    | Kathleen Jones  | 340                        |
| Erin Lawson       | 27.5            | HSP               | HSP  | Steve Williams  | 182.5 | 40-44           | Tania Wilkes      | 150 50-54       | 40-44                      |
| Teen              | Tyson Gantz     | 97.5              | The Ohio State Bench Press Championships were held January 11, 2003, at the West Liberty-Salem High School, with 136 entries. The youngest being 13 and the oldest being 70, a fine Masters 4 lifter from Springfield, Ohio, Herb Yakel. This meet is done as a fundraiser for the lifting program at West Liberty-Salem School and to send our lifters to different high school meets. At this years meet, the open team trophy went to the Big Three Barbell Club from Millersport, Ohio. This is a fine group of men and women, who have won the team contest every year. Their team coach/captain is Gary Matheny, a very good master lifter. Gary could not compete this year due to a knee injury. The Northeastern Jets' won the high school girl's team contest and the Northeastern boys won the boy's team. With long time friend, Gary Scholl, as their coach. The West Liberty-Salem boy's team took second. Senior, Jenna Wasserman from Northeastern High School took this years best lifter award. Frank Newbill won the lightweight men's award and Jeff Peshek won the men's heavyweight award. | 137.5           | 137.5 | 137.5           | 45-49             | Pat Aulicino    | 415                        |
| Brandy Ludwig     | 47.5            | Bubba Horsley     | 95   | Mike Connor     | 125   | Male            | 125 220 Open      | Teri Smith      | 320                        |
| PN                | Anthony Harris  | 80                | PS   | PS              | 125   | 148             | Open              | Sean Welch      | 515                        |
| Megan Scholl      | 55              | Heath Alty        | 77.5   | Luke Erlinger   | 105   | Open            | 242               | Howard Sturman  | 490                        |
| 138               | Jr              | Jr                | Jr   | INT             | 105   | John Nakovich   | 290 Teen          | Kathleen Jones  | 340                        |
| Teen              | Mike Connor     | 137.5             | INT  | INT             | 105   | Kevin Graw      | 235 Brandon Taler | 40-44           | 40-44                      |
| Aubree Judy       | 35              | Brian Pence       | 125  | INT             | 105   | 165 Open        | 365 Guy Loretta   | 430             | 45-49                      |
| 154               | PS              | PS                | PS   | INT             | 105   | 40-44           | D. Maouy          | 345 45-49       | Henry Smith                |
| Jr                | Luke Erlinger   | 105               | INT  | INT             | 105   | 165             | 320 Carroll Lucas | 350             | 50-54                      |
| Ellen Allman      | 45              | PN                | INT  | INT             | 105   | 50-54           | 275               | Pat Aulicino    | 375                        |
| 170               | Roger Lyons     | 85                | INT  | INT             | 105   | Open            | 220               | 260             | 360                        |
| Jr                | PSM             | INT               | INT  | INT             | 105   | 181             | 50-54             | Marlon Williams | 550                        |
| Tara Palmer       | 52.5            | Keith Ankeney     | 150  | INT             | 105   | Open            | 181               | Open            | 340                        |
| 187               | M1              | HSP               | INT  | INT             | 105   | Steve Jafee     | 370 319+          | Chris Turner    | 510                        |
| Dave Hopkens      | INT             | INT               | INT  | INT             | 105   | George Welsh    | 320 Open          | Tim Henriques   | 355                        |
| Jenna Wasserman   | 80              | Dave Hopkens      | INT  | INT             | 105   | Lee Salz        | 305 Ken Rydor     | 40-44           | 40-44                      |
| Jr                | INT             | INT               | INT  | INT             | 105   | 45-49           | 280 Ken Rydor     | 446             | 446                        |
| Courtnee Differ   | 57.5            | HSP               | INT  | INT             | 105   | 40-44           | Powerlifting      | 275             | 275                        |
| SHW               | INT             | INT               | INT  | INT             | 105   | Female          | 220               | 220             | 220                        |
| Jr                | INT             | INT               | INT  | INT             | 105   | 97              | Open              | Teen            | 125                        |
| Lacie Harper      | 52.5            | Richard Douglas   | 110  | INT             | 105   | Open            | 181               | Marlon Williams | 425                        |
| Pure              | Kyle Elgen      | 12.5              | INT  | INT             | 105   | 50-54           | Open              | Open            | 340                        |
| Roberta Collins   | 177.5           | Nate Lowe         | 92.5   | INT             | 105   | Donna Aliminosa | 205               | Chris Turner    | 510                        |
| MENS              | Dustin Gantz    | 85                | INT  | INT             | 105   | 105             | 245               | Tim Henriques   | 355                        |
| 119               | INT             | INT               | INT  | INT             | 105   | 555             | 390               | 40-44           | 1675                       |
| HSP               | INT             | INT               | INT  | INT             | 105   | Donna Aliminosa | 205               | Ken Tuohy       | 600                        |
| Joel Krabill      | 65              | John Kuhns        | 155  | INT             | 105   | 105             | 245               | 446             | 1310                       |
| Jayne Watson      | 55              | PSM1              | 155  | INT             | 105   | 555             | 245               | Mike Lamartina  | 250                        |
| Teen              | Tom Boyer       | 162.5             | INT  | INT             | 105   | 245             | 235               | 265             | 750                        |
| Jon Wagner        | 50              | Mike Williams     | 150  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Jr                | SM1             | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Chris Deck        | 92.5            | Tyler Alexander   | 142.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| 127               | PS              | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| HSP               | Robert Coots    | 192.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Dave Douglas      | 80              | Gary Wombold      | 150  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Jake Hemminger    | 75              | Dan Goble         | 192.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Teen              | M2              | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Josh Lloyd        | 75              | Mike Brown        | 155  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Jr                | SMP             | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Charles Watson    | 67.5            | Charles Underhill | 205  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| 138               | SM2             | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| HSP               | Doug Price      | 215               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Mike Roach        | 110             | M3                | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Justin Taught     | 70              | Charles Workman   | 127.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Brian Poulton     | 52              | M4                | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| M2                | Herb Yakel      | 125               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Bill Parker       | 90              | PSMS1             | 155  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| PS                | Tom Boyer       | 162.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Tim Gunderson     | 85              | 250               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| SM1               | Teen            | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| John Six          | 137.5           | Aaron Butler      | 182.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| 154               | Chris Foster    | 117.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| HSP               | PN              | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Matt Bailey       | 110             | Rob Wiseman       | 155  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Brian Newman      | 72.5            | M1                | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Matt Short        | 67.5            | Harry Wotring     | 125  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Bobby Alig        | 60              | PSM1              | 155  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| John Weber        | 55              | Joe French        | 167.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Aaron Quilton     | 55              | SM1               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| M1                | Danny Canter    | 185               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Joseph Yu         | 142.5           | Les Boyer         | 182.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| SM1               | Teal Davis      | 177.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Mike Cameron      | 145             | Pure              | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| 170               | W. Isaac Thomas | 217.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| HSP               | Teal Davis      | 177.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Jeff Rood         | 107.5           | SM2               | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Mitch Cromes      | 90              | W. Isaac Thomas   | 217.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Mike Willis       | 87.5            | Jeff Ritzler      | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Teen              | 280             | INT               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Reggie Johnson    | 110             | HSP               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| INT               | Mall Lavelle    | 125               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Frank Newbill     | 162.5           | Teen              | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| PN                | Jim Chesseman   | 135               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Ron Maynard       | 162.5           | Jr                | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Pure              | Joshua Short    | 162.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Ed McCorriston    | 152.5           | PS                | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| PS                | Dick Ledford    | 177.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Daren Sea         | 112.5           | INT               | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| SM2               | Jeff Baker      | 207.5             | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Ed McCorriston    | 157.5           | Pure              | 207.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| 187               | Jeff Peshek     | 260               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| HSP               | Paul Bryant     | 185               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Adam Bailey       | 115             | PN                | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Josh Cosner       | 110             | Paul Bryant       | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Greg Shaffer      | 102.5           | SM1               | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Phil Hidinger     | 70              | Paul Bryant       | 185  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Teen              | PSM2            | 185               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Jason Waldren     | 117.5           | Jon Klutz         | 197.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Jr                | SM2             | 185               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Adam Roberts      | 147.5           | Jeff Peshek       | 260  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| PS                | Palmo Aracri    | 225               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Jeff Daniel       | 125             | David Mason       | 180  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| SMP               | M1              | 180               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| James Sparks      | 112.5           | Pete Kem          | 190  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| PSM2              | M2              | 190               | INT  | INT             | 105   | 245             | 235               | 235             | 1275                       |
| Larry Donahue     | 125             | Larry Porter      | 132.5  | INT             | 105   | 245             | 235               | 235             | 1275                       |

**Roberta Collins Benching, Mike Boettcher Head Judge at the NASA Ohio Bench Press in West Liberty, OH (Photo courtesy D. Cordial)**



**USAPL Nation's Capital Cup**  
17 MAY 03 - Vienna, VA

|       |                 |     |     |      |      |
|-------|-----------------|-----|-----|------|------|
| 40-44 | Tab Asselin     | 415 | 320 | 515  | 1250 |
| 50-54 | John Dressler   | 430 | 330 | 490  | 1240 |
| 55-59 | Ernest Burt     | 500 | 255 | 485  | 1240 |
| 55-59 | TJ Fleming      | 440 | 180 | 400  | 1020 |
| 55-59 | Ron Marks       | 300 | 200 | 520  | 1020 |
| 55-59 | Dennis Reamy    | 325 | 185 | 405  | 915  |
| 55-59 | E. McCulloch    | 145 | 145 | 145  | 435  |
| 55-59 | 198             |     |     |      |      |
| 55-59 | Open            |     |     |      |      |
| 55-59 | M. DelSignore   | 600 | 375 | 525  | 1500 |
| 55-59 | Sonny Johnson   | 500 | 355 | 510  | 1365 |
| 55-59 | Chris Hession   | 400 | 340 | 385  | 1125 |
| 55-59 | 40-44           |     |     |      |      |
| 55-59 | John Nakovich   | 290 | 235 | 380  | 1125 |
| 55-59 | Kevin Graw      | 235 | 180 | 380  | 1125 |
| 55-59 | 235             | 180 | 380 | 1125 |      |
| 55-59 | Pat Aulicino    | 375 | 360 | 550  | 1285 |
| 55-59 | 220             | 180 | 380 | 1125 |      |
| 55-59 | Teen            |     |     |      |      |
| 55-59 | Marlon Williams | 425 | 340 | 510  | 1275 |
| 55-59 | Open            |     |     |      |      |
| 55-59 | Chris Turner    | 605 | 430 | 640  | 1675 |
| 55-59 | Tim Henriques   | 535 | 390 | 675  | 1600 |
| 55-59 | 40-44           |     |     |      |      |
| 55-59 | Ken Tuohy       | 465 | 320 | 525  | 1310 |
| 55-59 | 50-54           |     |     |      |      |
| 55-59 | Mike Lamartina  | 250 | 235 | 265  | 750  |
| 55-59 | 242             | 220 | 200 | 225  | 750  |
| 55-59 | Open            |     |     |      |      |
| 55-59 | Dave Royhab     | 600 | 365 | 615  | 1580 |
| 55-59 | Dan Johnston    | 475 | 370 | 520  | 1365 |
| 55-59 | Lloyd Harrod    | 385 | 260 | 425  | 1070 |
| 55-59 | 40-44           |     |     |      |      |
| 55-59 | Guy Loretta     | 520 | 420 | 500  | 1440 |
| 55-59 | 55-59           |     |     |      |      |
| 55-59 | Lloyd Harrod    | 385 | 260 | 425  | 1070 |
| 55-59 | 275             | 220 | 200 | 225  | 750  |
| 55-59 | Open            |     |     |      |      |
| 55-59 | Stuart Dean     | 440 | 375 | 500  | 1315 |
| 55-59 | 50-54           |     |     |      |      |
| 55-59 | 40-44           |     | </  |      |      |

**SLP BROAD RIPPLE WINTER BP/DL  
18 JAN 03 - INDIANAPOLIS, IN**

|                  |       |                     |
|------------------|-------|---------------------|
| BENCH            |       | novice men          |
| teenage women    | 16-17 | 220                 |
| 165              |       | Albert Weathers 365 |
| Ashley Hyre      | 135*  | 4th 385             |
| 4th              | 145*  | police & fire       |
| open women       |       | 275                 |
| 123              |       | Joe Hyre 360        |
| D. Vermillion    | 65*   | open men            |
| 165              |       | 165                 |
| Ashley Hyre      | 135*  | Michael Sweeney 225 |
| 4th              | 145*  | 181                 |
| teenage men      | 13-15 | Ron Palmer 450      |
| 165              |       | 220                 |
| Thomas Endicott  | 265*  | Joe Principala 420  |
| 4th              | 275*  | 242                 |
| 181              |       | Dennis Smith 500    |
| Paul Miller      | 160*  | Shawn Jones 455     |
| submaster men    |       | Andrew Shaffer 340  |
| 123              |       | 275                 |
| Joe Antrim       | 225*  | Jeff Beaton 500     |
| 198              |       | 308                 |
| Dewayne Toombs   | 240   | William Beach       |
| 4th              | 255   | DEADLIFT            |
| 220              |       | teenage men 13-15   |
| Chris Hootman    | 405   | 181                 |
| 242              |       | Paul Miller 270*    |
| Mark Wynn        | 380   | 4th 330*            |
| master men 40-44 |       | teenage men 16-17   |
| 165              |       | 198                 |
| David Miner      | 240   | Kyle Ehmke 250*     |
| 4th              | 250   | 4th 325*            |
| 181              |       | submaster men       |
| Tracy Conner     | 465*  | 198                 |
| 242              |       | Dewayne Toombs 300  |
| M. Wigglesworth  | 475*  | 220                 |
| 275              |       | Chris Hootman 630*  |
| Ted Lobdell      | 365   | 242                 |
| master men 45-49 |       | Mark Wynn 545*      |
| 220              |       | police & fire       |
| Tom Boyer        | 410*  | 275                 |
| 242              |       | Joe Hyre 455*       |
| Jim Helsley      | 475   | open men            |
| master men 65-69 |       | 165                 |
| 220              |       | Michael Sweeney 315 |
| Gaylord Good     | 300   | 4th 350             |
| master men 70-74 |       | 181                 |
| 220              |       | Ron Palmer 650      |
| Allen Glass      | 250   | 242                 |
|                  |       | Andrew Shaffer 440  |

Light Power Indiana state record. Bench - Best Lifter - TRACY CONNER. Deadlift - Best Lifter - RON PALMER. The first meet of the new year was at Jerry Kenna's gym in Indianapolis, Indiana, Broad Ripple Fitness on January 18, 2003. Thanks to Jerry for his continued support of powerlifting and for once again hosting this meet. In the bench press event first-time competitor Ashley Hyre had a great day, taking both the teenage 16-17 and open women's 165 class. Ashley's 135 third and 145 fourth attempts were new state records for both classes. Danielle Vermillion won at 123 open with a new state record there of 65. Danielle now holds the state open records for both the 114 and 123 classes. Thomas Endicott was also competing for the first time, taking the 13-15/165 class with 265, followed by a 275 fourth attempt. Thomas' 275 set a new state record for that class. Paul Miller's first competition yielded a first place finish at 13-15/181, tying the state record with 160. Joe Antrim upped his own state record at submaster/123 to 225 with his final attempt. Dewayne Toombs got a pr on his fourth attempt with 255 after finishing with 240, for the title at submaster/198. Chris Hootman won at submaster 220 with 405, making just his opening attempt while Mark Wynn won at 242 with 380. In the master men's 40-44 division David Miner won at 165 with his 240 third and 250 fourth attempt while Tracy Conner won at 181. Tracy bested his own state record by five pounds with his 465 final attempt which also gave him the best lifter award for the competition. Mike Wigglesworth set the record at 242 with 475, which was also a new personal mark for him. At 275 it was Ted Lobdell with 365. Tom Boyer broke his own existing state record at 45-49/220 with 410 and Jim Helsley won at 242, making just his opener of 475. Gaylord Good won again at 65-69/220, finishing with an easy 300 while Allen Glass struggled with his new shirt settling with his opener of 250 at 70-74/220. Lifting for the first time, Albert Weathers lifted in the novice division, taking the title at 220 with 365 before coming back with a successful fourth of 385. Taking the title at police & fire/275 was Joe Hyre, who finished with 360. In the open division Michael Sweeney won at 165 with 225 while current APF Sr. National and WPO World champion Ron Palmer finished with an easy 450 at 181 for the win there. Joe Principala won at 220, settling with just his opener of 420. At 242 it was Dennis Smith the winner over Shawn Jones and first-time Andrew Shaffer. Dennis finished with 500 while Shawn got in only his opener of 455. Andrew Shaffer was third with 340. Jeff Beaton once again lifted 'raw', making a solid 500 for the win at 275. Lifting in the 308 open division was

## USA PARALYMPICS POWERLIFTING

### "The Road to Athens 2004"

We are looking to recruit persons with disabilities who are interested in competing in Paralympic powerlifting competition both nationally and internationally. Men and women with spinal cord injury, Cerebral Palsy and Les Autres are all eligible to compete in paralympic bench press competition. Powerlifting is the worlds fastest growing Paralympic sport. 109 countries on five continents participate in IPC Powerlifting sanctioned Paralympic competition. Lifters who are interested will receive coaching at home, at training camps and competitions.

For more information contact:

Ned Norton

USA Paralympics Powerlifting

Ph/fx (518) 765-5033

Email: warriorsonwheels@yahoo.com

## A Cold Day In ... Tuscola BP/DL 25 JAN 03 - Tuscola, IL

|                  |                 |                    |
|------------------|-----------------|--------------------|
| BENCH PRESS      | 4th             | 345                |
| junior women     | DEADLIFT        |                    |
| 148              | teenage women   | 13-15              |
| Peter VanHorn    | 300*            | 148                |
| 4th              | 130*            | Amy Lawless 180*   |
| open women       | 4th             | 200*               |
| 123              | master men      | 45-49              |
| Bernadette Justl | 120             | 275                |
| teenage men      | Meri Lawless    | 450                |
| 198              | master men      | 50-54              |
| Matt Bell        | 340             | 181                |
| submaster men    | Richard Carlson | 350                |
| 123              | 198             |                    |
| Laura Brammier   | 125*            | Neil Polonus 350   |
| 4th              | 310*            | open men           |
| master men       | 242             |                    |
| 50-54            | 181             | Brian Slavenas 455 |
| Richard Carlson  | 290             | 4th 470            |
| open men         |                 |                    |
| 242              |                 |                    |
| Brian Slavenas   | 330             |                    |

\*Son Light Power Illinois state record. Bench - Best Lifter - PETER VANHORN. Deadlift - Best Lifter - BRIAN SLAVENAS. The SLP Cold Day In...Tuscola Bench Press/Deadlift Championship was held January 25, 2003 at the gym. We had a much smaller turnout than usual but we all had a great time, mostly new lifters, and several personal records set. Thanks to my son Joey, Jonathan Williams and Rob Mann for all their help. In the bench press event first-time competitor Laura Brammier did well, taking the junior women's 123 class while setting the state record for that class. Laura finished with 130. In the open women's division 123 winner Bernadette Just finished with 120. This was Bernadette's first competition also. Matt Bell came to try out his new "Phenom" shirt, struggling on the day but "settling" the shirt better with each lift. Matt finished with a personal best 340 and the win at teenage 18-19/198. Still another first-timer was Peter VanHorn. Peter came down from Chicago to take the title at submaster 148. Peter finished with 300 for his third attempt but came back with a successful fourth of 310 to set the Illinois state record there. Peter also won best lifter honors for the bench competition. In the master 50-54 division Richard Carlson came oh so close with that magical 300\*, just missing the lockout at the very top. Richard then settled with his second attempt of 290, which was a new personal record for him at 181. Brian Slavenas looked strong in his first outing, consistently hitting each attempt, finishing with a personal best 345 fourth attempt. In the deadlift competition first-time puller Amy Lawless did a fantastic job, making all four of her attempts to finish with a new Illinois state record 200 and the title at 13-15/148. Amy, who is a Highland Games competitor, is going to be a good one. Amy's father, Meri, also had a great day, finishing with a personal best 450 for the title at 45-49/275. In the master men's 50-54 division Richard Carlson entered his first deadlift competition, taking the title at 181 with a personal best 350. Neil Polonus looked strong at 50-54/198 finishing with 350 and the win there. Neil and Meri will be the host of the 2003 World Highland Games to be held in Springfield, Illinois on May 17. For information on this event call Meri at 217-787-2918. Our final competitor in the deadlift event was Brian Slavenas. Using an overhand grip Brian pulled a personal best 455 before coming back with a successful fourth of 470. At a bodyweight of 240 Brian won both the open 242 class and the best lifter award for the deadlift competition. Thanks again to everyone who participated. (Results - Dr. Darrell Latch)

**Cold Day Best Lifters:** Brian Slavens (DL) and Peter Van Horn (BP- rt.)



Broad Ripple Best Lifters ... Ron Palmer (DL) and Tracy Conner (BP)





## Membership Application

AMERICAN POWERLIFTING FEDERATION

PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •



|                             |               |                            |     |                            |                                      |
|-----------------------------|---------------|----------------------------|-----|----------------------------|--------------------------------------|
| LAST NAME                   | FIRST NAME    | INITIAL                    |     |                            |                                      |
| STREET ADDRESS              |               | DATE OF APPL               |     |                            |                                      |
| CITY                        |               | STATE                      |     |                            |                                      |
| AREA CODE                   | TELEPHONE NO. | DATE OF BIRTH<br>MO DAY YR | AGE | SEX                        | ZIP CODE<br>ZIP CODE MUST BE PRESENT |
| REGISTRATION<br>FEE \$30.00 |               | MASTERS                    |     | CLUB MEMBER                |                                      |
|                             |               |                            |     | NAME OF CLUB YOU REPRESENT |                                      |
|                             |               |                            |     | YES                        | NO                                   |

ATHLETES, fill out card completely and mail with fee to:

MAKE CHECK PAYABLE TO A.P.F. Headquarters

62 S. BROADWAY  
AURORA, IL 60505 (630) 892-1491IF UNDER 18  
HAVE PARENT  
INITIALI CERTIFY THAT THE ABOVE ANSWERS  
ARE CORRECT AND THAT I AM ELIGIBLE  
TO COMPETE IN ACCORDANCE WITH THE RULES OF  
THE APF

SIGNATURE X

## APF Junior Nationals (kg)

15 MAR 03 - Boston, MA

|           | Men Open   | SQ    | BP    | DL    | TOT   |
|-----------|--|-------|-------|-------|-------|
| 132       | Evan Goulas  | 125   | 70    | 150   | 345   |
| 148       | Tim Bonczar  | 147.5 | 125   | 182.5 | 455   |
| 165       | Charlie Kanavas                                      | 235   | 152.5 | 250   | 637.5 |
| 181       | Mike Maxwell   | 350   | 200   | 267.5 | 817.5 |
| 198       | Greg Brochu  | 217.5 | 160   | 220   | 597.5 |
| 198       | Mike Hill  | 352.5 | 217.5 | 282.5 | 852.5 |
| 198       | George Solirakos                                     | 287.5 | 220   | 265   | 722.5 |
| 198 Bench | RJ Purcell   |       | 197.5 |       | 197.5 |
| 198       | Mike Danforth  | 347.5 | 192.5 | 282.5 | 822.5 |
| 220       | Scott Rowe   | 332.5 | 235   | 265   | 832.5 |
| 242       | Rob Trundy   | 297.5 | 212.5 | 272.5 | 782.5 |
| 308       | Phil Halliwell                                       | 297.5 | 217.5 | 272.5 | 787.5 |
| 308       | Tim Lane   | 312.5 | 172.5 | 277.5 | 762.5 |
| 308 Bench | Vin Dizenzo  | 302.5 |       |       | 302.5 |
| SHW       | Billy Mimnaugh                                       | 387.5 | 275   | 322.5 | 985   |
|           | (Thanks to Michael Soong for providing the results.) |       |       |       |       |

APF/AAPF Iron Island Holiday Classic  
07 DEC 02 - Oceanside, NY

|                   | Women        | SQ  | BP   | DL   | TOT  |
|-------------------|--------------|-----|------|------|------|
| (148/AAPF)        | A.CUDA       | 325 | 150  | 300  | 775  |
| (148/APF MASTER)  | K.CAGGIANO   | 340 | 200  | 325  | 865  |
| (181/AAPF)        | S. MENDELSON | 400 | 235  | 315  | 950  |
| MEN               | (148/APF)    |     |      |      |      |
| V. CENTAURO       | 460          | 280 | 505  | 1245 |      |
| (165/AAPF TEEN)   | MATT MULKEEN | 265 | 165  | 400  | 830  |
| (165/AAPF TEEN)   | ED DEBUS     | 205 | 275* | 370  | 850  |
| (165/AAPF)        | K. MANNING   | 550 | 330  | 490  | 1340 |
| (181/APF)         | JOSE CABRERA | 155 | 410  | 145  | 710  |
| (181/APF)         | RON FREEMAN  | 245 | 170  | 350  | 765  |
| (181/AAPF)        | JUSTIN ENES  | 355 | 250  | 540  | 1145 |
| (181/AAPF)        | DAVE KIRCHEN | 640 | 455  | 505  | 1600 |
| (198/AAPF)        | VIN COFIELD  | 405 | 350  | 460  | 1215 |
| (220/AAPF TEEN)   | SKY DERIVAL  | 65  | 255  | 315  | 635  |
| (220/AAPF MASTER) | TIM CLIFFORD | 325 | 225  | 410  | 960  |
| (220/AAPF MASTER) | ROB STARK    | 400 | 315  | 425  | 1140 |
| (220/AAPF)        | MIKE FELITO  | 440 | 305  | 445  | 1190 |
| (242/AAPF)        |              |     |      |      |      |

