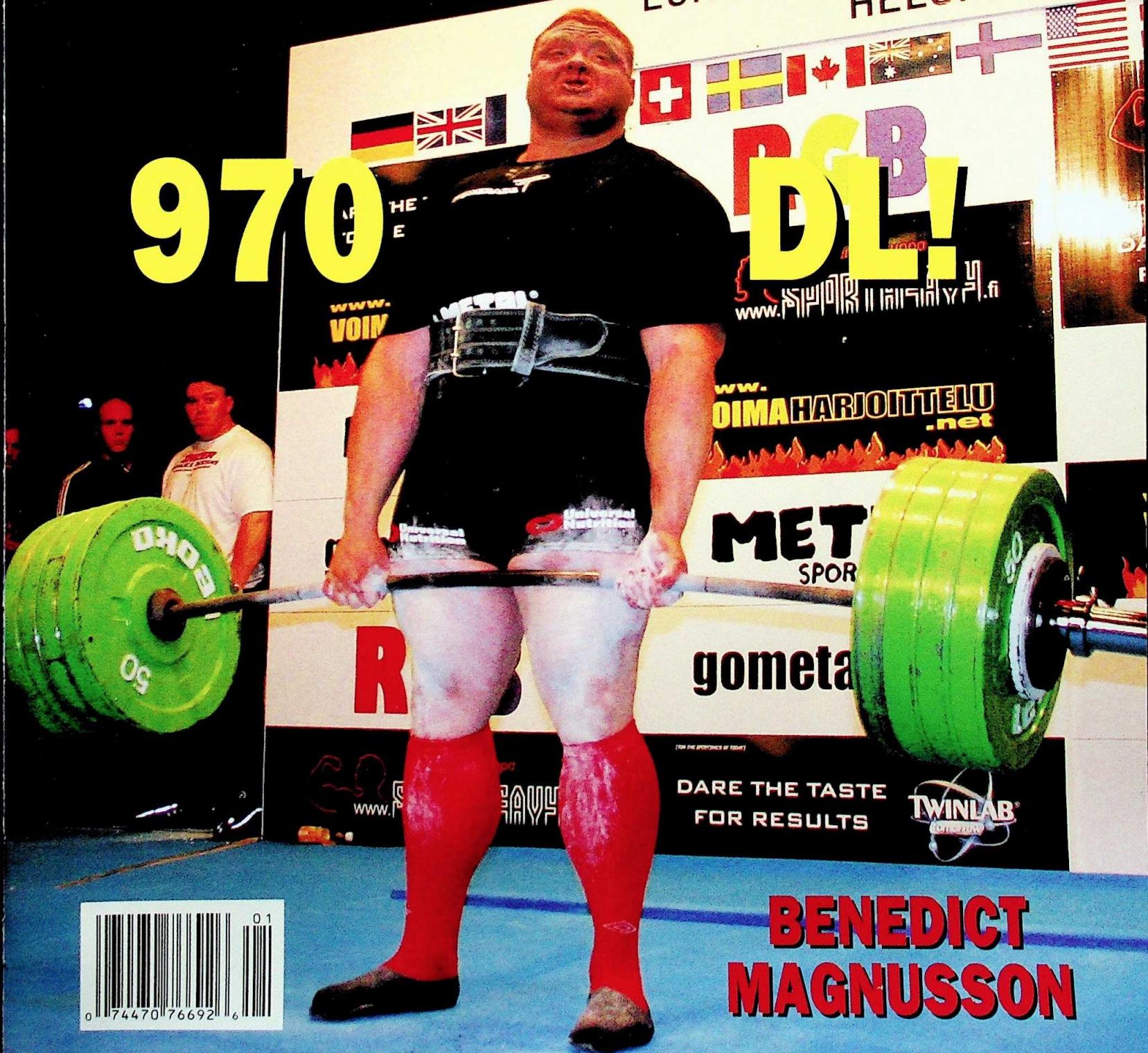


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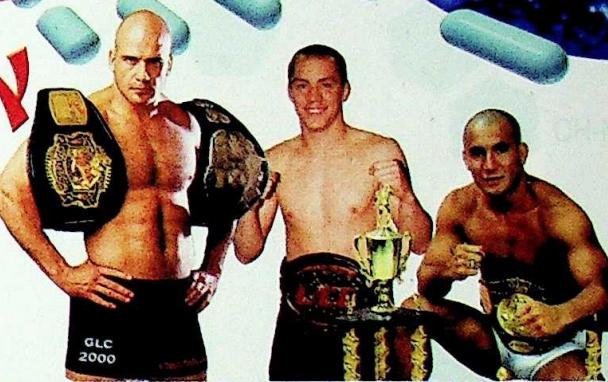
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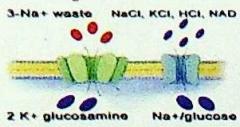
Todd Margolis, Rob Fletcher and Relson Gracie

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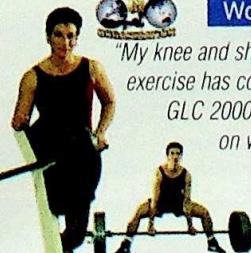
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ON THE COVER - the biggest deadlift in the history of the world... 970 lbs. by Benedict Magnusson of Iceland at the WPC World Championships in Finland (copyright Kari Hyvonen)

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

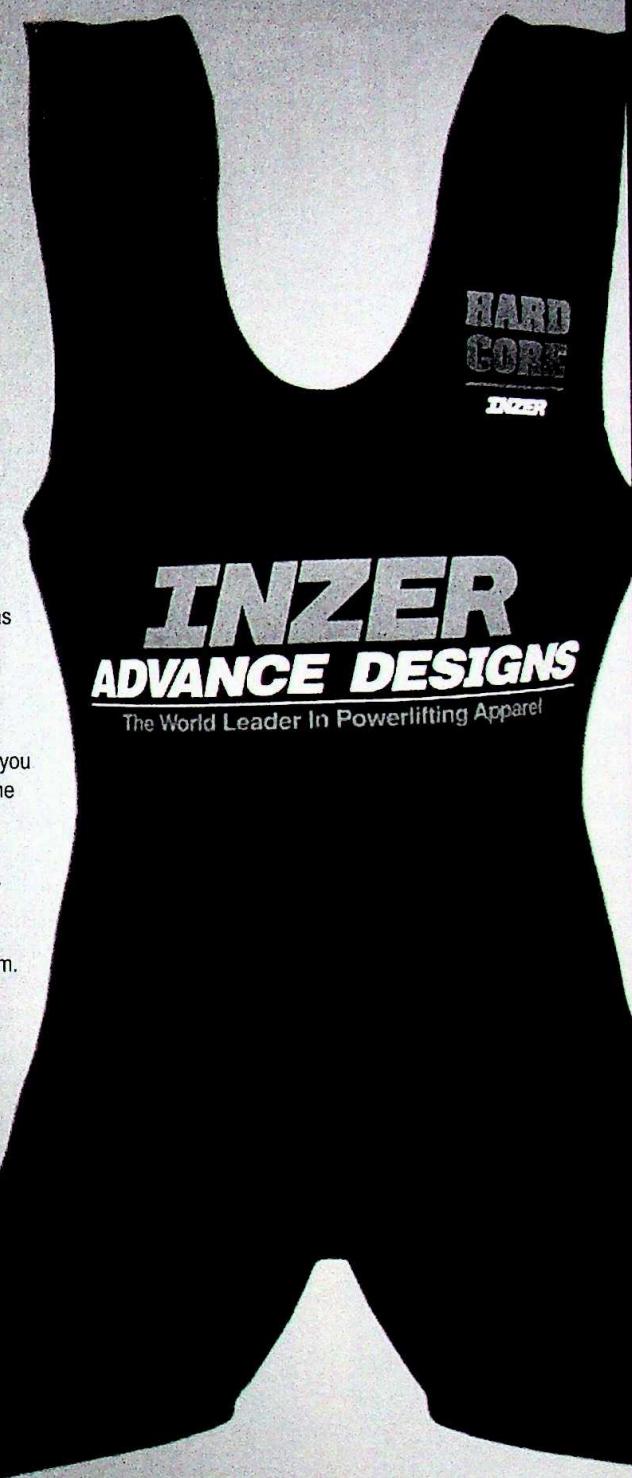
A true investment and long term savings. Until now squat suits have been a replaceable item.
Now with the HardCore, you won't need another suit until you change weight classes. One HardCore will last longer than several of any other suit in the world.

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^o which retains its shape and power after every use.

The largest research and development production ever in powerlifting gear technology.
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Built for all squat stances and styles. After you pull the crotch up and secure the HardCore legs in place, the CoreLock^o will help your legs stay firmly planted whether you use wide stance, ultra wide or close.

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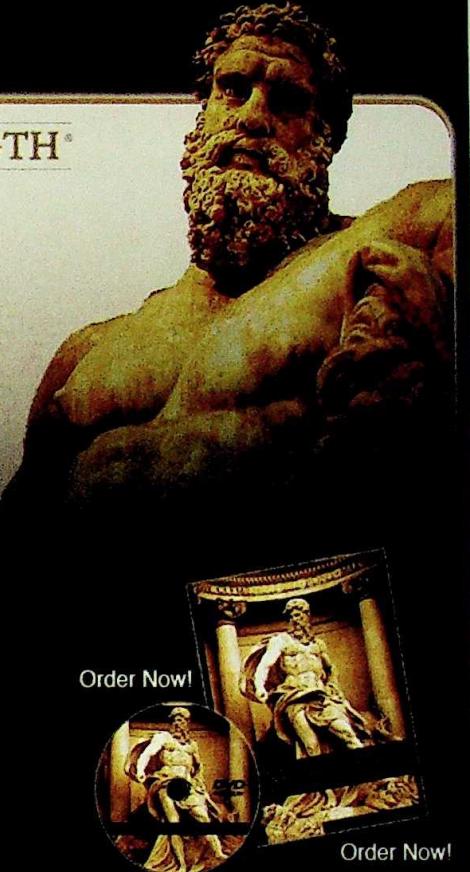
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to help you get a pile of new PRs, so maybe if you could turn the clock back, this time around you'd be the strongest kid in your school.

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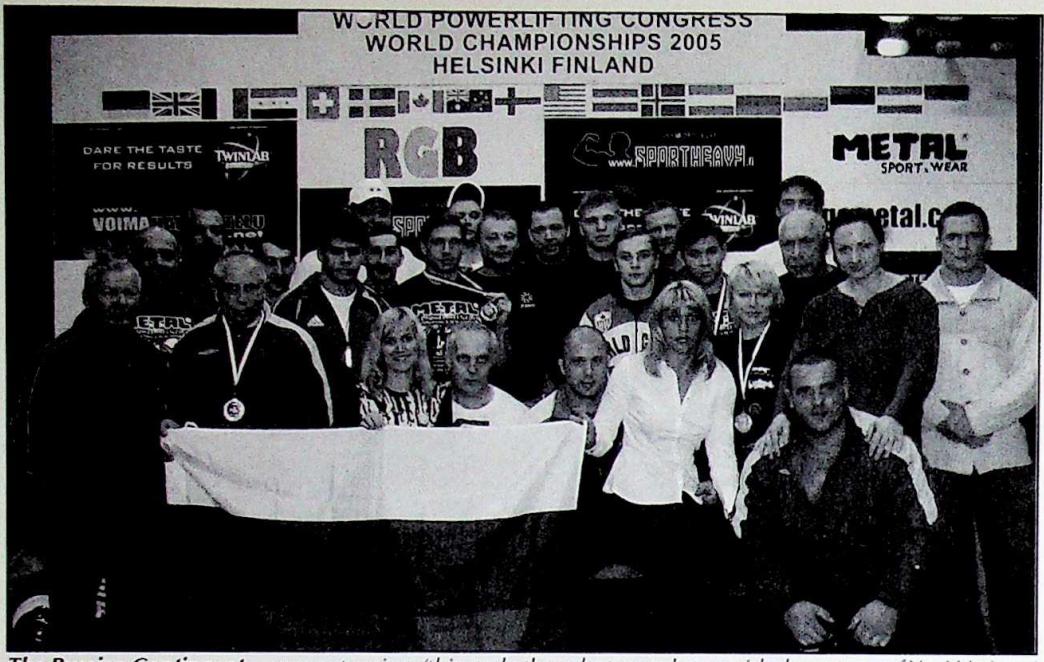
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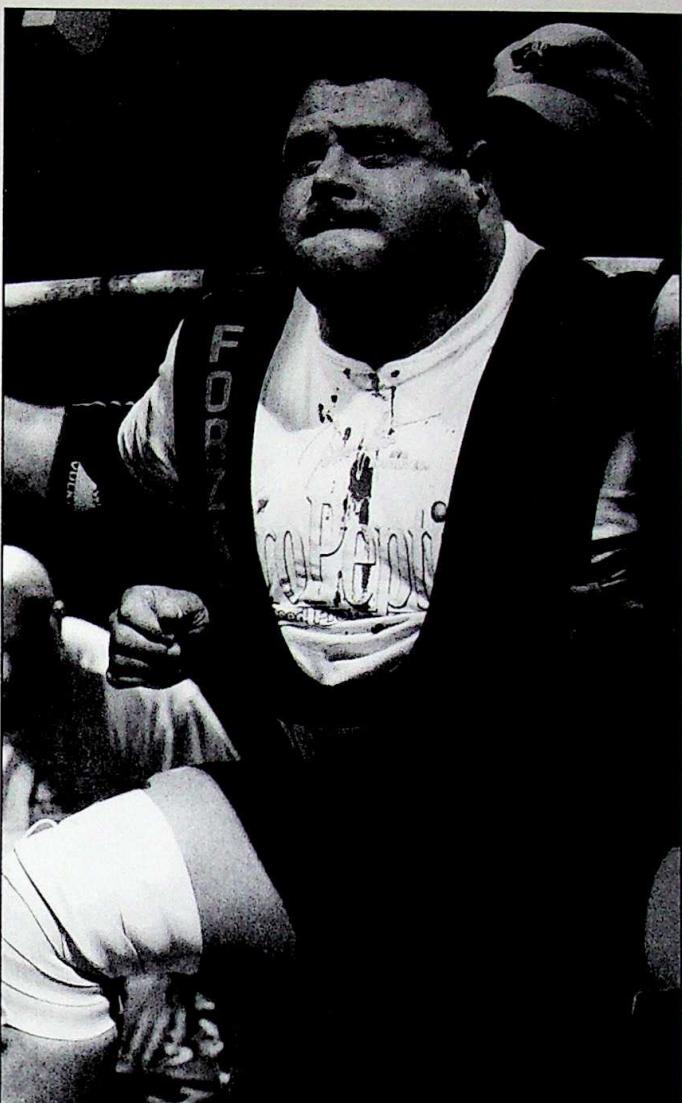


The Russian Contingent... was extensive. (this and other photographs provided courtesy of Yuri Ustinov)

WPC Bench Press Worlds 2-4 NOV 05 - Helsinki, FIN

		Teen (16-17)	Krymov-UKR	—
WOMEN		Virbickas-LIT	474	M. Kalyn-UKR
Teen (13-15)		242lbs.	380	I. Likkala-FIN
114lbs.		Nekludo-RUS	617	Pylkkane-FIN
K. Cepis-LAT	77	G. Kohs-LAT	507	—
198+lbs.		H. Hiiusa-FIN	—	220lbs.
Ashton-USA	159	275lbs.	—	220lbs.
Teen (18-19)		Sjodin-SWE	622	Timofeev-RUS
165lbs.		308lbs.	429	573
Fitzpatrick-USA	121	V. Stannin-GER	595	Gromoy-RUS
Junior		Master (45-49)	595	562
165lbs.		165lbs.	374	Kulmala-FIN
Pikuny-UKR	304	V. Mysak-UKR	347	Cirulis-LAT
Master (40-44)		Faugne-FRA	363	534
198lbs.		181lbs.	198lbs.	Sinetskin-RUS
Skrypka-UKR	115	Benedix-USA	435	507
Open		198lbs.	341	Hynynen-FIN
114lbs.		Ponomar-RUS	418	474
Frolova-CAN	209	D. Theux-FRA	374	E. Platel-FRA
132lbs.		Matveyev-EST	523	3396
Bemova-RUS	231	Pindark-USA	496	J. Rintala-FIN
E. Virkki-FIN	226	123lbs.	—	—
L. Bagina-RUS209		Ruuskanen-FIN	418	242lbs.
Rakhieva-RUS	319	Artemye-RUS	297	Marten-GER
165lbs.		132lbs.	297	661
Lobache-RUS	319	Artemye-RUS	336	Nekludo-RUS
181lbs.		165lbs.	336	617
R. Marin-FIN	501	Zaytsev-RUS	347	Berzins-LAT
R. Pekka-FIN	—	165lbs.	347	617
181lbs.		Galati-AUS	474	Dexter-USA
E. James-UK	286	P. Shinor-FIN	463	600
Strakhor-RUS	242	Tsvetkov-RUS	220	Polutin-UKR
198lbs.		181lbs.	220	595
A. Rosen-SWE	352	Chadkov-RUS	573	Ozols-LAT
MEN		Minuth-USA	485	595
165lbs.		Valsanen-FIN	—	Zaytsev-RUS
K. Taul-EST	374	Baumher-EST	—	562
181lbs.		Koshkin-RUS	—	Pontinen-FIN
Sadikov-EST	374	198lbs.	—	496
181lbs.		Haaparan-FIN	578	Rakchee-RUS
A. Mattei-FRA	385	A. Stahl-SWE	551	485
220lbs.		Manedo-RUS	540	I. Vite-LAT
Ruotsalai-FIN	440	Makeev-RUS	540	440
Reinholds-LAT407		Ponomar-RUS	5534	Bodry-RUS
H. Ben-FRA	352	165lbs.	330	—
198lbs.		275lbs.	330	Lawrenc-USA
Olyarni-UKR	474	A. Galati-AUS	474	—
Ayyazov-RUS	374	P. Shinor-FIN	463	275lbs.
Sprogs-LAT	330	Tsvetkov-RUS	220	275lbs.
J. Kallio-FIN	529	181lbs.	220	275lbs.
Wenning-AU	468	Chadkov-RUS	573	Kravtsov-RUS
Vuorela-FIN	440	Minuth-USA	485	705
242lbs.		Valsanen-FIN	—	Parkkine-FIN
Pajunoja-FIN	639	Baumher-EST	—	661
H. Ecker-AU	551	Koshkin-RUS	—	G. Rosen-SWE
Klymenk-UKR	518	198lbs.	—	661
M. Isotov-GER	474	Haaparan-FIN	578	Kymala-FIN
Kinkinen-FIN	429	A. Stahl-SWE	551	573
275lbs.		Manedo-RUS	540	Ihalainen-FIN
Rantanen-FIN	705	Makeev-RUS	540	562
308lbs.		Ponomar-RUS	5534	Erlands-SWE
A. Juden-FIN	606	165lbs.	330	—
Master (40-44)		275lbs.	330	—
165lbs.		181lbs.	330	—
Truldnin-KUS	374	Lightweight	—	—
181lbs.		165 lbs.	—	—
P. Purigin-RUS	418	Chadkov	551	716
Marinis-USA	—	P. Poikio	534	716
220lbs.		S. Koshkin	540	705
J. Martin-USA	507	J. Garcia	529	705
Haynes-USA	501	F. Galati	529	622
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		P. Poikio	534	622
		S. Koshkin	540	622
		J. Garcia	529	622
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		P. Poikio	534	622
		S. Koshkin	540	622
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		V. Chadkov	551	622
		P. Poikio	534	622
		S. Koshkin	540	622
		J. Garcia	529	622
		F. Galati	529	622

Junior	
165 lbs.	
Sakikov-EST	617 308 617 1543
Konstantinov	529 369 485 1383
181 lbs.	
Oesterle-GER	661 440 606 1708
Lindley-AUS	639 429 396 1466
198 lbs.	
Ayvazov-RUS	771 418 716 1907
Volodymyr	755 440 694 1956
Soboliev-RUS	683 385 551 1598
Douglas-AUS	352 198 374 925
220 lbs.	
J. Frey-USA	788 501 661 1951
Vuorela-FIN	771 463 661 1896
Benzler-GER	815 396 661 1873
Ecker-AU	661 584 628 1846
Rumiantsev-EST	
242 lbs.	
Klymenko	771 529 705 2006
M. Lehto-FIN	705 451 595 1752
Mentula-FIN	661 396 688 1747
275 lbs.	
Rantanen-FIN	948 705 705 2358
Schurr-GER	749 518 716 1984
Open	
114 lbs.	
Artemyev	418 319 407 1146
123 lbs.	
Artemyev	446 330 396 1173
132 lbs.	
Brown-USA	341 209 407 959
148 lbs.	
Kokorev-RUS	661 463 595 1720
Morse-USA	468 275 451 1196
165 lbs.	
Tsvetkov-RUS	760 424 578 1763
Altavazov-RUS	694 363 606 1664
Galati-AUS	485 507 507 1500
Durand-FRA	507 374 474 1355
181 lbs.	
Sharapov-RUS	777 451 628 1857
J. Hurley-GB	771 363 617 1752
P. Avila-FIN	694 407 595 1697
Horanek-AU	551 418 518 1488
Baumer-EST	617 529
198 lbs.	
Matveev-GER	749 451 782 1984
Mamedov	804 534 639 1978
Bukhiychuk	793 474 683 1951
Pykainen	661 402 622 1686
220 lbs.	
Grachev-RUS	837 451 788 2077
Someroja-FIN	771 617 683 2072
Vdovkin-RUS	782 485 749 2017
Schoele-GER	716 507 644 1868
Friberg-SWE	694 440 705 1840
Antoni-GER	705 418 661 1785
O. Timofeev-RUS	
Guest	
M. Sinetskin-RUS	
242 lbs.	
Virtanen-FIN	881 573 788 2243
Johnston-USA	970 545 722 2237
Mikhailov	903 567 755 2226
P. Nay-AUS	881 552 694 2127
Pontinen-FIN	859 518 694 2072
Sinetskin-RUS	705 474 628 1774
Holviala-FIN	683



Andy Bolton ... doing it all in the WPO, now comes in with a 2722!

Zaytsey-RUS	661	Sokolov-RUS	793	578	749	2121
275 lbs.		Olelenko	815	507	760	2083
Poppe-GER	859 518 683	2061	Bonekats-LAT	661	529	727
R. Ligler-FRA	705 595 595	1896	Rosendahl	881		1918
Marci-AUS	661 385 534	1581	308 lbs.			
308 lbs.			Meszaros	837	529	837
Stephanov	903 595 793	2292	Darazs-HUN	799	507	661
Krunic-SWE	837 595 727	2160	Petursson-ICE	220	771	1967
						1212



Vladislav Alhasov .. zooms up the all time rankings with an 1168 SQ



Vladimir Chadkov ... sets up for WPO Euro Bench Bash competition.