## USAPL Men's Teen/Jr Nationals

|                  | Male               | SQ    | BP    | DL    | TOT   |
|------------------|--------------------|-------|-------|-------|-------|
| 52 kg            |                    |       |       |       |       |
| Teen 14-15       | Tyler Baines       | 117   | 72.5  | 117.5 | 307.5 |
| Teen 16-17       | John Conner        | 105   | 60    | 147.5 | 312.5 |
| Teen 18-19       | Jeremy Scruggs     | 177.5 | 105   | 222.5 | 505   |
| 56 kg            |                    |       |       |       |       |
| Teen 14-15       | Dan Niltzen        | 110   | 65    | 137.5 | 312.5 |
| Teen 16-17       | Joshua Roberts     | 130   | 80    | 165   | 375   |
| Teen 18-19       | A. Blessinger      | 137.5 | 207.5 | 145   | 352.5 |
| 60 kg            |                    |       |       |       |       |
| Teen 14-15       | Gilbert Montes     | 165   | 110   | 215   | 490   |
| Teen 16-17       | Mike Hafenbrack    | 177.5 | 105   | 192.5 | 475   |
| Teen 18-19       | Brad Deville       | 145   | 80    | 170   | 395   |
| 64 kg            |                    |       |       |       |       |
| Teen 14-15       | Russell Johnston   | 135   | 70    | 147.5 | 352.5 |
| Teen 16-17       | Daniel Brignac     | 157.5 | 75    | 160   | 392.5 |
| Teen 18-19       | David Norris       | 147.5 | 82.5  | 150   | 380   |
| 68.5 kg          |                    |       |       |       |       |
| Teen 14-15       | Aaron Phillips     | 180   | 105   | 185   | 470   |
| Teen 16-17       | Nick Trzaskus      | 172.5 | 90    | 182.5 | 445   |
| Teen 18-19       | Charlie Blessinger | 157.5 | 102.5 | 167.5 | 427.5 |
| 72.5 kg          |                    |       |       |       |       |
| Teen 14-15       | Jordan Shontz      | 142.5 | 77.5  | 155   | 375   |
| Teen 16-17       | Jon Norwood        | 190   | 125   | 177.5 | 492.5 |
| Teen 18-19       | Manuel Ruiz        | 187.5 | 110   | 247.5 | 545   |
| 76 kg            |                    |       |       |       |       |
| Teen 16-17       | Loren Mangino      | 160   | 150   | 210   | 520   |
| 79 kg Teen 16-17 | Adam Nagle         | 195   | 100   | 192.5 | 487.5 |
| 83 kg            |                    |       |       |       |       |
| Teen 16-17       | Zac Meihais        | 175   | 115   | 190   | 480   |
| 87.5 kg          |                    |       |       |       |       |
| Teen 16-17       | Bill McCafferty    | 162.5 | 102.5 | 187.5 | 452.5 |
| 91 kg            |                    |       |       |       |       |
| Teen 18-19       | William Lubeck     | 222.5 | 147.5 | 252.5 | 622.5 |

|  |       |       |       |       |
|--|-------|-------|-------|-------|
| David Starkey  | 205   | 112.5 | 220   | 537.5 |
| Brendon Hurley   | 177.5 | 115   | 220   | 512.5 |
| Matt Hafenbrack  | 167.5 | 115   | 195   | 477.5 |
| Ray Porter   |       |       |       |       |
| Kenny Higdon   | 190   |       |       |       |
| Teen 18-19   |       |       |       |       |
| Ryan Keathley  | 260   | 162.5 | 262.5 | 685   |
| Nick Luiz  | 202.5 | 130   | 237.5 | 570   |
| Blake Dedas  | 200   | 127.5 | 227.5 | 555   |
| 90 kg Teen 14-15   |       |       |       |       |
| Travis Cecil   | 195   | 117.5 | 207.5 | 520   |
| Teen 16-17   |       |       |       |       |
| Jeff Eberenz   | 235   | 132.5 | 222.5 | 590   |
| Levi Jungbluth   | 215   | 135   | 227.5 | 577.5 |
| Mark Mozurek   | 170   | 97.5  | 190   | 457.5 |
| Teen 18-19   |       |       |       |       |
| Derek Baker  | 262.5 | 377.5 | 265   | 670   |
| 100 kgs Teen 14-15   |       |       |       |       |
| Joseph Tronzo  | 245   | 155   | 245   | 645   |
| Nathan McGee   | 187.5 | 110   | 192.5 | 490   |
| Teen 16-17   |       |       |       |       |
| Kevin Beranek  | 242.5 | 135   | 255   | 632.5 |
| Shawn Stanislaw  | 232.5 | 147.5 | 240   | 620   |
| Daniel Eads  | 237.5 | 115   | 230   | 582.5 |
| Lucas Southard   | 205   | 115   | 205   | 525   |
| Bryan Cardenas   | 242.5 |       |       |       |
| 110 Teen 14-15   |       |       |       |       |
| Zac Taylor   | 210   | 142.5 | 212.5 | 565   |
| Teen 16-17   |       |       |       |       |
| Joshua Wheeler   | 285   | 172.5 | 255   | 712.5 |
| Nick Rasmussen   | 265   | 152.5 | 282.5 | 700   |
| J. Cunningham  | 262.5 | 177.5 | 240   | 680   |
| Dominic Possa  | 260   | 135   | 215   | 610   |
| Alex Neukirch  | 190   | 117.5 | 215   | 522.5 |
| Jason Wolfe  | 195   | 112.5 | 215   | 522.5 |
| 114 kg   |       |       |       |       |
| Teen 16-17   |       |       |       |       |
| Daunte Cozart  | 247.5 | 150   | 287.5 | 685   |
| 125 kg Teen  |       |       |       |       |
| 14-15  |       |       |       |       |
| Alex Reid  | 222.5 | 130   | 247.5 | 600   |
| Teen 16-17   |       |       |       |       |
| Craig Weiler   | 207.5 | 137.5 | 215   | 560   |
| Dustin Greer   | 165   | 175   | 192.5 | 560   |
| Teen 18-19   |       |       |       |       |
| Adam Wilzak  | 282.5 | 195   | 215   | 692.5 |
| Shaun Denham   | 265   | 160   | 245   | 670   |
| Luke Hammonds  | 272.5 | 145   | 250   | 667.5 |
| R. Morehouse   | 265   | 162.5 | 217.5 | 645   |
| Bomb Outs: Teen 14-15 - David Albus; Teen 16-17 - Darrell Landry; Teen 18-19 - Nathan Pinkerman, Derek Dupis, David Villafanca. (results by USAPL) |       |       |       |       |

**California Signs & Products**

**BANNERS - FLAGS - A-FRAMES  
DIMENSIONAL LETTERS - MAGNETICS**

**TRADE SHOW BANNER SIGN SPECIAL!**

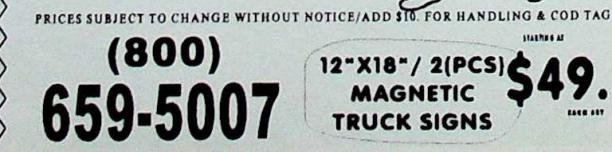
**3'X8'\$85.**

**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.**



**Southeastern Police and Fire  
JUN 03 - Birmingham, AL**

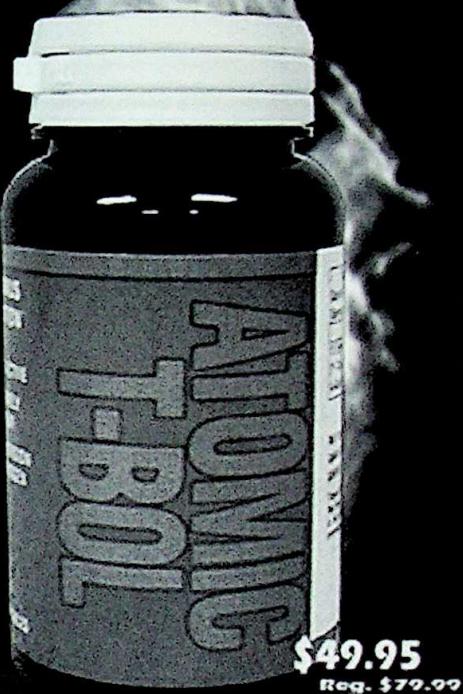
|                  |                           |
|------------------|---------------------------|
| Bench Press      | 198                       |
| Women            | Open                      |
| 132              | Brian Gardner             |
| 50+              | 30-39                     |
| Pat Fields       | 125 Alan Abercrumblle 320 |
| Men              | 40-49                     |
| 148              | Gregory Abbot 435         |
| Open             | Pleas Parker 410          |
| Marcus Huseth    | 205* 220                  |
| 50+              | 30-39                     |
| John Candler Jr. | 45 Robert Dorsey 430      |
| 165              | 50+                       |
| Open             | Ted Butler 370*           |
| Torrey Downs     | 255 242                   |
| 50+              | 30-39                     |
| William Sharp    | 235* Keith Roland 450*    |
| 181              | 275                       |
| 30-39            | 30-39                     |
| Shaun Massey     | 245 Robert Molay 510*     |
|                  | 40-49                     |
|                  | Clift Bell 385            |

The SE Police and Fire Championships are held every June in Birmingham, AL. The games are open to any sworn police officer or fireman either active or retired. There are many events including powerlifting and bench press. The attendance was down but many new records were established and are indicated above with an \*. Billy Sharp at age 69 continues to amaze everyone with his longevity. He did a 235 bench for a new record. The 198 40-49 division was very hard fought with a policeman winning out over a fireman. They carried on a rivalry that had reverse results last year with Pleas Parker winning by bodyweight that year. Robert Molay, had an outstanding 510 at 275 lbs. There were seven lifters in the powerlifting with several new records, but I do not have the powerlifting results at this time. The SE Police and Fire Championships are the best bargain in bench press and powerlifting competition with an entry fee of \$30 that includes a t-shirt and free hospitality each night with free food and beverages. The winners of each event receive a beautiful medal and a baseball hat that reads gold medal winner. Second and third place receive medals. A record setter gets a new watch that says SE Police and Fire record holder on the face. Again this is open to police and fire that live in any state. Results and info can be found at the web site at [www.championships.org](http://www.championships.org).

**APA Eastern US Open PL  
05 APR 03 - Ft. Washington, MD**

|                 |                               |
|-----------------|-------------------------------|
| BENCH           | 50-59                         |
| Women Open      | 97 George Wilson 340          |
| Kimberly Reed   | 100 148 Open                  |
| Junior          | Rick Brenner 325              |
| Jay Kosto       | 385 165 Open                  |
| Submaster       | Jose McLennan 295             |
| Dan Levesque    | 405 198 Open                  |
| John Baker      | 300 Rick Perconte 465         |
| 40-49           | Tim Jacob 405*                |
| Rick Perconte   | 465 220 Open                  |
| Milton Corss    | 440 Milton cross 440          |
| Robert Wyman    | 355* Jay Kotsos 385           |
| James Brooks    | 350 Marvin Boyd 242           |
| Tom Lewis       | 242 Open John Baker 300       |
| Powerlifting    | SQ BP DL TOT                  |
| Women Open      | 132 220 130 260 610           |
| Stephanie Kolso | 220 130 260 610               |
| Women 198 Teen  | Nilma Baldwin 215 125 305 645 |
| Women Master    | Kalhi Mulfart 190 100 220 510 |
| S. Washington   | 195 125 235 555               |
| Brandon Kesse   | 430 280 425 1135              |
| Josh Short      | 650 420                       |
| Submaster       |                               |
| Dan Levesque    | 550 405 525 1480              |
| Len Rutecki     | 450 315 460 1215              |
| C. Richardson   | 275                           |
| 123 SubTeen     |                               |
| Daniel Duncan   | 65 60 120 245                 |
| 165 Teen        |                               |
| Cedric Wilson   | 460 275 470 1205              |
| 181 Open        |                               |
| Derek Czadzeck  | 475 300 475 1250              |
| 198 Open        |                               |
| Len Rutecki     | 450 315 460 1215              |
| 220 open        |                               |
| Henry Gerad     | 705 455 700 1860              |
| 242 Teen        |                               |
| C. Richardson   | 225 195 365 785               |
| Open            |                               |
| Jimmy Marvel    | 625 375 570 1570              |
| Terry Bumgarner | 600 385 580 1565              |
| 275 Open        |                               |
| Jack Lancaster  | 410 295 450 1155              |
| 308 Open        |                               |
| Josh Short      | 650 420                       |
| SHW Open        |                               |
| Lou D'Ambrosio  | 700 460 570 1730              |
| Bill Duncan     | 565 275 535 1375              |

# ILLEGAL? NOT YET...



**\$49.95**  
Reg. \$79.99

## Pharmaceutical Grade

**100mg 1-Testosterone  
100mg 4-Androstenediol**

## CHECK US OUT ON THE WEB

**Creatine 500gr \$12  
Creatine 1100gr \$21  
Glutamine 500gr \$24  
Glutamine 1000gr \$42  
3lb Whey Protein \$24  
Thermogenic \$14.95  
GH Agent \$49.95  
Test Enhancer \$22.50  
Pre-Workout \$27.95  
Stimulant  
Sexual Performance \$15**

**MAXIMUS™  
NUTRITION**

**640 Kane Ct - Oviedo, FL 32765**

**1.800.550.6997**

**ASK FOR TIM EXT. 10**

**Outstanding Lifters:** Heavyweight (Power) - Henry Garard. Teen - Cedric Wilson. Light weight (Bench) - Rick Brenner. Heavyweight (bench) - Rick Perconte. Special thanks to Trent Dashill for providing the mono lift and his teammates who were a tremendous help in this meet. I'd also like to especially thank Sherwin Paglukhan for all his assistance, and our spotters/loaders and referee's who put in a very busy day and did a great job. Several records were set at this event. The even drew lifters from Ohio, Tennessee, Penn, Virginia, and Maryland as well as spectators who came from New Jersey, New York and other locations. The event was very well run and time efficient. Meet time was approximately 5 hours. I'd also like to especially thank World Gym for providing a last minute meet site to save the day. The event was booked at a high school and the day before the event the high school canceled due to school activities shutdowns related to the war and terrorist threats. (Thanks to S.Taylor for results)

**www.maximusnutrition.com**

**APA Tri-State BP & DL  
15 MAR 03 - Bristol, VA**

|                    |                          |     |
|--------------------|--------------------------|-----|
| BENCH Girls 148    | T. Broyles               | 290 |
| M. Dushman         | 85 Novice 220            |     |
| 6th Grade Boys 114 | J. Hale                  | 275 |
| E. Burkett         | 60 Open 242              |     |
| 7th grade boys 148 | K. Price                 | 520 |
| J. Fouch           | 75 D. Asher              | 385 |
| 11 grade boys 148  | J. Baker                 | 280 |
| J. Rouse           | Novice 242               |     |
| 7th grade boys 181 | D. Asher                 | 385 |
| J. Hayden          | 195 A. Haydem            | 375 |
| 11 grade girls 148 | G. Goad                  | 300 |
| K. Taylor          | 125 Open 275             |     |
| 4th                | 140* S. Odom             | 455 |
| 11 grade boys 220  | Novice 275               |     |
| P. Whitt           | 240 A. Andersn           | 300 |
| Women Open         | Open 308                 |     |
| 132                | S. Cassell               | 400 |
| J. Trem            | 135 W. Ferguson          | 325 |
| G. Duty            | 120 Novice SHW           |     |
| L. Payne           | 85 J. Hall               | 240 |
| 448                | DEADLIFT 9th grade-181   |     |
| T. Naumann         | 200 J. Hayden            | 280 |
| K. Taylor          | 125 11th grade girls 148 |     |
| 4th                | 130* K. Taylor           | 205 |
| 165                | WOMEN Open 148           |     |
| J. Messer          | 110 T. Naumann           | 270 |
| 181                | K. Taylor                | 205 |
| M. Levesque        | 165                      |     |
| MEN Junior         | J. Messer                | 240 |
| J. Cox             | 360 181                  |     |
| Sub                | M. Levesque              | 265 |
| K. Price           | 520 MEN Submaster        |     |
| J. Baker           | 280 J. Baker             | 440 |
| 40-49              | 50-59                    |     |
| W. Ferguson        | 325 W. Sexton            | 300 |
| G. Goad            | 300 Open 181             |     |
| 50-59              | R. Rimer                 | 380 |
| W. Sexton          | 235 Open 242             |     |
| S. Sexton          | 185 J. Baker             | 440 |
| Open 181           | Novice 275               |     |
| E. Roark           | 300 A. Anderson          | 455 |
| Open 198           | Open 275                 |     |
| D. Lowe            | 440 S. Odom              | 610 |

With 49 entrants this meet was a huge success considering that it was only planned and advertised for 4 weeks. Some outstanding lifts were registered and sportsmanship was great. Special thanks to our referee's, spotters & loaders who did an excellent job. Special thanks especially go to Kenny Burkett who owns Bristol Barbell of Bristol, VA for setting up a great venue with excellent equipment and help. We had a great time thanks to the efforts Kenny put into making this a quality event that all can remember and say was a great time. (Thanks to S. Taylor APA President-Results.)

**APA Southeast US Open BP & DL  
22 MAR 03 - Bangor, MS**

|  |                         |
|--|-------------------------|
| BENCH  | Open 181                |
| Womens Open  | E. Branham              |
| R. Coss  | 115 Open 198            |
| Teen 13-15   | C. McMullin             |
| T. Smith   | 290 Open 242            |
| BJ Broadhurst  | 175 B. Strange          |
| T. Barrett   | Open 275                |
| Teen 16-17   | J. Meyers               |
| E. Branham   | 300 B. Haynes           |
| N. Bracey  | 180 Open 308            |
| Teen 18-19   | J. Bishop               |
| J. Hays  | 400 DEADLIFT Teen 13-15 |
| Junior 20-23   | BJ Broadhurst           |
| G. Dixon   | 420 Teen 16-17          |
| S. Sloan   | 345 N. Bracey           |
| Submaster 33-39  | E. Branham              |
| J. Micka   | 510 Open 181            |
| J. Bishop  | 500 E. Branham          |
| Master 40-49   | Open 275                |
| J. Meyers  | 465 B. Haynes           |
|  | 600                     |
| Special thanks to Tony Shelton and Vicksburg Fitness Center for making this an outstanding event. The spotters at this meet were great and the judging fantastic. Vicksburg Fitness Center made a great meet site. (Thanks to Scott Taylor for results.) |                         |

# 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 TWILL CAPS** — "Constructed" style & white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered

**C** with two designs to choose from.

# IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

## IRONWRAPS Z

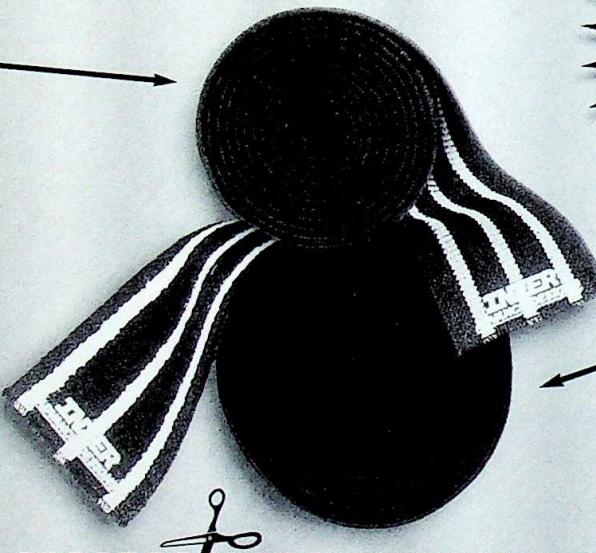
VERY, VERY POWERFUL!

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.*

|               |  |
|---------------|--|
| Name          | _____  |
| Address       | _____  |
| City          | _____ State  |
| Zip           | _____ Phone  |
| e-mail        | _____  |
| Qty.          | _____  |
| Denim Cap (A) | \$16   |
| Twill Cap     | <input type="checkbox"/> B <input type="checkbox"/> 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

**A PARADIGM SHIFT IN KNEE WRAP DESIGN!**

**4th Annual West LaFayette Classic  
09 MAR 03 - West Lafayette, OH**

|                 |                 |                 |            |                 |                |            |                |                |      |      |      |
|-----------------|-----------------|-----------------|------------|-----------------|----------------|------------|----------------|----------------|------|------|------|
| BENCH           | Raw Masters     | Jeff Hart       | 315        | 250             | 375            | 940        |                |                |      |      |      |
| 148             | Sean Massey     | 275             | 700        | 515             | 635            | 1850       |                |                |      |      |      |
| Teen 13-16      | Masters         | Steve Davenport | F105       | 230             | 133            | 230        | 590            |                |      |      |      |
| Casey Warren    | 180             | Mark Bryan      | F114       | 185             | 110            | 240        | 535            |                |      |      |      |
| Raw Open        | Open            | Erin Crapo      | F148       | Sarah Jaeschke  | 275            | 105        | 300            | 680            |      |      |      |
| Eric Hinton     | 170             | Steve Connor    | F165       | Megan Barbec    | 320            | 145        | Rachel Swanson | 295            | 225  | 345  | 865  |
| 165             | Chris Crabtree  | 575             | F165       | Jason McConnell | 315            | 148        | Jenae Jindra   | 235            | 125  | 300  | 660  |
| Raw Open        | Open            | DEADLIFT        | 148        | Master          | Monte Lofing   | 415        | 245            | 425            | 1085 |      |      |
| Jerry Evans     | 185             | Teen 13-16      | 181        | Teen            | Daniel Gorecki | 400        | 255            | 440            | 1095 |      |      |
| Open            | Casey Warren    | 310             | F148       | Sarah Jaeschke  | 275            | 105        | Sarah Jaeschke | 275            | 105  | 300  | 680  |
| Stephen Higgins | 325             | 165             | F165       | Kati Wurst      | 130            | 145        | Longhorn       | 181            | 148  | 250  | 385  |
| John Montgomery | 325             | 165             | Teen       | Randy Worden    | 305            | 360        | 665            | Brett Beinke   | 425  | 385  | 465  |
| 181             | 165             | Monte Lofing    | 181        | Ironman         | F105           | BP         | DL             | John Harris    | 75*  | 75*  | 1125 |
| Masters         | Open            | David Casasanta | 420        | Submasters      | 480            | 275        | TOT            | Chris Bloom    | 145* | 145* | 1125 |
| Rick Williamson | 250             | Nick Harstine   | 400        | Submasters      | 405            | 275        | 665            | Philip Hartman | 90*  | 97   | 1125 |
| Open            | Open            | 181             | Submasters | 445             | Submaster      | 420        | Submaster      | 123            | 123  | 123  | 1125 |
| Jay Dotson      | 375             | 181             | Submaster  | 445             | Submaster      | 420        | Submaster      | 123            | 123  | 123  | 1125 |
| 198             | 181             | Submasters      | 445        | Submaster       | 420            | Submaster  | 420            | Submaster      | 123  | 123  | 1125 |
| Submasters      | David Casasanta | 305             | Submasters | 420             | Submaster      | 420        | Submaster      | 123            | 123  | 123  | 1125 |
| Raw Open        | Raw Open        | 220             | Submasters | 420             | Submaster      | 420        | Submaster      | 123            | 123  | 123  | 1125 |
| Jim Wilson      | 225             | 220             | Submasters | 420             | Submaster      | 420        | Submaster      | 123            | 123  | 123  | 1125 |
| Masters         | Open            | 220             | Submasters | 420             | Submaster      | 420        | Submaster      | 123            | 123  | 123  | 1125 |
| Gary Combs      | 300             | Keith McNeish   | 650        | Submasters      | 420            | Submaster  | 420            | Submaster      | 123  | 123  | 1125 |
| Open            | Open            | 650             | Submasters | 420             | Submaster      | 420        | Submaster      | 123            | 123  | 123  | 1125 |
| Gary Combs      | 300             | Keith McNeish   | 650        | Submasters      | 420            | Submaster  | 420            | Submaster      | 123  | 123  | 1125 |
| 220             | 220             | Submasters      | 420        | Submasters      | 420            | Submaster  | 420            | Submaster      | 123  | 123  | 1125 |
| Submasters      | Bob Dotson      | 405             | Submasters | 420             | Submasters     | 420        | Submasters     | 123            | 123  | 123  | 1125 |
| Raw Open        | Raw Open        | 275             | Submasters | 420             | Submasters     | 420        | Submasters     | 123            | 123  | 123  | 1125 |
| Open            | Open            | 275             | Submasters | 420             | Submasters     | 420        | Submasters     | 123            | 123  | 123  | 1125 |
| Kevin Copeland  | 330             | Bob Fleming     | 600        | Submasters      | 420            | Submasters | 420            | Submasters     | 123  | 123  | 1125 |
| Sean Massey     | 310             | Open            | 665        | Submasters      | 420            | Submasters | 420            | Submasters     | 123  | 123  | 1125 |
|                 |                 | Drex Welch      | 665        | Submasters      | 420            | Submasters | 420            | Submasters     | 123  | 123  | 1125 |

Best Lifter in the deadlift was Keith McNeish with a pull of 650 at 220. Meet Directors - John and Kayleen Blackstone. Judges - Scott Stoffer, Dave Clement, Greg Eikenberry and Rusty Black. Loaders - Gerry Griffith and John Maloy. Score Table - Pam McKee, John Blackstone and Dave Clement. (Thanks to Muscle Bound Fitness for meet results.)