Niemi-FIN	716	Trunkhnin	507	374	507	1388
Master (40-44)		181 lbs.				
V. Graham-CAN		220 lbs.				
Kalpiao-FIN	793	418	639			1851
Persson-SWE	760	440	639			1840
242 lbs.						
Vosilius-LIT	749	567	711			2028
Eriksen-USA	804					
308 lbs.						
Frostell-FIN	694	562	639			1896
308+ lbs.						
Nastynov-RUS	920	556	727			2204
Master (45-49)		165 lbs.				
Lume-USA	523	341	435			1300
181 lbs.						
Theux-FRA	463	330	507			1300
B. Benedix-USA		198 lbs.				
Dermeijov	551	385	595			1532
220 lbs.						
Ivanusins-LAT	573	264	220			1058
242 lbs.						
Higgins-USA	821	463	650			1934
275 lbs.						
Rantanen-FIN	705	474	584			1763
308 lbs.						
McKee-USA	804	600	600			2006
308+ lbs.						
Tartia-FIN	617	396	661			1675
Master (50-54)		132 lbs.				
Bobrovitz	308	275	330			914
165 lbs.						
Tyree-USA	600	369	512			1438
Taul-EST	440	385	496			1322
Garcia-FRA	385	253	396			1036
220 lbs.						
Neumaier-AU	418	429	529			377
Makeev-RUS	496	176	286			959
242 lbs.						
Zenzen-USA	705	374	529			1609
Pollendorfer	617	396	551			1565
308 lbs.						
I. Aman-FIN	749	374	749			1873
Lindstrom-FIN	573	418	661			1653
308+ lbs.						
Paavilainen	705	396	595			1697
Master (55-59)		220 lbs.				
P. Ketola-FIN	512	352	518			1383
Burgard-USA	529	303	507			1339
275 lbs.						
Varela-USA		308 lbs.				
Meek-USA	501	545	584			1631
Master (60-64)		165 lbs.				
Chepets-RUS	534	374	435			1344
220 lbs.						
Lancaster	451	407	551			1410
Birch-AUS	529	363	479			1372
Master (65-69)		165 lbs.				
Flores-USA	501	248	530			1279
Bolotov-RUS	396	176	319			870

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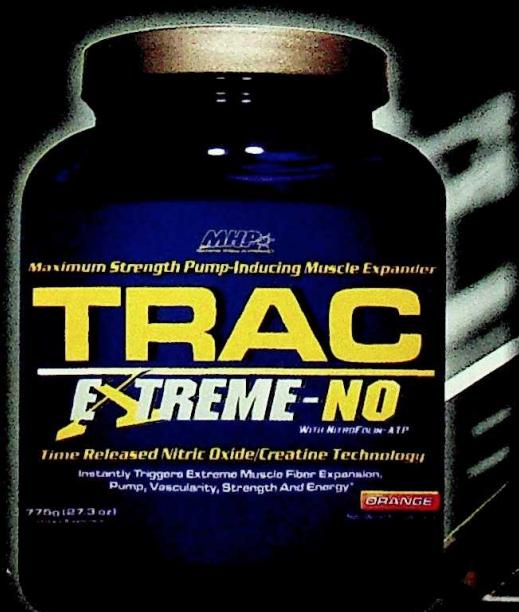
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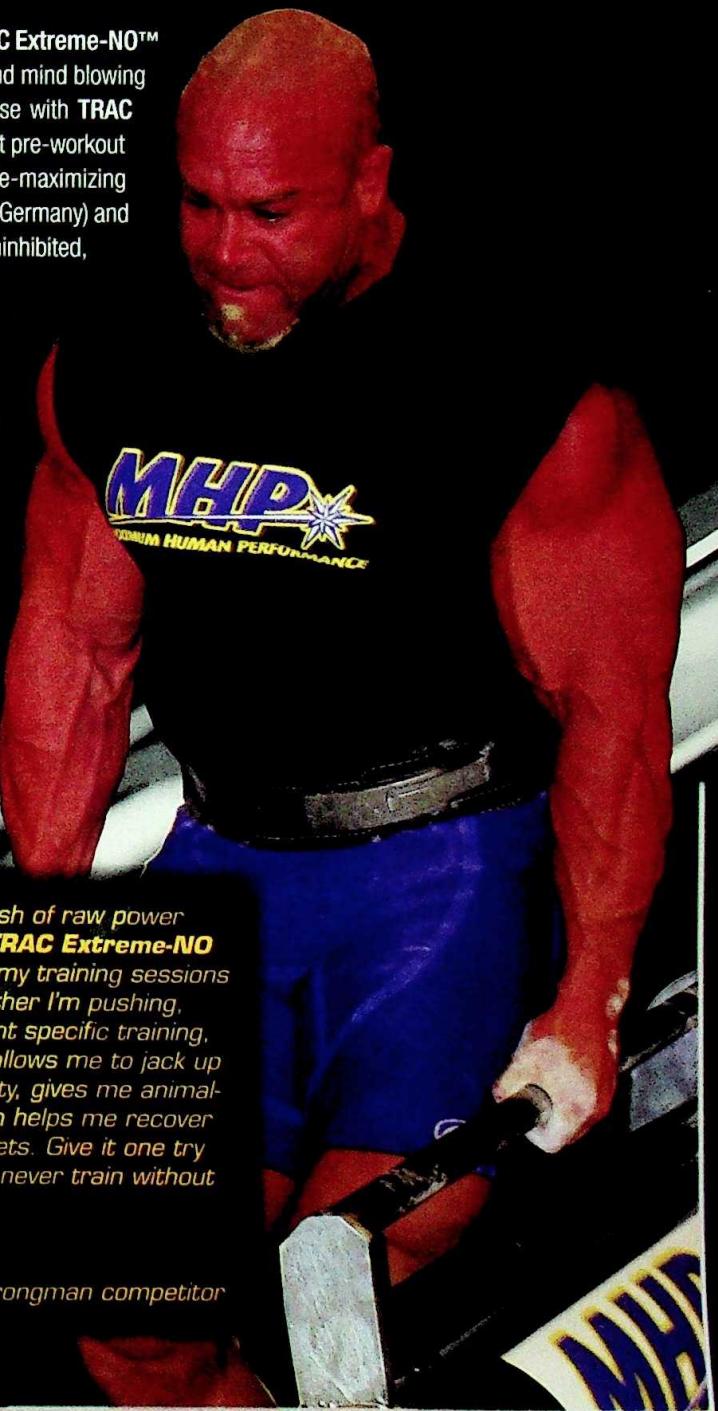
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*Jon Andersen
- Top-ranked pro Strongman competitor*



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TRAINING

ISOMETRICS by Louie Simmons

Isometrics have been around since the 1950s. It was an effective method to develop strength at a particular angle and affordable to most because of the limited amount of equipment needed.

The famous Bob Hoffman of York Barbell fame manufactured an isometric power rack in the 1960s. T. Hettinger and E. Mueller found that a small workout daily for 10 weeks would increase strength about 5% per week, which was maintained for a month.

There has always been the question, which is more productive, dynamic or isometric exercises? In my opinion, both must be trained. There are always pros and cons for any type of training. Here are the benefits:

- * Isometrics take less time and energy to perform a workout.
- * You can maintain speed strength while doing isometric training.
- * For those wanting to remain in a particular weight class, isometrics won't add muscle mass.
- * They fortify technique in crucial positions. A coach can watch to see form breaks at many different angles of the lift.
- * Maximal effort can be displayed longer than with dynamic work.

When doing dynamic work, maximal effort is displayed for a fraction of a second at the mini-max, or sticking point. While doing speed deadlifts, all looks well. The bar is blasted from the floor to lockout. However, with a max effort deadlift, the bar stops at the knee or just before lockout. Hardly any work is done at the mini-max. It's just too fast.

A 3-second isometric hold can be equal to many dynamic contractions.

* The work at a particular angle is radiated 15% either above or below the point where the force is applied. "It sounds contradictory, but holding your breath can boost endurance. Remember, a swimmer inhales only once every 3 or 4 strokes.

The following points are disadvantages of isometrics.

* Isometrics are not to be used before puberty or if one is a novice.

* Isometrics can fatigue the

central nervous system.

- * If done alone, a loss of some coordination will occur.
- * Holding your breath for a long time can have a negative effect on the cardiovascular system.

How are isometrics performed? Here is how Westside does them. The simplest way is to push or pull against a pin, which can be placed at different positions. For example, if you are weak at the floor, pull on a fixed bar at that position, or just below the knee, at the knee, and possibly at the lockout.

Like all isometric contractions, you can use submaximal or maximal efforts while exerting on the bar. Also, the duration that you push or pull on the bar can vary from 2 to 6 seconds per exertion.

Quasi-isometrics is pushing or pulling slowly, over a certain range of motion. This can be done by attaching a series of Jump-Stretch bands to the bar. For example, loop a series of bands over a bar placed on the floor. Now

it is possible to lift the bar very slowly through a predetermined range of motion. Adjust the bands to work that part of the lift that needs to be improved.

Dynamic isometrics is pulling or pushing a bar against a fixed pin as fast as possible with a brief contraction. Because of the short contraction, it is possible to do several efforts. However, it is

being pushed or pulled upon. This will satisfy the entire range of motion.

Although isometrics are found to develop absolute strength, as you can see, they also increase dynamic strength. Verkhoshansky found that the time one holds a position isometrically is as important as the intensity of the hold.

I have always preferred the Hoffman method. For example, lift 400 pounds upward a predetermined distance into a fixed pin. Hold for 3-6 seconds. A weight of 400 would be 75% of a 600-pound max.

It is very hard to calculate how much you are truly exerting against a chosen pin. For absolute strength, hold maximal tension. For explosive strength, use maximal speed and exert 70-80% against the pin. The faster you get to 70-80%, the better.

Isometrics are very effective but also very taxing. The faster the lift is performed, the less time the min-max is worked. All training methods must be used during training. It is up to the coach to know when to utilize a particular training method.

For a more detailed explanation of the above, see Verkhoshansky (1970), or The Fundamentals of Special Strength-Training in Sport.

Remember, the faster the rate of force development against the pin, the better. The longer the exertion against the bar, the greater the results, even with different intensities. Don't exceed 10 minutes of isometric work per workout. Like any training, rotate isometrics throughout the year. For explosive strength, one must produce maximum speed as fast as possible against the pin. The simplest form of isometrics is just tensing the muscles, as in a bodybuilding pose. This as advocated by Vorobev in 1978 and as early as the 1900s by Anokhin and Prosek, by forcefully tensing the agonists and antagonists for every joint.

I hope just some small part of this article will awaken your mind to try a new method of training.

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Back in 1994 when I was 32 years old, I used to bench press the old school way. You all know what I mean. Every Monday I did the incline, decline, and flat bench. Then on Friday I would see what I could flat bench. Well, it stayed at 385 lbs. raw. I then told myself, "well, I guess I'm a 385 lb. bencher." I thought I was stuck with that my whole life. Didn't we all think that unless you trained at Westside Barbell, in Columbus, Ohio? I took nine years off to start my own stone mason company. It was successful after the seventh year. I then had more time to kick back a little bit.

Then in 2002, I decided to see what was going on in the bench press world. I bought my first new *Powerlifting USA* magazine. I was so amazed with the raw benchers. I said, "what happened to me?" I only benched 385 raw. I was amazed with George Halbert, who I contacted through *Powerlifting USA* magazine. He told me he could bench press 600 lbs. raw at the bodyweight of 215 lbs. "How could that be?" I asked myself. A short time after that, I had George's program down to a science, as I had George Halbert give me a seminar at a local gym, here in

STRAIGHT BAR TALK

Still on Top of the World ... Not Hypothetically, but Proven Factual

as told by Randy "The Machine Gunn" Bumgarner



Ted with Randy Bumgarner at his store in Manchester in May 2002.



Ted Arcidi Now at 225 pounds and 47 yrs. of age. (June 2005)

he did train triceps correctly. I told Ted this and he said he'd hate to think he missed out on anything. In reality, today, we know he missed out on everything in regards to proper training, thanks to West-side.

Ted always put on a good show while bench pressing in training: 600x9, 405x25, and 500x21 reps raw! Let's not forget he only weighed 272 lbs., and these lifts are all raw. How could a man train this way and still be bench pressing 661 at 272 at a meet raw? Because Ted is the strongest bench presser who ever lived. This is the final point.

Now, we all know if Ted didn't overtrain, but would have speed trained and maximum effort trained, like Westside, it is factual Ted would have bench pressed 716 raw, but at 272. He would have definitely bench pressed 56 more pounds with today's correct training.

I did put on 75 pounds, thanks to Louie and George. No one was ever built like Ted, as his upper body was built for bench pressing at 272. He was as big as a 400 pound man.

How is Ted today? He is a part-time actor belonging to an independent film company. He has acted in movies including, "Love is a Battlefield", "Bobby Loves Mangos," and "Committed." He has been on TV in two episodes of "Law and Order," "Wendy's" commercials, as well as theater acting. He was also in the WWF from 1986 to 1988, as Ted Arcidi, the "World's Strongest Man."

Every Saturday morning, he'd fight Hulk Hogan, Andre the Giant, Tony Atlas, the Iron Sheik, Martino Bruno Sammartino, and Super Star Billy Graham. An action figure doll of himself was made that sold like hotcakes.

He has now become a health freak, running two miles a day, on a very lean diet. He weighs 225 lbs. and looks and feels great at the age of 47 years. He lives in Manchester, New Hampshire, and owns a mill building, off the river in downtown Manchester, renting space to businesses and has his own fitness store and gym. He is also a realtor, has two sons, loves to flyfish, enjoys eating seafood, and he is close with his parents. Life is great for Ted.

I asked Ted if bench pressing really made his life what it is today and he said, yes, it did. He would like to thank Vince McMahon, WWF, Bob Hoffman, Joe Weider, Mike Lambert, and IRON MAN Magazine, for helping him get to the top of the world. I would like to thank Pete Vuono, Ted Arcidi, and Joe Zarella for their help with this article.

RANDY BUMGARNER
AKA "RANDY THE MACHINE GUNN"

Norwich, Connecticut. He stayed at my home for three days, and I gained much more knowledge. Shortly after that, I trained at Westside for a week and also stayed at George Halbert's house for a week.

I gained tremendous knowledge with all that, and training with Louie Simmons one on one. I also kept in touch with Louie and George on the phone every week for three years. I can now blow the doors off my 1994 prior 385 bench press to 450 lbs. raw. At a meet with Ed Coan as judge, 11 years later at the age of 43, I was to be the biggest of all in Connecticut. So what does this mean? It means Louie Simmons's bench press program works.

I will now prove my point that Ted Arcidi is truly the strongest bench presser who ever lived. Not hypothetically, but factually. It took my three years to get an interview with Ted Arcidi, because he is not impressed with any shirt benching today. Yes, he did 705 with a shirt, but it was only a 44 lb. shirt. That is all the weight he got out of that shirt.

Now, back to the raw deal. Ted bench pressed 661 at 272 lbs. raw. That is 55 lbs. from Scot Mendelson's 715 raw at 325 bodyweight. I was there when Scott broke the biggest bench in history, outright weight, not pound for pound. My hats off to you, Scott. This is my point, and once again, it is factual. We all know today's raw bench training is far better than in 1985, when Ted bench pressed 661 at 272.

This is how Ted trained: first off there was no speed training, no max effort training, and basically working out the same way every week, although

IN MEMORY...



Mary Anne Price, 54, passed away on December 2nd, in Newport News, Virginia. Mary Anne was the wife of Staff Sergeant Niles S. "Sid" Price, and served as Vice President of his company, Price Power International, Inc. and she competed at the national level in powerlifting and bodybuilding. She is survived by 9 sisters and 3 brothers, and many other family members. It has been requested that any memorial contributions be made to the Bon Secours Hospice, 3636 High St., Portsmouth, VA 23707 (according to the DAILY PRESS). Above, Mary Anne is seen at the 1986 Women's National Championships, held in Salt Lake City.

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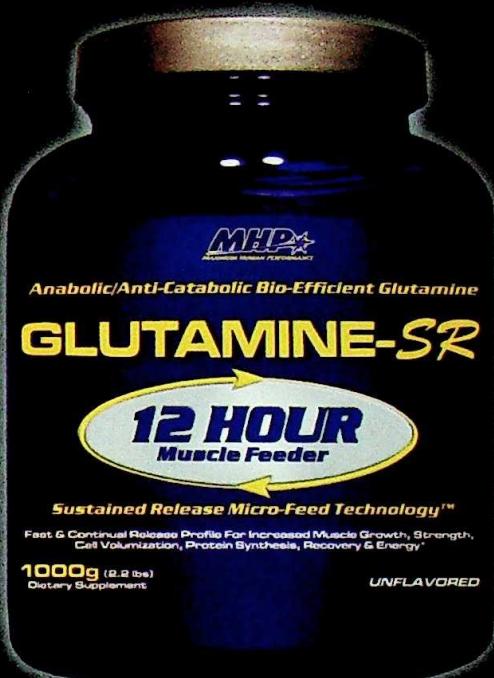
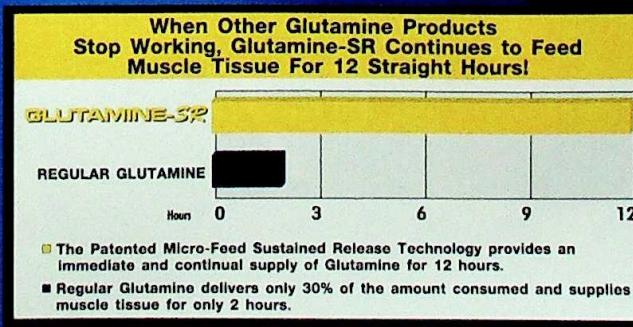
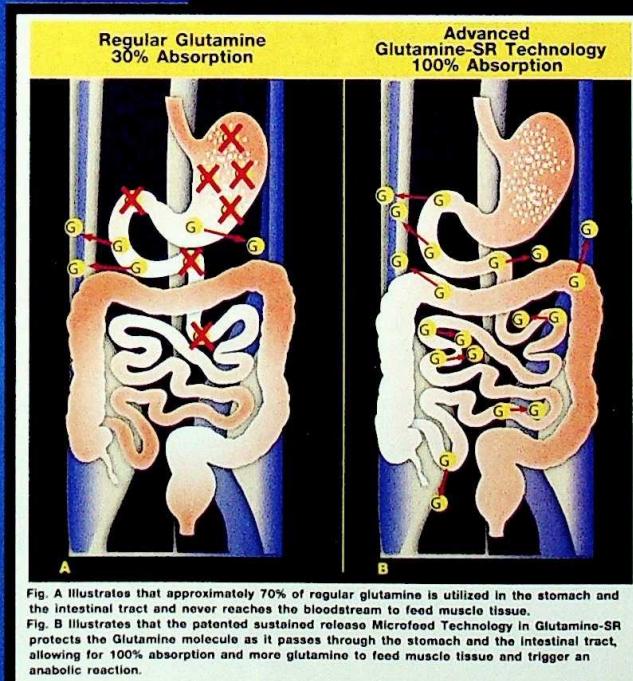
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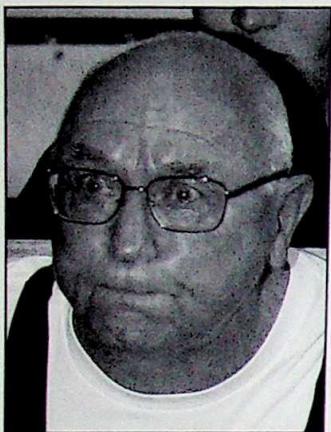
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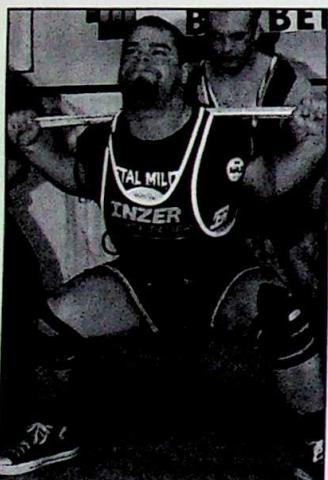
IPA Nationals

told to PL USA by Jane Kline

IPA Nationals 2005... how do you describe a meet with competitors ranging in age from 16 to 82? I will tell you how, SPECTACULAR! Why? Location, location, location. The IPA is honored to return to York, Pennsylvania where the first national powerlifting championships was held in 1964, and the first official world



Fred Archambault was awesome with an all-record performance.



Ed Korbel - Best Teen Male Lifter



Bev Cullen - a great IPA volunteer

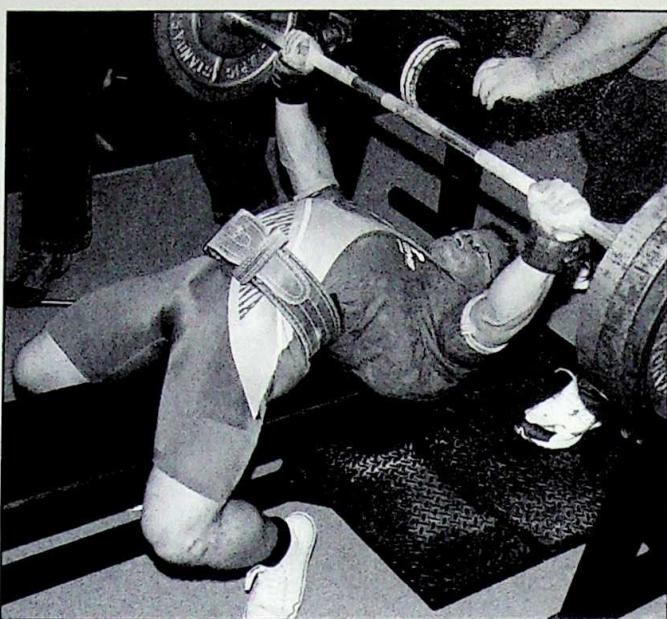
championships was held in 1971. The 1964 Nationals boasted 38 competitors and 7 weight classes. Things have changed a bit since then with 12 weight classes, multiple divisions, and even more subdivisions, but the heart and soul of powerlifting remains the same.

Holding the IPA Nationals at York Barbell created for athletes and visitors alike the epitome of a powerlifting experience. With Bob Hoffman and all the past great men and women of strength with us in spirit, the weekend proved to be one of fierce competition and inspiring sportsmanship laced with the warmth of camaraderie. Lifters helping lifters, spotters keeping lifters safe, judging consistent across the board, and fans cheering on the competitors throughout the weekend.

The three-day meet started Friday with an impressive collection of teens, women and men's classes through 165 lbs. The feature of the morning session was clearly Fred Archambault, Atkinson, NH. At 82 and 165 lbs, he put young competitors to shame. Fred earned the Amateur Men's Master Best Lifter Award by achieving a 350 lbs. squat, benching 230 lbs. and pulling 420 lbs. for a total of 1000 lbs. Fred is the picture of youth and health; Jack LaLanne would be proud! We can all aspire to be such an athlete. Other lifters who made their mark during Friday's AM session include Amateur 242 lb. teen Edward Korbel, Newfield, NY. Ed totaled 1725 lbs. and set a bench press world record of 525 lbs. Ed also took home the Best Lifter Award for Amateur Men's Teen division. In the women's division, SHW Bev Cullen, York PA set Amateur Women's Masters (45-49) records with a 430 lb. squat and 250 lb. bench press, her total for the day was also a record of 1045 lbs. Bev sought out Mark Chaillet two years ago for rehabilitation due to an injury that caused 2 herniated discs. Lifting was the last resort before surgery. Six months into training she had another setback when she suffered a compression fracture of a vertebra. She has only been squatting since February 2005.

The best lifter for the Women's Amateur Division was Tammy Daly, Gansevoort, NY, at 132 lbs.; Tammy totaled 830 lbs. for the day and set records in each of her lifts in the submaster division. Friday's sweethearts were teens Megan Eicholtz and Kelsey Doucette, both students at James Madison University. Sporting their school colors, these girls put up respectable totals in the 123 lb weight class. Megan took the Amateur Teen Best Lifter award and set a new world record for her squat and dead lift and total of 600 lbs. Kelsey chose to go it sans equipment lifting in the Raw Division.

In the Bench Only Amateur

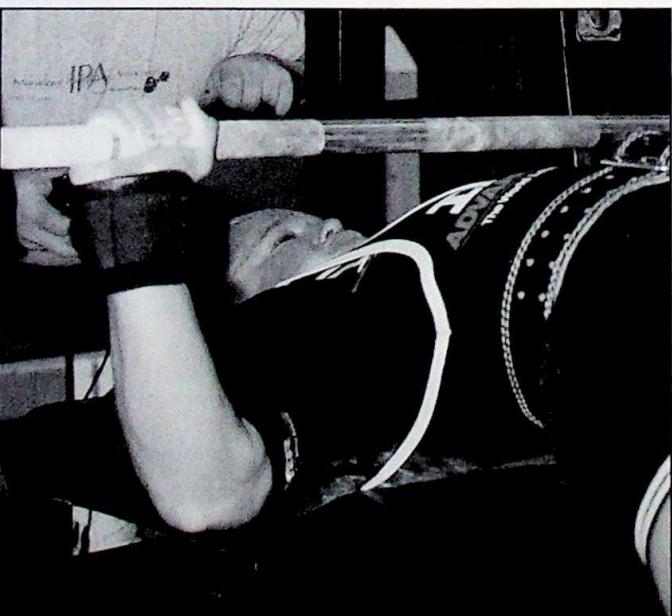


Brad Vargason - Pro Men's LW Best Lifter. (Casey Williams photos)

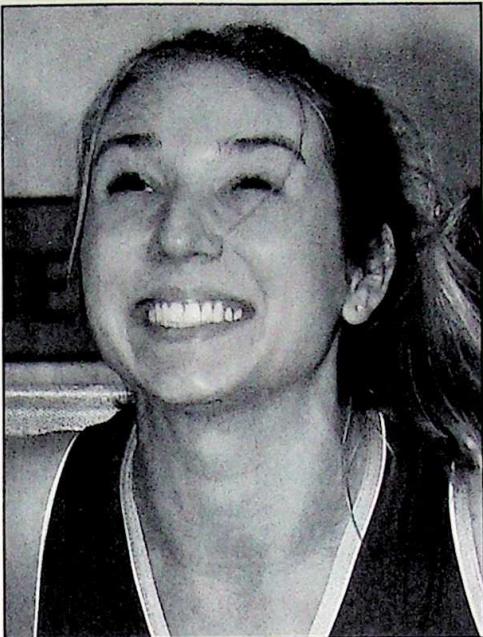
Teen Division, Angelo Armagno, Totowa NJ, took home the best lifter prize with a 225 lb. bench weighing a mere 114 lbs. The Women's Amateur Bench Only went to Michelle Borzak, Allentown, PA with an awesome bench of 305 lbs. weighing 148 lbs. In the Professional Women's Division Amy Weisberger, Columbus OH, continued to wow the crowd pushing up a 370 lb press in the 165 lb weight class. Amy never ceases to amaze us! The Amateur Men's Master prize went to Larry Cardon (60-64), 165 lbs. setting a masterful IPA record bench of 305 lbs.

As Friday progressed, things really began to heat up. Great numbers were being posted all over the place. Pound for pound we were seeing some tremendous feats of strength. The feature of the

afternoon and evening was Brad Vargason from Oxford, Pa. At 181 lbs., Brad kept us on the edge of our seats. He posted a massive squat of 830 lbs and than came back to bench 600 lbs and dead lift 690 lbs. His total earned him the All-time World Record of 2120 lbs. Brad lifted in the Men's Professional Open Division and won the Best Lifter Award for the Professional Men's Open Lightweight Division. Fantastic job, Brad! Others who set the tone for the weekend were Phillip DelMonti, 198 lbs., won the Professional Men's Junior Division with a total of 1880 lbs., and a new record bench press of 525 lbs. Fred Piermattei, 181 lbs. from Millersburg, PA, performed in his usual spectacularly strong way starting his day with a record squat of 675 finishing with a record total



Michelle Borzak benced 305 for Amateur Women's BP Best Lifter



Megan Eicholtz - the Amateur Women's Teen BL.

of 1715 lbs. winning him the Best Lifter Award in the Amateur Men's Open Lightweight Division. Steve Hartlaub, 198lb. class, of Hanover, PA, benched an amazing 540 lbs. setting three IPA records in the Amateur Men's Open, Amateur Men's Master and Professional Men's Masters (40-44). In the 165 lb. class, one of the IPA's premier lifters, Elite Amateur Open Brian Crowe of Selinsgrove, PA had some tough competition. While he crushed his 705 lb. squat and totaled 1715 lbs. for the day, it wasn't quite enough

Velliquette, LA Weightlifting Club, who won not only his division, but the Professional Men's Master Best Lifter Award with a total of 1300 lbs. weighing 198lbs.

Lifting continued late into the evening and all were ready to get back for Saturday's competition for the 220 and 242s. There were some big numbers put up on Saturday pushing to set the biggest squat and bench. If it wasn't enough to have 82 year old Fred Archambault on Friday, we had Eugene Jones from Vinton, VA on Saturday. Our

to edge out class 77 year old, 242 lb. lifter is all about winner Dan Petrillo. Dan lifting, Eugene does strength training with senior women. As he approached the platform to squat, he let the spotters know he had only been performing the lift for 5 weeks. He missed his first, but came back and finished the meet with a respectable total of 835 lbs. setting records in both the bench with 310 lbs. and dead lift with 340 lbs. Andy Keiderling, a 220lb. Amateur Teen squatted 612.2lb. for a new record. Impressive, especially considering this was only his second meet!

In the 220 lb. Professional

Division the big squat went to Mark Plescia of Norwood, NJ posting an 840 lb. mark for the day. Jason Cox from Dover, DE, consistently stuns the crowd with his huge squat. This 242

(article continued on page 44)

pounder powered up a 925lb. squat like a hydraulic jack. In the Amateur Men's Open, 242 division, Matt Smith of Columbus, OH and Matt Ladewski from Cheektowaga, NY battled for the world record that ultimately went to

Sunday's roster was filled with some of the best lifters in the country, all vying for the prize money put up by 3 of the five sponsors of the meet:



Ron Yard, 23, won \$1,000 for his 770 lb. bench.

IPA Senior Nationals 11-13 NOV 05 - York, PA		AM MEN	SQ	BP	DL	TOT	242 lbs. E. Jones 185	310	340	835	V. Gaultieri 45 4th-DL-345	45	250	325	620		
BENCH	L. Lackey	330	Junior				Master (80-84) 165 lbs.				Teen (18-19) 165 lbs.						
Am	Submaster		181 lbs.				Archambauth 350	230	420	1000	J. Andress 470	335	440	1245			
WOMEN	165 lbs.		A. Martik	605	355	585	1545	165 lbs.				181 lbs.					
Master (40-44)	D. Dillard	300	198 lbs.				R. Marcus 585	365	560	1510	T. Dessel 360	205	435	1000			
132 lbs.		181 lbs.	P. Bailes	750	400	585	1735	181 lbs.				C. Williamson 515	430	480	1425		
A. Winberg	160	B. Benner	400	220 lbs.			F. Piermattei 675	470	570	1715	M. Bailey 550	0	525	1075			
Open	Teen (16-17)	E. Melodini	650	450	570	1670	J. Poney 630	345	585	1560	A. Keiderling 515	365	515	1395			
148 lbs.	114 lbs.	Z. Fiore	535	330	480	1345	D. Adamson 500	330	505	1335	4th-SQ-612						
M. Borzok	305	A. Armagno	225	242 lbs.			K. Downey 560	345	540	1445	242 lbs.						
MEN	Police	S. Coppola	730	510	660	1900	J. Ehmke 500	285	485	1270	E. Korbel 625	525	575	1725			
Junior	308 lbs.	275 lbs.	H. Owens	600	315	515	1430	220 lbs.				McKinsey, Jr. 625	325	500	1450		
275 lbs.	J. Doherty	670	Junior Raw				R. Jones 500	350	510	1360	R. Jones 500	510	1360	275 lbs.			
R. Yard	755	Pro	181 lbs.				M. Smith 825	590	650	2065	T. Tewell 740	500	525	1765			
4th-770		WOMEN	J. Crelling	375	280	400	1055	Master (40-44) 165 lbs.				Police					
Master (40-44)	Open	J. Gengio	435	270	470	1175	C. DelPreore 640	425	565	1630	R. Munn 610	390	555	1555			
198 lbs.	165 lbs.	J. Cramer	435	280	470	1175	McKinsey, Jr. 625	325	500	1450	WOMEN						
S. Hartlaub	540	B. Arrington	680	465	570	1715	R. Davis 685	360	650	1695	Master (45-49) SHW						
Master (45-49)	MEN	R. Munn	610	390	555	1555	M. Chariott 575	375	615	1565	B. Cullen 430	250	365	1045			
220 lbs.	Master (40-44)	220 lbs.	B. Saunders	575	275	550	B. Jesse 450	385	405	1240	114 lbs.						
W. Welcheck	450	198 lbs.	V. Challenger	600	275	550	1425	J. Ritchie 860	630	655	2145	E. Ferra 230	140	305	675		
S. Kozak	445	S. Hartlaub	540	Master (45-49)			M. Watts 705	535	510	1750	Submaster						
308 lbs.	275 lbs.	R. Hamsher	510	345	515	1370	308 lbs.				181 lbs.						
J. Doherty	670	B. Matney	625	181 lbs.			D. Egan 700	430	600	1730	N. Stern 405	200	410	1015			
Master (55-59)	Master (45-49)	L. Cramer	435	280	135	850	R. Twining 825	405	585	1815	B. Cullen 430	250	365	1045			
220 lbs.	148 lbs.	198 lbs.	J. Schmuck	600	305	455	1360	242 lbs.				132 lbs.					
M. Levin	385	T. Judge	375	L. Weibley	430	250	440	1120	S. Elliott 630	450	707	1787	E. Ferra 230	140	305	675	
Master (60-64)	275 lbs.	181 lbs.	R. Hamsher	510	345	515	1370	275 lbs.				Submaster					
165 lbs.	P. Primeau	640	R. Hamsher	510	345	515	1370	308 lbs.				132 lbs.					
L. Cardon	305	Open	Master (60-64)					D. Egan 700	430	600	1730	T. Mollica 280	90	240	610		
181 lbs.	220 lbs.	C. Scott	505	L. Cramer	435	280	135	850	R. Twining 825	405	585	1815	N. Stern 405	200	410	1015	
T. Kontos	400	275 lbs.	B. Matney	625	198 lbs.			242 lbs.				B. Cullen 430	250	365	1045		
198 lbs.	B. Matney	625	J. Schmuck	600	305	455	1360	S. Elliott 630	450	707	1787	132 lbs.					
S. Hartlaub	540	308 lbs.	D. Welch	660	S. Glover, Sr.	470	365	380	1215	275 lbs.							
220 lbs.	242 lbs.	Master (60-64)	4th-BP-375					M. Brown 735	440	590	1765	E. Ferra 230	140	305	675		
B. Zemaitis	465	Submaster						S. Glover, Jr.	625	420	1310	T. Daly 320	190	320	830		
308 lbs.								123 lbs.				M. Eicholtz 215	125	260	600		
D. Luciano	580	E. Clark	560	181 lbs.													
Open Raw	220 lbs.	D. Levesque	515	D. Junkins	300	235	400	935	123 lbs.								



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METAL LIFTERS



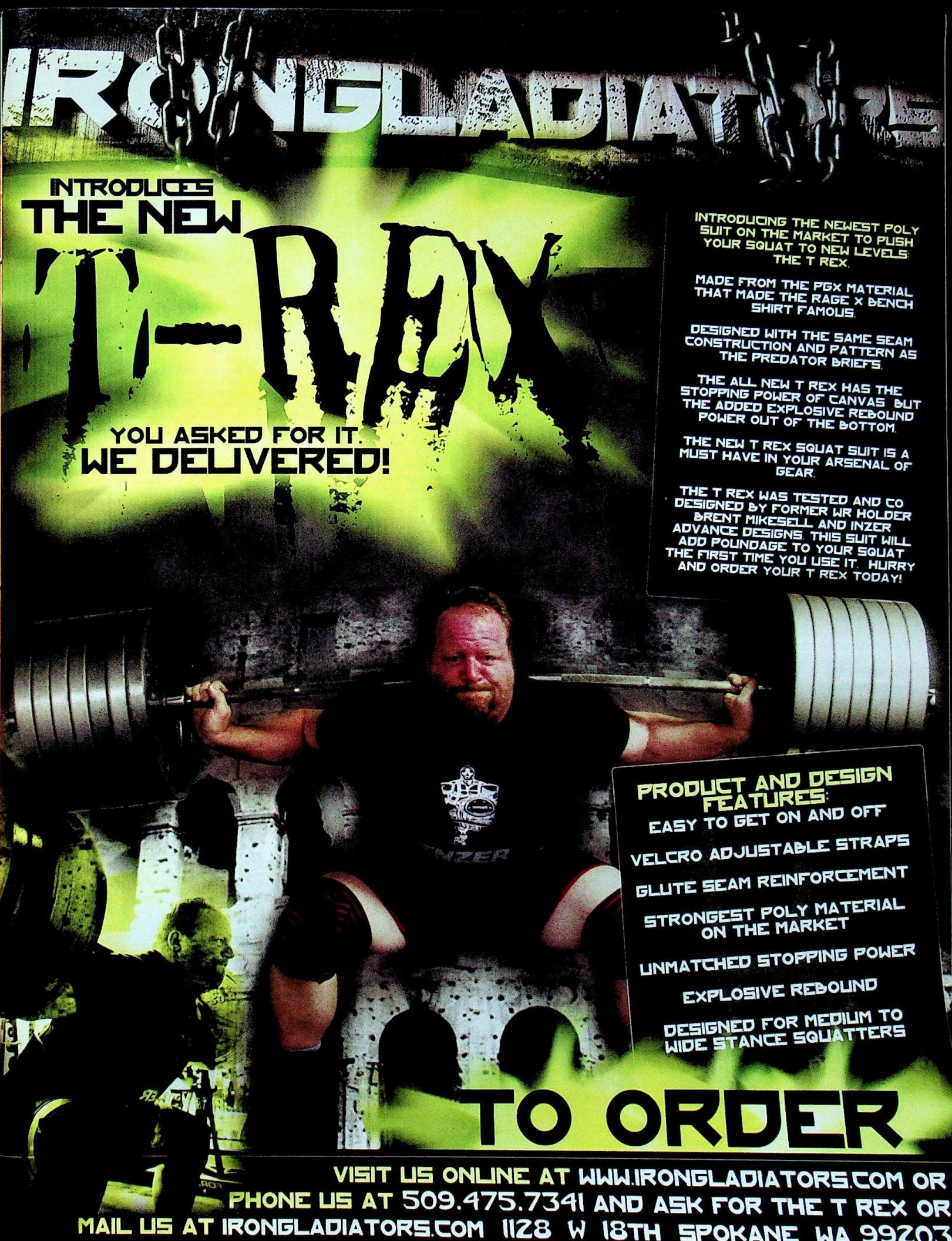
Andri Turtainen 2491lb Total



Mike Ruggerio 2510 lb Total



Andy Bolton 2623 Total



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AAU World Push Pull

as told to Powerlifting USA by Mike Lambert



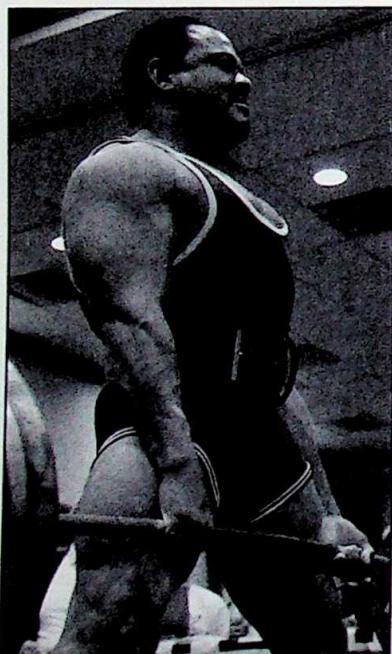
Military Team Champions for the AAU Push-Pull... the National Guard

The AAU World Push Pull Championships were promoted by Martin Drake on December 2-5th in Laughlin, Nevada at the River Palms Hotel, right on the banks of the crystal clear, fast moving Colorado River. Laughlin is a great location, like Vegas used to be, fun and not expensive. The turnout this year was down from last year's overtaxing 300 entries, but Martin has already taken in 50 entries for the 2006 meet. 8 countries were represented, with USA winning the International Team title, followed by a potent contingent from Mexico. Interestingly, Ramis Bahshaliyev represented Canada, though he is a recent immigrant (and former Powerlifting official) from Turkmenistan.

The meet was an extended family affair, overflowing with camaraderie and goodwill. Some of the performances were remarkable: Oswaldo "Chito" Aguirre won Best Open DLer with some big pulls, up to a 688 4th attempt success at 220, then changed into a singlet and came back and competed in the raw division minutes afterwards... pull after pull after record setting pull. His sister Brenda lifted great herself on the first day of competition. Martin directs the meet, announces much of it, and lifts in it (when he's not too busy) and had an hilarious running dialogue going about a lifting bet he had with his buddy and bigtime helper Bill Weiss. Scott Hoekstra benched a clean 622 at 275 Submaster, for the Best Men's

Open Bench of the meet.

There was a spirited team matchup between the National Guard and the United States Marine Corps, all of them American heroes. In the Club Team competition, Team Hawaii led the way with 96 points. Mike



Viva Mexico! ... Oswaldo Aguirre with one of his many fine deadlift attempts

Teale Adelmann of LiftingLarge.com were on hand to satisfy lifter's equipment needs (they donated a number of gift certificates as awards!), along with Michelle's Jewelry Collection, and Keith Lemm's CSS Design with its video and photo coverage.

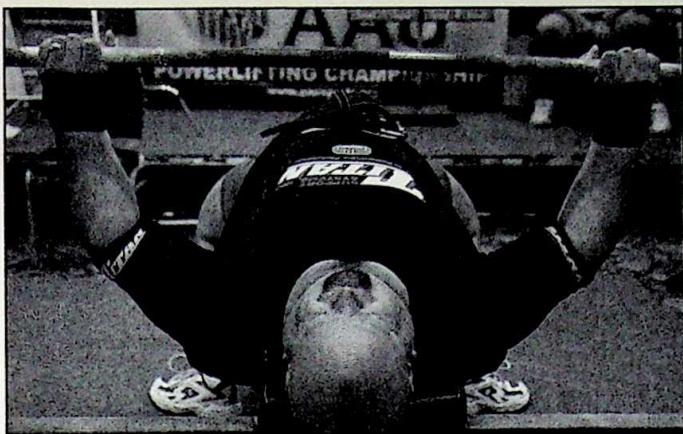
AAU World Push Pull

2-4 DEC 05 - Laughlin, NV

BENCH	Valdivia-MEX —	Master (65-69)	W. Kaaloa-HI 440
FEMALE	148 lbs. —	M. Rau-CA 259	Open
105 lbs.	Life	Mil Sub	Womak-CA —
Master (65-69)	Mansouria-CA 352	A. Jones-VA 418	RL Master (40-44)
H. Tropp-CA 93	Open	4th-429	R. James-OH 352
114 lbs.	Mansouria-CA 352	Open	320 lbs.
R. Master (45-49)	J. Ortega-MEX —	Aguire-MEX 468	L. Master (45-49)
Heindl-AUT 104	R. Life	R. Life	L. Kamaka-HI 462
R. Youth (12-13)	Mansouria-CA 352	T. Lucore-CA 374	Master (45-49)
S. Biddle-IN 104	Stainbrook-AZ 192	R Mil Sub	L. Kamaka 462
Youth (12-13)	R. Open	A. Jones-VA 336	Wheelchair
S. Biddle-IN 104	Mansouria-CA 352	Carrol-ENG —	Singleton-VA —
123 lbs.	Stainbrook-AZ 192	R. Sub	DEADLIFT
R. Law	Stainbrook-AZ 192	Jamison-VA 319	FEMALE
Yarbrough-AZ 77	RL Master (50-54)	RL Master (40-44)	105 lbs.
Bahshali-TRU —	M. Scott-AZ 187	Mathew,Sr-CA 385	L. Master (65-69)
132 lbs.	Tinkham-IN 77	RL Master (55-59)	H. Tropp-CA 214
R. Teen (16-17)	RL Master (65-69)	J. Kuhar-OH 352	114 lbs.
Womack-CA —	Stainbrook-AZ 192	RL Master (80-84)	R. Master (45-49)
148 lbs.	RL Master (75-79)	J. Lano-CA 110	K. Heindl-AUT
Junior	J. Selby-CA 121	R. Master (40-44)	2094
Ivanova-UKR —	R. Master (50-54)	B. Young-HI 451	Kilikauska-CA 203
L. Master (40-44)	Tinkham-IN 77	R. Master (55-59)	R. Youth (12-13)
Womack-CA —	R. Master (65-69)	J. Kuhar-OH 3524	S. Biddle-IN 209
Open	Stainbrook-AZ 192	R. Master (80-84)	Youth (12-13)
Aguire-MEX 232	R. Teen (16-17)	J. Lano-CA 110	S. Biddle-IN 209
Ivanova-UKR —	V. Hill, Jr-CA 192	242 lbs.	148 lbs.
R. Life	R. Youth (10-11)	L. Master (45-49)	Open
D. Grimes-VA 115	N. Carlin-PA 133	D. Yamada-HI 424	Aguire-MEX 407
R. Mil	4th-141	R. Open	R. Life
D. Grimes-VA 115	Sub	D. Grimes-VA 281	D. Grimes-VA 281
R. Mil Sub	A. Edralin-HI 352	R Mil	R Mil
Tanksley-VA 110	Zinabell-UGN —	Master (45-49)	D. Grimes-VA 281
R Open	165 lbs.	D. Yamada-HI 424	R Open
D. Grimes-VA 115	Master (65-69)	Mil	D. Grimes-VA 281
RL Master (60-64)	R. Lopez-CA 236	E. White-NV —	165 lbs.
L. Naftel-CA 104	R Mil Master (45-49)	Open	RL Master (40-44)
4th-107	Tanksley-VA —	Quintana-MEX —	D. Heald-TX —
R. Master (40-44)	RL Master (70-74)	R Mil Sub	RL Master (45-49)
Womack-CA —	Mathews-CA 214	R. Norman-VA 281	D. Selby-CA 242
R. Master (60-64)	4th-220	R Master (55-59)	4th-253
L. Naftel-CA 104	R. Master (50-54)	E. Collins-CA 325	R. Master (45-49)
4th-107	Heindl-AUT 248	275 lbs.	Dansby-NV 225
165 lbs.	R. Teen (14-15)	L. Master (50-54)	181 lbs.
Open	Matthew,Jr-CA 325	Fahrenbru-AZ —	R. Teen (16-17)
Pasterna-UKR —	Katende-UGN —	Master	A. Biddle-IN 314
181 lbs.	181 lbs.	Starkweat-CA —	Teen (16-17)
Mil	Master (40-44)	Master (50-54)	A. Biddle-IN 314
—	S. Evans-AZ 303	Fahrenbru-AZ —	198 lbs.
RL Master (40-44)	Baldara-MEX —	Open	R. Mil (50-54)
S. Collins-AZ	Open	Hoekstra-CA 622	Hawkins-VA 225
—	Bahshali-TRU 336	RL Master (45-49)	4th-253
R. Teen (16-17)	4th-352	Branning-WY 468	R. Youth (10-11)
A. Biddle-IND	R. Life	RL Master (50-54)	F. Wilson-PA 154
138	Bahshali-TRU 336	Hekkila-FIN 264	4th-165
4th-143	4th-352	R. Master (45-49)	199 lbs.
Teen (16-17)	E. Matsura-CA 319	Branning-WY 468	Open
A. Biddle-IND	K. Nunez-CA 140	Starkweat-CA —	Schaefer-CO 451
138	T. Hake-OR 303	Submaster	Crowell-CA 253
4th-143	R Open	Hoekstra-CA 622	R. Master (45-49)
Teen (16-17)	Bahshali-TRU 336	308 lbs.	Crowell-CA 253
O'Hallora-CA	4th-352	L. Master (40-44)	R. Teen (14-15)
—	R Sub	R. James-OH 380	H. Biddle-In 297
198 lbs.	E. Matsura-CA 319	L. Master (45-49)	Teen (14-15)
R. Mil (50-54)	K. Nunez-CA 140	D. Smith-CA 352	H. Biddle-In 297
Hawkins-VA 126	RL Master (45-49)	Master (40-44)	MALE
4th-140	T. Hendron-NV225	R. James-OH 380	72 lbs.
199 lbs.	198 lbs.	Master (45-49)	Hekkila-FIN 44
R. Master (45-49)	Junior	77 lbs.	
Crowell-CA 192	Gerezhu-UKR —		
R. Teen (14-15)	L. Master (45-49)		
H. Biddle-IN	B. Weiss-CA 314		
126	L. Master (50-54)		
Teen (14-15)	M. Drake-CA 341		
H. Biddle 126	4th-344		
MALE	L. Master (60-64)		
97 lbs.	L. Hilger-CA —		
R. Youth (12-13)	Master (40-44)		
J. Dunham-CA	Dunham-CA 451		
89	Master (45-49)		
132 lbs.	Ivanova-UKR —		
Life	R. Life		
D. Ortiz-HI 314	C. Dabney-VA 297		
L. Master (40-44)	R Mil Sub		
D. Ortiz-HI 314	C. Dabney-VA 297		
Master (40-44)	R Sub		
D. Ortiz-HI 314	C. Dabney-VA 297		
Open	RL Master (50-54)		
D. Ortiz-HI 314	M. Drake-CA 341		
R. Life	4th-344		
D. Ortiz-HI 314	H. Heald-TX —		
R Open	220 lbs.		
D. Ortiz-HI 314	L. Master (45-49)		
RL Master (40-44)	D. Yamada-HI —		
D. Ortiz-HI 314	L. Master (65-69)		
R. Master (40-44)	M. Rau-CA 259		
D. Ortiz-HI 314	Master (45-49)		
Teen	D. Yamada-HI —		



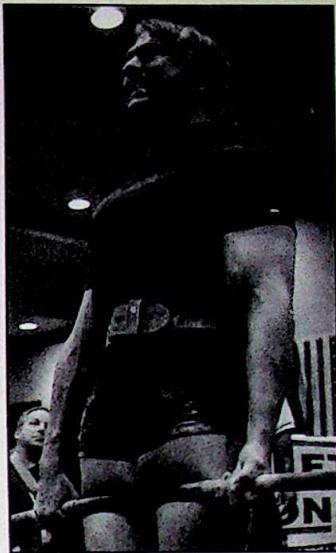
Ramis Bahshaliyev ... CAN/TRKM



Scott Hoekstra ... drove up the Biggest and Best Bench Press in style

	R Master (50-54)	Ramirez-MEX	672	BP	DL	TOT
Hekkila-FIN 66 132 lbs.	R Heindl-AUT 396	Push-Pull				
RL Master (45-49) Schultz-WA 341	R Teen (14-15)	FEMALE				
RL Master (50-54) G. Landess-IN330	R Mathew,Jr-CA 429	105 lbs.				
R Master (50-54) G. Landess-IN330	R 181 lbs.	L Master (65-69)				
148 lbs. Life	R Open	H. Tropp-CA	93	214	308	
J. Warner-OH 540	Tsatsoulis-CA 462	114 lbs.				
A. Edralin-HI 446	RL Master (45-49)	R Master (45-49)				
Life Sub	Hendron-NV 330	K. Heindl-AUT	104	209	314	
A. Edralin-HI 446	R Master (60-64)	R Youth (12-13)				
J. Warner-OH 540	B. Ennis-CA —	S. Biddle-IN	104	209	314	
Open	198 lbs.	Youth (12-13)				
J. Warner-OH 540	R Jr	S. Biddle-IN	104	209	314	
Open	Alvarado-AZ 341	132 lbs.				
J. Warner-OH 540	R Open	Life				
J. Warner-OH 540	J. Thomas-CA 402	L. Hofheins-UT	—	—	—	
Master (50-54)	198 lbs.	Teen (16-17)				
J. Warner-OH 540	RL Master (50-54)	K. Womack-CA	—	—	—	
Open	H. Heald-TX —	148 lbs.				
J. Warner-OH 540	RL Master (55-59)	Open				
RL Master (50-54)	F. Devlin-IRE 314	B. Aguirre-MEX	232	407	640	
S. Friedes-NJ 363	R Master (55-59)	R Life				
RL Master (75-79)	T. Smith-VA 578	D. Grimes-VA	115	281	396	
J. Selby-CA 242	220 lbs.	R Mil				
4th-253	Open	D. Grimes-VA	115	281	396	
R Master (50-54)	Aguire-MEX 679	R Open				
S. Friedes-NJ 363	R Life	D. Grimes-VA	115	281	396	
R Teen (14-15)	T. Lucore-CA 473	165 lbs.				
A. Ellis-NY 319	R Open	R Mil				
R Youth (10-11)	Aguire-MEX 606	D. Durden-CA	99	231	330	
N. Carlin-PA 225	R Sub	RL Master (40-44)				
4th-242	Jamison-VA 446	D. Heald-TX	—	—	—	
165 lbs.	RL Master (40-44)	R Master (45-49)				
Junior	Mathe,Sr-CA 462	R. Spencer-Dickey-HI 137	314	451		
Benezera-WA —	RL Master (80-84)	D. Selby-CA	93	242	336	
Life	J. Lano-CA 154	4th-DL-253				
B. Croft-NC 600	R Master (80-84)	181 lbs.				
I. Maser (60-64)	J. Lano-CA 154	R Teen (16-17)				
Montgome-IN 468	242 lbs.	A. Biddle-IN	138	314	453	
Master (60-64)	L. Master (45-49)	4th-BP-143				
M. Montgomery-IN 468	E. Shimomi-HI1518	Teen (16-17)				
Open	Master (45-49)	A. Biddle-IN	138	314	453	
Benezera-WA —	E. Shimomi-HI1518	4th-BP-143				
R Life	Master (50-54)	Teen (18-19)				
B. Croft-NC 600	J. Alberts-NV 534	C. Box-WV	198	319	518	
R Open	275 lbs.	4th-DL-330				
B. Croft-NC 600	R Open	198 lbs.				
RL Master (55-59)	R. Stewart-CA 584	R Mil (50-54)				
R. Scott-CA 440	RL Master (50-54)	L. Hawkins-VA	126	226	352	
RL Master (70-74)	Hekkila-FIN 402	4ths: BP-140 DL-253				
Mathews-CA 424	320 lbs.	R Youth (10-11)				
R Master (40-44)	Open	F. Wilson-PA	66	154	220	
B. Croft-NC 600	Ramirez-MEX 672	4th-DL-165				
	R Open	199 lbs.				