West LaFayette Classic-(Center)-John Blackstone-Meet Director. Best Lifter -R- Steve Connor - BP, -L- Keith McNeish - DL (Muscle Bound)

**USAPL Nebraska State & Longhorn  
26 APR 03 - Burwell, NE**

|                |                  |               |       |                    |               |              |       |       |       |       |      |
|----------------|------------------|---------------|-------|--------------------|---------------|--------------|-------|-------|-------|-------|------|
| BENCH          | Erin Crapo       | 133           | 123   | 16-17              | Dan Nitzen    | 270          | 145   | 315   | 730   |       |      |
| Open           | F165             | 225           | 16-17 | Josh Roberts       | 250           | 165          | 315   | 730   | 730   |       |      |
| 165            | Rackel Swanson   | 225           | 16-17 | A. Blessinger      | 275           | 150          | 305   | 730   | 730   |       |      |
| Ryan Hart      | 260              | Master        | 16-17 | David Norris       | 315           | 170          | 315   | 800   | 800   |       |      |
| Randy Worden   | 305              | 181           | 16-17 | Will Schemp        | 365           | 190          | 370   | 925   | 925   |       |      |
| 181            | Daniel Gorecki   | 255           | 18-19 | Zac Meihaus        | 385           | 250          | 360   | 995   | 995   |       |      |
| Bryan Keim     | 315              | 220           | 18-19 | Charlie Blessinger | 345           | 220          | 340   | 905   | 905   |       |      |
| 198            | John Probasco    | Teenage       | 148   | Jordan Shontz      | 290           | 180          | 355   | 825   | 825   |       |      |
| Eric Mallagh   | 320              | Teenage       | 14-15 | Will Schemp        | 365           | 190          | 370   | 925   | 925   |       |      |
| 220            | 242              | 148           | 16-17 | Zac Meihaus        | 385           | 250          | 360   | 995   | 995   |       |      |
| John Probasco  | 242              | 148           | 16-17 | Bill McCafferty    | 345           | 225          | 425   | 995   | 995   |       |      |
| Greg Wurst     | 350              | Longhorn Open | 16-17 | 18-19              | 18-19         | 18-19        | 18-19 | 18-19 | 18-19 |       |      |
| F105           | 198              | Bryan Jarecki | 275   | 18-19              | 18-19         | 18-19        | 18-19 | 18-19 | 18-19 |       |      |
| Open           | SQ               | BP            | DL    | TOT                | 181           | 181          | 181   | 181   | 181   |       |      |
| 123            | 200              | 175           | 340   | 715                | Paul Belshoff | 360          | 210   | 355   | 925   | 925   |      |
| Chris Sayers   | 200              | 160           | 330   | 730                | Clay Wade     | 380          | 230   | 315   | 925   | 925   |      |
| 132            | Cruz Borer       | 240           | 370   | 890                | Kenny Higdon  | 400          | 330   | 340   | 1070  | 1070  |      |
| 148            | Sterling Stinson | 460           | 290   | 500                | Tom Brangers  | 360          | 230   | 405   | 1135  | 1135  |      |
| Jon Jaeschke   | 350              | 150           | 380   | 880                | Blake Dedas   | 450          | 285   | 400   | 1135  | 1135  |      |
| Cory Maw       | 290              | 165           | 390   | 845                | Jon Belnlein  | 395          | 230   | 425   | 1050  | 1050  |      |
| 181            | Bryan Kelm       | 475           | 315   | 470                | 198           | 198          | 198   | 198   | 198   | 198   |      |
| Seth Holcomb   | 435              | 195           | 520   | 1150               | 14-15         | Travis Cecil | 380   | 240   | 405   | 1025  | 1025 |
| Chris Jaeschke | 385              | 165           | 440   | 990                | 14-15         | Adam Bisig   | 345   | 285   | 380   | 1010  | 1010 |
| Justin Inra    | 300              | 220           | 370   | 890                | 14-15         | 220          | 220   | 220   | 220   | 220   |      |
| 198            | Zach Houdek      | 330           | 230   | 425                | 985           | 14-15        | 14-15 | 14-15 | 14-15 | 14-15 |      |
| 220            | Jon Myrick       | 385           | 250   | 375                | 1010          | 14-15        | 14-15 | 14-15 | 14-15 | 14-15 |      |
| 242            | Allen Roelfs     | 390           | 280   | 450                | 1120          | 14-15        | 14-15 | 14-15 | 14-15 | 14-15 |      |

|       |              |     |     |     |  |
|-------|--------------|-----|-----|-----|--|
| 16-17 | Marc Tawlik  | 420 | 225 | 365 | 1010   |
| 14-15 | Zac Taylor   | 415 | 295 | 400 | 1110   |
| 16-17 | Craig Weiler | 485 | 295 | 410 | 1190   |
| 14-15 | Dustin Greer | 395 | 380 | 415 | 1190   |
|       |              |     |     |     | (Thanks to USAPL for providing these meet results) |

|                  |     |     |      |
|------------------|-----|-----|------|
| Michael Carreiro | 315 | 440 | 755  |
| Ray Thibault     | 330 | 330 | 660  |
| 132              |     |     |      |
| Ryan Urso        | 280 | 345 | 625  |
| 148              |     |     |      |
| Mike Petracca    | 280 | 345 | 625  |
| 165              |     |     |      |
| Anthony Williams | 290 | 450 | 740  |
| 181              |     |     |      |
| Sam Alba         | 290 | 400 | 690  |
| 198              |     |     |      |
| George Souza     | 360 | 550 | 910  |
| 220              |     |     |      |
| Geoffrey Esper   | 365 | 640 | 1005 |
| James Murphy     | 330 | 525 | 855  |
| Ryan Luchka      | 360 | 480 | 840  |

**ADAU Power Day  
26 APR 03 - Bigler, PA**

|       |                   |      |
|-------|-------------------|------|
| BENCH | Cory Rideout      | 415* |
| Women | 4th               | 430* |
| 132   | Ron Scandale      | 405  |
| 148   | Carol Koch        | 100* |
| 165   | Women             |      |
| 181   | S. Meyer          | 105  |
| 198   | Youth             |      |
| 220   | Carl Koch         | 195* |
| 242   | James Toland      | 475  |
| 265   | James Krajenski   | 380  |
| 280   | SuperHeavy        |      |
| 290   | Robert Jones      | 450  |
| 300   | Ryan Toland       | 460  |
| 310   | James Kraus       | 380  |
| 320   | Super Heavy       |      |
| 330   | Phil Hartman      | 305* |
| 340   | 4th               | 315* |
| 350   | John Harris       | 75*  |
| 360   | HWW               |      |
| 370   | Tammy Bokousky    | 275* |
| 380   | Youth             |      |
| 390   | Chris Bloom       | 145* |
| 400   | 4th               | 150* |
| 410   | Phillip Hartman   | 170* |
| 420   | 4th               | 175* |
| 430   | Men               |      |
| 440   | Jared Minns       | 160* |
| 450   | 4th               | 165* |
| 460   | Mark Skal         | 300  |
| 470   | 4th               | 345  |
| 480   | Timothy Tullio    | 230* |
| 490   | 4th               | 240* |
| 500   | James Monk        | 220* |
| 510   | 4th               | 240* |
| 520   | Mark Flanders     | 190* |
| 530   | 4th               | 240* |
| 540   | John Kuhar        | 400* |
| 550   | 4th               | 220* |
| 560   | Bill Simanovich   | 345  |
| 570   | 4th               | 340* |
| 580   | Robert Loy        | 340* |
| 590   | 4th               | 345* |
| 600   | Scott Vragovich   | 275* |
| 610   | 4th               | 345* |
| 620   | George Whitaker   | 400* |
| 630   | 4th               | 242* |
| 640   | Jim McElwee       | 390  |
| 650   | 4th               | 240* |
| 660   | David Showers     | 365  |
| 670   | 4th               | 240* |
| 680   | A. Campiere       | 355  |
| 690   | 4th               | 275* |
| 700   | Charles Dissinger | 320* |
| 710   | 4th               | 275* |
| 720   | Darryl Crans      | 320* |
| 730   | 4th               | 275* |
| 740   | Chris Martin      | 405  |
| 750   | 4th               | 275* |
| 760   | James Lewis       | 450* |
| 770   | 4th               | 319  |
| 780   | Corey Dissinger   | 470* |
| 790   | 4th               | 240* |
| 800   | Charles Dissinger | 470* |
| 810   | 4th               | 240* |
| 820   | David Flanders    | 190* |
| 830   | 4th               | 240* |
| 840   | Kyle Ybarra       | 435  |
| 850   | 4th               | 275* |
| 860   | Rob Leyundo       | 540  |
| 870   | 4th               | 275* |
| 880   | Randy Biggiam     | 440  |
| 890   | 4th               | 275* |
| 900   | John Wires        | 405  |
| 910   | 4th               | 275* |
| 920   | Derek Poci        | 275* |
| 930   | 4th               | 275* |
| 940   | Matt Fredricks    | 335  |
| 950   | 4th               | 275* |
| 960   | Chris Hartman     | 320  |
| 970   | 4th               | 275* |
| 980   | Nathan Grimes     | 315  |
| 990   | 4th               | 275* |
| 1000  | Dustin Seeley     | 215  |

\* - American Record. Bench - Outstanding bench presser was 23 year old James Lewis of Clearfield with an American record of 450 in the 20-23 year old Junior Class. Jim's lift was the heaviest of the day for all lifters and he almost made an attempt of 470, which will come in the future. Twelve lifters broke or established single lift American Records in their age groups with two other lifters attempting to break American age records. Deadlift - Outstanding deadlifter was 30 year old Bill Simanovich of Greensburg PA with his 3rd pull of 645. Bill attempted 661.1 on a 4th attempt to try and break the open American Record. Quality over Quantity as 14 lifters broke American Records with 3 others failing in their attempts. Cory Rideout, record holder at 761, attempted to lift 755 twice but just failed to lockout the weight. Results are final with four lifters tested in meet and one out of meet test. Bart Shuman was tested out of meet and Jim Lewis, Tim Cole, Ron Scandale, and Bill Simanovich were the lifters who were tested. All are drug free and proud. (Results-Siegel Engraving)

**USAPL Rhode Island Push/Pull  
30 MAR 03 - Providence, RI**

|                 |     |     |     |
|-----------------|-----|-----|-----|
| Women's JR      | BP  | DL  | TOT |
| Decca Straus    | 135 | 360 | 495 |
| Women's Masters |     |     |     |

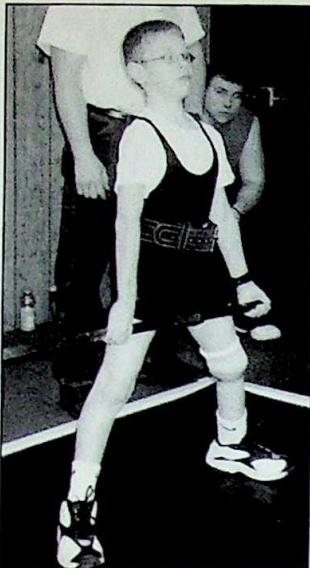
|                 |     |     |     |
|-----------------|-----|-----|-----|
| Cheryl Gazoero  | 75  | 205 | 280 |
| Men's Teenage   |     |     |     |
| Darryl Pono     | 205 | 455 | 660 |
| Men's Juniors   |     |     |     |
| Phil Najemy     | 340 | 630 | 970 |
| Mike Petracca   | 270 | 420 | 690 |
| Paul Pistacchio | 205 | 475 | 680 |
| Men's Submaster |     |     |     |

**NASA Illinois High School Champs**  
08 FEB 03 - Flora, IL.

| BENCH PRESS          | DEADLIFT              |
|----------------------|-----------------------|
| Women                | Women                 |
| 170                  | 170                   |
| Natalie Pioff        | 170 Natalie Pioff 285 |
| Powerlifting         | SQ BP DL TOT          |
| Youth 72             |                       |
| Kody Payne           | 50 47.5 95 192.5      |
| Junior High Division | 154                   |
| Paul Green           | 130 95 185 410        |
| 170                  |                       |
| Robbie Bute          | 200 165 305 670*      |
| 227                  |                       |
| Shane Sexton         | 200 150 245 595       |
| High School          | 119                   |
| Lucas Matson         | 157.5 155 220 532.5   |
| 138                  |                       |
| Dustin Bedel         | 225 145 325 695       |
| Jacob Maffett        | 235 115 305 655       |
| Jamison Mosley       | 155 110 280 545       |
| Dustin Givens        | 165 105 250 535       |
| Justin Walkins       | 155 100 245 500       |
| 154.3                |                       |
| Trevor Hopl          | 285 160 315 760       |
| Weylin Harris        | 235 135 300 670       |
| 170                  |                       |
| Courtney Yockey      | 455 195 455 1105      |
| Random Neal          | 360 225 400 985       |
| 187                  |                       |
| N. Messamore         | 225 140 300 665       |
| 205                  |                       |
| Andrew Harrison      | 260 165 350 775       |
| Joel Schaumburg      | 250 145 335 730       |
| Josh Denham          | 170 85 230 485        |
| 227                  |                       |
| Nathan Grimes        | 420 280 455 1155*     |
| Sean Stevens         | 320 200 350 870       |
| Neal Pioff           | 255 160 335 750       |
| Zachary Langhoff     | 200 120 270 590       |
| 280                  |                       |
| Kenny Hayes          | 415 245 445 1105      |
| POWER SPORTS         | Curl BP DL TOT        |
| Youth 72             |                       |
| Kody Payne           | 30 47.5 95 172.5      |
| 227                  |                       |
| Levi Eastin          | 62.5 115 215 392.5    |
| 170                  |                       |
| Robbie Bute          | 90 165 305 560        |
| 227                  |                       |
| Shane Sexton         | 80 150 245 475        |
| Myles Lewis          | 75 115 235 425        |
| Jr. High 154         |                       |
| Tyson Wyman          | 75 160 185 420        |
| High School 119      |                       |
| Lucas Matson         | 72.5 155 220 447.5    |
| 170.8                |                       |
| Random Neal          | 105 225 400 730       |
| 227                  |                       |
| David Denham         | 100 215 320 635       |



Division 1-bound basketball player Laura Cooper from Flora High School stopped in long enough to bury three strong squat attempts following a three-hour practice before the meet. Laura will be playing for Southern Illinois University this coming year.



Youth lifter Kody Payne made all three of his deadlifts and 11 of 12 lifts on the day at the NASA IL Championships. Kody wears a prosthetic device on his left leg as a result of a lawn mower incident when he was younger. Kody was given no special consideration in his lifts (photos-The Gym)

The fourth annual Natural Athlete Strength Association's Illinois High School Championships packed the house at The Gym with 28 high school athletes pushing up some serious iron. Something new for 2003 was the addition of Youth Lifters and a Junior High Division. Kody Payne was the youngest and lightest of all the lifters at 10-years of age and 72 pounds. Kody, who already competes in karate, football, basketball and baseball, decided to add powerlifting and came close to posting a perfect day. Because of NASA Youth judging, Kody received "Fives" on all three curl attempts. He was awarded 14 out of 15 points on his first two squats, but failed to get any votes on his third try. He picked up 15 points on two bench press attempts, but earned just seven points on his final lift of 47.5 pounds. Judging varied on deadlifts with 15 points on his opening deadlift, but just 10 points on two "fives" and a zero the second lift, then two "fours" and a "one" on his 95-pound attempt. Also lifting in the Youth Division was 252 pound 11-year-old Junior League Football champion Levi Eastin. Levi hit a 15 on a 62.5-pound curl and earned a 14 on a 115-pound bench before being red-lighted on a 150 final attempt. The following Monday, Levi did 150 for a triple. Levi's day went down hill after he picked up 15 points on a 215-pound opening deadlift when he was called for hitching on two attempts at 225 pounds. The home gym was also represented by five junior high lifters with 158-pound Robbie Bute leading the way. Robbie posted a perfect day, going 12-for-12 when he competed in both curls and the full meet. Robbie had plenty left in each lift, finishing with a best curl of 90 pounds, a 200 pound squat, 165-pound bench press and a 305 deadlift. His day's work in his first meet earned him the Outstanding Lifter trophy for the Junior High Division. The Outstanding Lifter for the High School Division wasn't awarded on any formula, but rather simply to the high school lifter with the heaviest total. Taking home the Outstanding Lifter trophy was Colfax High School lifter Nathan Grimes with an excellent day's work. Nathan made eight of nine lifts, missing only his opening bench press on his way to setting state records in squats (420) and the bench press (280). Nathan also led the Colfax Mustang powerlifters to the team title. Had a formula been used, Olney senior Courtney Yockey would have won the Outstanding Lifter. Courtney turned in the day's heaviest squat at 455 pounds and shared top honors in deadlifts with Nathan at 455 pounds. He gave a 500-pound attempt a great ride, but was called for a couple of rules violations. Courtney, a nominee for teenage Athlete of the Year, was using the meet as a training session for the Natural Nationals. Courtney's teammate at Olney, senior Kenny Hayes, posted a state record in the 280 division for squats at 415 pounds and deadlifts at 445 pounds. Kenny matched Courtney's total of 1105 - the day's second heaviest total. Lawrenceville High School sophomore David Denham turned in a successful

opening curl of 100 pounds. David failed to curl 110 on his second attempt, then did curl it on the third try, but called for a rule's infraction. David competed in the meet, despite being in the middle of his high school basketball season. Eldorado senior Random Neal posted excellent numbers, including the day's best Power Sports lifts of 360 in squats, 120 in curls, 225 in bench and 400 in deadlifts. Trevor Hopl, from Colfax High School, set state records in the 154-pound class for squats, 285; bench, 160; deadlifts, 315; and total, 760. Anchor's Jacob Maffett turned in a personal best squat of 235 pounds. Saybrook's Natalie Pioff came back from a disappointing day in squats to set a state record 170 pound bench press. But, what made this meet a success was what has made it successful since its inception - the youthful energy of the lifters. When Courtney Yockey stepped onto the platform to attempt his 500 pound deadlift, every lifter and spectator was cheering him on to succeed. Help continued to be abundant with Alan Hill, Brian Lane, David Riley and Jason Sanders serving as the primary spotting/loading team with Mitch Gill running the Monolift, Danny Gill serving as a back spotter, Cheri Gill running the results. Diana Gill announcing, Kay Lamb and Jim Conley recording the meet and Neoma Gill taking care of admissions. High School lifters, April Smith and Belthany Schwaninger - both Athlete of the Year nominees - judging with former Referee of the Year recipients, Mable Smith and Erin Maxwell watching them. Dr. Frank Hettiger continued to volunteer as a judge. The Fifth Annual NASA Illinois State High School Powerlifting Championships will be in February 2004. The next local meet in Flora will be May 31 for the NASA Illinois/Indiana Championships. The annual NASA Tri-State Championships will be combined with the NASA Teenage/ Junior/ Intermediate Championships on July 26. (Thanks to The Gym for results.)

summer camp along with financial assistance for members of the community to participate in YMCA programs that otherwise could not be afforded. The even was sponsored by Iron House Gym, Mason Insurance Agency, Mike's Olympic Gym, The Weight Room and Women of Steel. (P. Battle.)

**USPF ECC BP/DL**  
17 MAY 02 - Buffalo, NY

|                      |                      |
|----------------------|----------------------|
| Women 105            | Matthew Rydelek 495  |
| Michele Bertoli 130* | Jeff Cuyler 450      |
| 148                  | Wayne Carroll 405    |
| Anita Ramsey 165     | George Arthur 350    |
| 165                  | Matt Schimpf 330     |
| Brook Fineis 210     | Joe Wnuk 375         |
| Master               |                      |
| Brenda Kelly 135*    | 308                  |
| Teen Men 14-15       | Dave Lehmann 315     |
| Darryl Marks 215     | Deadlift OPEN 105    |
| 16-17                | Michele Bertoli 310* |
| Shane Allen 325      | 165                  |
| 16-17                | Brooke Fineis 385*   |
| Kyle Reisdorf 285    | MASTER 165           |
| Sub-Masters          | Brenda Kelly 220*    |
| Tom Schmidt 505*     | Men-Teen 14-15       |
| Trent Drake 355      | Eric Denk 370        |
| Paul Tout            | Darryl Marks 340     |
| Jeff Linton          | SUBMASTERS           |
| Masters              | Trent Drake 480      |
| Enzo Jekov 435       | MASTERS              |
| Warren Kelly 365     | Juan Collazo 475*    |
| Phil Portnoy 265     | James Carioti 450    |
| 4th                  | 275* David Vokes 500 |
| Juan Collazo 320*    | OPEN 148             |
| John Stellrecht 365  | Andre Jackson 460    |
| Maurice Hartling 460 | Bill Farnham 440     |
| Wayne Carroll 405    | Larry Huff Jr 600    |
| Larry Huff Sr 360    | 198                  |
| John Herbein 260     | Sean Hailey 570      |
| David Vokes 280      | Josh Pierce 500      |
| OPEN 148             | James Greene 415     |
| André Jackson 320    | 220                  |
| 165                  | Larry Huff Jr 600    |
| James Dossett 305    | Steve Coppola 540    |
| Bill Farnham 300     | Terry Phillips 420   |
| 198                  | 242                  |
| Sean Hailey 470      | Matt Rydelek 655     |
| James Greene 360     | George Arthur 650    |
| Josh Pierce 320      | Jeff Cuyler 630      |
| 220                  | Matt Schimpf 500     |
| Gary Larson 475      | 175                  |
| Steve Coppola 275    | James Cox 615        |
| 242                  | Joe Wnuk 510         |

\* - NY State Record. The 2nd Annual USPF Bench and Deadlift competition sponsored by the Eric Community College football team was held at the college May 17th. The event welcomed 36 lifters in the bench and 25 in the deadlift. Five state records were set in the bench. Michele Bertoli (130), Master Lifter, Brenda Kelly (135), Sub-Master, Tom Schmidt (505), Master Lifters, Phil Portnoy (275) and Juan Collazo (320). Four state records were set in the deadlift, Michele Bertoli (310), Brooke Fineis (385), Brenda Kelly (220), Master Lifters, 66 yr. old, 198 Juan Collazo did (475). The Outstanding Lifter for both events was 198 Sean Halley with lifts of 470 in bench and 570 in deadlift. The coaches and players of the Eric Community College football team under the direction of the head coach Dennis Greene ran a smooth and fast paced event. T-shirts, snacks and protein drinks helped to keep the generous number of spectators happy. Dennis Greene and his staff wishes to thank all those that participated and hopes to see everyone next year. (Thanks to Elizabeth Wuest for providing results.)

**USPF Pan American Bench Press**  
23 Nov 02 - Newmarket, NH (KG)

|                       |                    |
|-----------------------|--------------------|
| Women                 | 82.5kg/181 lb.     |
| 56kg/123 lb.          | M. Ioannou 162.5   |
| Open                  | C. Brien 160       |
| S. Bowles 55*         | J. Morrison 147.5* |
| Junior (20-23)        | 90kg/198 lb.       |
| S. Bowles 55*         | J. Silvera 190     |
| Men Sub (formula)     | L. Berges 155      |
| C. Brien 160*         | 100kg/220 lb.      |
| J. Morrison 147.5*    | J. Dowst 190       |
| Mens Master (formula) | 125kg/275 lb.      |
| B. Tucker 230         | S. Courtemache 215 |
| M. Ioannou 162.5* SHW |                    |
| Mens Open             | B. Tucker 230      |

\* - Denotes State Record. Referees - Brian Farmer, Jamie Fellows, Laura Tourtellot, Dave Follansbee. Announcer - Rocco Boulay. Venue - Great Bay Athletic Club. Special Thanks go out to Brian Farmer, Rocco Boulay, Jamie Fellows, Carole Kuchinsky, Bill Dugay, Laura Tourtellot, and everyone else for all of their help. Also, our sponsors: NUTRITION 101, USA Bodybuilding.com, Champion Barbell Club. Remember, to see what's happening in true New England powerlifting check out our USPF Region 1 website: www.AmericanPowerlifting.com See ya all next year! (Thanks to Dave Follansbee, Region1Chair.)