R Teen (14-15)	126	297	424
H. Biddle-IN	126	297	424
Teen (14-15)	—	—	—
H. Biddle-IN	—	—	—
MALE	—	—	—
123 lbs.	—	—	—
Youth (10-11)	—	—	—
M. Hughes-WV	106	237	343
4th-BP-110	—	—	—
132 lbs.	—	—	—
RL Master (45-49)	—	—	—
M. Schultz-WA	181	341	523
Teen	—	—	—
H. Valdivia-MEX	—	—	—
148 lbs.	—	—	—
Open	—	—	—
J. Ortega-MEX	—	—	—
R High School (14-15)	—	—	—
C. Wilson-AZ	214	385	600
R Master (75-79)	—	—	—
J. Selby-CA	121	242	363
4th-DL-253	—	—	—
R Teen (14-15)	—	—	—
A. Ellis-NY	170	319	490
R Youth (10-11)	—	—	—
N. Carlin-PA	133	226	359
4ths: BP-141 DL-242	—	—	—
Sub	—	—	—
A. Edralin-HI	352	446	799
165 lbs.	—	—	—
Junior	—	—	—
J. Benezera-WA	—	—	—
L. Master (55-59)	—	—	—
R. Scott-CA	220	463	683
R Life	—	—	—
B. Croft-NC	300	600	901
R Mil Jr	—	—	—
N. Rivera-CA	226	337	563
R Open	—	—	—
B. Croft-NC	300	600	901
R Sub	—	—	—
S. Henderson-CA	242	330	573
RL Master (55-59)	—	—	—
R. Scott-CA	187	440	628
4th-BP-192	—	—	—
RL Master (70-74)	—	—	—
J. Mathews-CA	214	424	639
4th-BP-220	—	—	—
R Master (40-44)	—	—	—
B. Croft-NC	300	600	901
R Master (50-54)	—	—	—
M. Heindl-AUT	248	396	644
R Teen (14-15)	—	—	—
M. Mathews, Jr-CA	325	429	755
R Teen (16-17)	—	—	—
E. Owen-CA	143	303	446
181 lbs.	—	—	—
Master (40-44)	—	—	—
S. Baldaramo-MEX	—	—	—
R Mil	—	—	—
D. Wardwell-CA	253	451	705
C. Scherer-CA	270	391	661
R Mil Jr	—	—	—
D. Hylko-CA	—	—	—
R Open	—	—	—
B. Lane-CA	253	540	793
R High School (16-17)	—	—	—
T. Stoddard-AZ	281	380	661
RL Master (45-49)	—	—	—
T. Hendron-NV	226	330	556
RL Master (60-64)	—	—	—
J. Naftel-CA	176	336	512
4th-DL-352	—	—	—
R Master (45-49)	—	—	—
T. Hendron-NV	226	330	556
R Master (60-64)	—	—	—
J. Naftel-CA	176	336	512
4th-DL-352	—	—	—
198 lbs.	—	—	—
Life	—	—	—
K. Shaw-CA	385	540	925
L. Master (65-69)	—	—	—



Tom Smith ... of Virginia, got a fine 578 deadlift @ 198 and 57 yrs. old

J. Homer-AZ	—	—	—
Master (55-59)	—	—	—
E. Lewis-CA	143	418	562
Master (75-79)	—	—	—
W. Leedy-CA	237	424	661
R Life	—	—	—
H. Heald-TX	—	—	—
R High School (16-17)	—	—	—
J. Polhoff-AZ	286	485	771
4th-DL-497	—	—	—
RL Master (50-54)	—	—	—
H. Heald-TX	—	—	—
R Master (50-54)	—	—	—
H. Heald-TX	—	—	—
R Teen (16-17)	—	—	—
J. Vedder-AZ	320	451	772
4th-BP-325	—	—	—
220 lbs.	—	—	—
Life	—	—	—
J. Dentice-NV	352	501	854
L. Master (45-49)	—	—	—
J. Dentice-NV	352	501	854
Open	—	—	—
O. Aguire-MEX	468	679	1147
D. Muro-CA	424	688	1113
R Life	—	—	—
T. Lucore-CA	374	474	848
R Mil	—	—	—
W. Kisse-CA	352	485	837
RL Master (40-44)	—	—	—
M. Mathews, Sr-CA	385	463	848
R. Cheatam-AZ	308	429	738
RL Master (80-84)	—	—	—
J. Lano-CA	110	154	264
R Master (80-84)	—	—	—
J. Lano-CA	110	154	264
Submaster	—	—	—
D. Muro-CA	424	688	1113
242 lbs.	—	—	—
Master (50-54)	—	—	—
J. Alberts-NV	314	534	848
Mil	—	—	—
E. White-NV	—	—	—
Open	—	—	—
C. Quintana-MEX	—	—	—
R Mil	—	—	—
D. Roman-CA	352	490	843
R Sub	—	—	—



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INTERVIEW

TINY MEEKER

interviewed by Greg Jurkowski

Tiny Meeker has held 20 world bench press records in three different weight classes in six different federations, all drug tested.

Greg: How are you doing today, Tiny?

Tiny: I'm doing fantastic.

Greg: Will you tell me a little about yourself?

Tiny: I'm from Humboldt, Texas, which is north of Houston. I'm 34 years old.

Greg: How about your family situation?

Tiny: I am single, and I have a girl friend named Shannon. We have a boy named Triston.

Greg: You primarily lift as a bench specialist, but years ago you did three lift meets, when you first started weight lifting. Is that true?

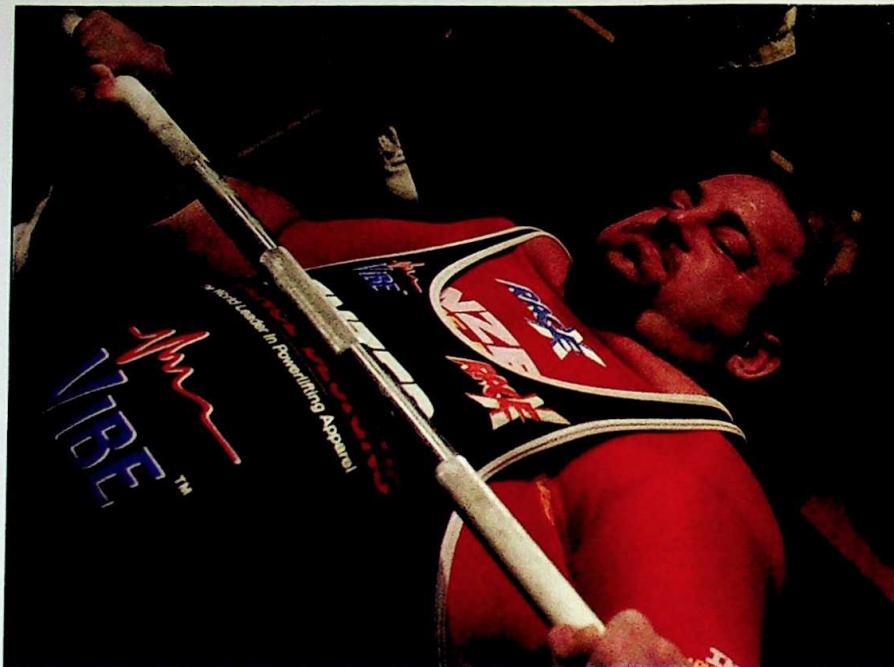
Tiny: Yes it is.

Greg: What drew you to lifting and how long have you been into the sport?

Tiny: I started back in high school in 1988, but unfortunately they dropped the program during my sophomore year. I didn't start again until 1995. I love powerlifting because it's the only sport where no matter how tall or short, skinny or fat, or whatever, you can find something, and if you work hard enough you can become the best.

Greg: You can say that again. All different body types in this sport. Speaking of high school, I heard that you work with high school kids on a regular basis too.

Tiny: Yes I do. I go around and give seminars, I talk to kids about drug free sports, and I talk to kids about the various ways of getting bigger and stronger without the use of muscle enhancements, mainly steroids. I do seminars on teaching proper technique in the bench



Tiny got an 870 bench in a single ply shirt at the 2005 WABDL World meet in Reno, NV.

press.

Greg: That's great Tiny. It's great to give something back and train the future generation of powerlifters. It's nice to bring new people into the sport like that.

Tiny: What I teach is that it's a sport where you can get all your anger out, either on the bench, or squat or deadlift platform. If more people did it you'd probably have a lot more nicer people in the world.

Greg: How many times have you attempted a 900+ bench press?

Tiny: In this year alone, I've attempted over 900 from 903 to 954 lbs. over fifteen different times.

Greg: How many contests do you do in a year?

Tiny: Too many (laugh). I do a lot of meets and guest appearances, so I couldn't keep track. I would guess that I've done fifteen this year.

Greg: So, you stay at peak strength all year long. You don't cycle up and down too much.

Tiny: After the Worlds I'll take a break. I like to have about five or six weeks to get ready for show. The hardest part is trying to tune up my shirt, otherwise I stay meet ready. As far as strength, I stay meet ready year 'round.

Greg: I know you've had a great year, but you've had a few bombouts. How do you feel about that?

Tiny: I hate bombing, but the problem I run in to is when I train the most I ever put on the bar is 855 lbs. So when I go to some of these contests, not the National or World meets or money contests, I'm just trying to see what I can do. I want to be the best I can be when I get to the major shows. So, at these smaller shows I will go after a 900, and sometimes I even open with 905 lbs. This way I can keep trying to feel the weight. That's the reason why I bombout. It's not that I want to, I'm just trying to feel some weight out and go with it. I hate bombing whether it's a very

important meet or not.

Greg: Where does the nickname "Tiny" come from? What's your real name?

Tiny: My name is Paul Vincent Meeker. Paul Vincent means 'little one'. That's where I got the name Tiny. My training partner has now given me a new nickname, "Super Torque".

Greg: Where does that come from, driving out of the bottom?

Tiny: They say when I lift, I'm like a machine. That drive out of the bottom is so incredible, that's what they've started calling me.

Greg: How do you feel about the all time bench record and all the overall benches going up the last few years?

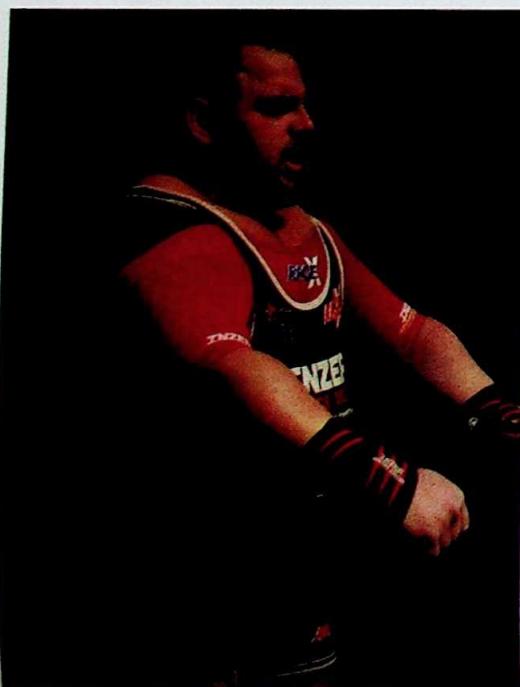
Tiny: A lot of people say gear has a lot to do with a lot of things. I think what you really need to look at is that it's a mind game. I want to be the first to get 900 lbs. in a single ply, and after that hit 1,000. But you know what? There's going to be other people following me, because more people will believe they can go for it, and they're going to try it, and that's the biggest thing. You want to attempt to go heavy, but be smart. You got to train your mind. A lot of times when I bombed at shows, I was training my mind to feel that weight. Now that people start seeing this, you'll see more guys trying it. I know my record is going to be broken, I just want to be the first to get it.

Greg: It wasn't long ago when no one was over 800 pounds.

Tiny: You saw Anthony Clark try to make it a great sport. That 800 he did where he had two whites and one red should be counted. No matter what you think you saw, three judges saw something different. Anthony should have been the first person who did 800. After that, of course, it's Ryan, and after that it's Scot Mendelson. Then there's Rychlak.

Greg: Can you share any tips on bench press shirt use?

Tiny: A lot of times I help people out with their gear, and a lot of times people say their shirt is too tight ("I can't touch"), or when they first put the shirt on they think it's so tight they wonder how they're going to get the weight down. I tell them first of all, you have to put weight on the bar. I tell people who are first



Working Out Aggression .. Tiny gets ready to rumble.

working with shirts, if it gets to the point where you can't touch, but you're still popping the weight up, that means you can go heavier. If you're at a point where you can't touch and you can't pop the weight up, then you need a bigger shirt. A lot of people just don't know how to size their shirts well. Basically, if you're looking at new shirts these days, you mostly work with the chest size, and then try to train with what you're going to lift.

Greg: The Inzer Rage X Supreme is a single ply and you've got a lot of huge lifts in that shirt.

Tiny: That's mainly what I use year round now.

Greg: How about any training tips or assistance?

Tiny: I bench heavy once a week, I do a speed day once a week, I do my legs once a week, I do my back once a week. My legs and my back are always heavy days. When I get closer to a show, I like to back off the weight a little bit from my back and legs, not off my bench. I do this to get my weight down. As for my heavy days, I like to do a lot of presses with bands. I rotate things out. I go shirt, I go no shirt, I go shirt, I go no shirt. Anytime I'm without a shirt and I go raw, pretty much except for my warm-ups, I always use a boards. I do reversal bands with boards. If I got my shirt on, and if I'm closer to a show, I go all the way down. If I'm farther from a show, it's always board press, saving up the shirt, and saving up the body. I work a lot more on the triceps.

Greg: How about tips on form? Do you lift your head when you bench, spread your feet, or go on your toes?

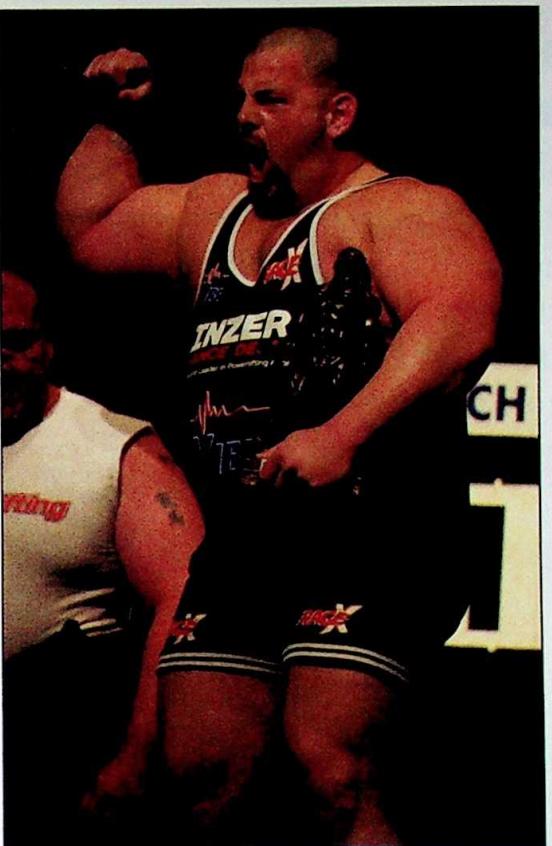
Tiny: What I try to do is always the same, whether I'm warming up, in a contest, or whatever. I lift in so many different federations, and some don't allow head lifting, or don't allow lifting your heels up. I try very hard to keep my heels completely flat, and try to get as high an arch as I possibly can. Just when I think I'm all locked in, I try to get my heels out a little bit more, and by doing that I've raised my arch another inch. I'll leave my head down. I noticed that if when I lift my head is rising, that means I'll have a good arch and I'm lying kind of flat. A lot of these benches at these contests are heavily padded and that's causing some problems for me. That's probably some of the reason for my bombouts.

Greg: How about training philosophy?

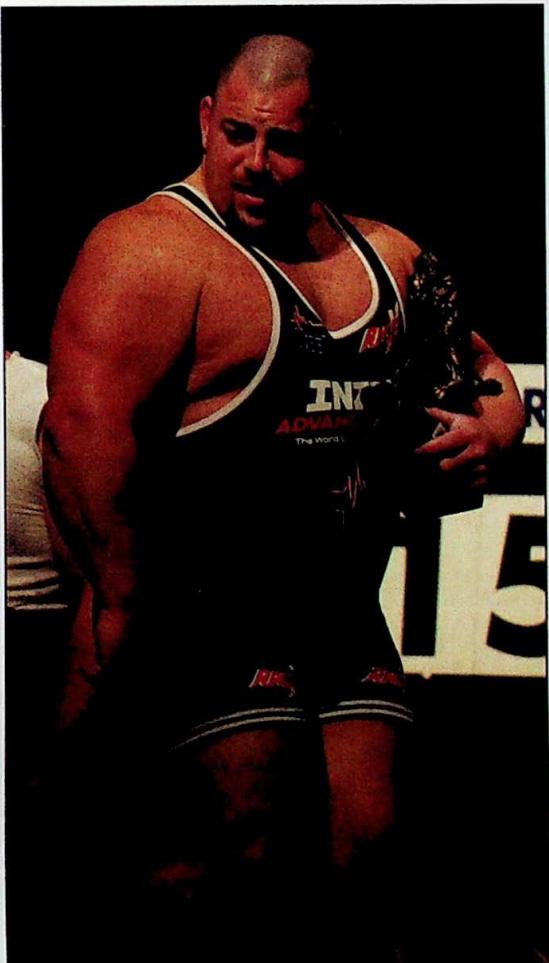
Tiny: If you're reaching, don't do it. If I'm hurting, I don't go to the gym. If there are certain body parts that hurt and you can do the training around them, that's fine too. But, if I'm hurting, I'm not lifting.

Greg: How often do you take time off if you have a minor injury or aches and pains?

Tiny: This has been the first year that I've been truly healthy in quite a long time and I really train my you know what off. Two years ago I was in a car accident and tore my right forearm, and the year before that I worked delivering TVs and I tore my left forearm. Thank God I've never been hurt lifting



Trophy Time in Reno .. Tiny threw out some body shots



weights, but those were bad injuries because they put me out for six to eight weeks. This year I have been really healthy, and I've been blessed, thank God. I take good supplements, I use a lot of ice, and I take care of my body.

Greg: Ice is possibly the most important. What specific supplements do you take?

Tiny: I'm currently using Gearman Protein Overdrive, Ibuprofen daily, and the biggest supplement I use is ice. I put ice on my shoulders, triceps, and elbows every day.

Greg: That helps you speed recovery and reduce inflammation. What are your future plans and powerlifting goals?

Tiny: I want to bench a thousand, but because I do so many meets I just wonder how much my body can take. One thing I'd like to do is to hit 900 and then drop the weight classes, 275, then 259, maybe even 242. After that, I'd really like to start promoting the sport. I want to bring money into the sport. I think the problem we have is with the internet as there is so much hating going on there's not enough positive going on. Before the internet, we didn't see all the negative stuff going on. We read the magazines and lifted, there was no ups or downs about it, and that was it. I think if people start getting a lot more positive on the internet there could be big sponsors, and possibly endorsements. If all you can see is negative who is going to bring money to it? I would love to see us going to a contest where you could win \$50,000 or \$100,000. We take so much time away from our family and friends, we should get compensated for it. If we ever did get in the Olympics, we'd get a lot more money. If not, I would like to try to promote the sport real big, and make one of the biggest money meets ever.

Greg: That sounds great. Is there anyone you'd like to thank?

Tiny: I would be nothing without my training partners. This is the greatest sport, and it doesn't matter what you look like, you can always be great as long as you push yourself. If I didn't surround myself with great people, like my training partners Bobby, Pete, Blake, Brian, and Patrick, there's no way I would have even done 600 lbs. I've got some fantastic training partners, and I've got excellent sponsors. Make no mistake, I wear the greatest gear in the world, which is by Inzer Advance Designs. John Inzer has been there for me since I was benching 600. I want to thank Chris and Diane Winters of Aqua Vibe Water for keeping me hydrated. Red Bull for giving me energy. Don Wisenbaker of Carpet Connection in Humble, TX; Dixon Jewelers, Jason Prado, Gary Margolis, Mike with Methyl EFX. And, I want to thank you, Gearman, for giving me great protein which helps me recuperate faster. I want to thank my family, and of course, God. I want to thank everyone that talks negative about me because if it wasn't for those negative hating people out there I probably wouldn't be as good as I am. All that hatred I turn in to massive positive energy. If you ever see me at a meet you'll see how mad I get, because I think about all those negative hating people and I turn it around and kick butt.

POWER - RESEARCH

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

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

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

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

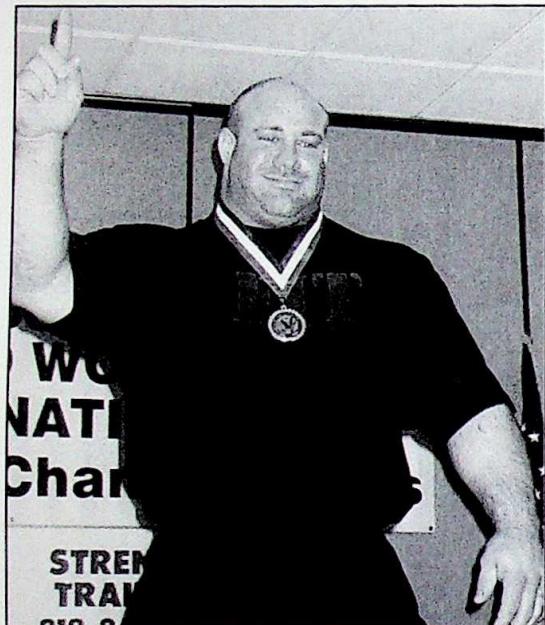
2) When the electrical impulse reaches the end of the motor neuron, the neurotransmitter acetylcholine is released and travels across the gap to the surface of the muscle membrane.

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

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

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

ACETYLCHOLINE: 10 World Records in 12 Months and the Future of Strength Development as told to PL USA by Timothy Ferris, ACSM



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

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

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

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

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

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

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

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

Scot Mendelson, who has increased his world-record bench-press from 786.2 lbs. to 875.2 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

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

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

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

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

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

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

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

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

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

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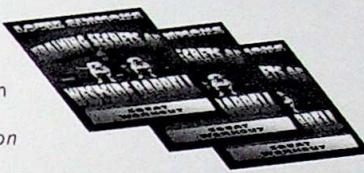
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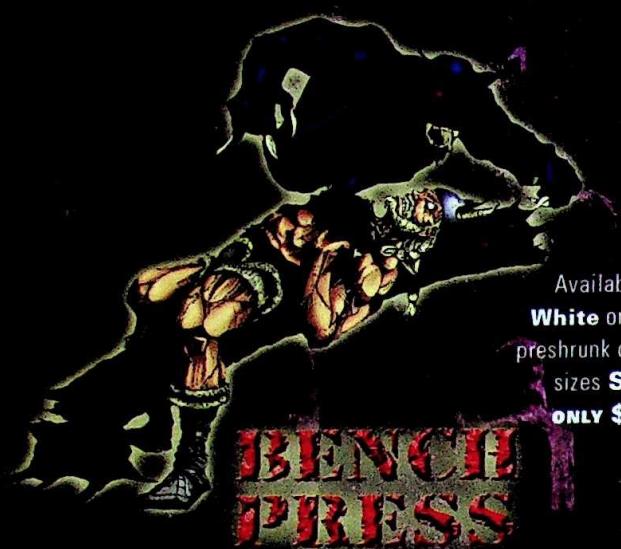
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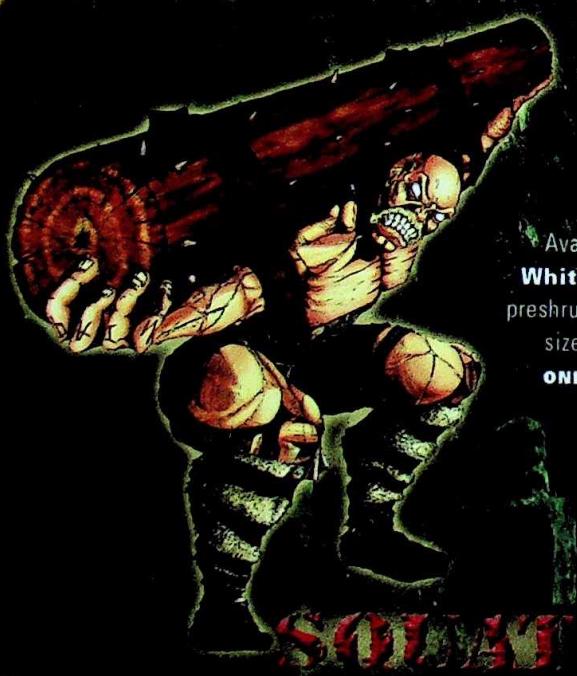


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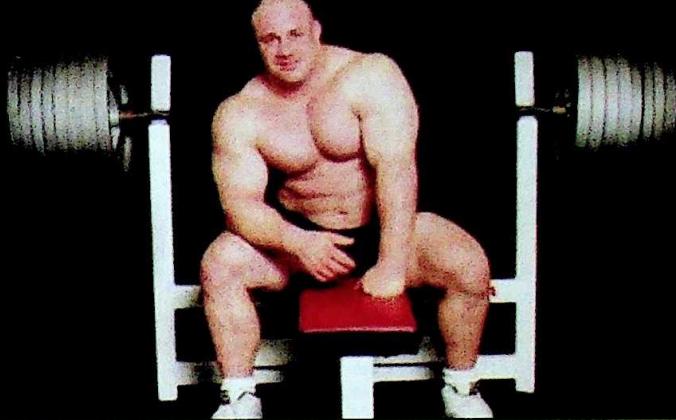
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CIRCA = NEAR

The circa max phase is a three week squat phase designed to peak you for your contest. Technically, you don't need bands to do the circa-max phase because all you are doing is getting "circa" (or near) your max. This is very much like a traditional peaking phase. What the bands do offer is the opportunity to go exceed your maximal weight at the top portion of the lift. Before we go on, let's take a look at some general parameters of the circa-max phase; realize that there are some variations and certain people will do different things, but again...these are general.

- Circa-max phase is a 3 week phase.
- After this phase there is a de-load period. This de-load can last for 1-3 weeks.

- All percentages are based on your box squat done with the same equipment that you usually squat in. If you are a raw squatter, then it would be based on your best (or approximate best) 1RM on a box. If you don't know your max, you should have a very good idea on what it could be. If you don't have any clue, then this phase isn't for you.

- Approximately 6 work lifts will be done per workout. Please read the first word of that sentence before moving on.

- All squat and deadlift training prior to this should be geared to getting ready for this. You have to be preparing your body throughout the training cycle for getting ready for this.

- All squat and deadlift training during this phase needs to be tailored for this training; i.e. don't be pulling for heavy singles on Monday.

- This is very important: the circa max phase cannot exist by itself. There has to be a prep period and a de-load period. All aspects of training have to be accounted for and evaluated. You cannot simply add something in and not take something out or make adjustments. This is one of the keys of training; please understand this.

THE CIRCA MAX PHASE

Now that we have established some general guidelines, let's look at the actual training. We will first look at the three week phase.

WEEK 1: 3x2 @ 55% + 1 strong band/
1 average band per side

WEEK 2: 3x2 @ 60% + 1 strong band/
1 average band per side (You can also
do 1x2 @ 55% and 2x2 @ 60% with
the same band tension)

WEEK 3: 1x1 @ 55%, 1x1 @ 60%,
2x2 @ 65%; all sets done with 1 strong
band/1 average band per side

THE REAL WORLD

In the real world, let's use a powerlifter that has a box squat of 750 lbs. The first week would be 415. It would be 415 if he had a squat bar (55 lbs.). If he had a Texas Power Bar (45 lbs.) it would probably be 405 because he wouldn't want to put the 5 lb. plates on each side. Again,

WORKOUT OF THE MONTH

THE CIRCA-MAXIMAL SQUAT PHASE PROGRAM

by Jim Wendler of Elite Fitness Systems

this is the real world.

The second week would be 455 or 465, depending on the bar. He may do a set at 405 to "warm up" for his sets. He may also do one single (if he felt good) at 65% at 495 to prep himself for the next week. He does not count sets and reps but will strive for at least 2 sets of 2 reps at around 55%. If the 495 feels great (and it should because he took a very calculated risk in attempting it) he may strive to increase the weight on the next training day or at least work up after his heavier sets.

The third week is definitely 5 plates per side. No matter what the bar. This is how it goes. He will do a set a 405 for a single or double. He will then move up to 455 or 465 for a single or a double. The next set will be a double at 495. If this is good and fast, he may do another double at the same weight. If this is good and he felt strong, then he will begin to work up heavier and heavier. This may mean one more set; it may mean 3 more sets. The purpose of this phase is to handle maximal weights. The box allows for easier recovery and the bands allow you to handle more weight at the top than normal.

For example, if the strong bands add approximately 200 lbs. at the top and the average bands 100 lbs., then you have approximately 300 lbs. at the top of the lift. If the top bar weight is 495 then you have about 795 lbs. at the top of the lift. Now I'm going to be the first person to tell you that squatting with bands, calculating band tension, figuring your squat based on what's "at the top" and other nonsense is just that; nonsense. But it does allow you to overload the top portion of the lift.

On the last week, those last couple of sets should really be slow and brutal. This is because you are near your max! This is not done for speed. Now, if this is not the case, then there are a couple of things that you could do. First, keep on working up so that it does become a grind. Second, if the first week is so easy (and if you are an experienced lifter you know that there is a difference between it being too easy and you being in "the zone") you will have to readjust your bar weight. This does not mean that you add another week to the phase.

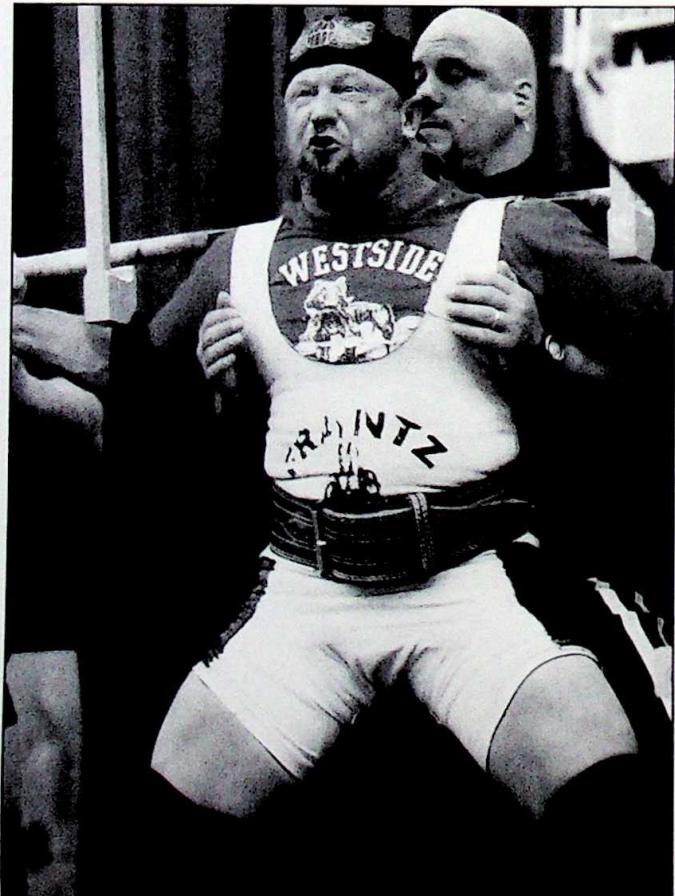
2 strong bands per side) will tell you that added band tension will make you feel like you are squatting on a Smith Machine. The bands will guide you up and down. This is not a good thing when the squat is your sport. If you were a quarterback, what do you think would happen to your throwing mechanics if you threw a ball that (somehow) had band tension throughout the entire range of motion? It would not be good. So the consensus, at least for this article and this author, is that more band tension is not always a good thing.

THE DE-LOAD PHASE

Why do we need to de-load? You de-load for a number of reasons. First, the de-load that I recommend has no chains or bands. Again, the squat is the sport and by using bands, the mechanics of the lift can be altered. Plus the grounding effect of the lift can give a lot of people problems. People have problems setting up, falling forward/backward and trouble on the descent. Not everyone that uses bands has this problem, but enough have had them that warrant me writing this. By taking off the bands you can now get your squat back to normal.

The de-load phase is also done for recovery. The circa-max phase is a grueling phase and your body needs recovery time. De-loading allows you to maintain your sporting form while not beating the crap out of yourself.

There is no real set guideline for what to do on de-load weeks, but I will



Turning Westside Theory Into Practice requires a Circa-Maximal Plan

try my best. As Louie has stated about a million times when you are at this point in your training, "You are not going to get any stronger, but you sure as hell can get weaker." Basically, don't do anything stupid. For many this is easy. For others, we can only hold our breath.

Here's how the de-load phase works. We will move backward from the week of the meet.

MEET WEEK: Nothing but general mobility work and recovery work. It doesn't matter what I do, it matters what YOU do. Since these two things should already be staples in your workout, you do not want to introduce anything new during the week of the meet.

2 WEEKS OUT: Work to about 60-65% of your best 1RM on the box squat. You can do about 2-3x2 or work up to an easy single. This is kind of up to you. What I like to do is do nothing that would screw up my confidence. Prior to this workout, I will do a great job on preparing myself for this workout; both mentally and physically. This means a lot of mobility and flexibility work throughout the week and prior to training. Because of the bloat and the added weight gain (and lack of conditioning), a lot of this stuff gets thrown out the window, but I feel it's necessary to get things "on track". I want to feel strong and tight, but not so much that it puts my body out of position in the squat. Believe me, there is no amount of mobility work that is going to really make me loose in the hole. It is the curse of the fat man.

To make it simple - 2x2 @ 65%, no chains or bands

3 WEEKS OUT: This is where I would like to hit about 90% or so of my best 1RM on the box squat. You can go for a record if you feel like you can get it. There should be no doubt that you can get it if you are going to attempt it. This day is used for two things:

- Getting used to heavy weights without bands/chains
- Building confidence

Again, because you are using this to build confidence, you must prepare yourself physically and mentally for this workout. What happens if you screw this up or take a weight that you are not ready to handle? Physically, I think we all know we can handle more weight, but mentally, we must prepare ourselves. This is something that few people seem to write about or take into account. It took me almost 20 years of athletics to really realize how important the mental aspect is. The next question is "what books do I recommend on mental training?" I have yet to read one that can really help you prepare for anything. I may be "old school" in my approach, but success and prior training is what builds confidence. Mental training happens over time.

Getting back on track, this is also a great time to put on your squat

"Don't try to rack your brain on figuring out band tension (I swear I will come to your house and beat you with a wet mini-band if you ask about this)".

suit and briefs and work up to a single. This can (and should be done) without a box. This does not mean work up to a new PR. This means work up to a single that does two things - 1. Allow you to feel your suit; the pull, the push and know where your body is during the squat. 2. Allow you to feel stronger than hell and get your confidence high. Let me show you an example - Before my last meet, I worked up to 825 (or around there) for two singles with my suit and briefs on. Each rep was fast, explosive and allowed me to think that I was stronger than ever. I made sure my form was good and everything was where it should've been. I could've gone heavier, but why? Mentally, I do not work myself into a frenzy and there is a HUGE difference in my head during meet time and my time in the gym. I would NEVER expect myself to replicate what happens on the platform in the gym. That squat may have been about 90% of my best on that day; but who knows. What would have happened to my head if I tried 900 and barely squeaked it up? Now I'm left thinking that I'm weak and slow. Better to leave some questions unanswered. Think about this sometime.

• To make it simple - work up to a heavy single, but do not miss. Feel free to put on your squat suit and perform a free squat.

4 WEEKS OUT: This is your first week after the circa-max phase. You are probably a little tired; both physically and mentally. This is a good week to take off the bands and get used to straight weight again. This day is designed to bring back stability and recognition to your squat form. Since this is the goal of the day, here is what a general workout will look like:

1x2 @ 50%
1x2 @ 55%
1x2 @ 60%
1x2 @ 65%
1x1 @ 70%
1x1 @ 75%
1x1 @ 80%

This should put you on track and ready for the next week (which you already read about). I hope to god that I'm not confusing you too much by working backwards.

MAX EFFORT WORK

Since you are doing max effort work on your dynamic day, there is little need to do it on max effort day. Do not drop your assistance work during the circa-max phase. This needs to stay in place. Since you are losing some dynamic work, you may want to what I did; box jumps on Monday. This was an easy way for me to retain some kind of explosiveness.

This was done after a warm-up and done for 3 sets of 5 reps. So for the three week circa-max phase, cut out your max effort work. If you feel that you need to deadlift, do it on your squat day. This will ensure that you are putting all of your heavy efforts into one day and getting adequate recovery.

SAMPLE TRAINING CYCLE

Here is a training cycle, with a circa-max phase and de-load phase. All supplemental and accessory work is up to you and based on developing and maintaining your strengths (Why would you ditch what got you strong in the first place? That never made any sense to me...) and trying to strengthen your weaknesses. We are going to base all of this on the fictional 750 lb. box squatter that was used above.

WEEK 1: 8x2 @ 415

WEEK 2: 8x2 @ 465

WEEK 3: 8x2 @ 505

WEEK 4: 6x2 @ 415 + average band

WEEK 5: 3x2 @ 415, 3x2 @ 455; all sets done with average band

WEEK 6: 1x2 @ 415, 2x2 @ 465, 2x2 @ 505; all sets done with average band

WEEK 7: 2x2 @ 415, 3x2 @ 465; all sets done with strong band

WEEK 8: 1x2 @ 415, 2x2 @ 465, 2x2 @ 505; all sets done with strong band

WEEK 9: 1x2 @ 415, 1x1 @ 465, 1x1 @ 505; all sets done with strong/average band; this is a test week to see if how the weight is for circa-max phase. If it is going to be too light, then adjust the circa-max weights accordingly. We will assume that it is good to go.

WEEK 10: De-load week - 8x2 @ 415

WEEK 11: 1x2 @ 415, 2x2 @ 465, 2x2 @ 505; all sets done with strong band

WEEK 12: Begin circa-max phase - 3x2 @ 415; all sets done with strong/average band

WEEK 13: 3x2 @ 465; all sets done with strong/average band

WEEK 14: 1x1 @ 415, 1x1 @ 465, 2x2 @ 505; all sets done with strong/average band

WEEK 15: 1x2 @ 375, 1x2 @ 415, 1x2 @ 465, 1x2 @ 505, 1x1 @ 555, 1x1 @ 595, 1x1 @ 645; all sets done with straight weight. This is a week just used to get used to real weight.

WEEK 16: Try on suit or work up to a heavy single on the box.

WEEK 17: 2x2 @ 505; all sets done with straight weight

WEEK 18: off

IMPORTANT NOTES

I know that I gave percentages and a sample cycle, but please use this as a guideline. What the sample training program is designed to do is

prepare you for the circa-max phase. You may have to prepare yourself in a different way, but notice how there is a gradual increase in band tension throughout the cycle. This will help your body adapt to the training and get you ready for the three week phase from hell.

I have seen people use more band tension and have results, but there haven't been that many. You can play around with it and it may work, but let me throw you a Pearl of Wisdom. What works once will probably not work again. I have seen a lifter try to repeat a cycle that gave him great results only to have it blow up in their faces when they try it again. That is why you have to learn new things. Also, more band tension can wreak havoc on your shoulders and elbows. So be careful.

On the dynamic days, if you feel strong, work up. I like to do this all the time because I felt like I needed to work on my form on the squat with heavy weights. I do not need to work on my form on the suspended good morning. Some people can do this, but most cannot. I am with most of you on this one.

The next question that I know I'm going to get is, "How will I adjust the sets and reps if I work up?" The answer is, "Just work up and things will fall into place." If you do a few more sets, I wouldn't worry too much about it. Remember in my last article about the Standard Template I which I talk about planning your training to work up? If you do work up on a Friday and the next Monday you don't feel too strong (this doesn't give you license to be a wimp, though), take that day off of max effort work. Not training, but max effort work.

Don't over-complicate this; on the three week circa-max phase you are basically going pretty damn heavy. That's about it. Don't try to rack your brain on figuring out band tension (I swear I will come to your house and beat you with a wet mini-band if you ask about this).

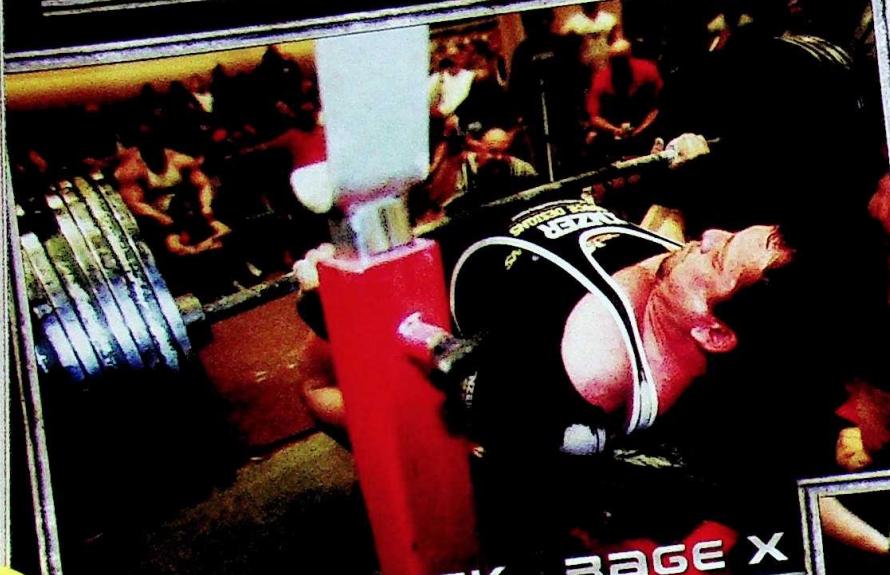
Rest periods: I almost forgot this. Remember when you first began training and you read about training very heavy and how much time you should take between sets? Well, the information they gave you was correct. Take as long as you want, but I recommend about 3-5 minutes. You are not graded on how "in shape" you are, but by how much you lift.

Another Pearl: If you are like me and just like to do the heavy work on Friday and always work up, the circa-max phase isn't too bad. When I was doing the regular max effort work and true speed work, the circa-max phases would kill me. I've had success with both. I don't know what is best for you; all I'm doing is giving you some tools. It's time for you to build your squat. (That's quite possibly the dumbest thing I've ever written. I will condemn myself to one hour of listening to R.E.M. and staring at pictures of Michael Stipe.)

Don't throw 2.5 plates on the bar. That is sacrilege.

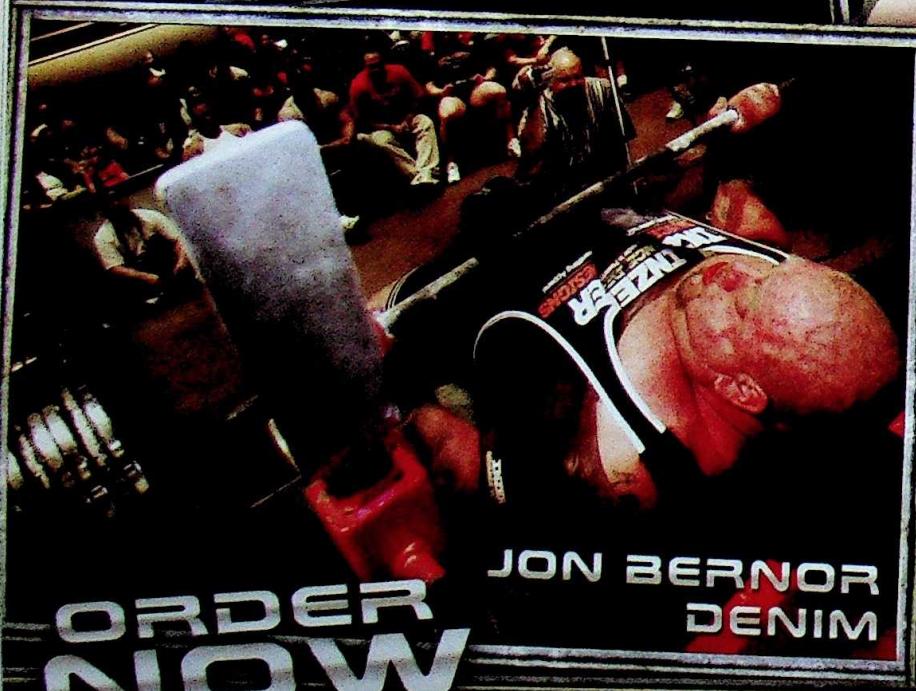
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Contest Day Nutritional Disaster!

Q: Hey, Anthony, what's up man? Your column on the whey hydrolysates was phenomenal. I never new that you can get protein to hit your bloodstream as fast as sugar. Man, you always have new tricks up your sleeve to help us get those real world results. My question is about contest day. Before you smash me for my stupidity I will admit to my guilt. The last contest that I did about two months back the only type of drink that I brought to the contest was some cola. I brought two of the two-liter jugs down to the contest site. I figured the sugar rush would keep me amped up and the caffeine from the cola would give me that little extra. Well, to my dismay, I was wrong. I started drinking some about an hour before the squats. The warm ups went ok and so did my first attempt. I smoked it. But since my flight was huge, being a 220 lifter, I had to wait quite a bit in between rounds. By the time my second attempt came I don't know what happened. My energy level just plummeted and the weight on my second attempt just crushed me. I don't know what happened. I started drinking some more cola after my failure at the squats and started to feel a little better. The first attempt in the bench press went well, same with the second, but again I got that same horrible feeling that I had before during my third attempt. The deadlifts just went horrible I barely made my first attempt and just forfeited my second and thirds. What the hell happened to me? I was flying high and in no time my energy was horrible. I felt like I could have taken a nap right then and there. I am telling you I could have laid down in the warm up room and slept. I even started getting shaky and I was sweating like crazy. I don't know what happened to me as I never experienced this before. I need to drink something at the show to keep my energy up, but I have a feeling the soda may have done me in. What would you suggest to drink at the contest because I don't want that feeling again? Please help me out. Thanks for all your help. Sincerely, Peter Justin

A: Hey, Peter, it's good to hear from you. Wow, what you have described is something that I have heard numerous times from different lifters. You are causing your body to get low blood sugar and this is why you are getting into a hypoglycemic state. This is why you are getting the sweats, the massive energy drop, the lethargic feeling and the shakes. I am glad that you had the sense to realize

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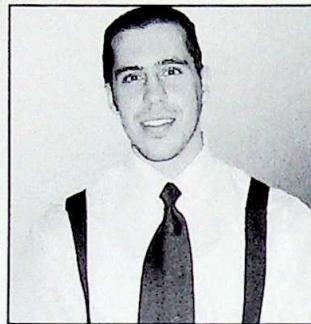
Power Nutrition Questions & Answers

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

that it most likely was caused by all the sugar-loaded soda that you consumed on your contest day. I have seen world class athletes drinking soda between their events hoping to keep their energy up, yet they don't realize that they are actually making their performance go right out the window. Drinking sugary drinks the day of the competition is a major nutrition mistake and you are setting yourself up for disaster with this plan of action. It will not only cause your body to overproduce insulin causing you to end up with low blood sugar, but it will also dehydrate you. These nasty side effects will make you sleepy, lower your strength output, decrease your performance, may cause muscle cramps and prevent you from hitting the PRs that you deserve. So what is a powerlifter to do? Should he drink juice during his contest? How about one of those mainstream sports drinks that so many people use? How about plain water? The answer is none of the above. Juice, which is mainly fructose (a simple fruit sugar), is not the ideal drink when looking to perform at your best. This too will cause a decrement in your performance, leading you down the path of not performing to the level that you should be. Many powerlifters drink one specific sports drink that is very mainstream. There are a lot of athletes of different sports promoting it as the best energy drink. This drink is mainly sugar and water with a few electrolytes thrown in. Using it as an energy drink to help get you through a powerlifting competition is a big mistake. So what is the answer for the hardcore powerlifter looking to get maximum results? Is there a drink that can help maintain energy levels throughout the entire show? Is there a drink that can help prevent cramping and help maximize strength output? Well I have the answer that all you powerlifters are looking for. That answer is a product called Cytomax made by Cytosport.

What the Hell is Cytomax?

Now, you might be wondering how this product differs from many other so called sports drinks out there. You may also be wondering how this is going to help you the hardcore powerlifter at his next competition? Well you want the



Anthony Ricciuto this is the Man Behind NutritionXP3.com

Cytomax 411 so here it goes. First off let's look as to why Cytomax is a night and day difference from the other popular sports drinks on the market that are actually decreasing your performance on the platform. Like I said before, most of the commercial sports drinks that flood the market today are primarily made up of simple sugars. As you should already know using simple sugars as your main energy source is a big mistake. This is due to the fact that once the initial energy rush wears off because of all the sugar, your blood sugar level then takes a nosedive due to the massive insulin spike that occurs. This here is exactly what happened to your friend when you drank all that soda. You brought your blood sugar level sky high and when it wore off due to the massive insulin spike you caused you ended up feeling like a bag of dog crap. These other sports drinks and their scientists that design them ignore the fact that scientific research has shown that a 7% carbohydrate solution is optimal for gastric emptying. Since their drinks are way too high in sugar concentration it causes the body to process it like food thereby decreasing its effects on properly contributing to adequate hydration. The carbohydrates in Cytomax are not simple sugars like all the other drinks. They are instead made up of complex carbohydrates. This form of carbohydrates helps you sustain your energy level over long periods of time and even prevent glycogen depletion caused by intense training.