**LCF Baddest Bench Competition**  
27 APR 03 - Limon, CO

|                |      |                 |      |
|----------------|------|-----------------|------|
| 165            | 220  |                 |      |
| Michael Greene | 275* | Tim Cassius     | 365* |
| Toan Pham      | 265  | Masters         | 165  |
| Raul Martinez  | 245  | 165             |      |
| 181            |      | Andrew Dorrance | 310* |
| Patricio Duran | 360* | 181             |      |
| Preston Hill   | 305  | Dennis Germany  | 275  |
| 198            | 220  |                 |      |
| Damon Keys     | 325  | Michael Coleman | 315  |
| David Vieyra   | 280  | Derrick Martin  | 225  |

\* - Denotes a new Facility Record. Best Overall Lifter: Patricio Duran. Best Overall Lifter Masters: Andrew Dorrance. We started the summer off with a real bang here at LCF. Our annual baddest Bench Competition went extremely well. Big Thanks to Vince Rivera for coordination yet another great event! Thanks also to all the guys who worked the meet and made it all possible. Great Judging, and spotting, and the photography was awesome! Thanks Big Steve! The lifting kicked off at 8:00 am, and the competition moved along at a very fast pace. The camaraderie and support amongst the lifters can't be beaten. The atmosphere was absolutely electric. Every lifter put forth his best effort and left his all on the platform. Patricio "Wee-Man" Duran stole the show hands down. Opening at 1 pound over double his bodyweight, he powered it up near effortlessly! He then smoked a 360 pound second lift, calling for a mind boggling 382.5 for his third lift! (He only weighs 168 pounds!) The stubborn iron won out on this occasion, he controlled the weight nicely to his chest, but after about 2 inches of pushing, hit a wall! His valiant effort was awarded with applause from all in attendance. Great lifting Wee Man! I expect him to break the 400 pound barrier in the not so distant future! Congratulations to all the lifters! 7 records were broke, 3 in the 1rm, and 4 in the overall total! Great lifting you guys! We again would like to send a very special Thank you to our Recreation Supervisor Lt. Joffe for her commitment and support to the Facility Powerlifting Program! Her recognition of the life changing aspects of Powerlifting, and dedication to the betterment of the program is what makes the LCF Powerlifting Program the best! Thanks to Mr. Lambert and Powerlifting USA for publishing our results and for their time and commitment to the greatest sport of all time. Hail to Powerlifting! (Thanks to Big Mac for these results.)



**Patricio "Wee-Man" Duran hitting 360 @ 181 body weight during the LCF Baddest Bench (Photograph is courtesy of Joshua R. McKenzie)**

|                |       |             |        |        |  |     |
|----------------|-------|-------------|--------|--------|--|-----|
| J. Dinaso      | 155   | Doug Morris | 345    | 190    | 430  | 965 |
| 165            |       | Dave Lhota  | 370    |        |  |     |
| E. Nickson     | 272.5 | 175         | 287.5  | 735    | 242  |     |
| L. Kirchner    | 235   | 210         | 230    | 675    | 35-39  |     |
| J. Stark       | 260   | 137.5       | 222.5  | 620    | Richard McCray   | 475 |
| B. O'Connell   | 187.5 | 147.5       | 165    | 500    | 395  | 450 |
| A. Maldonado   | 182.5 | 105         | 182.5  | 470    | 1325   |     |
| 181            |       |             |        |        | 45-49  |     |
| M. Solomon     | 277.5 | 192.5       | 275    | 745    | Jack Tuller  | 435 |
| T. Slaghiarini | 245   | 142.5       | 210    | 597.5  | 245  | 455 |
| K. Dickson     | 212.5 | 137.5       | 222.5  | 572.5  | 1135   |     |
| D. Young       | 192.5 | 125         | 225    | 542.5  | God is Awesome! In my four years of hosting the PCC Open Virginia Invitational (a meet limited to 15 lifters or so), this summer's contest was great fun! Six lifters traveled to PCC for the meet, joining the Iron Warriors for a great time on the platform!  |     |
| C. Rzany       | 175   | 110         | 215    | 500    | Michael Peyton, a Navy SEAL proudly serving our great country, came with his brother (and fellow SEAL) Steve to bench, finishing with a 255-pound bench in the 148s. Washington, D.C. resident Lance Bravard and Iron Warrior Benjamin Spears made up the 165s, and both had flawless days on the platforms. Jason Billings, an ROTC honor student at Purdue, traveled from his family's home in Maryland for the contest after a year's absence from a competitive platform. Schemil Means and Charles Norfleet, both representing the Iron Warriors, battled it out for the top total in the 181s with Charles pulling ahead with his final deadlift. And while my total was the lowest in the 181s, my eyesight was the best - I just had LASIK surgery a couple of days before the contest (thanks Dr. Bowers!). Iron Warrior teammates Nathaniel Dave and Adelmo Gonzalez made up the 198s, highlighted by Nathaniel's 615-pound deadlift and Adelmo's PR bench at 300 pounds. In the 220s, Rjaszmonde "Jaz" Green posted great lifts en route to his contest-high 1455 total. Angelo Riccio, one of the Iron Warriors top spotter/loader in meets past, opted to lift this time around ... he said it was a much easier day! Iron Warrior Jerry Downey and Phenix, Virginia's Doug Morris, both lifting with us for the first time, lifted well and will certainly update their totals in December! Finally, Indian Lake, Pennsylvania's Dave Lhota, a long-time "100% RAW" supporter, hit a 370 bench to round out the 220s. Richard McCray competed solo in the 242s, with solid lifts making up his 1325 total. Finally, Iron Warrior head coach and all-around great guy "Big Jack" Tuller finished the day in the 275s with lifts of 435, 245, and 455 in the Master's Division. Special thanks to Tina Jackson, the Director of the Recreation Department at PCC, for hosting us; Edith Gross (Jack's mom) for her support of the Iron Warriors and the "100% RAW" lifters; Big Jack for his enthusiasm, dedication, and perseverance; Barry Walker of Walker's Gym for officiating and for his encouragement; Dave Lhota and Lance Bravard for judging the Iron Warrior's contest staff for announcing, scoring, spotting, and loading; Paul Bossi of Elizabeth City Trophy for the awesome plaques; and the Good Lord for a great, injury-free contest! God Bless.(Spero Tshontikidis provided results.) |     |
| 198            |       |             |        |        |  |     |
| R. Welding     | 142.5 | 82.5        | 160    | 385    |  |     |
| K. Melander    | 102.5 | 60          | 125    | 287.5  |  |     |
| UNL            |       |             |        |        |  |     |
| S. Hallen      | 160   | 110         | 155    | 425    |  |     |
| Teen (14-15)   |       |             |        |        |  |     |
| 148            |       |             |        |        |  |     |
| J. Maldonado   | 100   | 75          | 127.5  | 302.5  |  |     |
| (16-17)        |       |             |        |        |  |     |
| 198            |       |             |        |        |  |     |
| W. Rosa        | 175   | 115         | 205    | 495    |  |     |
| 220            |       |             |        |        |  |     |
| V. Shubinel    | 187.5 | 150*        | 197.5  | 535    |  |     |
| M. Aponte      | 150   | 112.5       | 192.5  | 455    |  |     |
| 275            |       |             |        |        |  |     |
| B. Wrezinski   | 205   | 145         | 195    | 545    |  |     |
| (18-19)        |       |             |        |        |  |     |
| 181            |       |             |        |        |  |     |
| C. Watson      | 147.5 | 112.5       | 212.5  | 472.5  |  |     |
| 198            |       |             |        |        |  |     |
| A. Delreal     | 242   |             |        |        |  |     |
| M. Brown       | 165   | 140         | 195    | 545    |  |     |
| Junior         |       |             |        |        |  |     |
| 165            |       |             |        |        |  |     |
| A. Maldonado   | 182.5 | 105         | 182.5  | 470    |  |     |
| 198            |       |             |        |        |  |     |
| R. Dillon      | 207.5 | 160         | 210    | 577.5  |  |     |
| 242            |       |             |        |        |  |     |
| S. Kouymanis   | 295   | 205         | 272.5  | 772.5  |  |     |
| 275            |       |             |        |        |  |     |
| M. Wenning     | 350   | 235         | 305    | 890    |  |     |
| Master (40-49) |       |             |        |        |  |     |
| 165            |       |             |        |        |  |     |
| B. O'Connell   | 187.5 | 147.5*      | 165    | 500    |  |     |
| 198            |       |             |        |        |  |     |
| M. Nichols     | 205   | 140         | 22.5   | 542.5  |  |     |
| 220            |       |             |        |        |  |     |
| G. Pierre      | 227.5 | 137.5       | 230    | 595    |  |     |
| 275            |       |             |        |        |  |     |
| P. Diggins     | 237.5 | 142.5       | 245    | 620    |  |     |
| UNL            |       |             |        |        |  |     |
| R. Keyes       | 280   | 192.5       | 287.5  | 760    |  |     |
| (50 & up)      |       |             |        |        |  |     |
| 198            |       |             |        |        |  |     |
| A. Arroyo      | 62.5* | 97.5*       | 137.5* | 297.5* |  |     |
| Open           |       |             |        |        |  |     |
| 132            |       |             |        |        |  |     |
| B. Turner      | 125   |             |        |        |  |     |
| 148            |       |             |        |        |  |     |
| T. Taylor      | 20    | 160         | 247.5  | 627.5  |  |     |
| S. Weilgos     | 192.5 | 120         | 185    | 497.5  |  |     |

**"100% Raw" PC Open & VA State**  
07 JUN 03 - State Farm, VA

|                    | SQ    | BP  | DL   | TOT  |
|--------------------|-------|-----|------|------|
| 148                | 20-24 |     |      |      |
| Michael Peyton     |       | 255 |      |      |
| 165                |       |     |      |      |
| A. Maldonado       | 148   | 325 | 235  | 450  |
| 181                |       |     |      |      |
| Benjamin Spears    | 360   | 300 | 450  | 1100 |
| 181                |       |     |      |      |
| Jason Billings     | 410   | 260 | 425  | 1095 |
| 18-19              |       |     |      |      |
| Schemil Means      | 375   | 315 | 505  | 1195 |
| 40-44              |       |     |      |      |
| Charles Norfleet   | 375   | 315 | 525  | 1215 |
| Spero Tshontikidis | 235   | 435 | 1015 |      |
| 198                |       |     |      |      |
| Nathaniel Dave     | 425   | 315 | 615  | 1355 |
| 40-44              |       |     |      |      |
| Adelmo Gonzalez    | 375   | 300 | 425  | 1100 |
| 220                |       |     |      |      |
| Rich Salvagni      | 606   | 462 | 440  | 1510 |
| Dustin Whitehead   | 501   | 363 | 435  | 1300 |
| Nick Lewis         | 468   | 314 | 534  | 1317 |
| Jesse Soule        | 551   | 413 | 611  | 1576 |
| 181                |       |     |      |      |
| Craig Terry        | 633   | 314 | 705  | 1653 |
| 181                |       |     |      |      |

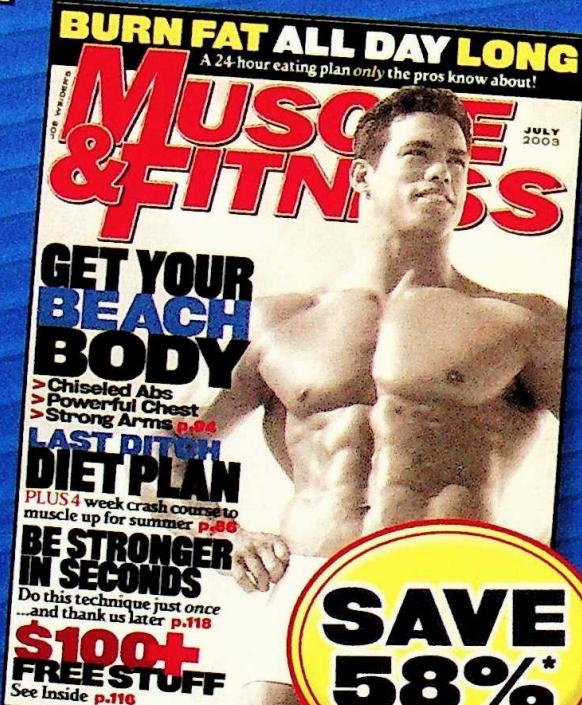
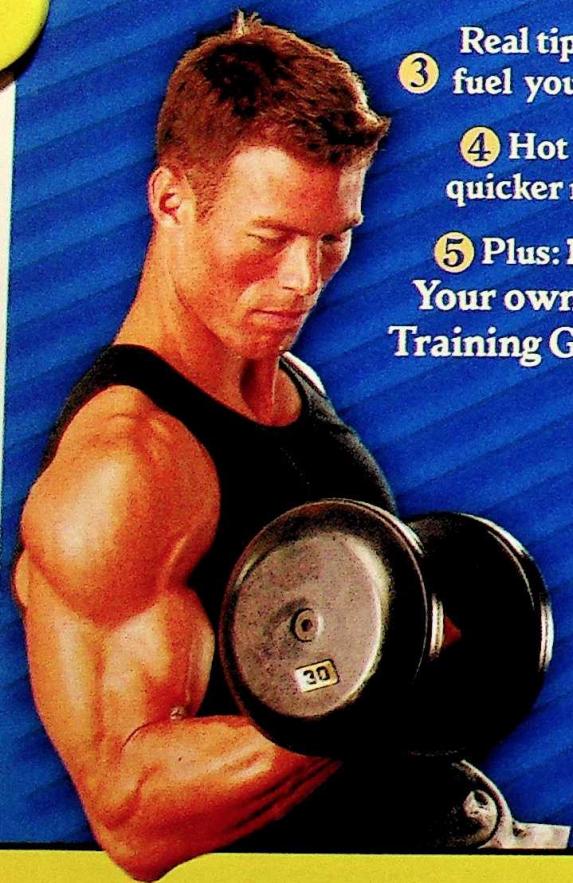
**USAPL No Frills Meet**  
26 APR 03 - Plainwell, MI

|  |     |              |     |      |
|--|-----|--------------|-----|------|
| Female 123   | SQ  | BP           | DL  | TOT  |
| Jerri Larkin   | 225 | 140          | 286 | 617  |
| 132  |     |              |     |      |
| Ross Hamilton  | 303 | 181          | 402 | 887  |
| Female 198   |     |              |     |      |
| Bonica Brown   | 319 | 132          | 336 | 788  |
| 165  |     |              |     |      |
| Don Larkin   | 220 | 154          | 468 | 843  |
| 181  |     |              |     |      |
| Rich Salvagni  | 606 | 462          | 440 | 1510 |
| Dustin Whitehead   | 501 | 363          | 435 | 1300 |
| Nick Lewis   | 468 | 314          | 534 | 1317 |
| Jesse Soule  | 551 | 413          | 611 | 1576 |
| 198  |     |              |     |      |
| Craig Terry  | 633 | 314          | 705 | 1653 |
| 220  |     |              |     |      |
| M. Ferlito   | 430 | 360          | 490 | 1280 |
| SubMasters 35-39   | 181 |              |     |      |
| S. Tullio  | 500 | 275          | 415 | 1190 |
| 198  |     |              |     |      |
| G. Gutierrez   | 350 | 325          | 410 | 1085 |
| SHW  |     |              |     |      |
| C. Gorman  | 525 | 405          | 600 | 1530 |
| Master 45-49 SHW   |     |              |     |      |
| T. Brown   | 540 | 325          | 555 | 1330 |
| Master 50-54   | 275 |              |     |      |
| D. Crans   | 415 | 280          | 490 | 1185 |
| Master 55-59   | 198 |              |     |      |
| R. Jeffords  | 200 | 215          | 350 | 765  |
| Exhibition lifter - D. Kingwater   | 605 | bench press. |     |      |
| Thank you to all that helped at the meet. (Thanks to Duane Card for providing these meet results.) |     |              |     |      |

# GET THE ALL NEW MUSCLE & FITNESS FOR ONLY \$29.97!

## 5 More Reasons to Subscribe:

- ① FREE step-by step training pullouts
- ② More of the muscle-building features you count on
- ③ Real tips and strategies to fuel your active lifestyle
- ④ Hot new design with quicker navigation
- ⑤ Plus: FREE GIFT—Your own exclusive Training Guide\*\*



## Subscribe today!

800-340-8954

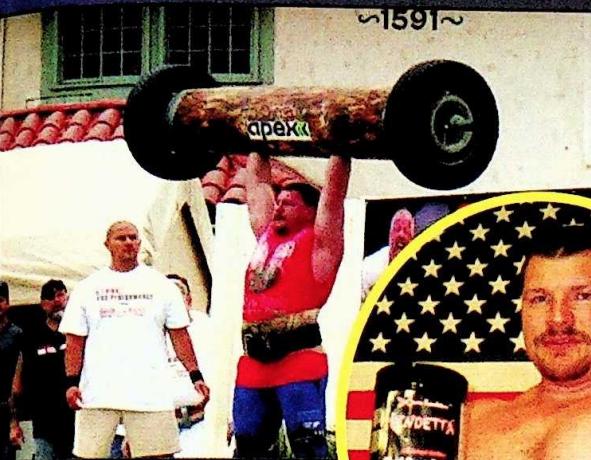
Refer to code: VDMY63PL

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

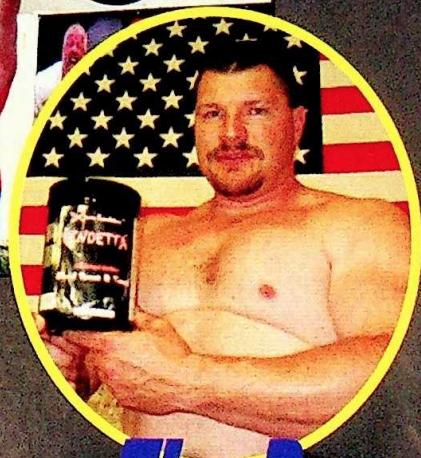
\*Savings off the cover price. \*\*With your paid subscription.

NEW LOOK • HOT FEATURES • ULTIMATE VALUE

# **THE STRONGEST ATHLETES IN THE WORLD RELY UPON...**

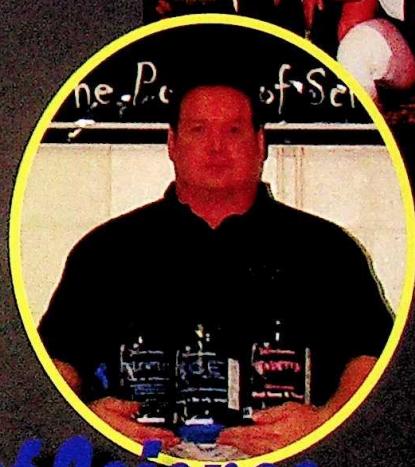


GILLINGHAM



## ***The Power of Science***

FOR STRONGER MASSES



GOAL

# **XTREME FORMULATIONS™**

For over 10 years



- VENDETTA
- ICE
- FIRE
- BRAVOPHILE
- PROTEIN
- TEST BOOSTER

It's Possible!  
It's Possible!  
It's Possible!

It's Possible!

It's Possible!

It's Possible!

# **UNLEASH THE POWER OF SCIENCE IN YOUR BODY!**

To order visit our website at: [WWW.XTREMEFORMULATIONS.COM](http://WWW.XTREMEFORMULATIONS.COM) or call us at 1.877.VENDETTA

**5th Wisconsin's Best BP  
29 MAR 03 - Independence, WI**

|                  |                      |     |
|------------------|----------------------|-----|
| Teen Girls       | Todd Ehalt           | 315 |
| 105              | Al Kieckhoefer       | 295 |
| Jena Moller      | 75 Aaron Perleberg   | 275 |
| 114              | 220                  |     |
| Allie Gustavson  | 90 Randy Dalluge     | 465 |
| 123              | Matt Nielsen         | 435 |
| H. Schraufenbil  | 105 Todd Breuer      | 430 |
| 132              | Tom Talcott          | 420 |
| Chelsey Schock   | 120 John Johnson     | 350 |
| 148              | Paul Ready           | 340 |
| Brittney Holzem  | 125 Dave Johnson     |     |
| Mandy Martin     | 120 242              |     |
| 165              | Shawn Becker         | 445 |
| A. Steinberger   | 125 Steven Adams     | 365 |
| Jessica Weideman | 125 Kevin Kulig      | 355 |
| Laron Ploederer  | 115 275              |     |
| Teen Boys        | Andy Fiedler         | 715 |
| 123              | Bill Pechmiller      | 530 |
| Jason Bechel     | 225 Karl Herrman     | 420 |
| 132              | Robert Dingfelder    | 330 |
| J. Woodman       | 135 308              |     |
| Josh Wickboldt   | 110 Scott Bromeis    | 395 |
| 148              | SHW                  |     |
| Dan Pope         | 315 Jon Riggs        | 360 |
| Kyle Brady       | 225 Submaster        |     |
| Josh Russeau     | 215 123              |     |
| R. Binstock      | 175 Lisa Pope        | 115 |
| Kody Rosen       | 175 Women            |     |
| Levi Ramsey      | 175 Submaster Men    |     |
| Ryan Ayer        | 95 181               |     |
| 165              | Bill Loomis          | 360 |
| Josh Cady        | 315 Mike Pope        | 350 |
| Scott Sullivan   | 300 198              |     |
| Cole Fritsch     | 275 Robert Krings    | 410 |
| T. Daffinson     | 255 Todd Smith       | 375 |
| Mike Komperud    | 230 220              |     |
| Arin Ellington   | 230 Curt Hager       | 375 |
| Paul Allen       | 180 Jon Steffenhagen | 360 |
| 181              | Dave Johnson         |     |
| Brian Kunderl    | 335 242              |     |
| Josh Bendel      | 230 Darin Weltzien   | 385 |
| Ryan Madlon      | 225 Scott Wahl       | 330 |
| Dan Wundrow      | 225 275              |     |
| Justin Julson    | 215 Dan Buchmann     | 440 |
| 198              | Daniel Reiter        | 380 |
| Nate Towner      | 300 308              |     |
| Mike Powers      | 255 Ray Flint        | 520 |
| Levi Dix         | 255 SHW              |     |
| Nic Loewenhagen  | 210 Scott Kennelly   | 340 |
| Kyle McMartin    | 325 Masters 1        |     |
| Mike Amundson    | 285 148              |     |
| Ryan McCarty     | 225 Linda Tamke      | 145 |
| Mike Stanton     | 185 Women            |     |
| 242              | D. Goldsmith         | 90  |
| Ervin Tuscel     | 280 Mary Beth Polus  | 85  |
| Patrick Sperl    | 240 181              |     |
| Scott Kane       | 240 Sandy Meyer      | 195 |
| 275              | Masters Men          |     |
| Cory Scenton     | 240 165              |     |
| SHW              | 210 Rick Wells       | 230 |
| Adam Zehm        | 330 Tim Sullivan     | 380 |
| Pre Teen         | 198                  |     |
| 148              | Leo Woodman          | 290 |
| Austin Russell   | 85 220               |     |
| Open Women       | Randy Dalluge        | 465 |
| 132              | Mike Gillette        | 365 |
| Robyn Niederkorn | 200 Mark Maloney     | 330 |
| 148              | Keith Polus          | 325 |
| Nicole Hartman   | 165 Bob Niederkorn   | 305 |
| 165              | 242                  |     |
| Cathy Adrian     | 120 V. Rassmussen    | 405 |
| Open Men         | 308                  |     |
| 148              | J. Wojciechowski     | 415 |
| William Bacon    | 265 Masters II Men   |     |
| Mike Daugs       | 225 165              |     |
| Allan Myszka     | Bob Goldsmith        | 240 |
| Brian Wellington | 220                  |     |
| 165              | Richard Linehan      | 385 |
| Todd Stinson     | 360 Jay Toth         | 350 |
| Matt Mal         | 345 Paul Willette    | 350 |
| Dave Draeger     | 315 275              |     |
| Steve Edson      | 235 Bob Brodt        | 335 |
| Kevin Harmon     | Masters II Men       |     |
| 181              | 181                  |     |
| Dean Reiman      | 500 Chris Rotter     | 170 |
| Sieve Heathman   | 420 220              |     |
| Bill Loomis      | 360 Bob Dingfelder   | 335 |
| Nick Priegnitz   | 335 Richard McGinley | 320 |
| 198              | 275                  |     |
| Brian Wright     | 450 Don Murphy       | 305 |
| Andy Adrian      | 430 Police and Fire  |     |
| John Robi        | 420 198              |     |
| Brad Hanneman    | 405 Andy Adrian      | 430 |
| Jeremy Allerman  | 380 220              |     |
| Steve Schaefer   | 375 Mike Fleming     | 380 |
| Ben Roehl        | 365 242              |     |
|                  | Shawn Becker         | 445 |

On March 29th, 2003 130 lifters traveled to Independence, WI for the 5th Annual Wisconsin's Best Bench Press. Lifters from all over Wisconsin and Minnesota competed with all proceeds going to the Athletic Department of Independence High School. I would personally like to thank all the judges, spotters, head table workers, concession workers, friends and family who helped make this event such a huge success. In the Teenage girls division, Jena Moller was unchallenged in the 105#

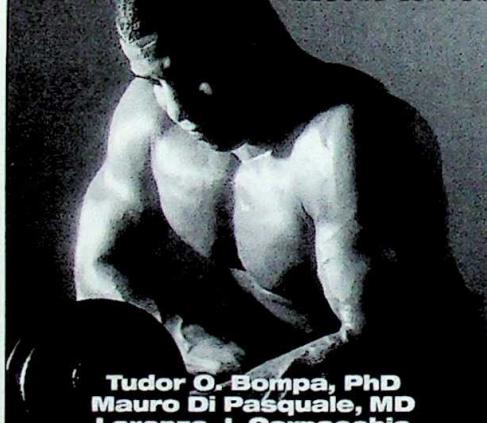
class with a lift of 75. As was Allie Gustavson, Heather Schraufenbil, and Chelsey Schock, who all took first in their weight classes of 114, 123, and 132#. In the 148's Brittney Holzem beat out Mandi Martin for first place by 5 pounds putting up 125. In the 165 pound class Amber Steinberger beat pu Jessica Weideman for top honors. Both entries did a 125 pound bench but Amber won on bodyweight. In the Teenage boys division, the 123 lb. class's lone entry was Jason Bechel as he slammed up an impressive 225 lbs. In the 132s Josiah Woodman bested Josh Wickboldt by 25, to bench 135. Dan Pope who benched 315, to win the class by 90 pounds over the next closest lifter, dominated the 148s again. Josh Cady in the 165s fought it out with Scott Sullivan, in the end it was Cady winning over Sullivan 315 to 300#. Brian Kunderl continued his bright lifting career with a big 335 pound lift as he won the 181s; the next closest lift was a 230# lift by Josh Bendel. The 198s belonged to Nate Towner as he benched 300 pounds to take first over Mike Powers and Levi Dix who followed with 255 pound benches. Kyle McMartin hit a nice 325, as he won the teen 220s over Mike Amundson's 285 pounds. The 242s saw Ervin Tuscel bench 280 to win the class over Pat Sperl. The 275s had only two entries; Cory Scenton bested Cale Anderson by 30 as he hit a 240-pound bench. In the heavyweight class, lone entry Adam Zehm's 330 took first. Austin Russell took first also in the preteen

class with a bench of 85# in the 148 pound class. In the open women's division we had three entries all in different weight classes. Robyn Niederkorn in the 132s did 200, Nicole Hartman in the 148s benched 165 and Cathy Adrian in the 165 pound class put up 120. All received first places. In the men's open, William Bacon hit 265 as he beat out Mike Daug's 225 to take home first place. Allan Myszka also entered but had a tough time with a new shirt and ended up missing his attempts as well as Brian Wellington having some adversity. Allan has a great chance to compete in Bench America, as he has put up well over 400 pounds several times. Todd Stinson returned take first again in the 165s as he benched 360 to beat out Matt Malyuk who followed with a 345 bench. In the 181 pound class, Dean Reiman smoked 500 pounds to win the class over next closest Steve Heathman who managed 420#. The largest class of the day was the 198s with ten entries. In the end it was Brian Wright pushing up 450 to win over Andy Adrian who went 430, followed by John Robl's 420. Randy Dalluge, in the 220s, had a very impressive 465 to take first over Matt Nielsen's 435. Next closest was Todd Breuer at 430. The 242s once again belonged to Shawn Becker, even on a bad day he still managed 445 to win over Steve Adams's 365, and Kevin Kulig's conservative 355. In the 275 pound class, newcomer Andy Fiedler thrilled the crowd with a 715 on his third attempt to take first. This lift also

qualified him for Bench America in Chicago on July 5th. Bill Pechmiller was next closest, taking second with a nice 530. Scott Bromeis in the 308s, and Jon Riggs in the heavyweight classes were unopposed taking firsts with 395 and 360 respectively. The sub master women division had just one entry; in the 123# class Lisa Pope did 115 to take first place. The sub master men, 181 pound class had Bill Loomis and Mike Pope fight it out for first, but in the end it was Loomis over Pope 360 to 350. The 198's saw Robert Krings take first with a strong 410, and Todd Smith put up a respectable 375 to take second. The 220s had Curt Hager win with a 375, over Jon Steffenhagen's 360. Also in this class Dave Johnson made a long trip and had a hard day as he barely missed 505 in his attempts. Better luck next time Dave. Darin Weltzien won the 242 pound class with a 385# bench. Next closest was Scott Wahl with a 330 to take second. The 275s belonged to Dan Buchmann, as he blasted up 440 to win over Daniel Reiner's 380. In the 308 class Ray Flint was unopposed, but still managed a big 520 to take first. As did Scott Kennelly in the heavyweights with a 340 to win, also unopposed. In the Masters I Women's division Linda Tamke managed a nice 145 to take first over Dorothy Goldsmith's 90, and Mary Beth Polus's 85 pound bench. Newly inducted Hall of Famer Sandy Meyer in the 181's hit a big 195, as she was the lone entry in her class. The Masters I division, had the first three guys unop-

## SERIOUS STRENGTH TRAINING

SECOND EDITION



Tudor O. Bompa, PhD

Mauro Di Pasquale, MD

Lorenzo J. Cornacchia

# JUST OUT New Book!

Former IPF World Champion Mauro Di Pasquale MD has provided a major new contribution to this revised 2nd edition of **SERIOUS STRENGTH TRAINING** with co-authors Tudor Bompa (considered the 'father' of periodization training) and kinesiologist (and former NWA wrestler!) Lorenzo Cornacchia. \$19.95 plus \$4 s/h to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011 (plus sales tax for California residents)

**What's Inside:** ... detailed theory on how muscles work (in layman's terms), what periodization training is really about, training cycle development theory, recovery practices, maximum athletic nutrition (including the Metabolic Diet!), EMG studies on which movements are safe, exercises demonstrated through great photography (including the Safety Squat Bar). The SIX PHASES OF TRAINING are laid out explicitly: Anatomical Adaptation, Hypertrophy (with entry level program specifications), Mixed Training, Maximum Strength, Muscle Definition, and Transition Training. The glossary is great, references extensive, and in the appendices they have that handy chart to figure your max lift based on the reps you do with a given weight, and the reverse ... a chart to figure your max lift based on the reps you can do with a given training weight.

posed in their classes. Rick Wells at 165, Tim Sullivan at 181, and Leonard Woodman at 198 pounds all took first with 230, 380, and 290 respectively. In the 220s Randy Dalluge's 465 gave him the win over Mike Gillette's 365. The 242 pound class had Verlyn Rassmussen all by himself as he did a big 405 to take first. John Wojciechowski in the 308s also stood alone as he hit 415 to win first place. In the Masters II men's, 2003 Hall of Fame inductee, Bob Goldsmith showed up and hit a modest 240 bench to win his class, as did Richard Linehan, who benched 385 to take first place unopposed. The 242s saw Jay Toth and Paul Willette both bench 350, but Toth won the class based on bodyweight. Bob Brodt, all alone in the 275s did a 335 pound bench to secure first place. In the Masters III men's division, Clark Romer by himself in the 181s benched 170. 2003 Hall of Famer Bob Dingfelder fought it out with Richard McGinley in the 220's. In the end it was Dingfelder winning by 15 pounds with a 335. Our last Hall of Fame inductee, Don Murphy in the 275s was unopposed, but still hit a great 305 bench at 69 years of age. The final division, Police and Fire had three entries all by themselves in the 198, 220, and 242 pound classes. Andy Adrian's 430, Mike Fleming's 380, and Shawn Becker's 445 all good enough for first place finishes. Again a Huge Thank You to all the people who helped make this event a great success, without you people there wouldn't be an event. (Results courtesy Glen Woychik, Meet Director.)

Kern County HS Powerlifting  
26 APR 03 - Bakersfield, CA

| Frosh/Soph          | SQ  | BP   | DL  | TOT | Josh Lopez          | 280 |
|---------------------|-----|------|-----|-----|---------------------|-----|
| 132 LB weight class |     |      |     |     |                     |     |
| Mike Campbell       | 225 | 150  | 245 | 620 | Francis Ojokwu      | 405 |
| John Buoni          | 220 | 130  | 240 | 590 | Sergio Hernandez    | 315 |
| Derek Booth         | 190 | 155  | 230 | 575 | Josh Prochnau       | 265 |
| James Henderson     | 130 | 120  |     |     | Bobby Hagues        | 230 |
| Jake Salazar        | 130 |      |     |     | Thomas Brezinski    | 200 |
| Jeremy Laughlin     |     |      |     |     | Justin Hedrick      | 145 |
| Gurinder Gill       |     |      |     |     | Andrew Woods        | 315 |
| 148 LB weight class |     |      |     |     |                     |     |
| Albert Hoigquin     | 350 | 225  | 355 | 930 | Tyler Evenson       |     |
| Willie Gordon       | 315 | 225  | 355 | 895 | 198 LB weight class |     |
| James Shiu          | 265 | 185  | 360 | 810 | Aaron Nadal         | 405 |
| Alec LoGuercio      | 265 | 180  | 275 | 720 | Roy Salazar         | 350 |
| Travis Spears       | 235 | 200  | 275 | 710 | Gene Porter         | 300 |
| Seto Castaneda      | 215 | 1185 | 275 | 675 | Logan August        | 315 |
| Nick Lewis          | 180 | 155  | 275 | 610 | Omar Garza          | 75  |
| Spencer Beckman     |     |      |     |     | Sean Smith          | 85  |
| Matt Taylor         |     |      |     |     | Jake Roughton       | 60  |
| Mitch Farley        |     |      |     |     | Andrew Gomez        | 75  |
| 165 LB weight class |     |      |     |     |                     |     |
| Joe Espinoza        | 265 | 235  | 365 | 865 | Daniel Coleman      | 185 |
| Kellen Stallings    | 265 | 215  | 350 | 830 | Chad Sorrel         | 315 |
| Mike Jones          | 275 | 185  | 345 | 805 | Tim Rickel          | 275 |
| Josh Vogel          | 285 | 155  | 285 | 725 | 220 LB weight class |     |
| Nick Legan          | 225 | 165  | 315 | 705 | Aaron Baughman      | 425 |
| Matt French         | 215 | 165  | 280 | 660 | C. Montgomery       | 345 |
| Garrett Mynk        | 190 | 155  | 275 | 620 | Justin Mantle       | 300 |
| Jon Hansen          | 225 |      |     |     | Pat Crow            | 225 |
|                     |     |      |     |     | Lupe Agcaoili       | 275 |
|                     |     |      |     |     | Tyler Montgomery    | 220 |
|                     |     |      |     |     |                     | 155 |
|                     |     |      |     |     |                     | 315 |
|                     |     |      |     |     |                     | 690 |

|                      |     |     |     |      |  |
|----------------------|-----|-----|-----|------|--|
| Ryan Hernandez       | 355 | 205 |     |      |  |
| Russell Roberts      | 345 |     |     |      |  |
| Richard Maturino     |     |     |     |      |  |
| 242 LB               |     |     |     |      |  |
| Leonard Castillo     | 425 | 225 | 450 | 1100 |  |
| William Raupert      | 260 |     |     |      |  |
| 275 LB weight class  |     |     |     |      |  |
| Jorge Garcia         | 245 | 165 | 300 | 710  |  |
| Anthony Phillips     | 345 | 200 |     |      |  |
| 275+ LB weight class |     |     |     |      |  |
| Sergio Espana        |     |     |     |      |  |
| JR/SR Division       |     |     |     |      |  |
| 132 LB wt class      |     |     |     |      |  |
| Cesar Romero         | 180 |     |     |      |  |
| Nicholas Romero      |     |     |     |      |  |
| 148 LB wt class      |     |     |     |      |  |
| Greg Hernandez       | 225 | 215 | 295 | 735  |  |
| Ben Ohlinger         |     |     |     |      |  |
| 165 LB wt class      |     |     |     |      |  |
| Brandon Maddox       | 415 | 270 | 455 | 1140 |  |
| Josh Domingos        | 385 | 260 | 405 | 1050 |  |
| Brady Gibson         | 335 | 185 | 375 | 895  |  |
| Mike Williams        | 280 | 210 | 385 | 875  |  |
| Mike Freeborne       | 275 | 245 | 350 | 870  |  |
| Coleman Sovers       | 95  | 205 | 355 | 855  |  |
| Nick Henlen          | 20  | 205 | 325 | 850  |  |
| Brian Burelson       | 50  | 225 | 325 | 800* |  |
| Kyle McClintonck     | 75  | 205 | 315 | 795  |  |
| 181 LB wt class      |     |     |     |      |  |
| L. Matthews          | 425 | 335 | 500 | 1260 |  |
| Ben Hicks, Jr.       | 385 | 235 | 365 | 985  |  |
| Keith Legro          | 360 | 185 | 315 | 860  |  |
| Chris Patterson      | 315 | 185 | 350 | 850  |  |
| Mauricio Aquirre     | 245 | 235 | 300 | 780  |  |



[WWW.ELITEFTS.COM](http://WWW.ELITEFTS.COM)

ONLINE STORE

## Q&A

## ARTICLES

OUR STRENGTH IS BEING ELITE



ELITE FITNESS SYSTEMS, INC.

122 South Main Street London, Ohio 43140

Order Line: 888.854.8806 Customer Service: 740.845.0389

[www.elitefete.com](http://www.elitefete.com)

Pump Fitness, Inc.  
09 MAR 03 - St. Johns, MI

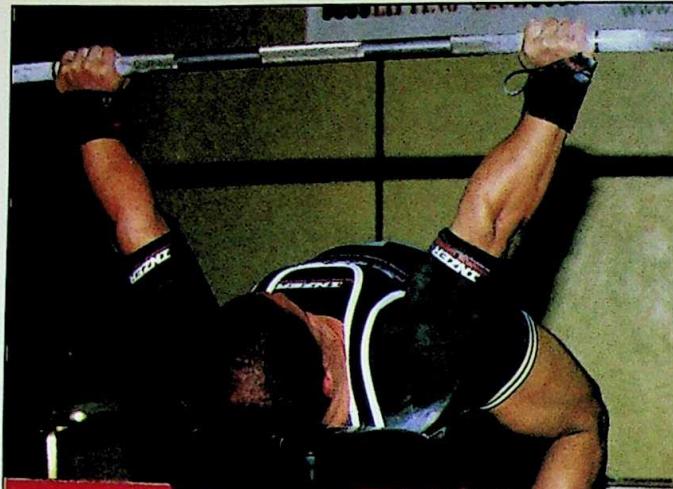
|               |     |               |     |
|---------------|-----|---------------|-----|
| 148           |     | Mike Williams | 480 |
| Tony Fisher   | 320 | Chuck Tithof  | 420 |
| 181           |     | Walter Ailles | 275 |
| Eric Wooley   | 365 | Master Class  |     |
| Eric Schlcht  | 340 | Tony Masten   | 440 |
| Gil Mandor    | 300 | Ray Zimmerman | 390 |
| 198           |     | Robert Denny  | 310 |
| Angel Cancel  | 375 | Women         |     |
| 220           |     | Erin Adams    | 145 |
| Jason Hillard | 435 | 242 Raw Class |     |
| Phil Thelen   | 350 | Jason Hillard | 400 |
| 242           |     | Leon Mills    | 365 |
| Leno Mills    | 435 | Scott Cook    | 340 |
| Doug Smith    | 185 | 242+          |     |
| 275           |     | Chuck Tithof  | 405 |
| Clind Ewald   | 480 |               |     |

275+

(article continued from page 7)

Teen WR). He was even better than that here! He lost his opener (573) to depth. Up to 589.7 for a good lift breaking his own WR. BP - all three good: 374, 396, and finally 407.9, breaking his own WR. In the DL, he pulled 451.9, then 485, before missing 501. So he broke his own WR twice with 1449.5 and finally 1482.6. That's great. What a brilliant future this young man has in powerlifting. I'm sure his coach Rick is quite proud of him.

165 - Hayward Blake, 17, another rising teen star, who is a computer technician from Alameda, CA had high expectations coming in. Rightfully so, having established 3 CA State records as a 181er in FEB with 573 SQ, 386 BP and 1422 TOT. He dropped bodyweight to compete here. His 578 was a robust opener; but he sat too deep, and couldn't recover. Repeat - miss again. Next he jumped to a huge 628. Hayward is not even slightly intimidated by the barbell. Alas, he missed. No matter! He'll be back - bigger, stronger and smarter in accord - and will get his starter on the board! The oldest man in the meet was John Upton, 80, a retiree (also from Las Vegas). He had the crowd rooting for him. He SQed 209 (3rd), then smashed two WPC 80-84 age group WRs with 220 and 231.4. How many guys his age



Nick Hatch ... a Senior National Open Champion at age seventeen!

still lift weights, let alone lift such poundages? He also pulled a 303 DL for a 744 TOT, a WR also. In 3rd place and claimant to the bronze medal (all the medals were really outstanding this year) was Brian Strickland, 33, from Lakeland, FL. Brian was in the thick of action, but missed key lifts which possibly could have won the whole thing (on lighter bodyweight). He got a 600.7 SQ start, after almost getting stuck. He got pinned with 622, then missed 3rd also. He made a 385.8 BP, but not 402 despite two spirited tries. Best DL was 589.7 for 1576.3.

Taking 2nd was Brian Tincher, 33, of Altamonte Springs, FL. SQ 578, BP - a great 451.9 (got all 3), DL 562.1 for 1592.8. Winning his first Senior National Title was Daniel Petrillo, 23, of Whippny, NJ. He SQed 567.7 with no problem, but 622.8 twice proved to be too heavy. BP - it's his specialty. His 462.9 3rd, I believe, is a new WPC Jr. WR. He's 23 and that exceeds the former record of 440.9 by RSA's Downing. DL: two good ones (600.7), pass 3rd. TOT - 740 kg (1631.4).

181 - this was the final class of Saturday's lifting. Fabian Wamb-

sgans, 56, a grizzled, do-or-die sorta guy fell out of contention but not as he usually does. This veteran warrior is a physical therapist from Dearborn, MI who doesn't know the meaning of the word quit! He appeared to be headed down the ole SQ bomb trail, when he started at a huge 672.4 and missed his depth twice. On his final try he sank it - just enough to stay in the battle. That's a new 55-59 WPC WR as well. Plagued for years with upper body injuries, Fabian got a good 2nd BP. On to the DL. His 600.7 opener hardly seemed too much, considering what he's done in recent years. Coming up he suddenly dropped it and grasped the inside of his right arm in pain. Torn bicep. He flew back to MI to have it repaired surgically. This left Sean Baker, 32, a rehab equipment manager from Tulsa, OK to take home the silver medal. He made a solitary success in each of the three lifts: 584 SQ, 314 BP and 562 DL for a 1460.5 TOT. Retaining the Seniors title he'd won just a year ago was Ron Palmer, 30, from Indianapolis, IN. He took up PL seriously only 2 years ago and zoomed from relative obscurity to become one of the greatest lifters in the World today. He's nicknamed "Lionheart" for his unrelenting pursuit of greatness. You can't keep Ron out of the platform. He showed up as a guest lifter at the National Masters in Daytona one

## The Gold Standard in Grippers

Captains of Crush® grippers pack industrial strength in a hand-sized package: They weigh less than a pound, but they challenge the world's strongest men. These state-of-the-art hand grippers begin where others end.

If you are new to grip training, begin your quest with our Trainer—substantially tougher than a sporting goods store gripper, there is nothing wimpy about it. Next up is our No. 1, which is tough enough to defy most men who lift weights the first time they try to close it. When you can close our No. 2 gripper, you have left the realm of ordinary hand strength and have a grip you can be proud of, and you will be ready to face the big meat: our No. 3 and No. 4. Close either of these grippers under official conditions\* and we'll certify you, making you a member of a very exclusive club and giving you bragging rights in the grip world.

For over 15 years, we have pioneered new territory in the gripper world, defining new limits of toughness, sophistication and precision.

Captains of Crush: the gold standard in grippers.

**Captains of Crush grippers: US\$19.95 each plus \$6.00 S&H for one in the US (\$7 S&H for 2, \$9 for 3 or 4, \$10 for all 5).**  
For quick and easy on-line shopping or to request a catalog, visit us at [www.ironmind.com](http://www.ironmind.com).

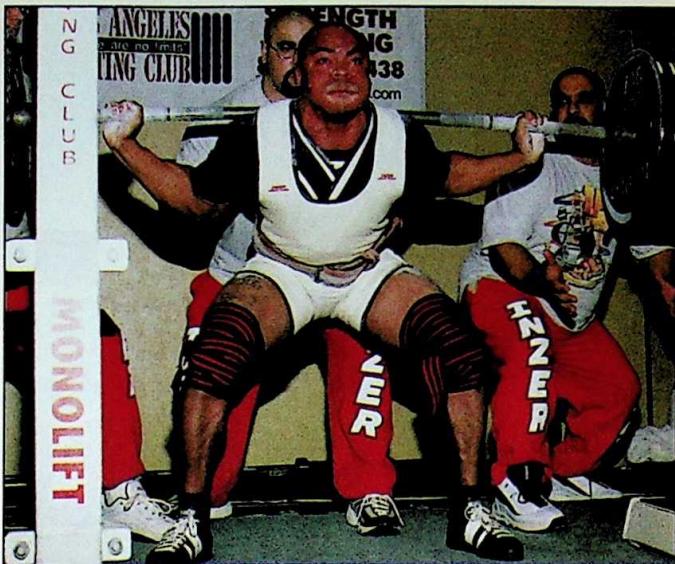
**IRONMIND®**

Stronger minds, stronger bodies™

IronMind Enterprises, Inc., P O Box 1228, Nevada City, CA 95959 USA  
Web site: [www.ironmind.com](http://www.ironmind.com); e-mail: [sales@ironmind.com](mailto:sales@ironmind.com);  
tel: 530-265-6725; fax: 530-265-4876

\*Enjoy surfing our site [www.ironmind.com](http://www.ironmind.com) or go directly to [http://www.ironmind.com/faq\\_grippers.shtml](http://www.ironmind.com/faq_grippers.shtml) if you're in a hurry to see the rules.





Ron Palmer -- possessed with what it takes to win, again and again

month before this meet. Scaling 177, he went 804 SQ, 501 BP and 694 DL there to become only the 5th man in History to hit the one ton total (907.5 / 2000.6) following in the footsteps of such great ones as Bell, Bridges, Coan, and Gaugler. He was ready to kick his afterburners up one notch hotter here: SQ - a 705 opener was followed by too high of an increase to 804. He'd got by with this same huge jump in FL. What would happen here was scary. His rack height was one notch lower than he'd asked for. The weight wasn't balanced. He always walks it back out of the Monolift. Without warning, he lost his balance and pitched forward ending up face down on the platform. When he was helped to his feet and left the platform walking of his own accord we were all greatly relieved. Most would have been satisfied to be content with their opener. Ron wanted to prove he could come back and do it even after his mishap. That's exactly what he did, taking the same huge load (804) down and back up

good enough to please the judges. On to the BP. He opened with 462.9 - a toy - and went straight to 512, a near miss, but made the PR on a final try. He'd hurt his back somewhat during his SQ mishap, and was slightly off pulling his best: 644, followed by 672 for a 1989 TOT. He wanted 705, going for 2022 to move into 4th over Gaugler's 2017, on the all-time list. He couldn't do it this time, but had repeated as a men's champ from last year, something only two other guys in the whole competition were able to pull off.

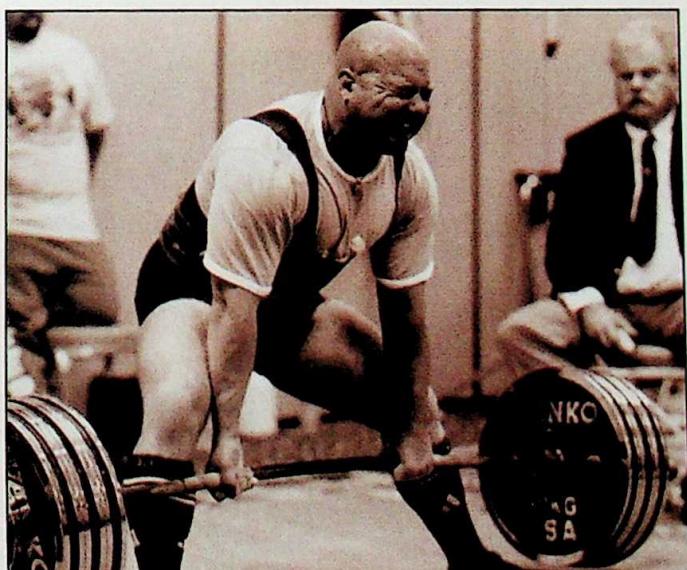
Sunday: 198 - two men entered at 198. James Kegrice, 37, a teacher and gym owner from San Diego, CA was carrying the bar too far down his back, and couldn't sink his SQs low enough or straighten up sufficiently. 677 - no, 677 - no and 710.9 - no. Defending champ Michael Coe, 32, of Indianapolis, IN has a brutish looking upper body and has a very friendly personality. Everybody likes Mike. Coe was only denied one lift all day - his 788 final attempt SQ (ruled high). This came after he manhandled his 705.4 opener and hit a nifty 766 (PR) on his 2nd attempt. Mike shows much improved technique since last year. He BPed perfectly - all 3 (473.9), likewise so in DL (600.7) to give Mike an 1840.86.