Secret Ingredients

Cytomax also contains another very important ingredient that other drinks do not have. It is called Alpha-L-Polylactate. This

super compound buffers lactic acid during your training and prevents cramping plus much more. This makes Cytomax the ideal drink for those who had to cut weight the day before and want to make sure that they don't cramp up like so many lifters do only to make their performance sub par at best. Cytomax also contains a powerful antioxidant formula to help fight free radical production that is caused by your hard training. This makes Cytomax not only the ideal drink for your competition but for this fact alone it is perfect for use during your training sessions as well. Another thing that will play a role in lasting and performing at your best come the deadlift is how much and the rate in which oxygen is supplied to your muscles. How many of you have a good squat, a decent bench, but come the deadlift and you feel like you have just been hit by a freight train? Your energy is just depleted to no end come deadlift time. That is no longer going to be an issue with Cytomax. One very interesting ingredient that it contains is called Succinates. These are responsible for improving the rate of oxygen delivery to your working muscles. This will also reduce the perceived exertion no matter how high the intensity level is. For those in the iron game who compete there is no other time when your intensity level is higher than when you are trying to hit a PR or break a record on the platform! This will allow you to stay fresh for the entire contest. This little secret here is what the World's strongest Powerlifter Garry Frank drinks in his water bottle the day of the show so this should give you a little input on how valuable this supplement is.

Digestion and Absorption

Another very important thing you need to focus on with other drinks and even the food choices you make on contest day is how they affect your digestion. Eating the wrong thing or drinking an improper sports drink can cause a slowed digestive process causing you to feel bloated and lethargic. Just think back to the last time you had your Thanksgiving dinner with the family. Do you remember how you felt afterwards. All that heavy gravy and mashed potatoes and the turkey and pumpkin pie. Some lifters who I have witnessed the morning of the competition eat with the same precision as you would at an "All you can eat Buffet". Is this going to help you hit a PR? Not likely unless the PR is in how many times you can burp and re-taste your breakfast. The same goes with sports drinks that are too high in simple sugars. They will have a very hard time to digest and they will sit around your stomach like a piece of Shepherds Pie. Oh yeah, that's exactly the feeling you

want when it's time to deadlift, eh! With Cytomax this is never a problem as it is easy on the stomach and very light. This is very important come contest day. If you have ever been guilty of not eating the right things or overeating on the big day (I am sure that almost everyone reading this has been guilty of this at one time or another) you know first hand that it affected your performance in a negative way. Whether you will admit to it or not we both know the truth.

Alpha-What?

Another benefit to Cytomax is the affect that the Alpha-L-Polylactate has in its absorption rate. It has been shown to absorb up to 10 times faster than simple carbs. This means that your hard working muscles will get the fuel they need right away without the horrible side effect of the insulin spike that has you in a coma 30 minutes later. Cytomax also has a wide spectrum of micronutrients that are essential for performance. It has the ideal amount of potassium, sodium and numerous other electrolytes. You may be wondering why this is important? This will make sure that your muscle cells remain in a proper fluid and electrolyte balance during your competition and even after. This will help maintain your power endurance and even prevent cramping.

So you are probably wondering what is Alpha-L-Polylactate? Polylactate is a polymer of the L-lactate molecule series. What makes it so special is that it is bound with Pyruvate and different amino acids. What makes this different from Lactic Acid is that Polylactate is not an acid because the acid component has been removed from the chemical structure. When you take lactic acid and combine it with specific amino acids the acid actually leaves this particular molecule. This then will allow the lactate to be absorbed very quickly. This means it will be used to provide the body with energy, neutralize lactic acid and maintain stable blood sugar levels. This is exactly what a powerlifter needs on contest day to make sure that he has the strength that he needs and at the same time the energy and long term endurance to get him through the entire meet with the same gusto that he had for his first squat attempt. Cytomax makes this possible so that you can hit PRs in not only your squat, but also all your lifts on contest day. As you can see I can do a complete article series on Cytomax and the unique ingredients that it contains.

A Cut above the Rest!

So as you can see Cytomax is one of the best energy sustaining, glycogen replenishing, lactic acid neutralizing, electrolyte balanced drinks ever created. To just call it a sports drink would be a real injustice. It is a lot more than some liquid sugar thrown in with some food coloring and water. Many of the other so-called sports drinks on the market are not much more than that. I use Cytomax with all my athletes because it is that good of a product. This is one of the secrets that many of my lifters have gotten great success with come contest day. Cytomax is a cut above the other sports drinks on the market and they have the scientific formula perfected to make sure that you get results. Let's face cold reality here for a minute. In powerlifting results are the name of the game and if

something doesn't provide results then it is worthless. This is not the case with Cytomax. You all know my "say it like it is" stance when it comes to anything to do with our sport. Whether its about nutrition, pharmaceutical enhancement, or supplements you all know that I am the real deal! If I recommend something you can bet your sweet ass it will provide results and that's the bottom line! I have been in this industry a long time and I don't want you to waste your hard-earned money on bogus supplements and snake oils. This is why I have developed my "Seal of Approval" and only the highest quality, result producing supplements or products will receive it. Due to Cytomax's major benefits that it offers the powerlifter in training and on competition day, it receives my Power Nutrition "**Seal of Approval**". If you are looking to notice a big difference come contest day give my recommendations a try. I know for sure that you will see the difference it will make on your contest day performance. So throw away that soda and crappy sugar loaded sports drinks that are making your performance go down the drain. Give Cytomax a try because once you do, it will be a part of your contest day plan for all your competitions to come.

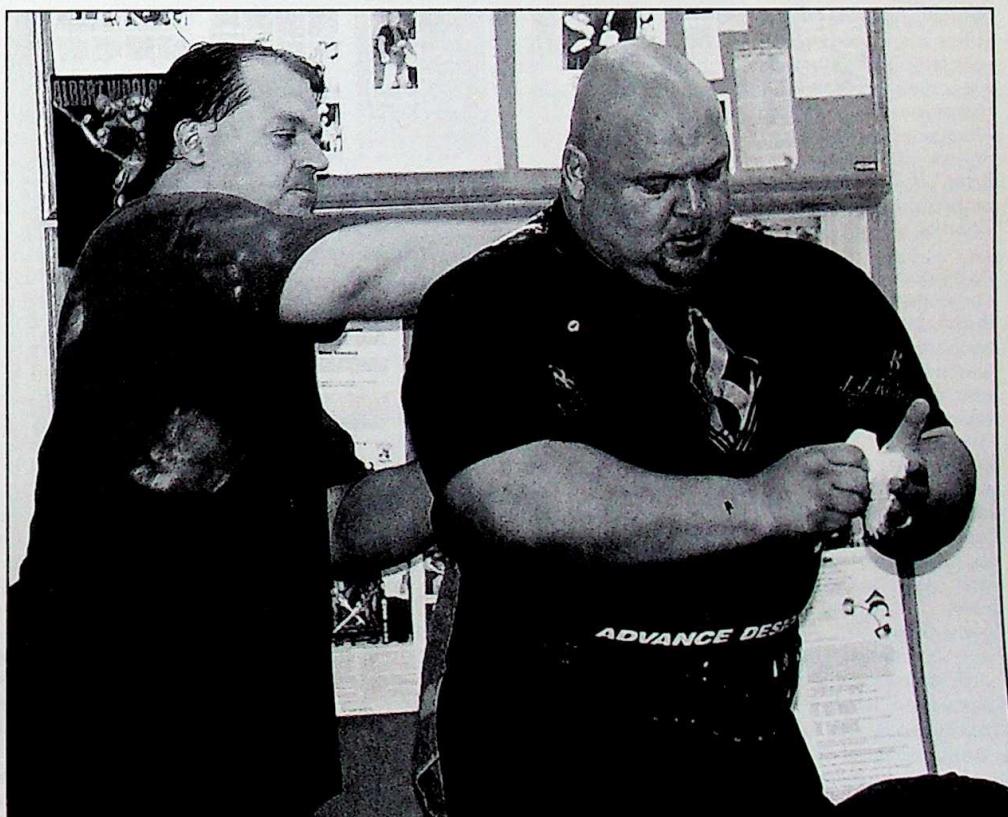
Cottage Cheese vs. Yogurt- and the Winner is....

Q: I have seen many times that you recommend cottage cheese in your meal plan. I was wondering how cottage cheese and yogurt are in comparison in nutrient breakdown. Is one better than the other? I like eating both of them, but are there better times when I should consume them? Thanks for letting me know this info as I would like to know how to incorporate them in my meal plan. Sincerely, Vito Colucci

A: Hey, Vito, it's good to hear from you. So, you

want to know what's the deal with cottage cheese and yogurt? Let's take a look at the macronutrient breakdown of each and then we can go from there. One cup of plain non-fat yogurt has 130 calories, 14 grams of protein and 18 grams of carbs. On the other hand, a cup of non fat cottage cheese has 170 calories, 30 grams of protein and 7 grams of carbs. Now as you can see here cottage cheese is a much more protein dense food and lower in carbohydrates. This makes it the perfect bedtime food due to this fact. Another reason why it's great before bed is the fact that it is made up of casein protein. This protein is slowly digested over 6 plus hours providing a slow and steady release of amino acids into your bloodstream as you sleep. This is the perfect setting to prevent you from entering a catabolic state while you doze off to LaLa Land.

As for the yogurt since it is higher in carbs you should use this earlier in your day like before lunch. Breakfast and your morning snack is an ideal time to have yogurt. One very good thing that yogurt contains is something called acidophilus. This is a healthy bacteria also known as a probiotic. They keep your digestive tract healthy and in balance. One thing to remember is when you get sick and take antibiotics it not only kills the bad bacteria, but also these healthy bacteria as well. This is not good, because this healthy bacteria is very important. When purchasing yogurt make sure that it says "active culture" or lists acidophilus on the label to make sure that you are getting this in your yogurt. The best type of yogurt to get is a non-fat plain yogurt. Then you can add some fresh fruit to it yourself and some sweetener to give it that little extra. As you can see I recommend both yogurt and cottage cheese in your nutrition plan. The fact that they both contain a good source of protein and calcium is



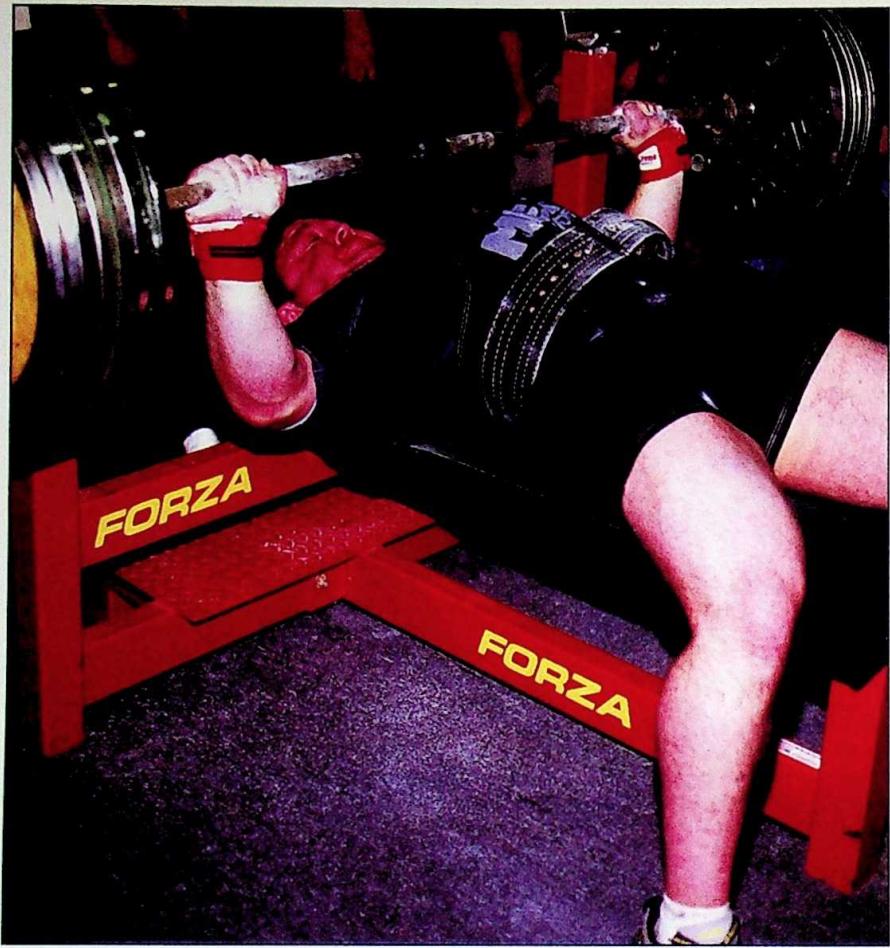
Garry Frank maintains an effective nutritional status while competing (Steve Notaras photograph)

very important not only for big muscles, but also for burning fat and strong bones. If you are not consuming either of these in your meal plan I recommend getting in at least one to three servings in your program per day as it will not only help you in your quest for a bigger total but also keep you healthy!

What do all the Pro Powerlifters Eat?

Q: Just wanted to shoot you a line and let you know that I really loved your Garry Frank and Mike Brown profile series. They were really awesome. Your column gives a refreshing read for the magazine every month. You always come up with innovative ideas for the lifter but even more than that is that you are always looking out for us in areas others don't even want to talk about. My questions are about working with all your pro athletes. Do a lot of them follow similar type nutrition plans? What about supplements? Do they have specific off-season and precontest plans or do they follow the same thing all year long? How does working with them differ in what you do with a regular lifter? Will you be doing some more profile articles in the future? Thanks, Joe Luzi

A: It's good to hear from another one of my fans. For all of you out there who read my column I want to thank you. I am loyal to my readers and I try my best to make sure that you are on the cutting edge when it comes to applying the strength sciences to your Powerlifting training. Wow...you have a lot of questions. I could do a small book out of this. In regards to me working with my athletes what you have to remember is that each lifter, whether its Garry Frank, Travis Mash, Dave Tate, Joe Mazza, Mike Miller, Gene Rychlak, Karen Sizemore or Kara Bohigian ... all have different needs. Even though I have worked with over 50 World and National champions just in the strength sports I do not have any two athletes following the same plan. The Nutrition XP3 System is the most comprehensive and customized nutrition system



Travis Mash ... his nutritional profile can be expected from Anthony Ricciuto.

available for the strength athlete. When I consult with a client, no matter if they are a world class athlete or someone who has just begun in the sport, I perform a comprehensive analysis with them. I get all their background info, their current training plan, their nutritional journal, a comprehensive blood profile, supplementation history, past and current medical conditions, Glucose Tolerance assessment and much more. From all the info that I gather from their paperwork, only then can I put the pieces of the puzzle together for their analysis. From this analysis then I can begin the layout of the first phase of their plan. Everyone will have a different medical history. Each athlete trains to the type of program that is best for him. Each athlete will also have a different lifestyle and work habits. They also eat different foods, have likes and dislikes among those foods, as well their culture or background may play a role in their eating patterns. No one training program will work for all athletes and neither will one nutrition plan be perfect for everyone either. Customization is the key to each athlete's success and this is why this is the base to the Nutrition XP3 System. It takes a lot more work on my time but through this

comprehensive analysis and program phasing are great results attained. If someone disagrees with this, then I can guarantee this individual has very little knowledge in the nutritional sciences and even less in its application to a strength athlete. This is why the Nutrition XP3 Program takes all of this into consideration to make sure that each athlete gets the results they deserve no matter what level they are at, how old they are, what gender they are, or what medical conditions that must be addressed.

As for my pro athletes eating the same thing year round the answer is no. With each athlete I may design 20 or more different plans. Their supplement programs will also change according to what they are trying to accomplish at that particular time and where they are in their competitive season. Louie Simmons and I believe in the Conjugate Method of constantly changing things around to keep the body guessing. It is the same way with the foods that you consume. Most people, especially in powerlifting, can't imagine the nutritional sciences being this complex. They truly don't understand the relation to the food they consume and its relation to their hormone balance, or micronutrients and how it affects

their androgen receptors, or how nutrient partitioning agents can help redirect nutrients into different types of cells. To most lifters this is something out of a science fiction movie. Since we are well into the millennium now, we as lifters have to look at every angle to improve our performance. Many ignorant lifters think that all this entails is getting a new bench shirt or doing a more advanced training program. This is not the case in the least. The problem is powerlifters have been in the dark concerning the nutritional sciences up until recently. This has not only retarded their progress, but at the same time it has caused illness and even death to lifters that could have been completely avoided. I have seen way too many lifters die way before their time and I will be the first to say that many times it is because of their poor nutritional habits. I have worked with

numerous athletes that suffer from health ailments. This ranges from high cholesterol to diabetes to elevated liver enzymes. I have made such huge improvements with my athletes that even their doctors are wondering what the hell they are doing. Some have even got off their meds completely. Others have had them reduced by more than half. This is some major improvement, especially since this is all without the use of drugs, purely with food and supplements. As for writing some more Pro Powerlifter profiles in the near future, yes, I plan on doing many more. I know the reader likes knowing the inside nutritional scoop on what their favorite lifter is doing, not only with their training but also their diet. You can look forward to an awesome profile on Travis Mash in the near future and this will no doubt be one that will blow your mind!

So until next month lift hard, Take your vitamins, say your prayers and one day you may be as strong as the Hulkster!

For those interested in more information about the Nutrition XP3 System feel free to contact me at ARicciuto@NutritionXP3.com or check out my website at www.NutritionXP3.com.

There are many factors that determine powerlifting success, such as training routines, diet, supplements, lifting gear and genetics. Some of these factors we can control, like diet and supplements. Some can be learned as with training routines, while others like genetics, we have no control over. There are, however, 5 other factors that are keys to your success as a powerlifter that are intangible, cost nothing, and are totally controllable by you. They are: consistency, patience, knowledge, moderation, and courage. However, my definitions of these 5 keys may not be so obvious. Let's examine each key.

The first is consistency. We need to work out on a consistent basis. Don't train hard for 3 weeks and then let up for 1 or 2 weeks. Sure, we all have other commitments, but many times we miss due to laziness. To progress in anything in life, consistent effort must be put forth. Consistency also means you follow a set routine throughout your training cycle. Don't change to a new routine or lifting technique halfway or more through your training cycle. Many times we are tempted by the latest routine in PL USA or by another gym lifter's ideas. If you make a decision to change routines or lifting techniques, wait until after your training cycle ends following a contest. Sudden changes in technique can be precarious. Going from a regular deadlift to sumo should be done over several months for best results. Changing gear, like your squat suit, during the last week prior to a meet or even worse, at the meet, can result in a missed lift or a bomb-out.

The second is patience. That one is easy. Neither Rome nor Arnold were built in a day. Even the greatest usually don't win the first time. It takes time, sometimes years, to reach your individual potential and your rate of progress will not be constant. There will be peaks and valleys. It may take many attempts to find the right approach to training before your progress starts really taking off. "Taking off" is obviously a relative term. We all can't be

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5 KEYS TO SUCCESS

as told to Powerlifting USA by Doug Daniels

great deadlifters or benchers, but we all can be much better where we started. In the previous paragraph I talked about changing lifting techniques. It could take several training cycles to find out if you can excel at sumo style deadlifts or wide stance squats. Give it several training cycles before dropping or adopting new techniques. Many lifters may find that their lifting will improve as they move up or down in weight class. Top lifters have told me it can take a year or two to become efficient at a new

bodyweight. Practice patience.

Third is knowledge. No, it does not mean being able to recite from memory the May 2003 issue of PL USA. By knowledge I mean knowing your body and its unique capabilities. Do you recognize that a training method is not productive? Can you tell the difference between minor pain and chronic pain? Do you know when to take a training layoff to avoid overtraining or burnout? Sure, knowledge from PL USA is invaluable, but do you have the ability to transfer it to your

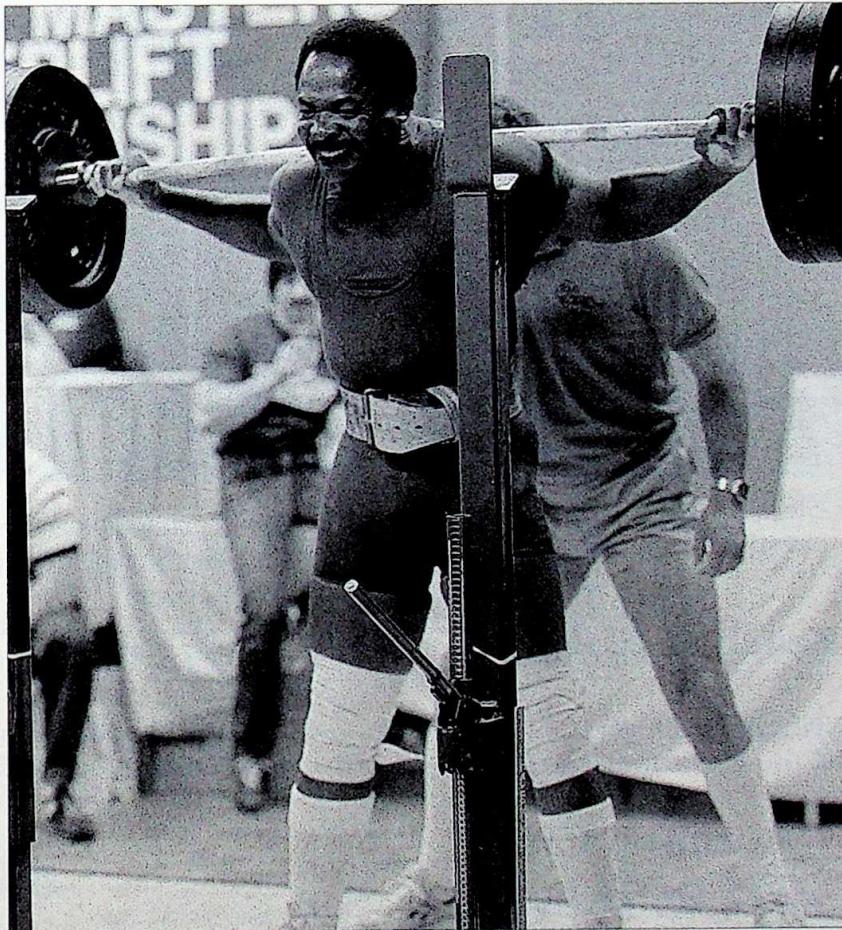
own current situation?

The fourth key is moderation. Everyday someone somewhere says something is bad for you, or something is good for you. Something that was good yesterday might be bad today. Though today's latest supplement is the greatest; tomorrow's new product will make it pale by comparison. Just who can you believe? My answer is all of them and none of them. Do a little research and apply a little common sense and try things in moderation. If you can't decide between lat pulldowns in front or behind the neck, easy — do behind the neck one workout; the next, do them in front. This way you cover all the bases and if one really is better than the other, you at least derive benefits from it 50% of the time.

Last, but not least, is courage. This article's definition of courage is not about getting that last rep or locking out that big deadlift. In

many of my past articles I've preached that it takes real courage to train less, not more. Many lifters need to lose that "more is better" mentality, the "train until you pass out" attitude that is promoted hard by our bodybuilding cousins. Powerlifting is extremely stressful on the body's recuperative abilities. If you have trouble recuperating, your progress will lag and your chances for injury will increase. It takes real courage to train efficiently and then go home. You don't need to do 20 sets of benches, followed by 10 sets of inclines, 10 sets of cable flies with a finisher of 10 sets of weighted dips. Check out most top benchers' routines and you'll see they're simple and brief, yet effective. Squat and deadlift training are no different. All you lions out there don't need to see the Wizard of Oz for courage.

There are many keys to powerlifting success. Many of them are controllable and tangible and many like these five are intangible. The five I covered in this article are critical and all controllable by you. Consistency, patience, knowledge, moderation, and courage may not be easily measurable, but can make a key difference in your powerlifting success and even everyday life.



"Coach" Russ Murphy, who practiced the principles described in Doug Daniels' article, and passed them along to others, recently passed away, according to his friend Charles Beane. "Coach" is seen above at the 1986 National Masters Championships. According to Charles "Coach" Russ Murphy was one of the finest men I have ever known. I first met Coach in 1965, he was a new coach for the ends. It didn't take long for the Coach to win the respect of everyone there. He never had a negative word, only words of encouragement and instruction. After I graduated and opened my first health club, Coach joined. It wasn't long before he was asking me to help him powerlift. He was to go on to many state and national titles. The lives he touched and changed, are too many to count. I truly feel so very lucky to have been called his friend."

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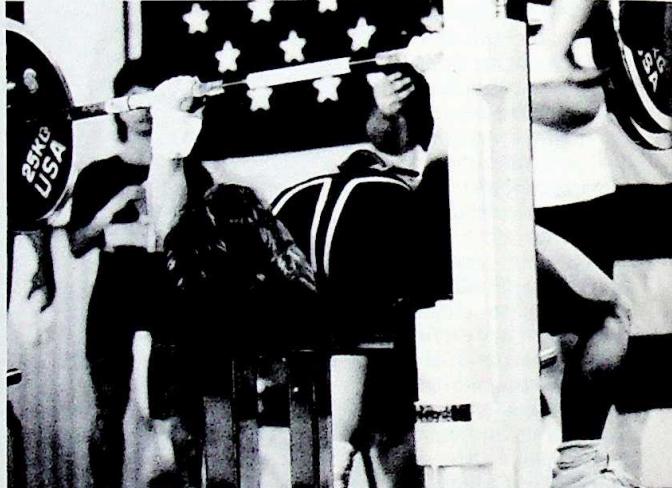
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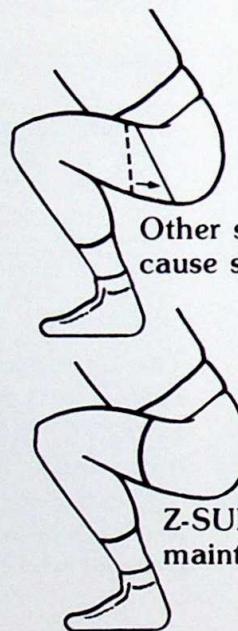
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ASK THE DOCTOR

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale MD, 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.)

Q: I started the supplements 3 days ago - seems ok so far though it's a full time job keeping up with all those pills! Some days I train light, usually just a warm up and a few light sets. Is there an exercise time or intensity parameter I should be aware of where I shouldn't take certain supplements like the Resolve or the GH boost before an easy session? **Michael**

A: The supplements help the most when you're training hard. I always encourage people to periodize their supplements not only according to the phase of their training but also according to the difficulty of the session. So for easy training sessions I wouldn't use either the before or after training supplements, but I would still use the Power Drink, perhaps diluted down a bit more than with the harder training sessions.

Mauro DiPasquale MD

Q: It looks like there is a lot of overlap of certain vitamins like A, B, E in the pills - am I OK taking such high doses of Vit A, a fat soluble vitamin? **Michael**

A: I formulate my supplements so that when used together they work synergistically and without toxicity. For example Vitamin A is a fat soluble supplement that has many useful properties. I consider the use of the fat soluble Vitamin A at under 20,000 IU per day to be non toxic and completely beneficial. If you count up all the fat soluble Vitamin A from the supplements you're taking you'll notice that it's under 10,000 IU. On the other hand I include carotenoids such as beta carotene, sometimes called pro-vitamin A, in my formulations. These are water-soluble precursors which are made into Vitamin A by the body, IF IT'S NEEDED. While you can overdose on fat-soluble Vitamin A, large doses of water-soluble beta carotene are non toxic. If you look at MVM you'll see that the daily dose contains 2,000 IU of retinyl palmitate (a fat soluble vitamin A) and 10,000 IU of beta-carotene.

Mauro DiPasquale MD

Q: My wife would like to try something(s) to help her with energy and general well-being. Could you recommend something for her. She's 5'9", 132 lbs and works out 2-3 days per week lightly. **Michael**

A: I would recommend MVM, Metabolic and ReNew.

Mauro DiPasquale MD

Q: Lastly, do I cycle off things like the testo and GH boost once goal competitions are over? **Michael**

A: Again it's a good idea to periodize your supplement use, cutting back when you're taking it easy and increasing their use when training hard and pre-competition.

Mauro DiPasquale MD

Q: Can you tell me if there is any benefit to using coconut oil? I'm already taking olive oil and flax oil on a regular basis, either in the Locarb MRP shake or by itself, in a 1/2 oz. dosage. I've read that coconut oil has beneficial effects on the skin. Is this true? If so, are there any other benefits to using it as a supplement? Thanks. Best, **Eric**

A: I'm not a fan of coconut oil even though it's enjoying some popularity right now. First of all keep in mind that most of the information that's on the Internet regarding Coconut oil is mainly a lot of marketing hype. There's nothing wrong with coconut oil per se and it even has some good

characteristics as an oil used for food preparation and cooking. To give you some stats, coconut oil is about 92% saturated. 6 percent monounsaturated and 2 percent polyunsaturated (omega 6 - linoleic acid). The saturated fat breaks down to 45% lauric, 17% myristic and 8% palmitic acids? thus it's mostly medium chain triglycerides. So you can see that coconut oil is mostly a high saturated fat oil with the saturated fats being medium chain triglycerides rather than long chain triglycerides, the saturated fat found in most foods we consume. This has some advantages over most of the oil out there as it doesn't spoil nearly as quickly and doesn't contain any trans fatty acids. Also it's a good oil for cooking. The MCTs it contains can be an advantage to some people unless they're on a low carb diet where they can act like carbs as far as short circuiting the use of the long chain fatty acids that make up body fat. I'm doing more research on this right now and will send some of it to you if it's relevant. I looked at coconut oil, and many others such as palm oil, in detail when I formulated my new InsideOut and concluded that it really doesn't have any outstanding properties to treat or prevent damaged and/or aging skin. Let me know if you need more info.

Mauro DiPasquale MD

WHERE'S THE BEEF? BETTER STILL WHERE'S THE BRAINS?

Are most powerlifters morons? After looking at the ads in this month's muscle mags it seems that most of the supplement companies catering to them think so. The mags are full of ads that make the sell based on shocking colors, incredible hype and just plain lies. As well, a lot of them must also think that powerlifters are incredible suckers since they're trying to hose them down by offering products at 20 to 40 times the cost to manufacture them. And they must also think that there's a sucker born every minute because they're not after repeat sales since it doesn't take a rocket scientist to figure out that the products are useless. And the products are useless because the mentality is to make you believe something that just ain't so. Putting together a few isoflavones and plant sterols, and maybe a dash of tribulus, and selling it as the equivalent of anabolic steroids is one hell of a scam. But it seems to work since most of the so-called testosterone enhancers out there are doing it. And then there's the special names, not only for the product but for the proprietary blend. Instead of using product names like Enterotrophin CE or Myotrollob2980 - why not call it like it is. For example, Lobotomy 101, Bottle of Uselesscrap CR, Makeourwallettrophin, or Itsnotgonnawork 5000. But maybe the best one, seeing as how the pump seems to be king nowadays, at least as far as the products they're trying to pump, would be GetPumpedButt?llGoDownToWhatItWas AS.

It's bad enough when they hype a product by saying that it's better than steroids, or you better buy it because it's not illegal, YET! but it's even worse when the hype the product as being the next best thing to taking obscene amounts of steroids but won't tell you what's really in the product.

That's because even though they pretty well know that the average bodybuilder is pretty ignorant, they might be able to figure out that if they're told what the magic ingredient really is they might get a tad skeptical. After all why pay 50 bucks for a product that costs a buck to make and is nothing more than you'd find in your average pickle, tomato, arugula etc. And then there's the dumb pictures. You gotta be pretty dumb if you believe the bull that some of them are trying to tell you. For example, bodybuilders who have used obscene amounts of steroids for a decade or more telling the wannabes that they owe everything that they are to Xenobiologrbg from ASHLE. And just as bad are the before and after pictures? Before and after what? Plastic surgery, two cycles of roids, an air pump stuck up their ***? How hard do you figure it is to make two sets of pictures and then put whatever captions you want under them? For example here is Marvin big and cut, then Marvin goes on a cafeteria diet for a few months and they take his BEFORE picture bigger and fat. Or they doctor the pictures, or doctor just about anything else they can.

Now I'm not saying that companies shouldn't build up their products so they can compete in the marketplace, but this is out of control. At the very least keep the hype on this planet instead of outer space, and try to at least give them some value for their money instead of just a lot of scientific sounding hype and pie in the sky promises. I try to do that in my products, using ingredients that work along multiple pathways to give the desired effects. And giving some real world results for people's money.

Mauro DiPasquale MD

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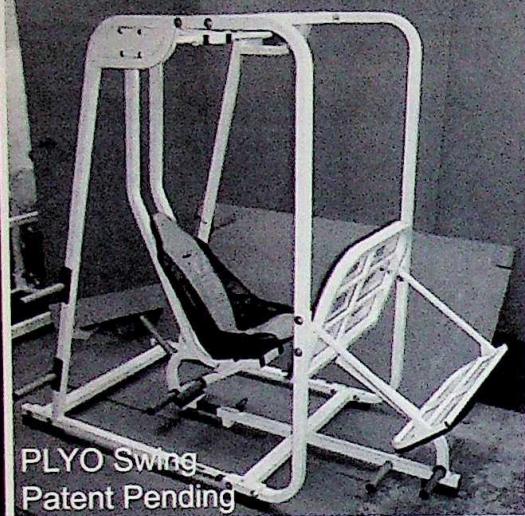
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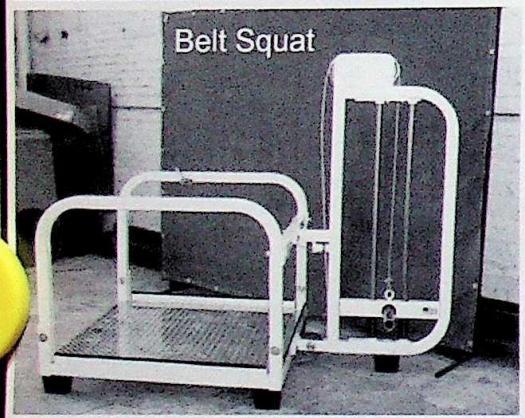
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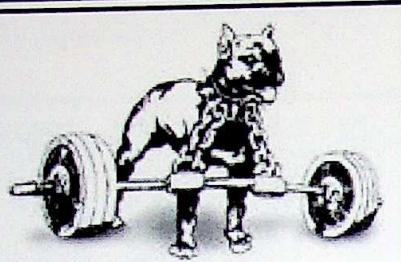
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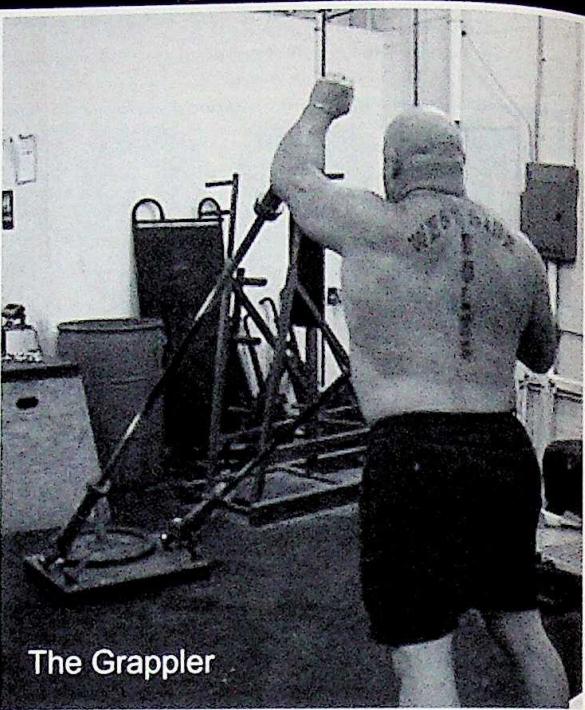
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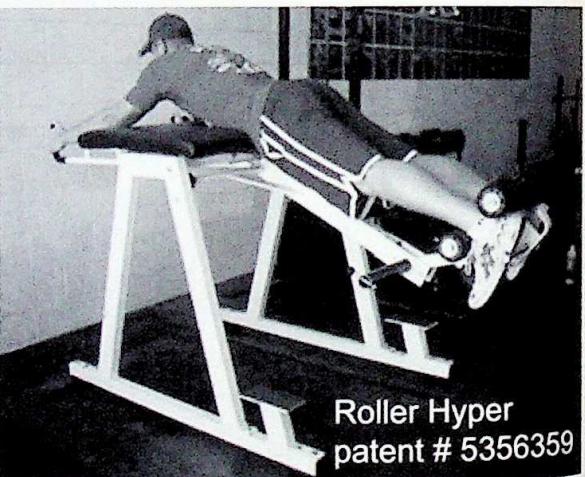
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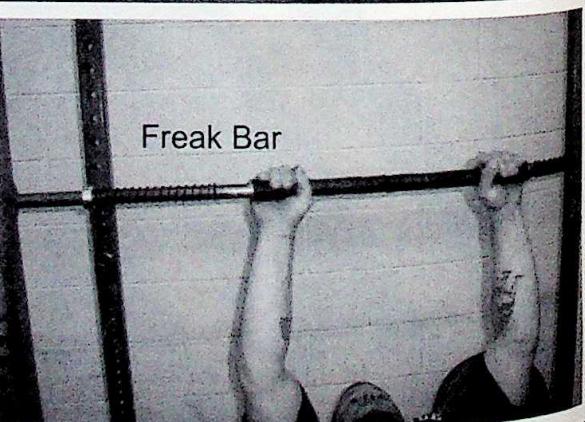
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Last month, we learned that Homer Simpson trains at Total Performance Sports. I promised that we would visit Marge Simpson's gym this month, but we hit a big snag. Marge Simpson doesn't train at a real gym! She trains at a place called "Curves for Cartoon Characters" and it so big-hair-sissified that we cannot feature it here. Sorry.

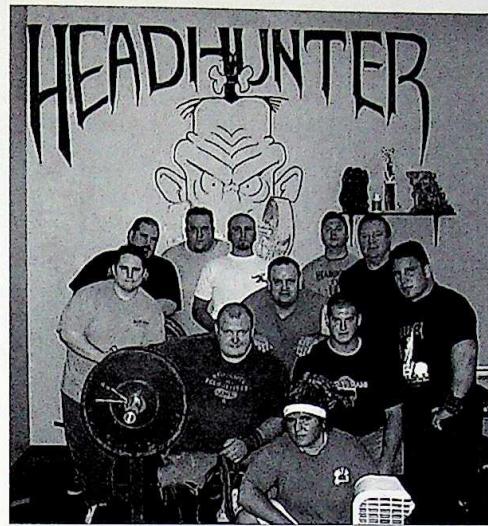
But the big hair of Marge Simpson made me think of one of my favorite topics: big heads. And that made me think of the Far Side cartoons where the Big-Head guys enter the land of cannibal head hunters—and immediately sense DANGER! And that makes me think of Headhunter Barbell in Wadsworth, OH.

"Headhunter Barbell was formed in June of 2003 in a garage in Wadsworth, Ohio with only a handful of lifters and has grown into a team of over 20 in a little over 2 years. The start of the gym came when two of the gyms these members lifted at had closed their doors without telling the members they were going under. After the second time, we decided enough was enough and Rob Twining, John Kelly, Stuart Patrick, Mike Miller and Al Lechler stuck some equipment in John's garage and started what is now "Headhunter Barbell". Without any incoming funds the members dug deep into their own pockets to buy the equipment it now uses. A year after the start of Headhunter Barbell, Rob, who was one of the original members, moved out of the area and is now running some great meets in the Fremont area and is a distributor for "House of Pain" with fellow Headhunter Stuart. The gym continued to grow and after a little over a year and a half in the garage, we decided it was time to move on and in February of 2005, Headhunter finally moved and rented a large room in the back of a fitness club in Wadsworth called "The Fitness Zone".

One of the greatest things about "Headhunter Barbell" is that you can be yourself. So many gyms believe that their gym should only enter let's say "USAPL" meets and that is all. We feel that whatever you feel like doing is up to you. Yes, we do train

HARD CORE GYM #49 HEADHUNTER BARBELL

as told to PLUSA by Rick Brewer, House of Pain



together (some guys driving almost an hour to come and lift), but if one person wants to hit an APF meet and the other a USAPL than that is fine with us. We do, however, compete as a team at times and look forward to other team competitions in the near future after taking the recent APF "Get Under the Bar" Bench Press Championships in Fremont, Ohio.

Headhunter Barbell consists of some fairly impressive lifters including Stuart Patrick, a 3 time USAPL National Bench Press Champion in the 242, 198 and 181 lb. weight classes who holds

the USAPL Raw Ohio State Bench Record in the 198lb. class, Matt Handshue who holds two state records in the APF Ohio Teenage and APF Ohio Open 198 pound bench press divisions with an impressive 550 bench, Matt's sister Jessica Handshue, who also holds two state records in both the Ohio APF Teen girls and APF Ohio Women's 198+ Open Bench Press Divisions with a 255 bench and Lisa Gory who holds a USAPL Ohio State Powerlifting Record in the 148lb. Teen Division.

The gym includes 4 guys who have benched over 600: Jeremiah Burke(630 at 242), Rob (625 at SHW), John (600 at SHW) and Al (600 at SHW), a 500 pound bencher in Matt Handshue(550 at 198 Teen) and seven guys who have hit over 400 in Mike Miller (465 at 308), Colin Wilson(460 at 275 Master), Stuart Patrick (430 at 242 and a 410 at 198), Bob Jarvis (420 at 242 Master), Ryan Jarvis (420 at 220), Jon Burke (630 at 181 Teen) and Bobby Jones (400 at 275).

Other dedicated members of Headhunter Barbell include Nick Murat (198 Master) who also takes

care of the gym's finances, Tyler Murat (198 bench in the Teen 181 class), Tanner Murat (youth lifter), Katie Gurney, Jacob Kelly (youth lifter), Dave Hite (198 lb. class), Gary Fox (SHW class), Randy Wilson (355 lb. Raw bench at 308), B.J. Wrobel (220lb. Class) and his son Drew (youth lifter), Jeff Neely and his son Spencer and two Special Olympic Athletes -Shawn Savage and Rob Albright. Outside of lifting, several members have excelled in other areas with Al Lechler winning the National Master Shotput title three times and Bobby Jones playing some Pro Football with the Giants and Steelers.

Some future goals of the gym are to continue to help run local and regional Special Olympic Powerlifting Meets and to maintain our "Headhunter Barbell Bench Press Competition" that we started this year and will be holding every June. "Hey, we're just a bunch of guys that enjoy lifting and the sport of Powerlifting and would like to see it grow by sharing our sport with others in our community", comments Stuart. "It's more than just a gym", says Al Lechler, "If this gym should close tomorrow for some crazy reason we will still keep in touch and remain friends." To find out more about Headhunter Barbell go to www.headhunter.50megs.com.

This update just arrived: Jessica Handshue also just set an Ohio state bench record in USAPL to go with her APF state record, Matt Handshue just got a 585 bench so his 550 is now 585 and we added a new 400 pound bencher tour group and that is Gabe with a 425 (he just goes by Gabe)."

Still remain friends, huh? Like when you make friends on vacation, and promise to visit and keep in touch – but you never do? Or like life-long friends that you made in high school, that you can't remember or stand? Whoops, my cynical side slipped out for a moment!

Bottom line: we love bigheads, and we love Headhunter Barbell! I'm sorry that Marge Simpson doesn't train there, but it sounds like a bunch of really strong Simpsons do train there. Cool enough for me. Next month, we'll go beyond the Jordan, and see what happens there!

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DR. JUDD

LIARS ... PART I The Lighter Side

as told by Judd Biasiotto Ph.D.

"Women are the biggest liars! Biggest liars! Look at ya! All of ya!! You got on heels, you ain't that tall! You got on make-up, your face don't look like that! And you don't have all that under there. Lies, lies, lies."

CHRIS ROCK

Here is a news flash ... people lie ... a lot. In fact, the urge to fib or even tell a whopper starts early. Some research has shown that nearly all children tell their first lie by the tender age of two, if you can imagine. And it only gets better or worse, depending how you look at it, from that time on. The reality is we lie everyday ... "we" ... meaning you. Do we really think all of our boss's ideas are terrific? That our girlfriend's hair always looks great? Our mother's cooking tastes superb? That the dresses your girlfriend wears never make her look fat? No. But we lie.

And do you really think you haven't aged a day in the last twenty years? That you look sexier than Brad Pitt? That you are the smartest man your girlfriend ever dated? That you are the only one? Don't believe it. They lie too ... just like you.

Actually, our entire society has become a nation of liars. It's our national sport. We even symbolize our virtuosity in lying by picturing four of our former leaders together ... Washington, Johnson, Nixon, and Reagan. Washington because, as the story goes, he never lied (which is probably a lie), Johnson because he never told the truth, Nixon because he never knew the difference and Reagan because he could never remember if he told the truth or lied.

We have some great role models when it comes to Pinocchian behavior too. Check these world class liars out:

*"People have got to know whether or not their president is a crook.
Well, I'm not a crook."*

RICHARD NIXON

"I did not have sexual relations with that woman."

BILL CLINTON

"I never ever used steroids."

RAPHAEL PALMERO

"I have no idea where Lacy is."

SCOTT PETERSON

"I am absolutely one hundred percent innocent."

O.J. SIMPSON

You might find this interesting. They recently did a poll to find out which group of individuals in the United States were the biggest liars of all. Believe it or not, athletes were given the nod, but it should also be noted that politicians, lawyers, and television evangelist were not considered for the competition because

no pros were allowed to compete. It should also be noted that professional "rasslers" were excluded from the sports group because they lied about being athletes. Although the aforementioned information is interesting, it is rather limited because as you probably already know you can't make a generalization from a group of individuals to a single person. In other words, just because most athletes lie does not mean all athletes lie ... it just seems that way. So, let's get personal.

Here is another news flash ... it has been well documented, by women of course, that all men lie ... all the time ... which is a lie because I am a man and I don't lie ... all the time. The truth of the matter is that both genders lie to the same extreme; they just do it differently and sometimes for different reasons. Although lying is considered a sin, it doesn't seem to stop men or women from bending the truth now and then ... ranging from some innocent little white lies to more consequential whoppers. Generally, we lie for our own benefit ... whether it's to avoid a whooping from our better half or to get what we want.

Actually, as already indicated, there is a difference in lying patterns, between men and women. Men will generally lie to enhance their reputation as an athlete, a businessman, or as an intellectual ... men, especially with other men, are more likely to tell the kind of lies that make them look smarter than they are, or more accomplished. They will also embellish their sexual conquest with women ... like Wilt Chamberlain telling people he was with 20,000 women. Conversely, women will lie to themselves a lot and they'll lie more often to other women, than to other men. When women are talking to other women, they are usually telling lies that make them look kindhearted and altruistic (i.e., when I was a little girl I cooked and cleaned and took care of my entire family ... truth is, she can't boil water.).

If the truth be known, the questions we ask many times initiate people to tell little untruths. Men have a wonderful knack at asking questions that necessitates a little dishonesty. Questions like, "Am I the best lover you've ever had?" And then there's every man's favorite question: "How many men have you slept with?" Even if

she has covered more beds than Cannon sheets, been tied up more times than Trigger, and has served more men than McDonalds, she is liable to tell you that she can count all the men she has slept with on one hand and she doesn't have to use all her fingers.

These questions are equivalent to the questions that women will ask, "Am I better looking than your ex?"; "Am I getting fat?"; "Have you ever cheated on me?" and "Are you going to call me tomorrow?" And then there's every woman's favorite question: "Do you love me more than you love your past girlfriends?"

The aforementioned questions just go to show that men and women not only lie, but they are also stupid as hell for asking such questions. Now, unless you want to experience the fury of hell, you might want to answer in the affirmative to the previously mentioned questions when the time comes. No woman wants to know that the last girl you dated makes her look like chopped liver and no man wants to know that his girlfriend is the biggest tramp in America since Charlie Chaplin.

Typically, men will lie about their height and physical and intellectual prowess while women lie about their weight and age ... you know, tiny things, never anything really big. There is nothing wrong with trying to make ourselves look a little better in the eyes of others, or making someone feel a little bit better about their accomplishments ... right? Aren't those 'nice' lies? Well, actually that is a tough question because at the end of the day, all we have is our integrity. So, people count on us to tell the truth most of the time. Of course, there is a difference between being a liar and lying. When we make a habit of lying, then we're a liar. If we lie from time to time, that doesn't necessarily brand us as a liar. I mean, who would want to deal with someone who is so brutally honest that it hurts the person's feelings day in and day out? In reality, people who make it a habit of telling the blunt raw truth tend to have very few relationships.

Me, personally, I believe the old adage is true. Honesty is the best policy. I found that out a long time ago. Still, maybe, just maybe, it is okay to fib from time to time. Although, I never do ... which is an absolute lie.

Of course, the magnitude of a lie has a lot to do with its tolerability. There is a major difference between telling someone who looks like Mr. or Mrs. Potato Head that they are cute and lying to your spouse about your fidelity or lack of it. When an individual lies to gain an unfair advantage over someone else, then the lie is elevated to an entirely different level. They are usually referred to as WHOPPERS! These are the lies that can get you into serious trouble..