220 - The heavier weight classes were flooded with entries! Nine came to lift here. Last year's champ, Travis Mash, 39, operates a World Gym in Asheville, NC. He failed to satisfy the judges depthwise on any of his SQ attempts - twice with 887.4, and a final effort with 903.9. Mark Plescia, 32, a roofer from, New Milford, NJ, was eliminated in the SQ also; twice with 733.6, and on his final try at 777.1. Brent Oertel, 20, of Indianapolis, IN had depth problems on his first two with 705.4. He sank his final lift and popped up like a jack-in-the-box. Shoulder problems inhibited his BP:

402 was good. His 429 was up easily, but denied for a minor technicality. He increased to 440.9, but missed the groove. Once he's over his injury 500 is a done deal. Since taking up heavy lifting Brent has grown by leaps and bounds. Two years ago he weighed only 150 lbs. Last year he weighed 242 and won the Junior World Title in Helsinki. Brent has no idea how strong he really is, and proved that in the DL. He ripped up all 3 laughably EZ. His final lift of 650.3 gave him a very impressive 1758.18 TOT. Finishing in 6th place was George Pessell, 44, an Inventory Operations Manager from Foothill Ranch, CA. Always calm and collected, George SQed 650.3 - no problem, but got stopped twice with 705.4. He fared better in BP, perfect picks (all 3 good) to 451.9! Pessell pulled 661.3 (2nd) - for an 800 kg. TOT (1763.69). A hardcore guy, Joe Avigliano, 43, strength coach and elite trainer from Burbank, CA orchestrated the great meet we had this weekend. The countless hours that go into helping his lifters takes a toll on his own lifting. It's nigh impossible to lift in a meet that you are running, but Joe pulled it off, and to make it more challenging, he dropped some 25 lbs. or so to make the 220s. SQ - 760.6 opener, difficult but good. Further increases to 788.1 and 804.6 were not there. BP - first two good (402). Change from poly to double denim. He wanted 440.9, but his shirt went "rip-p-p" at touchdown. DL - 617.3, difficult (coming in with a strained back), and 644 twice wouldn't go. TOT 1780.2 with a PR SQ increase (60 lbs.) and TOT PR by 60 also, at this bwt. James Griggs, 32, a registered nurse, from Tulsa, OK. did himself proud in his first Seniors. He made a 705.4 SQ on a final try; got 2 benches (413.4) and ditto 2 DLs (683.4), TOT - 1802.27. Jason Burnell, 37, believes that vari-

ety is the spice of life. He likes the experience of competing in many top organizations. Jason got his cage rattled on his 2nd attempt squat, catapulting himself (a la Palmer) forward and ending up face down on the platform attempting 749.6. With a bit of the eye of the tiger, or rather I should say the Lionheart in him, Burnell returned not only to challenge that 749 on his final attempt but make it! He finished out the meet nailing all his BPs (473.9), and making two good DLs as well (650.3) to TOT 850 kg (1873.9). Not bad after getting pancaked! Benjamin Hill, 28, a P.T. from Ketchum, ID, faced gut check time, needing his final SQ with 760.6 to avoid elimination. He got it! Following his missed 2nd BP, Hill increased 11 to 462.9. He pulled 650.3 opener. When he saw that Burnell made the same weight on his 2nd round, he took 655.8, to maneuver himself 5 in front and into 2nd place. After Jason missed his 683 final pull, Hill pulled out all the stops and attempted 710.9, missed it, but it didn't matter - TOT - 1879.5! The new champ in this category turned out to be Michael Roberts, only 23, from North Canton, OH. Mike commenced with a hefty 755 squat - good lift. He took a leap of faith straight to 804.6 - too much twice. His BP put him in front. A 551.1 is very impressive in itself. His next two were monster attempts - 622.8. He missed both but obviously has no fear of big weights. He opened with a strong 705.4 DL to win the class by a whopping 132 lb. margin (2011.71). Another giant jump to 749.6 didn't go, and he passed his 3rd. With only 3 successful lifts in 8 attempts he won by a landslide.

242 - defending champ Jose Garcia from Aurora, IL was present but decided to save himself for the WPO Semi-Finals later this year and lend support to his teammate



Michael Roberts only made 3 good lifts, and still went 2000+ @ 220



Michael Coe took thw 198 class.

Noel Levario in the 275s. The 242s were a packed class of 12. Only one man failed to finish. James Solomine, 37, an electrician from New Haven, CT got no squats (804). Patrick Wilson, 28, a graduate student out of Stockbridge, GA went 744 SQ (2nd), 523 BP (Opener) & 633 DL (2nd) for 1901.48 - 11th place. You can't believe how tough this class was. Morgan Bugbee, 24, went well in excess of APF Elite, putting an astounding 226 lbs. on his TOT in 7 short months yet finished only in 10th place. Morgan made all 9 attempts. With his ultra wide SQ stance he broke the AWPC WR with every attempt: 772.7, 810.1, and an incredible 826.7! All his lifts were power personified (deep too). BP(462.9), DL(688.9), and his TOT - 897.5 kg (1978.6) was also a AWPC WR. Morgan got drug tested afterwards to make everything bona fide! Morgan trains as hard as anyone I've ever seen, yet he's very agile. He weighed in light (234.1) and still had a pair of 29 inch thighs. In 9th position was Matt Kroczaleski, 30, a pharmacist from Grand Ledge, MI. Only 232 today, he did his best ever lifting here, but not without taking a nasty spill. In the same manner as Palmer and Burnell before him, he lost his 826.7 opener and got flapjacked, face down on the platform. Seems like the PL Guardian angel was protecting all these guys as he returned unscathed to conquer this weight on his 2nd attempt, later missing 837. BP - 518 (all 3 for Matt); DL - only 1 pull - 666. He waived his other two tugs. TOT 2011.71 - a personal best! Kevin Thomas, 34, of Kennesaw, GA missed a 766 opener, then leapt big to 815.6 - and nailed it good! His 832 try was just too high. He topped out at a 518.1 BP and pulled 694.4, twice failing to raise 722. A TOT of 2028.25 gave him 8th. In 7th place was Zachary Passman, 27, a top notch performer from L.A.L.C. He owns his own cleaning service co.

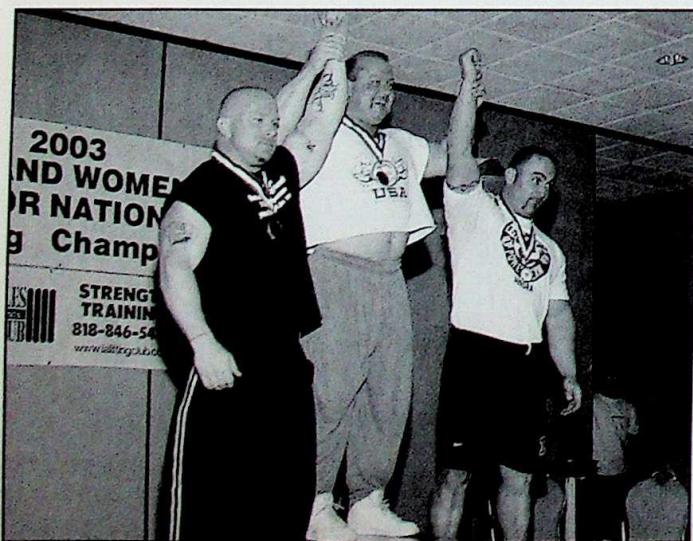
Zach finished 4th at 275 last year, but came down one weight class to compete here. Passman is a real crowd pleaser with his intensity, psyche, and platform charisma. Following his rejected 760.6 opener (called for depth), Zach stormed back to nail a good 788.1 PR. He made 804.6 (what he came to do on his 3rd!), but alas the judges denied it! BP - everything was grooved perfectly (all 3) 529! DL - a snappy 722, 2nd round lift gave him a big 2039.3 TOT. This set him up for a final go at 744. Surprisingly, it came up easily, but suddenly his grip popped loose near completion. Zdenek Voprada, 28, a salesman, lifts for the Big Iron Gym in Omaha, NE. He's originally from the Czech Republic. He too was 275 last year, in 5th - one notch below Passman, but Zdenek SQed 810 here improving by 27, and BPed huge (545.6) compared to 490 last year, DL - 683 - good. He got reds for supporting the bar on his thighs with a 699 3rd for no lift. TOT - 2039.27 same as Passman, but he was 6th because he was a mere 100 gram lighter in bwt. In 5th was Clay Castile, 33, from the North GA Barbell Club. He finished 3rd in this class last year with 2000.6, and was much improved here but ended up 2 placings lower due to the influx of talent in this year's lineup. He's a big SQer: both 832 and 865 were solid, but 903 was no lift for depth. BP - best was 523 (2nd). He took 1 DL - 705.4. It was slow and hard, so wisely passed his remaining two. TOT 2094.4 - 5th place finish. Powerhouse Raymond Pierce, 31, a surveillance technician from Arlington, TX surveyed his competition, and then gave it all he had. He salvaged his 848.7 2nd attempt SQ (got stuck) for a successful lift on his final try. Ray was hot-hot-hot in BP, with three mighty strokes topped out at 567.7, the highest in this class. Pierce crouched and pulled 710.9 for 2127.4 TOT, but missed



Ron Dayton was intensely focused at every stage of the competition.

getting bronze when he failed 744 on his last try. Only 22 lb. separated the top 3 men. The bronze medallion adorned the neck of Jason Patrick, 31, a school teacher from Yorkville, IL. He looked impressive in all events: SQ - no misses (881.9), BP - 518 (2nd). In the DL Jason pulled double duty. Following his relatively easier 710.9 opener, he was mistakenly given 826.7 which never cleared the floor in two tries. He'd actually called for 337.5 (744), not 375 (826). He got attempts 2 and 3 over again, lifting both 744, then a fine 771.6 -, TOT 2149.5 plus getting a little isometric workout as a bonus. Last year's runner-up Brian Weston, 34, came in as one of the lightest (232.5). This never seemed to hinder his strength. He repeated his 854.4 missed opener. After making that lift official, he got 2W for a huge 903.9. BP - 518, but missed 534. All DLs up - 738.6, TOT - 2160.5. Paul Urchik, 43, an auto worker from Southgate, MI proved his heavy metal mastery. He SQ'ed gingerly so as not to re-injure his bad leg. He methodically inched 903.9 into locked finish, a 2nd attempt repeat, good! Scaling 236.66 he benched perfectly (567.7) a big PR for Paul. DL - despite his grip slippage problems, he got yet another big title with 699.9 for a 2171.5 TOT. Subsequent tries with 711 and 722 popped from his grasp.

275 - another jam packed class - 11 contesting! Robert Bove, 25, a Fairfield, CT teacher couldn't come up thrice with 848.8 - score zero! Brian Meek, 57, a Corona, CA lawyer dunked 793.6, then tried and came up with a huge 55-59 WPC WR 865.3. No lift - not low enough. Brian was in a carefree mood and played a game called "Look, Ma, I can't touch my chest, cause my shirt's too tight." He tested his absolute limit with three futile



242 lb. Class Winners: (l-r) B. Weston, P. Urchick, and J. Patrick

pulled 672.4 (2nd). He couldn't get 727.6 past his knees, TOT - 2188.08. The battle for the title was between Philip Story, 38, a Palm Coast, FL mechanic and Ronald Dayton, 28, a welder from Bridgeport, CT. The two were complete opposites. Story is tall, with a calm manner. His distinguishing characteristic is a big moustache. Dayton was a crowd pleaser with his wild aggressiveness and mohawk haircut. Story is far stronger than he appears. The lightest man in the class @ 255, he worked up to a big 854.14 PR 3rd. Dayton strained every fiber of his being to finish 881.9, for a good lift. He was spent, so passed his last. Dayton nailed a great 551.1 3rd following a 501.6 opener and 2nd round miss with 529.1. Story opened at a big 600.7, missed a bigger 633.8, then came back and grooved it perfectly. Sub-totals showed Story with the advantage 1488 to 1433 for Dayton. You'd think a 55 lb. deficit would just about nail the lid shut on Dayton's chances to win. Story took 705.4 and 744.1, and got them both. Next, he took 760.6 for the long haul but stalled, TOT 2232.18 a PR by 44 for Phil. What could Dayton do? He erupted like a volcano, yanked up 749.6, then a huge 804.6 for the outright win. Then came the icing on his victory cake - 815.6 - he pulled it up with great effort, held it, and then prompted the crowd, asking: "Who's the man?" Well, Dayton is, of course, 2254.22 TOT!

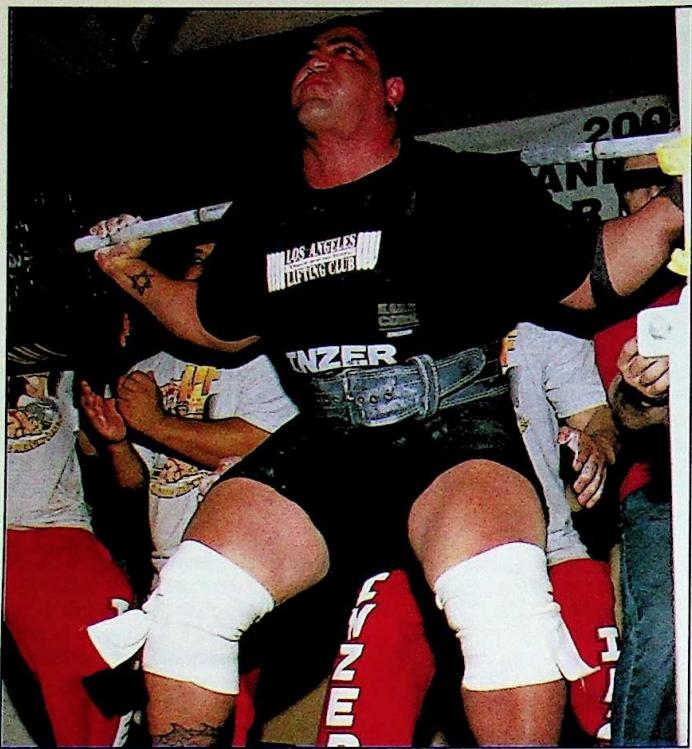
308 - another gigantic class, loaded with some big name talent. Three of the 11 fell by the wayside. John Ewing, 22, a construction worker out of Livonia, MI almost recovered with an 832.2 opener. 2nd attempt - couldn't fully straighten - missed again. The next fatality was Jay Rhyne, 31, of Marietta, GA. He lost both 903.9 then 942.4, with depth problems, then lost his balance before he could commence a do-or-die 970. Only 25, Aaron Ross from National City, CA, came in looking fit at 308. 1st attempt SQ - 815.6 - good lift. His 843.2 looked okay to me also, but the judges said no. He took a PR equaling 881.9 (a wt. he handled weighing 350) deep, but lost balance coming up. He'd benched 606 in practice, and used the same shirt here. Neither 600.7, 644.8, nor 650.3 could he get to his chest. He even passed out trying so hard. Among the finishers, Michael Olmo, came in 8th. He's a union pipefitter from Trumbull, CT. At 289.46 bodyweight, he dunked three big ones in his specialty lift - 881.9, 931.4 and finally a tough fought huge 953.5. It was a slow gutbuster that earned him 3W. Mike's bubble burst when he injured himself warming up in BP. He took a token toy to assure staying in the meet, then made two futile tries when shirted up. Both 551.1 and 584.2 wouldn't go. He managed to

| APF Senior Nationals - 7,8 June 2003 - Universal City, California |     |      |      |     |     |     |      |     |     |     |      |  |
|---|-----|------|------|-----|-----|-----|------|-----|-----|-----|------|--|
| WOMEN   | SQ1 | SQ2  | SQ3  | BP1 | BP2 | BP3 | ST   | DL1 | DL2 | DL3 | TOT  |  |
| 105 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Theresa Bostrom   | 253 | 281  | 303  | 126 | 137 | 137 | 407  | 214 | 231 | 236 | 644  |  |
| 148 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Melissa Ortega  | 429 | 440  | 485  | 275 | 286 | 303 | 727  | 429 | 451 | 468 | 1179 |  |
| Sonji Baldwin   | 325 | 374  | 418  | 203 | 236 | 259 | 677  | 325 | 374 | 407 | 1085 |  |
| Kathy Caggiano  | 330 | 363  | 380  | 203 | 225 | 242 | 606  | 303 | 347 | 380 | 953  |  |
| 165 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Kara Bohigian   | 501 | 529  | 551  | 325 | 352 | 363 | 914  | 473 | 501 | 548 | 1416 |  |
| Julia Scanlon   | 490 | 540  | 551  | 330 | 352 | 382 | 892  | 446 | 479 | 567 | 1372 |  |
| Joyce Tackill   | 374 | 385  | 413  | 281 | 303 | 314 | 716  | 374 | 385 | 402 | 1102 |  |
| Lisa Denison  | 380 | 413  | 418  | 176 | 187 | 187 | 595  | 358 | 391 | 407 | 986  |  |
| Kim Packer  | 363 | 396  | 424  | 154 | 170 | 181 | 578  | 319 | 352 | 369 | 931  |  |
| 181 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Jill Mills  | 518 | 545  | 573  | 347 | 363 | 363 | 936  | 485 | 529 | 540 | 1477 |  |
| Annie Riveccio  | 457 | 507  | 540  | 314 | 336 | 347 | 887  | 424 | 451 | 473 | 1361 |  |
| Krista Ford   | 457 | 512  | 551  | 203 | 231 | 242 | 793  | 457 | 512 | 551 | 1344 |  |
| 198 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| S. Mendelson  | 424 | 457  | 484  | 136 | 253 | 275 | 733  | 319 | 352 | 402 | 1085 |  |
| SHW   |     |      |      |     |     |     |      |     |     |     |      |  |
| Becca Swanson   | 705 | 749  | 777  | 374 | 396 | 402 | 1151 | 589 | 611 | 622 | 1774 |  |
| MEN   |     |      |      |     |     |     |      |     |     |     |      |  |
| 123 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Robert Leoni  | 363 | 402  | 402  | 198 | 214 | 234 | 578  | 402 | 429 | 451 | 1030 |  |
| 132 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Nori Kawasaki   | 275 | 308  | 314  | 198 | 214 | 225 | 540  | 341 | 374 | 402 | 942  |  |
| 148 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Nick Hatch  | 573 | 589  | 606  | 374 | 396 | 407 | 997  | 451 | 485 | 50+ | 1482 |  |
| Vince Centauro  | 462 | 507  | 507  | 186 | 314 | 325 | 777  | 462 | 507 | 523 | 1300 |  |
| 165 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Daniel Petillo  | 567 | 617  | 647  | 435 | 435 | 462 | 1030 | 573 | 600 | --- | 1631 |  |
| Brian Tincher   | 545 | 578  | 606  | 413 | 429 | 451 | 1030 | 529 | 562 | 606 | 1592 |  |
| Brian Strickland  | 600 | 622  | 622  | 385 | 402 | 402 | 986  | 562 | 589 | 606 | 1576 |  |
| John Upton  | 159 | 209  | 209  | 203 | 220 | 231 | 440  | 248 | 282 | 303 | 744  |  |
| Hayward Blake   | 578 | 578  | 628  |     |     |     |      |     |     |     |      |  |
| 181 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Ron Palmer  | 705 | 804  | 804  | 462 | 512 | 512 | 1317 | 644 | 672 | 705 | 1989 |  |
| Sean Parker   | 584 | 628  | 628  | 314 | 363 | --- | 898  | 562 | 562 | 600 | 1459 |  |
| F. Wamborgans   | 672 | 672  | 672  | 264 | 264 | 308 | 936  | 600 |     |     |      |  |
| 198 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Michael Coe   | 705 | 766  | 788  | 402 | 462 | 473 | 1240 | 551 | 584 | 600 | 1840 |  |
| James Kegrice   | 307 | 710  | 710  |     |     |     |      |     |     |     |      |  |
| 220 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Michael Roberts   | 755 | 804  | 804  | 551 | 551 | 622 | 1306 | 705 | 749 | --- | 2011 |  |
| Benjamin Hill   | 722 | 760  | 760  | 435 | 451 | 462 | 1223 | 650 | 655 | 710 | 1878 |  |
| Jason Burnell   | 705 | 749  | 749  | 418 | 451 | 473 | 1223 | 606 | 650 | 683 | 1873 |  |
| James Griggs  | 672 | 705  | 705  | 391 | 413 | 424 | 1118 | 639 | 683 | 699 | 1802 |  |
| Joe Avigliano   | 760 | 788  | 804  | 374 | 402 | 440 | 1162 | 617 | 644 | 644 | 1780 |  |
| George Pessell  | 650 | 705  | 705  | 424 | 440 | 451 | 1102 | 628 | 661 | 683 | 1763 |  |
| Brent Oertel  | 705 | 705  | 705  | 402 | 429 | 440 | 1107 | 589 | 622 | 650 | 1857 |  |
| Travis Mass   | 887 | 887  | 903  |     |     |     |      |     |     |     |      |  |
| Mark Plescia  | 738 | 738  | 777  |     |     |     |      |     |     |     |      |  |
| 242 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Paul Urchick  | 865 | 903  | 903  | 540 | 556 | 567 | 1471 | 699 | 710 | 722 | 2171 |  |
| Brian Weston  | 854 | 854  | 903  | 501 | 518 | 534 | 1421 | 699 | 722 | 738 | 2160 |  |
| Jason Patrick   | 826 | 865  | 881  | 417 | 512 | 529 | 1377 | 722 | 738 | 771 | 2149 |  |
| Raymond Pierce  | 777 | 848  | 848  | 523 | 551 | 567 | 1416 | 655 | 710 | 744 | 2127 |  |
| Clay Castle   | 821 | 865  | 903  | 507 | 523 | 545 | 1388 | 705 | --- | --- | 2094 |  |
| Zdenek Voprala  | 760 | 810  | 821  | 507 | 529 | 545 | 1355 | 661 | 683 | 699 | 2039 |  |
| Zach Passman  | 760 | 788  | 804  | 485 | 512 | 529 | 1317 | 688 | 722 | 744 | 2039 |  |
| Kevin Thomas  | 766 | 815  | 832  | 501 | 518 | --- | 1333 | 694 | 722 | 722 | 2028 |  |
| Matt Kroczaleski  | 826 | 826  | 837  | 473 | 501 | 518 | 1344 | 666 | --- | --- | 2011 |  |
| Morgan Bugbee   | 771 | 810  | 826  | 429 | 451 | 462 | 1289 | 639 | 655 | 688 | 1978 |  |
| Patrick Watson  | 722 | 744  | 760  | 523 | 562 | 562 | 1267 | 684 | 633 | 644 | 1901 |  |
| James Solumine  | 804 | 804  | 804  |     |     |     |      |     |     |     |      |  |
| 257 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Ronald Dayton   | 843 | 881  | ---  | 501 | 529 | 551 | 1432 | 749 | 804 | 821 | 2254 |  |
| Philip Story  | 804 | 804  | 854  | 600 | 633 | 633 | 1488 | 705 | 744 | 760 | 2232 |  |
| Noel Levario  | 814 | 914  | 934  | 540 | 589 | 600 | 1515 | 622 | 672 | 727 | 2188 |  |
| James Grandick  | 804 | 826  | 854  | 534 | 551 | 562 | 1388 | 677 | 705 | 716 | 2094 |  |
| Christian Taylor  | 705 | 755  | 804  | 589 | 622 | 639 | 1427 | 600 | 633 | 677 | 2061 |  |
| Michael Lanier  | 777 | 832  | ---  | 534 | 545 | 584 | 1361 | 600 | 699 | 738 | 2061 |  |
| Rocky Tilson  | 722 | 766  | 766  | 413 | 424 | 424 | 1146 | 600 | 633 | --- | 1752 |  |
| Zach Hudak  | 402 | ---  | 600  | --- | --- | --- | 1003 | 727 | 788 | 788 | 1730 |  |
| Milo Mills  | 727 | 782  | 793  | 545 | --- | --- | 1273 |     |     |     |      |  |
| Brian Meek  | 793 | 865  | ---  | 523 | 556 | 578 |      | 727 | 788 | 788 |      |  |
| Robert Bove   | 848 | 848  | 848  |     |     |     |      |     |     |     |      |  |
| 308 lb. class   |     |      |      |     |     |     |      |     |     |     |      |  |
| Oan Basson  | 970 | 1019 | 1019 | 611 | 644 | 672 | 1692 | 655 | 710 | --- | 2403 |  |
| Joshua Bryant   | 821 | 903  | 920  | 573 | 611 | 622 | 1526 | 704 | 749 | 777 | 2276 |  |
| Ted Forbes  | 848 | 903  | 903  | 479 | 507 | 507 | 1410 | 600 | 699 | 699 | 2110 |  |
| Matt Ludwig   | 843 | 903  | 925  | 424 | 462 | 479 | 1383 | 573 | 628 | 661 | 2044 |  |
| Paul Leonard  | 771 | 810  | 854  | 407 | 429 | 440 | 1251 | 650 | 705 | 749 | 2000 |  |
| Mark Swank  | 716 | 771  | 804  | 468 | 534 | 551 | 1322 | 628 | 683 | 683 | 1951 |  |
| Toby Levers   | 755 | 804  | 804  | 462 | 462 | 462 | 1218 | 705 | --- | 782 | 1923 |  |
| Michael Olmo  | 881 | 931  | 953  | 137 | 551 | 584 | 1091 | 683 | 716 | 738 | 1807 |  |
| Jay Rhyne   | 903 | 942  | 970  |     |     |     |      |     |     |     |      |  |
| Aaron Ross  | 821 | 843  | 881  | 600 | 644 | 650 |      |     |     |     |      |  |
| John Ewing  | 832 | 832  | 832  |     |     |     |      |     |     |     |      |  |
| SHW   |     |      |      |     |     |     |      |     |     |     |      |  |
| Brent Mikesell  | 953 | 1014 | 1036 | 451 | 509 | 611 | 1625 | 710 | 777 | 804 | 2403 |  |
| Chad Aichs  | 903 | 903  | 934  | 551 | 551 | 578 | 1455 | 705 | 749 | 749 | 2160 |  |
| Aaron Lawrence  | 771 | 771  | 771  | 551 | 573 | 573 | 1322 | 672 | 705 | 727 | 2050 |  |
| Edward Russ   | 909 | 1008 | 1052 | 407 | 551 | 584 | 1559 | 137 | 451 | 644 | 2011 |  |
| Garry Frank   | 964 | 981  | 1014 |     |     |     |      |     |     |     |      |  |

Best Lifter Men: Palmer 928.673, Basson 918.870, Mikesell 905.790. Best Lifter Women: Swanson 1099.75, Mills 1007.010, Bohigian 1001.35, Scanlon 987.285, Riveccio 910.813, Ford 900.970. Bench Press: Mendelson 312.155, Stewart 253.550, Carter 250.700. Team Champions: Los Angeles Lifting Club.

1951.1 TOT via 5 successful attempts: SQ - 771.6; BP - 551.1 (making it on 3rd having blown his shirt on 2nd with 534); DL - 628.3. He missed 683.4 twice, just shy of lockout. The one ton sum is right around the corner for Mark also. The man in 5th place was Paul Leonard, 35, from Yorba Linda, CA. Paul got that 2000.6 TOT he's been looking for so long via 10.2 SQ, 440.9 BP (no misses) and a big 749.6 DL, on a perfect set of 3 as well. Matthew Ludwig, 24, was big. The 24 year old strength coach from Pullman, WA proved he's got squat! Doing 843.2 easily, he nailed 903.9 as well, but missed depth (coming up anyway) with 925.9. No misses in the benches (479.5). He made all his deadlifts too (661.4). His 2044.78 TOT earned him 4th. Ted Forbes, 31, a police officer from West Haven, CT, has made substantial progress since last year. His bests then included an 850 SQ and 2033 TOT. Today he missed only once in each of the disciplines: In each instance, Ted came back from missed 2nds to succeed on his 3rd. SQ - 903.9, BP - 507.1, DL - 699.9, TOT - 2110.92. A couple of powerhouses earned the top two positions. This year's runner-up was Joshua Bryant, 22, out of Santa Barbara, CA. Josh is built along the lines of a Brahma Bull. He gets his size honestly. You should see his dad and little brother. Big and Bigger. Josh calls on all his muscle fibers when lifting. He smoked an 821.2 SQ, which set himself up for a just as easy 2nd with 903.9 for a new WPC Junior (20-23) WR. He tried 920.4 last and might have made that also, but he lost equilibrium down in the hole and stayed there. He blasted his BP's to kingdom come also - a tremendous triplicate they were: 573.2, then 611.8, which set him up for a perfectly executed 282.5 kg. (622.8 lb.) final lift. This was yet another Junior WR eclipsing the 280.5 lift owned by the Next Big Thing himself. Oan Basson was there and witnessed his record go bye-bye first hand. He was genuinely pleased for Bryant. DL time: another fireworks and smoke show by the big kid. 705.4, 749.6, and 777 was almost there. TOT - 2276.27 - another WPC JR WR. If Josh had made his final lift, he would have totaled 2303. The class winner by a healthy margin was the 3rd and final champion from last year to retain his title successfully. Oan Basson, 25, is oh-so calm (even though he almost bombed). Oan came in tired with an upset stomach. Late night partygoers left him with a sleepless night. He felt a bit shaky on his strongest lift. A SQ 970 opener was turned down for depth. He was undaunted and went straight to 462.5 kg. (1019.6) to break the WPO Open record of 459.0/1011.92 established earlier this year by Germany's Holger Kutroff! He manhandled it! Good? Oh-oh,

new face with good potential. He made only one attempt in each lift, yet still totaled 1923. Toby will crash the 2000 barrier in no time. Mark Swank, 35, a Las Vegas gym owner, ranked in 6th position with a



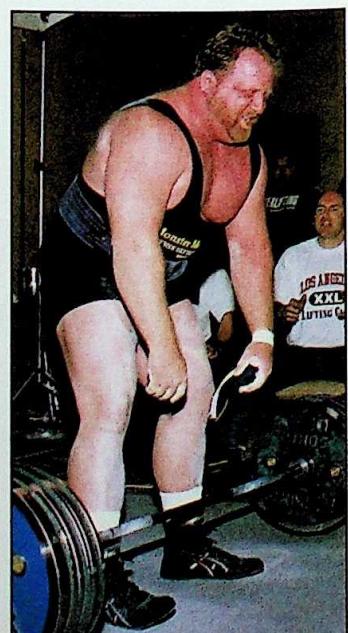
Basson gambled, and won, in the squat and broke the 2400 barrier.

the judges said go lower. Nitty-gritty time. His final lift was a solid success. He not only stayed alive, but had his first Senior WR. Joe had him go for 472.5 (1041.7) on an extra attempt. He went even deeper this time, but finished too strongly, lost his balance at completion, and took a step backwards before receiving the signal to rack. On to the BP - Oan seemed to get his adrenaline flowing. First - 611.7, then 644.8 (a PR) and finally a huge 672.4 - executed easily and strong. Oh yes, this lift gave him the 2nd World Record of the day, bettering the former mark (639.4) set by Richard Coates (USA) back in DEC '98. Joe felt Oan had more in him, thus a 4th attempt with 312.5 (688.9) was ordered. He rammed it within a scant inch of completion. A cramp in both Oan's leg and back caused him to move a foot. Oan's DL looked crisp and strong. He smoked 655.8 - an opener. Next came a PR 710.9. He pulled it up easily with no trace of the problem of locking out he'd had in the past. Oan had more in him, but coach said save it for another time. He'd achieved his goal - TOT - 1090 kg. - 2403.03 lbs. Oan became only the 20th man in the entire History of PL to crash the 2400 barrier and becomes the youngest man ever to do so at 25! A prophecy has been fulfilled. The Next Big Thing has arrived. With two absolute WRs to prove his worth how could he be denied a WPC World Title?

SHW - compared to the other classes the Super turnout was light. Despite that we had the two strongest USA Supers in PL History going for the gold. The distinct pos-

also at the WPO Finals on MAR 1st). Let's profile the others. Edward Russ, 35, a personal trainer from E. Patchogue, NY, ended up in 4th. Only a tragic mishap prevented him from winning the silver medal. He impressed us last year with a deep 970 SQ and a 2132 TOT. He was back and in action here weighing in at 371.14. He's short and looks as wide as he is tall. This, incidentally, was only his 5th ever PL meet. SQ opener - 909.4 was deep. He popped up as easily as a cork in a rain barrel. He went straight to 1008.6 and took it rock bottom and sprang right up. This makes him the 29th man in the history PL to smash the thousand lb. barrier. Ed wasn't done yet and ordered up 477.5 kg. (1052.7). This would rank right behind Mikesell and Goggins as the 3rd highest SQ in History. Ed took it down - as deep as before - then started the ascent. Suddenly, his right knee turned in and he buckled and became the 4th lifter in this competition to get pancaked face down on the platform. This was a worse scenario than the others. A blown patella tendon - perish the thought - can end a career. Well, he did some damage for sure, but was able to hobble off stage with assistance. He got cut out of his canvas suit, and sat down with an ice bag applied to the swollen knee. "He's done" we all thought. That is until Russ hobbled out again and continued on. He put up a 551.1 BP, and would've got his 584.2 final lift except he moved a foot. Obviously in pain he came out with both knees wrapped tight. It was obvious he was going to push himself and do as much as he possibly could. He DLED first 137 (just to get a total), then tested himself more with 451.9 (which gave him a 2011.7 TOT). He tried 644.8 gamely, but could get it only half way and had to drop it. Russ gets the Glossbrenner Golden Globes Award. Anyone else would've thrown in the towel. Is this guy Mister Hardcore or what! We want him healed, back, and ready next year. You can't BUST RUSS cause he's TOUGH!!

Earning the bronze medal was Aaron Lawrence, a high school business teacher hailing from Sudlersville, MD. It took him 3 attempts to secure his 771.6 SQ opener and stay alive. He BPed 551.1, but missed twice with 573.2. Aaron made all 3 pulls (727.6). This gave him a 2050.03 TOT. In second place was Chad Aichs. He's 31 and a driver from Sparks, NV, a real up-and-comer. At 331.7, he opened with a 903.9 SQ, lost his balance recovering, but came back and got it! He tried, but missed, 931.4 on his last chance. He missed, then made, 551.1 (3W), but failed 578.7 on a final try. His 705.4 DL opener gave him a big 2160.53 TOT, and with it the silver medal. Chad growls like a bear with a deep guttural AGGUUH!! Despite "hulking out", his 749.6 2nd

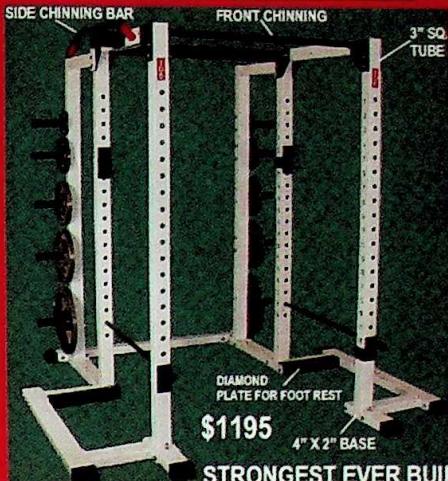


Brent M missed, even with a strap

# ONE STOP DISCOUNT CENTER

C-PRO92600-84

## WIDE BASE MONSTER RACK



## LIFTING CHAINS

### THICK BARS FOR BIG STRONG HANDS

High Grade Steel Knurled, Chrome Plated & Professionally Finished

C-0125 - FAT OLYMPIC DUMBBELL BAR



\$49.95

1 7/8" Dia. Knurled Grip for Big hands Chrome Plated

C-0130 - FAT DUMBBELL BAR-24"

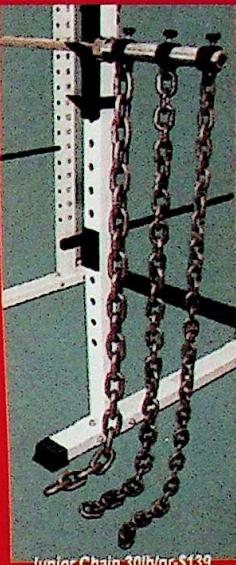


\$29.95

C-0120 - FAT WRIST LEVERAGE BAR

\$24.95

Great to Build Massive Wrists



Junior Chain 30lb/pr-\$139

Medium Chain 44lb/pr-\$159

Heavy Chain 60lb/pr-\$209

1/2" thick top quality Leather  
POWER LIFTING BELT

LEATHER HEAD GEAR

### FAT BAR

1 7/8" Dia. Deep Knurled Pipe  
FOR COMFORTABLE LIFTING - BLACK COATED \$69.95

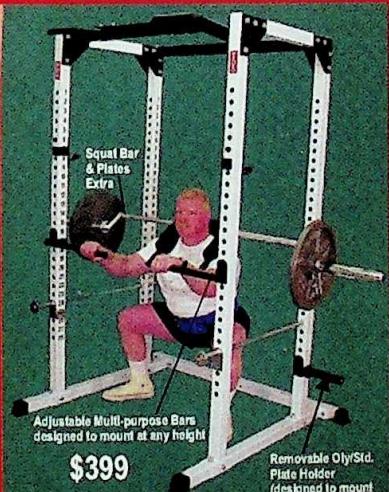
### SAFETY SQUAT OLYMPIC BAR

\$199.95

### SQUAT CAMBERED OLYMPIC BAR

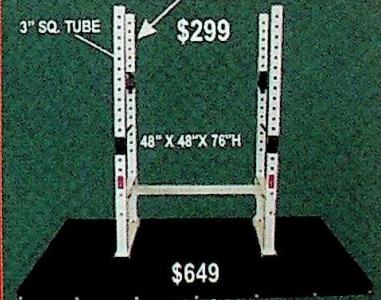
\$129.95

### 8510 POWER RACK SYSTEM



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

### TITAN POWER CAGE



### DEAD LIFT PLATFORM - 6' X 8' - 3" H



### MEGA TRAP/HIP BAR

### PLYO BOXES



6" - \$47.95; 12" - \$54.95  
18" - \$69.95; 24" - \$84.95  
30" - \$94.95; 36" - \$109.95 & 42" - \$129.95  
BUY COMPLETE SET AND SAVE EVEN MORE!!

BENCHES, CALF MACHINES, DUMBBELL RACKS  
LAT MACHINES, PLATE HOLDERS, POWER RACKS  
SMITH MACHINES, PLATES, HEX DUMBBELLS  
WEIGHT SETS, AND MORE!!

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

1550 Jefferson Rd, "Bowl-A-Roll Plaza"  
Henrietta, Rochester, NY-14623. 585-424-5180

PL-062603

**New York Barbell of Elmira, Inc.**

Email: [info@newyorkbarbells.com](mailto:info@newyorkbarbells.com) Web: [www.newyorkbarbells.com](http://www.newyorkbarbells.com)

## 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](http://fractionalplates.com)

Ivanko Olympic Plates: Black, Machined Gray, Calibrated Painted, and Calibrated Chromed. Weightlifters Warehouse, 1-800-621-9550

**IRONMAN MAGAZINE**, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

**Frantz Sports Ctr** for all your powerlifting needs. Call 1-630-892-1491

National & World Championship Powerlifting Customized Rings by Josten. C.W. Lee, 147 DaBill Pl., Lima, OH 45805, 419-229-5346

Insane prices -- Compete Supplements has them on: Dymatize, Beverly Int'l., SAN, Sci-Fit, LaBrada, Betastatin, Bioteest, Champion, Cytodyne, E.A.S., MuscleTech, next Proteins, Optimum Nutrition, Scitec, Syntrax, Twinlab, VPX, and many more! We will not 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](http://Completesupplements.com). Be prepared for huge savings!

Texas Power Bar by MAC Barbell \$235.00 plus shipping. Weightlifters Warehouse 1-800-621-9550

The response to our offer of the new book **MUSCLETOWN USA** by John D. Fair has been overwhelming - this insightful examination on the pervasive impact of Bob Hoffman and the York Barbell Club on today's Iron Game triad of Bodybuilding,

Olympic Lifting, and Powerlifting, is as revealing as it is entertaining. (432 pages, 70 illustrations). Paperback edition is \$23.50 plus \$4 shipping and handling per book hardbound books in stock - \$65 plus \$4 s/h. Send orders for **MUSCLETOWN USA** payable to PL USA, Box 467, Camarillo, CA 93011.

**SAVEMONEY-ILLINOISLIFTERS**  
LOWPRICES-BRANDNAMES  
SHOPSCHUETT'S-PALATINE  
Supplements-Vits/Mins-Weights  
226 N. Hicks Place 1-847-359-9808  
SAVE 20% On Min. \$20 Purchase

**"The Strongest Shall Survive"** ... this is the classic Bill Starr training manual, and it has long been out of print, but now we have copies available once again. (See our review of this book in Feb/97 edition of **PLUSA**, page 10). The price for one copy of this book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, CA 93011, before this book sells out again FOREVER!

### APC National Championships 21 JUN 03 - Marietta, GA

|                   |       | Master Men     | 40-44 |
|-------------------|-------|----------------|-------|
| Open              |       | 125            |       |
| Men 90            |       | Greg Gordon    |       |
| Michael Rubio     | 205   | 45-49          |       |
| Bench             | 90    |                |       |
| 90                |       | Ronnie Baker   | 175   |
| Kevin Brown       | 115   | 50-54          |       |
| 140               |       | 100            |       |
| Chad Justice      | 135   | Yan Howah      | 205   |
| 140+              |       | Sub Master Men |       |
| M. Rodriguez      | 310   | 140            |       |
| Junior            |       | Matt Day       | 222.5 |
| 75                |       | Teen Men       | 13-15 |
| Jabali Brown      | 160   | 75             |       |
| 90                |       | Roland McNeil  | 93.5  |
| Michael Rubio     | 205   | 18-19          |       |
|                   |       | 82.5           |       |
| Men               | SQ    | S. Faulkner    | 182.5 |
| 82.5              | BP    |                |       |
| Mike Lockley      | 197.5 | DL             | TOT   |
| 82.5              | 155   | 265            | 617.5 |
| Brantley Waites   |       |                |       |
| 90                |       |                |       |
| Eddie Pitts       | 237.5 | 182.5          | 237.5 |
| 100               |       |                | 657.5 |
| Jeremy Sisler     | 182.5 | 125            | 195   |
| 100               |       |                | 502.5 |
| Rick Donahue      | 295   |                |       |
| 110               |       |                |       |
| Jeff Green        | 305   | 160            | 300   |
| 110               |       |                | 765   |
| Stephen Parkhurst |       |                |       |
| 125               |       |                |       |
| Jay Floyd         | 290   | 165            | 265   |
| 140               |       |                | 720   |
| Chris Savage      | 287.5 | 170            | 275   |
| Men Submaster     |       |                | 732.5 |
| Paul Lathrop      | 142.5 | 125            | 192.5 |
| 90                |       |                | 460   |
| Earl York         | 237.5 | 192.5          | 237.5 |
| 110               |       |                | 667.5 |
| Andy Fowler       | 212.5 | 145            | 210   |
| Teenage           |       |                | 657.5 |
| 75                |       |                |       |
| Roland McNeil     | 175   | 93.5           | 170   |
| Women Open        |       |                | 438.5 |
| 52                |       |                |       |
| M. Kirkland       | 145   | 80             | 155   |
| Open              |       |                | 380   |
| Master Men        | 40-44 |                |       |
| 90                |       |                |       |
| Ted Carter        | 172.5 | 137.5          | 235   |
| 60-64             |       |                | 545   |
|                   |       |                |       |

James Rouse 277.5 177.5 262.5 717.5

Junior

75

Jabali Brown

Men

90

M. Wotaszak 150 155 187.5 492.5

125

Eric Smith

2003 American Powerlifting Committee (APC) National Championships The inaugural American Powerlifting Committee (APC) National Powerlifting Championships was held in Marietta, GA on June 21, 2003. The day went quickly and smoothly, thanks to flawless spotting/loading and a good scoring table staff. Enormous thanks go to our spotter/loaders Doug Riemer, Mark Phillips, Kenneth Johnson, Ben Howard and Josh Gill, who loaded the bar with lightning speed and precision and spotted every lifter with an eagle eye. AWPC International judges Mark Vickers, Eric Stoker and Ed Angstrom were fair and consistent. As lifters themselves, they know what they want to see in judges. Finally, the meet doesn't run without a scoring table, and this table did a great job. Thanks to Becky Riemer, Carol Angstrom and her daughters for their hard work. In the open men's category, Mike Lockley won the 82.5 K class, despite a rocky start, getting his opening 197.5 squat and 155K bench before going 3 for 3 in the deadlift, with a 265K. Also in the 82.5 class, Brantley Waites couldn't get his 320K squat low enough to suit the judges. In the 90K class, Eddie Pitts took a 237.5K second attempt squat, a 182.5 bench and a 237.5K deadlift and won first place. Kevin Brown couldn't get his 235K squat past the judges. Light 100 kg lifter Jeremy Sisler got a 182.5 squat, settled for his opening 125K bench and a 195 second attempt deadlift to win his class. His 90K competitor Rick Donahue couldn't please the judges with his 320K squat. In the 110 kg class, and Alabama State Champ in several federations, Jeff Green went 3 for 3 in the squat with a 305K, 2 for 3 in the bench with a 160K bench, and an opening deadlift of 300K, which was good enough to earn him a best lifter trophy. 110K lifter Stephen Parkhurst was another lifter with a depth problem that day, and couldn't get his 330K opening squat passed. 125K lifter Jay Floyd went 8 for 9, with a 290K squat, 165K bench and 265K deadlift. 140K lifter Chris Savage had a great 3 for 3 squat, ending with a 287.5, an opening 170K bench and a second attempt 275K deadlift. In the open women's category, we had just one lifter, but she is one of the best there is, Margaret Kirkland. Lifting in the 52K class (and without a belt!) Margaret went 8 for 9 with a 145K squat, 80K bench and 155K deadlift. In the Submaster Men's category, 82.5K lifter Paul Lathrop had a day of hits and misses, getting second attempts on all three lifts, 142.5K, 125K and 192.5K. In the 90K class, Earl York had a perfect for 9 day, squatting 237.5K, benching 192.5 and deadlifting 237.5 and got himself a best lifter trophy. Andy Fowler, the taller half of team Fowler (but probably not for long) did a 212.5K squat, going so deep he nearly reached the basement. He followed this with a 3 for 3 bench ending with a 145K, and a second attempt 210K deadlift, passing on a third. In the Master Men Category, 90K, 40-44, Ted Carter did some great lifting with a 3 for 3 172.5K squat, second attempt 137.5K bench, then let it rip with a 235K second attempt deadlift. 140K Master 45-49 lifter Ray Pelis started off by settling for his opening 227.5K squat, but got his stride going with a 3 for 3 215K bench and a second attempt 275K deadlift. Master 60-64, 90K lifter Jim Rouse had a good day, if not one of his greater days, getting a 277.5K squat, 177.5K bench and 262.5K deadlift. In the teenage category, 15 year old Roland McNeil squat 175K, then set AWPC world records with a 93.5K bench and 182.5K deadlift. In the Junior category, 75K raw lifter Jabali Brown couldn't get his 175K squat passed by the judges, but went on to complete the bench meet. 90K lifter

Michael Wotaszak got his second attempt 150K squat, an opening 155K bench, but hit his stride in the deadlift going 3 for 3 and pulling 187.5K. 125K junior lifter Eric Smith injured his knee on his second attempt 295K squat and was forced to pass on the rest of the meet. In the bench meet, 90K lifter Kevin Brown did not have his best day, but walked away with an opening 115K bench. Michael Rubio, lifting as both an open and a junior lifter, set a GA state AAPF junior record with his second attempt 205K. 140K lifter Chad Justice didn't have everything working this day, and couldn't make his 305K. 140K+ lifter Miguel Rodriguez couldn't get past his opener, which was still whopping 310K, winning him a best lifter trophy. In the junior category 75K raw lifter Jabali Brown got his opening 160K. 90K junior Michael Rubio set a state and national AAPF record with his second 205K lift. 15 year old 75K lifter Roland McNeil also set a AWPC world record with his second attempt 93.5K. Likewise, 18 year old 82.5K lifter Steven Faulkner set an AWPC world record with his second attempt 182.5K. Football coach and submaster Matt Day made his trip from Kentucky worthwhile by going 3 for 3 ending with a 222.5K, and looking like he could do more. Master 40-44 125K lifter Greg Gordon has seen better bench days and couldn't get his 272.5 past the judges. Master 45-49 90K lifter Ronnie Baker had his best day since his bicep surgery, going 3 for 3 with a 175K. Master 50-54 100 kg lifter Yan Howah made only his 205K opener, but it was enough to win him an AWPC world record. This meet is dedicated to the memory of our friend Dick Reno, who pioneered powerlifting in the state of Georgia (Nadine Baker)

### 1st Cutting Edge Winter Classic 01 MAR 03 - Albany, NY

|  | Female        | SQ   | BP   | DL   | TOT  |
|--|---------------|------|------|------|------|
| Youth  |               |      |      |      |      |
| 148  | Rachael Mayer | 155* | 95*  | 207* | 457* |
| 4th  |               | 170* | 100* | 225* |      |
| Master (50-54)   |               |      |      |      |      |
| 123  | S. McCallion  | 155* | 82*  | 200* | 437* |
| 4th  |               | 170* | 87*  | 215* |      |
| Special Olympics   |               |      |      |      |      |
| 123  | Chris Vooyis  | 169  | 132  | 202  | 503  |
| 4th  |               | 177* | 144* | 216* |      |
| 114  |               |      |      |      |      |
| Youth (10)   |               |      |      |      |      |
| Nick Marozzie  | 45*           | 35*  | 70*  | 150* |      |
| 4th  |               | 50*  | 42*  | 90*  |      |
| Teen (14-15)   |               |      |      |      |      |
| Jason Pincheon   | 70*           | 50*  | 160* | 280* |      |
| 4th  |               | 83*  |      | 172* |      |
| 148  |               |      |      |      |      |
| Teen (14-15)   |               |      |      |      |      |
| C. Taylor  | 85*           | 85*  | 155* | 325* |      |
| 4th  |               | 100* | 95*  | 180* |      |
| 165  |               |      |      |      |      |
| Teen (14-15)   |               |      |      |      |      |
| Paul Hognestad   | 14*           | 182* | 51*  | 257* |      |
| 4th  |               |      | 192* |      |      |
| 181  |               |      |      |      |      |
| Teen (12-13)   |               |      |      |      |      |
| S. Cardinal  | 125           | 133* | 255* | 513* |      |
| 4th  |               | 145  | 146* | 300* |      |
| S. Hognestad   | 125           | 113  | 210  | 448* |      |
| 4th  |               | 150* | 122  | 240  |      |
| Teen (16-17)   |               |      |      |      |      |
| S. Whinnery  | 177*          | 155* | 290* | 622* |      |
| 4th  |               | 200* |      | 350* |      |
| Teen (18-19)   |               |      |      |      |      |
| Erich Minnear  | 260*          | 200* | 300* | 760* |      |
| 4th  |               | 270* |      |      |      |
| 198  |               |      |      |      |      |
| Submaster  |               |      |      |      |      |
| J.C. McCashion   | 270*          | 190* | 360* | 820* |      |
| 4th  |               | 300* |      | 390* |      |
| Open   |               |      |      |      |      |
| 181  |               |      |      |      |      |
| Pete Lowe  | 411           | 320  | 517  | 1248 |      |
| 4th  |               |      | 532  |      |      |
| 3 special features highlighted this inaugural meet. 1. Weights could be chosen to the nearest pound. 2. Lifters could choose between 3 types of bars (Okie, Trap, or Sumo bar). 3. All lifters were granted out of contest 4ths, if wanted. (Cutting Edge) |               |      |      |      |      |

# TOP 100

For standard 114 lb./52 kg. USA lifters in results received from May/2002 thru April/2003

## PL USA Top 100 Achievement Awards

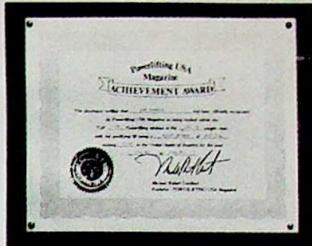
### SQUAT

### BENCH

### DEADLIFT

### TOTAL

|     |                              |                            |                            |                              |
|-----|------------------------------|----------------------------|----------------------------|------------------------------|
| 1   | 435 Gainer, E..11/13/02      | 303 Pham, H..8/24/02       | 508 Gainer, E..7/12/02     | 1229 Gainer, E..11/13/02     |
| 2   | 420 Hunt, T..3/22/03         | 292 Gainer, E..7/12/02     | 485 Holloway, .9/14/02     | 1091 Holloway, .9/14/02      |
| 3   | 405 Parrish, S..2/1/03       | 260 Carey, P..8/10/02      | 473 Scruggs, .9/14/02      | 1063 Scruggs, .9/14/02       |
| 4   | 402 Holloway, .9/14/02       | 245 Robinson, R..8/28/02   | 429 Jackson, G..11/14/02   | 963 Drummond, J..5/4/02      |
| 5   | 395 Khang, P..5/4/02         | 242 Scruggs, .9/14/02      | 420 Drummond, J..5/4/02    | 964 Maile, J..3/29/03        |
| 6   | 375 Stephen, C..3/22/03      | 240 Faraoone, J..8/10/02   | 410 Ona, J..11/30/02       | 960 Khang, P..5/4/02         |
| 7   | 375 Cuellar, R..3/22/03      | 235 Hunt, T..3/22/03       | 405 Kerr, D..5/4/02        | 960 Stephen, C..3/22/03      |
| 8   | 375 Roberson, T..3/22/03     | 220 Hrenchir, A..8/11/02   | 402 Hafnerbrack, .9/28/02  | 942 Hartwig, S..5/29/02      |
| 9   | 369 Hartwig, S..1/24/03      | 220 Levandusky, .12/8/02   | 400 Williams, K..12/7/02   | 940 Parrish, S..8/24/02      |
| 10  | 363 Maile, J..3/29/03        | 220 Stephen, C..3/22/03    | 390 Mason, A..3/22/03      | 936 Hafnerbrack, M..9/28/02  |
| 11  | 360 Kerr, D..5/4/02          | 220 Frasquillo, S..3/22/03 | 385 Robinson, R..8/28/02   | 935 Hunt, T..3/22/03         |
| 12  | 355 Drummond, J..5/4/02      | 215 Do, T..3/22/03         | 385 Rivera, A..3/22/03     | 930 Frasquillo, S..3/22/03   |
| 13  | 350 Brubaker, D..3/22/03     | 214 Hartwig, S..5/29/02    | 385 Maile, J..3/29/03      | 925 Kerr, D..5/4/02          |
| 14  | 350 Lee, W..3/22/03          | 214 Huneycutt, .10/25/02   | 380 Parrish, S..8/24/02    | 920 Mason, A..3/22/03        |
| 15  | 347 Scruggs, .9/14/02        | 214 Maile, J..3/29/03      | 375 Khang, P..5/4/02       | 910 Cuellar, R..3/22/03      |
| 16  | 347 Hafnerbrack, .9/28/02    | 210 Barbier, M..11/30/02   | 375 Barbier, M..11/30/02   | 905 Sisomouk, A..3/22/03     |
| 17  | 347 Morell, A..10/26/02      | 210 Mason, A..3/22/03      | 375 Frasquillo, S..3/22/03 | 903 Morell, A..10/26/02      |
| 18  | 340 Sisomouk, A..3/22/03     | 209 Morell, A..10/26/02    | 369 Hartwig, S..5/29/02    | 900 Brubaker, D..3/22/03     |
| 19  | 335 Frasquillo, S..3/22/03   | 205 Sisomouk, A..3/22/03   | 365 Stephen, C..3/22/03    | 890 Ona, J..11/30/02         |
| 20  | 330 Rivera, A..3/22/03       | 205 Real, I..3/22/03       | 365 Cuellar, R..3/22/03    | 890 Roberson, T..3/22/03     |
| 21  | 330 Real, I..3/22/03         | 203 Holloway, .9/14/02     | 360 Sisomouk, A..3/22/03   | 880 Rivera, A..3/22/03       |
| 22  | 325 Myers, Q..3/22/03        | 200 Brubaker, D..3/22/03   | 360 Myers, Q..3/22/03      | 875 Lee, W..3/22/03          |
| 23  | 320 Mason, A..3/22/03        | 198 Macy, J..11/14/02      | 360 Stein, K..3/22/03      | 865 Real, I..3/22/03         |
| 24  | 320 Cross, T..3/14/03        | 195 Furneaux, J..6/8/02    | 355 Shine, M..4/03         | 855 Robinson, R..8/28/02     |
| 25  | 319 Nogle, C..1/24/03        | 192 Arndt, D..11/14/02     | 353 Nogle, C..1/24/03      | 855 Barbier, M..11/30/02     |
| 26  | 319 Silvas, A..3/29/03       | 192 Hafnerbrack, M..3/1/03 | 350 Brubaker, D..3/22/03   | 855 Myers, Q..3/22/03        |
| 27  | 315 Ona, J..11/30/02         | 190 Drummond, J..5/4/02    | 350 Hinajosa, A..3/22/03   | 845 Do, T..3/22/03           |
| 28  | 315 Do, T..3/22/03           | 190 Khang, P..5/4/02       | 350 Vega, L..3/22/03       | 837 Nogle, C..1/24/03        |
| 29  | 315 Hinojosa, A..3/22/03     | 190 Loza, J..3/22/03       | 347 Morell, A..10/28/02    | 830 Hinojosa, A..3/22/03     |
| 30  | 315 Garcia, D..3/22/03       | 185 Nam, P..6/1/02         | 341 Pulchny, P..8/10/02    | 825 Shine, M..4/03           |
| 31  | 314 Kirkland, M..5/11/02     | 185 Ullman, .3/1/03        | 340 Lee, W..3/22/03        | 815 Cross, T..3/14/03        |
| 32  | 308 Soto, L..3/29/03         | 185 Lee, W..3/22/03        | 335 Roberson, T..3/22/03   | 810 Stein, K..3/22/03        |
| 33  | 303 Pulchny, P..8/10/02      | 185 Navarre, V..4/26/03    | 330 Blunschi, R..10/26/02  | 810 Garcia, D..3/22/03       |
| 34  | 300 Hollier, J..11/30/02     | 181 Hollier, J..1/24/03    | 330 Real, I..3/22/03       | 810 Silvas, A..3/29/03       |
| 35  | 300 Shine, M..3/15/03        | 181 Grubbs, C..1/24/03     | 330 McCloskey, A..4/13/03  | 804 Pulchny, P..8/10/02      |
| 36  | 300 Stein, K..3/22/03        | 181 Awalt, A..1/24/03      | 325 Frailey, .6/1/02       | 788 Soto, L..3/29/03         |
| 37  | 300 Calverley, C..3/22/03    | 180 Cross, T..3/14/03      | 325 Meyer, J..6/14/02      | 785 Williams, K..12/7/02     |
| 38  | 297 Grubbs, C..1/24/03       | 180 Shine, M..3/15/03      | 325 Martinez, M..10/19/02  | 780 Nam, P..6/1/02           |
| 39  | 295 Tankersley, H..3/14/03   | 180 Roberson, T..3/22/03   | 325 Dahl, K..3/14/03       | 780 Corral, R..3/22/03       |
| 40  | 295 Corral, R..3/22/03       | 176 Silvas, A..3/29/03     | 325 Garcia, D..3/22/03     | 777 Hollier, J..1/24/03      |
| 41  | 290 Wilson, A..3/14/03       | 176 Spencer, H..3/29/03    | 325 Corral, R..3/22/03     | 771 Grubbs, C..1/24/03       |
| 42  | 285 Meyer, W..3/14/03        | 175 Parrish, S..6/15/02    | 325 Loza, J..3/22/03       | 770 Vega, L..3/22/03         |
| 43  | 285 Williams, S..3/14/03     | 175 Hughes, J..9/28/02     | 322 Baqui, C..5/4/02       | 765 Meyer, W..3/14/03        |
| 44  | 281 Tom, K..4/26/03          | 175 Meyer, W..3/14/03      | 320 Nam, P..6/1/02         | 760 Kirkland, M..5/11/02     |
| 45  | 280 Awalt, A..11/30/02       | 175 Shuttleworth, .4/26/03 | 320 Kees, J..12/7/02       | 760 Loza, J..3/22/03         |
| 46  | 280 Vega, L..3/22/03         | 170 Womack, J..5/18/02     | 320 Nick, S..3/14/03       | 760 Calverley, C..3/22/03    |
| 47  | 275 Nam, P..6/1/02           | 170 Cullear, R..3/22/03    | 315 Mills, J..8/28/02      | 750 Awalt, A..11/30/02       |
| 48  | 275 Avila, D..6/1/02         | 170 Garcia, D..3/22/03     | 315 Zierold, M..12/7/02    | 740 Dahl, K..3/14/03         |
| 49  | 275 McLemore, B..3/14/03     | 170 Jackson, G..3/29/03    | 315 Cross, T..3/14/03      | 733 Meyer, J..6/14/02        |
| 50  | 270 Blanchard, E..5/4/02     | 176 Silvas, A..3/29/03     | 315 Williams, S..3/14/03   | 730 Blunschi, R..10/26/02    |
| 51  | 270 Barbier, M..11/30/02     | 166 Watson, L..11/14/02    | 315 Conner, J..3/14/03     | 715 Williams, S..3/14/03     |
| 52  | 265 Dahl, K..3/14/03         | 165 Ona, J..11/30/02       | 315 Fair, K..3/14/03       | 710 Kees, J..12/7/02         |
| 53  | 265 Palacios, B..3/14/03     | 165 Nogle, C..1/24/03      | 315 Mikulecky, B..3/14/03  | 710 McLemore, B..3/14/03     |
| 54  | 265 Rodriguez, S..3/14/03    | 165 Rivera, A..3/22/03     | 315 Do, T..3/22/03         | 710 Tankersley, H..3/14/03   |
| 55  | 265 Moreno, J..3/14/03       | 165 Hinojosa, A..3/22/03   | 314 Silvas, A..3/29/03     | 710 McCloskey, A..4/13/03    |
| 56  | 260 Blunschi, R..10/26/02    | 165 Soto, L..3/29/03       | 314 Soto, L..3/29/03       | 705 Wilson, A..3/14/03       |
| 57  | 260 Montoya, C..3/14/03      | 160 Kerr, D..5/4/02        | 310 Green, A..3/14/03      | 700 Nick, S..3/14/03         |
| 58  | 260 Green, A..3/14/03        | 160 Shutte, M..9/7/02      | 308 Macy, J..11/14/02      | 699 Tom, K..4/26/03          |
| 59  | 260 Fair, K..3/14/03         | 160 Kees, J..12/7/02       | 308 Grubbs, C..11/23/02    | 690 Palacios, B..3/14/03     |
| 60  | 260 Houle, L..3/14/03        | 160 Corral, R..3/22/03     | 305 Meyer, W..3/14/03      | 690 Rodriguez, S..3/14/03    |
| 61  | 259 Meyer, J..6/14/02        | 160 Calverley, C..3/22/03  | 303 Brown, J..11/9/02      | 685 Avila, D..6/1/02         |
| 62  | 255 McCloskey, A..3/2/03     | 159 Meyer, J..6/14/02      | 303 Welch, J..11/23/02     | 685 Green, A..3/14/03        |
| 63  | 255 Kunze, C..3/14/03        | 159 Pulchny, P..8/10/02    | 300 Awalt, A..11/30/02     | 683 Chavira, P..11/23/02     |
| 64  | 253 Denmon, A..6/15/02       | 159 Shander, A..6/22/02    | 300 Landolt, M..3/2/03     | 680 Moreno, J..3/14/03       |
| 65  | 250 Marcellis, J..11/23/02   | 155 Mills, J..8/28/02      | 300 McLemore, B..3/14/03   | 680 Shuttleworth, M..4/26/03 |
| 66  | 250 Williams, K..12/7/02     | 155 Geraghty, F..3/8/03    | 300 Tankersley, H..3/14/03 | 677 Brown, J..11/9/02        |
| 67  | 248 Chavira, P..11/23/02     | 154 Kirkland, M..5/11/902  | 300 Palacios, B..3/14/03   | 675 Conner, J..3/14/03       |
| 68  | 248 Welch, J..11/23/02       | 154 Schepe, K..8/24/02     | 300 Calverley, C..3/22/03  | 675 Kunze, C..3/14/03        |
| 69  | 245 Nick, S..11/9/02         | 154 Richardson, J..11/9/02 | 297 Chavira, P..11/23/03   | 672 Welch, J..11/23/02       |
| 70  | 245 Martin, A..3/14/03       | 152 Matura, M..3/8/03      | 297 Scudder, A..3/1/03     | 670 Montoya, C..3/14/03      |
| 71  | 245 Loza, J..3/22/03         | 150 Kolb, A..6/1/02        | 295 Avila, D..6/1/02       | 660 Fair, K..3/14/03         |
| 72  | 242 Muskat, T..9/14/02       | 150 Adams, J..10/26/02     | 295 Taylor, F..11/16/02    | 655 Ray, J..5/4/02           |
| 73  | 242 Shear, J..10/26/02       | 150 Wallace, J..11/2/02    | 292 Kirkland, M..5/11/02   | 655 Mills, J..8/28/02        |
| 74  | 242 Brown, J..11/9/02        | 150 Dahl, K..3/14/03       | 292 Shear, J..10/26/02     | 655 Shear, J..10/26/02       |
| 75  | 240 Cross, D..3/14/03        | 150 Moreno, J..3/14/03     | 292 Deutsch, D..11/23/02   | 655 Deutsch, D..11/23/02     |
| 76  | 240 Shuttleworth, .4/26/03   | 150 Stein, K..2/22/03      | 292 Wright, A..4/27/02     | 655 Houle, L..3/14/03        |
| 77  | 236 Ray, J..5/4/02           | 150 Bloom, C..4/26/03      | 290 Wilson, A..3/14/03     | 650 Marcellis, J..11/23/02   |
| 78  | 235 Kerth, B..6/1/02         | 145 Farmer, K..6/1/02      | 290 Montoya, C..3/14/03    | 650 Mikulecky, B..3/14/03    |
| 79  | 235 Graves, L..6/1/02        | 145 Marcellis, J..11/23/02 | 290 Xiong, Y..3/14/03      | 645 Martin, A..3/14/03       |
| 80  | 235 Cefalu, J..10/26/02      | 145 Fulgum, J..12/7/02     | 286 Guzman, G..6/1/02      | 633 Blanchard, E..5/4/02     |
| 81  | 231 Nelson, 10/9/02          | 145 Falke, M..1/25/03      | 285 Albus, D..8/3/02       | 628 Muskat, T..9/14/02       |
| 82  | 231 Deutsch, D..11/23/02     | 145 Rodriguez, S..3/14/03  | 285 Hollier, J..11/30/02   | 622 Brigham, C..5/24/02      |
| 83  | 230 Spencer, H..6/1/02       | 145 Kunze, C..3/14/03      | 285 Houle, L..3/14/03      | 622 Prescott, B..6/14/02     |
| 84  | 230 Kees, J..12/7/02         | 145 Messing, J..3/22/03    | 285 Bloom, C..4/26/03      | 622 Denmon, A..6/15/02       |
| 85  | 230 Pittman, R..3/14/03      | 145 McCormick, J..3/29/03  | 281 Ray, J..5/4/02         | 620 Farmer, K..6/1/02        |
| 86  | 225 Zumwalt, M..5/18/02      | 143 Zumwalt, M..5/18/02    | 281 Brigham, C..5/24/02    | 620 Shander, A..6/22/02      |
| 87  | 225 Farmer, K..6/1/02        | 143 Ray, J..1/24/03        | 281 Tom, K..4/26/03        | 620 Xiong, Y..3/14/03        |
| 88  | 225 Kubik, S..7/20/02        | 140 Martinez, M..10/19/02  | 280 Guffey, B..11/16/02    | 620 Pittman, R..3/14/03      |
| 89  | 225 Albus, D..8/3/02         | 140 Blunschi, R..10/26/02  | 280 Rodriguez, S..3/14/03  | 615 Kerth, B..6/1/02         |
| 90  | 225 Robinson, R..8/28/02     | 140 McBurney, J..11/16/02  | 280 Hunt, T..3/22/03       | 615 Albus, D..8/3/02         |
| 91  | 225 Bostrom, T..12/7/02      | 140 Wright, L..3/1/03      | 275 Kunze, C..3/14/03      | 615 Taylor, F..11/16/02      |
| 92  | 225 Zboril, J..2/8/03        | 140 Landolt, M..3/2/03     | 275 Pittman, R..3/14/03    | 615 McBurney, D..3/8/03      |
| 93  | 225 Liner, J..2/28/03        | 140 Sayers, S..3/5/03      | 270 McNelly, V..5/18/02    | 610 Landolt, M..3/2/03       |
| 94  | 225 Conner, J..3/14/03       | 140 Vega, L..3/22/03       | 270 Kerth, B..6/1/02       | 610 Pulvernacher, M..3/14/03 |
| 95  | 225 Pulvernacher, J..3/14/03 | 137 Guzman, G..6/1/02      | 270 Prescott, B..6/14/02   | 605 Graves, L..6/1/02        |
| 96  | 220 Nitke, D..5/19/02        | 137 Chavira, P..11/23/02   | 270 Muskat, T..9/14/02     | 605 Shutte, M..9/7/02        |
| 97  | 220 Cruse, J..1/11/03        | 137 Snow, D..3/22/03       | 270 Snow, D..3/22/03       | 605 Cefalu, J..10/26/02      |
| 98  | 220 Mikulecky, B..3/14/03    | 137 Tom, K..4/26/03        | 270 Leebrik, B..4/03       | 600 Kubik, S..7/20/02        |
| 99  | 220 Xiong, Y..3/14/03        | 135 Williams, K..12/7/02   | 265 McGrath, J..5/19/02    | 600 Hariston, D..1/24/03     |
| 100 | 215 Ramirez, E..6/1/02       | 135 Claypatch, J..12/14/02 | 265 Shander, A..6/22/02    | 600 Cross, D..3/14/03        |



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).

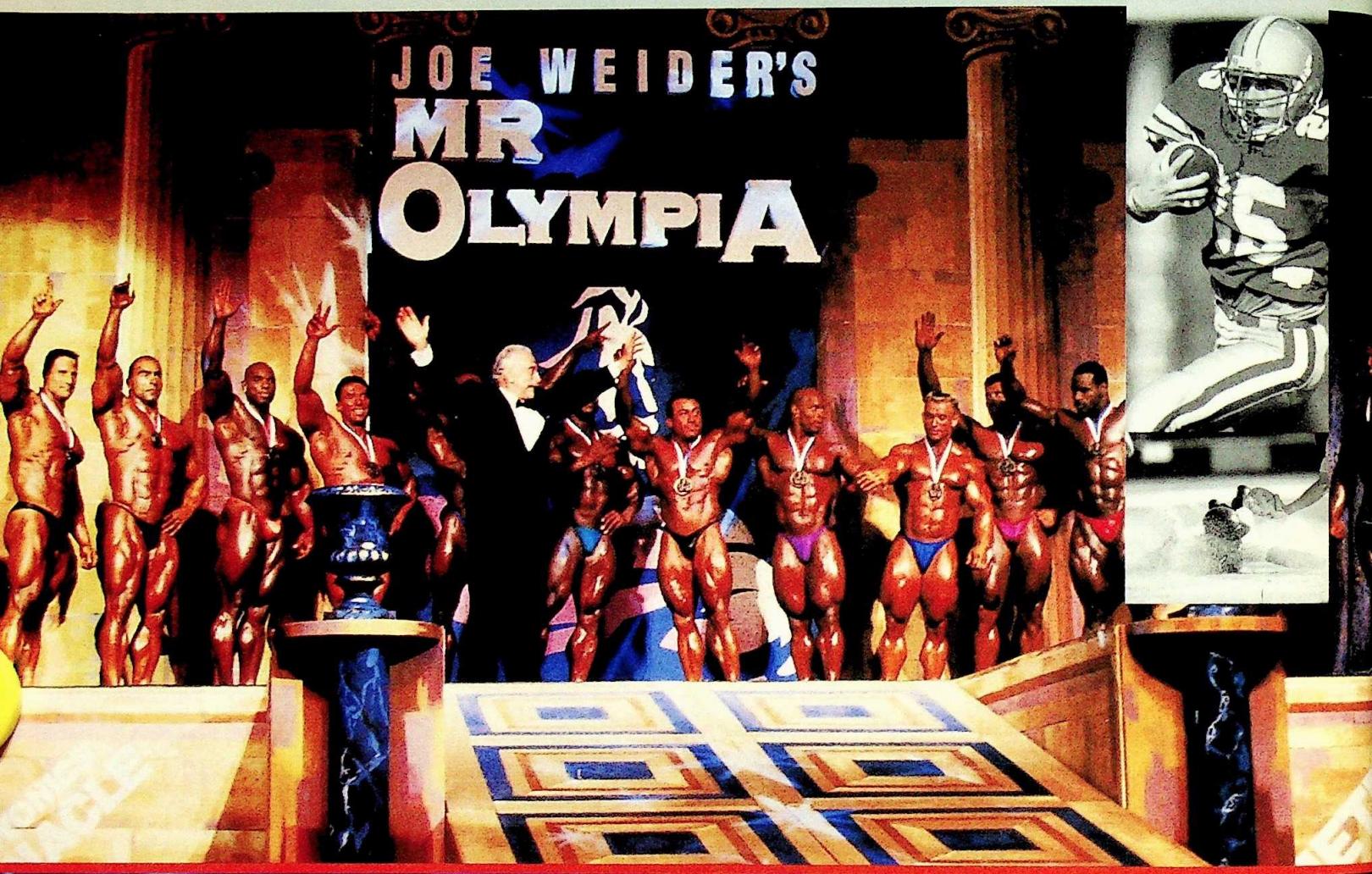
**NEXT MONTH... TOP 123s**

Corrections... Chuck Scherza indicates that he should have been credited with a 620 bench press on the TOP 100 list for Superheavyweights. Also on that list, Mike Knight should have been credited with a 555 bench press. We recognize that we do make errors in our own compilation of the ranking lists and the meet results we publish, however, in some cases we were not able to obtain a timely copy of the results from the meet director, and occasionally the meet results themselves contain errors.

We apologize for any errors that our readers find in our reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "POWERLIFTING USA ERRORS DEPARTMENT", Post Office Box 467, Camarillo, California 93011.

# ***This Is My World!***

**SIXTY YEARS OF EXCELLENCE**



***Joe Weider***

**Trainer of Champions since 1936**



# **INZER**

## **ADVANCE DESIGNS**

**THE BEST POWERLIFTING BELTS IN THE WORLD**

THE FOREVER GUARANTEE<sup>TM</sup> 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.



**SOLE MOLDED  
TO PERFECTION**

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.

**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