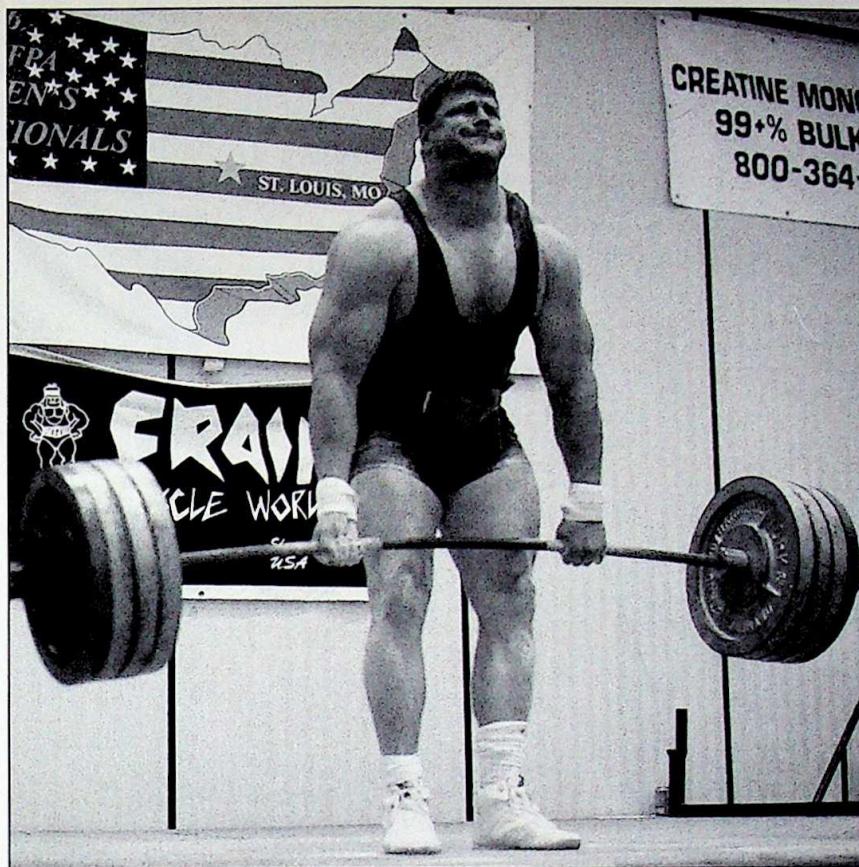
Actually, I think that people should tell the truth whenever they can, because - first of all - it is easier and you don't have to explain yourself later when you're caught in a lie. Of course, then people will believe you, because they'll know that you tell the truth. It is ultimately easier just to tell the truth. In the long run, when we take the high road, when we do the right thing, it is not only the ethical thing to do, but it benefits us because it is easier for us to do the right thing. So, it really is a win-win situation.

Still, before you go off and tell your wife or husband that you have been to bed with everyone one in the Western World, and some of the Eastern Bloc countries, understand that the author of this article is a man, and since men lie some times, you really can't believe that anything is true in this article because it could be all lies ... which is a lie.



Dr. Judd has done the research and knows the value of telling the truth ... or is that a lie?

"Brad Gillingham Deadlift Training - the DVD" - There are few lifters in the United States over the past decade and half who have earned greater respect than Brad Gillingham. He's been a national champion five times, he's been IPF world champion in the SHW twice, and most remarkably he has a total of forty one 800+ deadlifts in competition, literally under his belt. Footage of several of those competition deadlifts are included in the DVD, including misses, which is probably a very realistic approach. Obviously you learn more from your misses than you do from your successes, which reaffirm what you might already know, and failures might give you some information about what you don't know. In this DVD he describes pre-competition training cycle, which is sixteen weeks and his twelve week off season cycle, which incorporates a 1974 Russian front squat routine. It's hardly seems like an off season program as he's squatting three times a week. It's really kind of extraordinary, but you can see, particularly in the case of Brad's deadlift how that converts to deadlift



UPDATE add two more 800+ DLs to Brad's list 826 and 848 at the Battle of Giants.

one could imagine, as these are all done raw without equipment. He does some sets of tie wrap?? deadlifting, and anyone who has done these knows how hard it is and to see somebody wind up ten reps with better than 600 is just mind boggling. It's spectacular effort and even exercises like vanrose?? Brad handles extraordinary poundages with impressive style. He whips that bar up to his chest and it bends. He is really moving the weights. Every exercise he goes over in detail, makes you understand some of the key points about the performance and the form. The five by five squat program is what he does during the sixteen week pre-competition cycle. It's hard and if you do something like that you're going to get stronger. Brad has been able to find that fine line between over training and still getting key work sets in. This is not glitz and glamor. This is some of the finest bit of common sense when it comes to training you'll ever encounter. The training footage is awe inspiring. The competition lifts shows you how remarkable an athlete he is with the things he's done over the years in the deadlift. Of course he's been a steady improver over time. This encapsulates a lot of the training philosophy of a man whose done things according to a strict compass direction in his life, and he has a lot to show for it and there's a lot for you to gain from looking at it. This DVD will be available through Powerlifting USA at the price of \$25.95 plus \$6.00 shipping and handling, for a total of \$31.95. Orders can be sent to Powerlifting USA, Post Office Box 467, Camarillo, California 93011 or call 1-800-448-7693 with a Visa or MasterCard.

Brad Gillingham Competition 800LB+ Deadlifts USAFL/IPF Competition

Deadlift	LB	KG	Contest	Place	Date
1	854	387.5	IPF World Championship	Trenčín, Slovakia	11/17/02
2	848	385	USAFL Nationals	Omaha, Nebraska	7/15/01
3	843	382.5	World Games(IPF)	Akita, Japan	8/21/01
	843	382.5	IPF Pan American	Chicago, Illinois	4/9/00
5	840		USAFL Minnesota State	Faribault, Minnesota	1/23/99
6	837	380	IPF World Championship	Akita, Japan	11/19/00
	837	380	USAFL Nationals	Baton Rouge, LA	7/11/04
8	832	377.5	IPF World Championship	Trento, Italy	11/21/99
9	830		USAFL Minnesota State	Faribault, MN	1/23/99
10	826	375	IPF Battle of Giants	Orebro, Sweden	12/4/99
	826	375	USAFL Nationals	Chicago, Illinois	7/16/00
	826	375	IPF World Championship	Sotkamo, Finland	11/18/01
	826	375	IPF World Championship	Trenčín, Slovakia	11/17/02
14	825		ADPFA Minnesota State	Minnesota	1/17/97
15	821	372.5	IPF World Championship	Trento, Italy	11/21/99
	821	372.5	IPF World Championship	Akita, Japan	11/19/00
	821	372.5	World Games(IPF)	Akita, Japan	8/21/01
	821	372.5	IPF Battle of Giants	Orebro, Sweden	11/24/01
	821	372.5	IPF North Americans	Ft. Lauderdale, FL	4/10/04
	821	372.5	IPF World Championship	Cape Town, SA	11/14/04
	821	372.5	World Games(IPF)	Duisburg, Germany	7/17/05
22	815	370	ADPFA Nationals	St. Louis, MO	7/18/96
	815	370	USAFL Nationals	St. Louis, MO	7/18/99
	815	370	Zumbro Valley Open	Kasson, MN	4/26/98
	815	370	IPF Pan American	Chicago, Illinois	4/9/00
26	810	367.5	USPF Senior Nationals	Philadelphia, PA	7/1/97
	810	367.5	IPF World Championship	Cherkasy, Ukraine	11/15/98
	810	367.5	USAFL Nationals	Rapid City, SD	7/20/03
29	805		ADPFA	Minnesota State	2/1/96
30	804	365	ADPFA Nationals	St. Louis, MO	7/18/96
	804	365	IPF Pan American	Hamilton, Ontario	8/1/96
	804	365	IPF World Championship	Prague, Czech Rep.	11/16/97
	804	365	USAFL Nationals	Denver, Colorado	7/5/98
	804	365	ADPFA Nationals	St. Louis, MO	7/18/99
	804	365	IPF Battle of Giants	Orebro, Sweden	12/4/99
	804	365	IPF World Championship	Sotkamo, Finland	11/18/01
	804	365	USAFL Nationals	Baton Rouge, LA	7/11/04
	804	365	IPF Battle of Giants	Orebro, Sweden	11/24/01
	804	365	World Games(IPF)	Duisburg, Germany	7/17/05
40	800		ADPFA Senior Regionals	Minneapolis, MN	12/2/95
	800		USAFL Minnesota State	Minnesota	1/17/97

strength. This DVD is not just deadlift alone. It's an amalgamation of squat and deadlift training, which in a practical sense you're going to have to incorporate these concepts if you're going to try both lifts because you can't do one without thinking about the other. Brad has developed a system for working one to help the other, and vice versa. One great thing about this DVD is the technical information about training. Brad is very well spoken. You can tell that what he's saying he's sincere about. These are lessons he's learned the hard way, by cut and try. He obviously knows what works, and he's got other people on this program with considerable success to show for it. It really is amazing to see someone so very big who is so very athletic, and so terrifically strong. Some of the things he does in the training lifts that he illustrates are astonishing. It seems to him trivial, but he does some front squatting work outs that it's hard to think

one could imagine, as these are all done raw without equipment. He does some sets of tie wrap?? deadlifting, and anyone who has done these knows how hard it is and to see somebody wind up ten reps with better than 600 is just mind boggling. It's spectacular effort and even exercises like vanrose?? Brad handles extraordinary poundages with impressive style. He whips that bar up to his chest and it bends. He is really moving the weights. Every exercise he goes over in detail, makes you understand some of the key points about the performance and the form. The five by five squat program is what he does during the sixteen week pre-competition cycle. It's hard and if you do something like that you're going to get stronger. Brad has been able to find that fine line between over training and still getting key work sets in. This is not glitz and glamor. This is some of the finest bit of common sense when it comes to training you'll ever encounter. The training footage is awe inspiring. The competition lifts shows you how remarkable an athlete he is with the things he's done over the years in the deadlift. Of course he's been a steady improver over time. This encapsulates a lot of the training philosophy of a man whose done things according to a strict compass direction in his life, and he has a lot to show for it and there's a lot for you to gain from looking at it. This DVD will be available through Powerlifting USA at the price of \$25.95 plus \$6.00 shipping and handling, for a total of \$31.95. Orders can be sent to Powerlifting USA, Post Office Box 467, Camarillo, California 93011 or call 1-800-448-7693 with a Visa or MasterCard.

IPF Battle of Giants - 26 NOV 05 - Orebro, SWE

Lifter-NAT	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT
242 lbs.										
N. Suslov-RUS	771	845	848	518	540	554	694	727	766	2155
275 lbs.										
J. Ljungberg-SWE	881	925	925	606	647	647	771	793	815	2303
D. Mirovsky-POL	771	804	804	639	672	672	749	793	837	2204
275+ lbs.										
O. Lehto-FIN	815	854	859	672	694	716	738	771	788	2347
B. Gillingham-USA	804	826	859	600	611	617	782	826	848	2292
K. Sandvik-FIN	848	870	887	733	733	745	639	661	672	2265
R. Harris-USA	799	848	848	611	628	672	760	804	815	2243
F. Rui-NOR	771	804	826	540	562	573	760	782	804	2160
F. Svensson-SWE	694	755	771	694	716	716	628	661	688	2133
A. Randen-NOR	837	887	887	562	573	584	661	694	705	2116
Points: 1st-Jorgen Ljungberg, SWE, 595.4 pts. 2nd-Ove Lehto, FIN, 594.5 pts. 3rd-Nikolay Suslov, RUS, 579.1 pts. 4th-Darius Mirovsky, POL, 576.3 pts. 5th-Brad Gillingham, USA, 576.3 pts. 6th-Kenneth Sandvik, FIN, 569.6 pts. 7th-Randall Harris, USA, 560.3 pts. 8th-Frode Rui, NOR, 556.2 pts. 9th-Asbjorn Randen, NOR, 546.6 pts. 10th-Fredrik Svensson, SWE, 534.6 pts. (Thanks to Brad Gillingham for the results)										

(article continued from page 15)

Westside Barbell, Weinbrenner Motor Service, and Reliance Rentals each posted a prize of \$1000 to be awarded to the biggest squat, bench, and deadlift. Special thanks also go to York Barbell Company for sponsoring the facility, Gatorade for providing drinks for the competitors, and Webber Insurance Agency for sponsoring the awards.

Amateur 275lb. James Ritchie from Galloway, OH, set the bar high with a final squat of 860 lbs. But the pros came for the money, Oan Basson of the LA Weightlifting Club made his 1010 lbs. squat weighing 275 lbs. look like he might have the

money in the bag, but 308 lb. Mike Brown from Piketon OH, came back with a 1015 lbs. squat to take the money. Oan did take home the Professional Men's Open Heavyweight Best Lifter Award, although I think he would have preferred the cash. The bench award brought out the big boys and many tried and many failed. The final award went to bench only competitor Amateur 275 lb. Ronald Yard, Westminster, MD with a huge 770 lb bench. Great job, Ron! As we closed out the day with deadlift, fatigue began to set in on the heavyweights looking to make their place in the record books. In the end it was the big man, Super

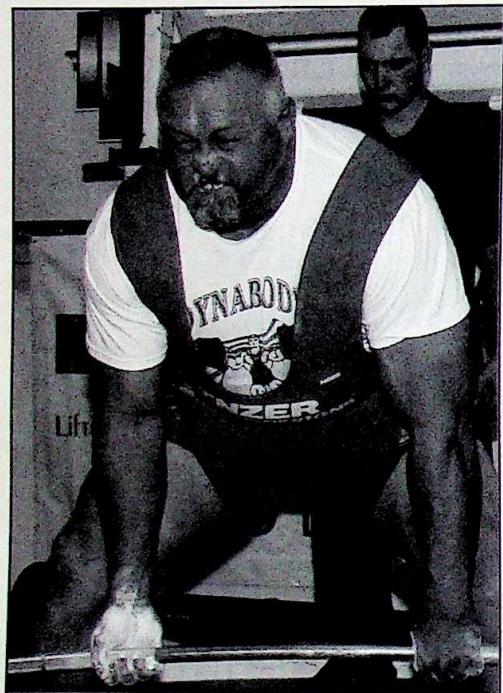
lbs. weighing 275 lbs. Drex Welch took the Professional Men's Open Bench Only Division pushing up 660 lbs.

In a sport like powerlifting, you never know whom you will meet. We had health care professionals, blue collar workers, financial professionals, teachers, and entrepreneurs. The great thing is that we all come together and put on a tremendous show of strength for each other and the fans. We come in competitors and go home comrades. There are few sports where you can say that.

JUST 20!...
the One G

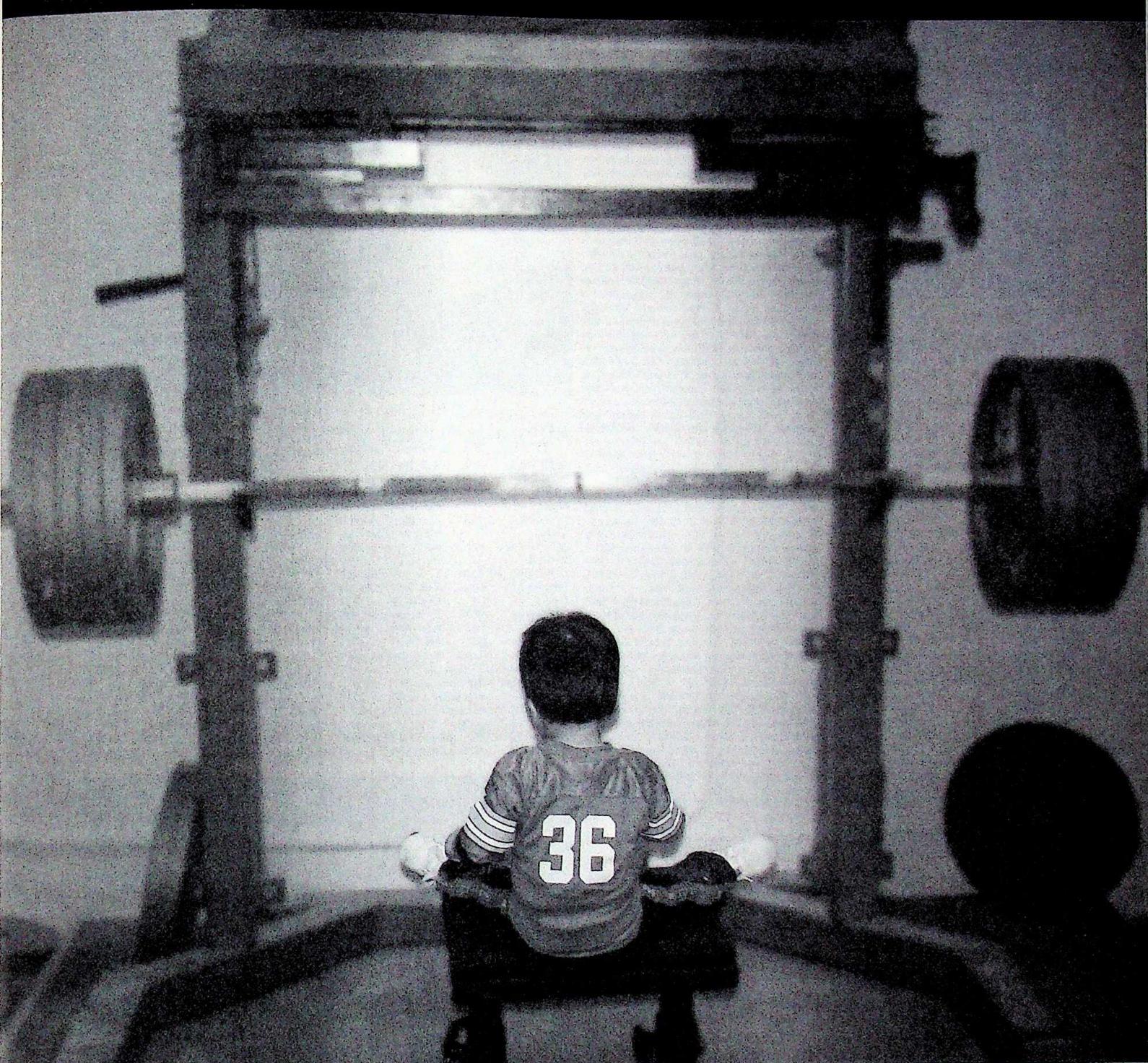


JUST 20!.. Mike Brown squatted 1015 to win the One Grand. (photograph by Mike's Mom)



Mike Nease pulled the biggest (800) to win \$1000.

Someday I will...



EQUIPMENT

SEMINARS

FORUMS

Q&A

ARTICLES

Someday I will prepare with everything I have.

Someday I will perform to my best ability.

Someday I will prevail.

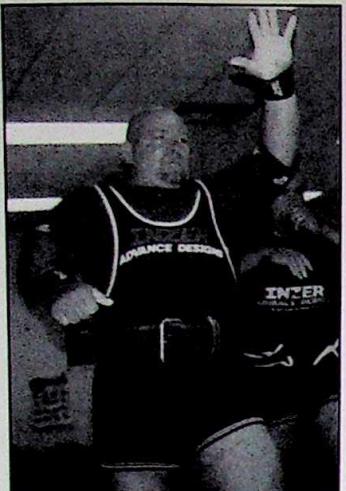
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Shane Palmer did well in Boise, ID

**WABDL Rocky Mountain Classic
30 JUL 05 - Boise, ID**

BENCH	242 lbs.	R. Nielson	504
WOMEN	4th-518*		
Master (40-46)	Submaster (34-39)		
123 lbs.			
D. Moretto	143*	148 lbs.	
4th-148	F. Ramirez	270	
148 lbs.	Teen 916-19		
L. Powell	187*	259 lbs.	
Master 947-53)	4th-314	J. Alvarez	303
198 lbs.			
W. Cadavona	154	DEADLIFT	
Open	MEN	R. Britt	380
123 lbs.	WOMEN	275 lbs.	
D. Moretto	143*	Open	
MEN	C. Worlax	507	
Class I	132 lbs.	Master (45-49)	
148 lbs.	181 lbs.	K. Hall	386
F. Ramirez	600	B. Cox	165
270	S. Palmer	J. Blakeney	94
220 lbs.	Master (47-53)	C. Chavis	430
A. Taylor	264	198 lbs.	Master 955-59)
242 lbs.	275 lbs.	A. Halvorson	127
J. Hays	418	MEN	
275 lbs.	Master (54-60)	K. Yates	292
S. Palmer	512*	Open	
M. Godoy	501	132 lbs.	Master (75-79)
4th-529*	275 lbs.	181 lbs.	
Law/Fire Open	K. Adams	181 lbs.	
181 lbs.	567*	D. Hale	320
D. Carr	402	198 lbs.	114 lbs.
Master (40-46)	B. Davis	S. Duncan	441
165 lbs.	650*	Teen	
D. Winslow	336	220 lbs.	
Master (47-53)	R. Nielson	R. Britt	380
275 lbs.	558	132 lbs.	
K. Eyre	457	T. Locklear	463
Master (54-60)	F. Ramirez	C. Worlax	507
Teen 916-19)	418*	S. Jordan	375
198 lbs.	SHW	R. Bilancione	243
R. Marchant	325	T. Reid	452
275 lbs.	D. Winslow	MEN	
K. Adams	314	181 lbs.	
Open	C. Hogan	S. Whitting	342
=State Records. Great hotel, good restaurant, indoor pool, and turn out sums up his meet. In the deadlift, Ken Eyre set a Utah record 518 in Master 47-53/275. Ken keeps plugging away and finally got a PR after two years of trying. Dr. Thomas Wright, who teaches Behavior Science at the University of Nevada, set a Nevada record 420.9 in Master 54-60/242. In his first contest two years ago, he pulled 255 and benched 205. Now he benches 330 raw and 352 with a shirt. In master 54-60/275, Kirt Adams set an Oregon record 567.5 and in Master 61-67/259, Bud Davis set a Utah record 650.2 at age 63, one of the master deadlifters in the world. In Submaster 148, Filemon Ramirez set an Idaho record 418.7. Filemon hits about three WABDL meets a year and has made steady gains. Three years ago, his deadlift was 352.5. In teen 16-19/181, Daniel Winslow set an Idaho record 556.5, which regardless of age, pound for pound was the best deadlift in the contest. In 16-19/198, Colin Hogan, in his first contest pulled 418.7. Moving onto the bench, in Class 1/242, Jason Hays pushed 418.7. At 275, the biggest battle to the day took place between Shane Palmer and Mariano	T. Payne	77	

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Godoy. Palmer best Godoy 512.5 to 501.5, but Godoy ended up with the Idaho state record with a 529 on a fourth. In Master 40-46/165, Danny Winslow set an Idaho record with 336. In master 47-53/275, Ken Eyre put up a nice 457.2 and at 54-60/198, Randy Marchant set a Utah record 325. Randy is battling an infection and his normally good for 407-420. In Master Women 40-46/123, Deb Moretto set a Montana record with 148.7 on a fourth. Lani Powell, in Master 40-46/148, set a Washington record 187.2. In Master Women 47-53/198, Wilma Lee Cadavona was good for 154. In Open Men 242, Ryan Nielson set an Idaho record 518 on a fourth, and in Teen Men 16-19/259, Jacinto Alvarez set an Idaho record 314. I want to thank the judges, Dennis Shock, Dave Edmondson, Randy Marchant, and Bud Davis; the scorekeeper Anice Edmondson; the platform manager, James Partch. The sponsors were Rick Brewer and House of Pain, Dave Tate & Jim Wendler of Elite Fitness Systems, the distributors of the Metal Gear Line, Pete Alaniz of Titan Support systems, and Mike Lambert of Powerlifting USA. The bench was supplied by Matt Lamarque of Bovine Strength Systems. The kilo set was supplied by Ivanko Barbell, Keith Lemo of CSS, Brent Mikesell of Iron Gladiator, Gus Samuelson and Mike Rockoff of Universal Nutrition; Neal Spruce, Odd Haugen, and Jim Starr of Apex fitness Group. Dave Edmondson supplied the warm-up weights and benches. (Meet results by Gus Rethwisch)

UNL
R. Wingo
165 309 474
(Thanks to Jennifer Thompson for results)

3rd annual YMCA BP/DL

24 SEP 05 - New Port News, VA

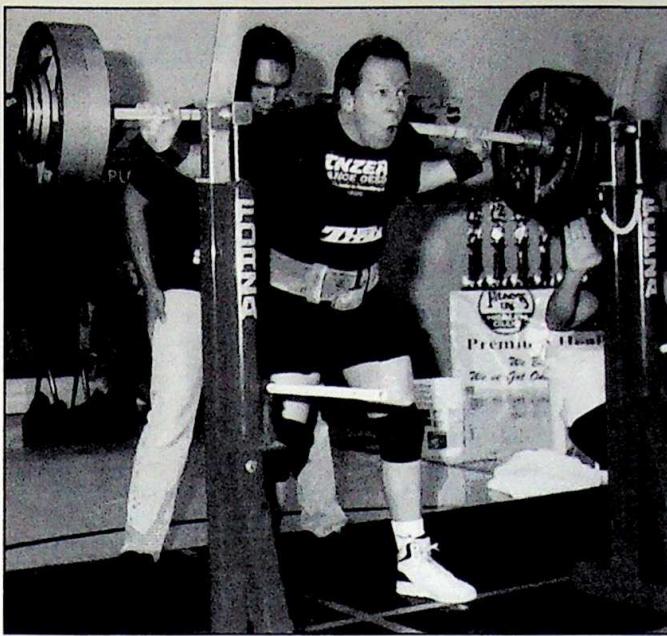
DEADLIFT	124-165 lbs.	I. Burgess	281
MEN	M. Bullis	165 lbs.	176
149-198 lbs.	MEN	Junior	336
D. Coppeedge	149-198 lbs.	W. Middleton	793
BENCH	R. Perconte	242	997
WOMEN	B. Carson	181 lbs.	
MEN	BP DL TOT	Teen III	
Teen (14-15)	225 300 525	K. Liang	374
149-198 lbs.		198 lbs.	226
A. Sneath		Teen III	418
Teen (18-19)	255 410 665	J. Halbert	325
199-242 lbs.		B. Quackenbush	451
B. Garlow		992	1019
Master (50-54)		Master I	220 lbs.
149-198 lbs.		M. Daniel	446
B. Rosser	205 275 480	Master II	380
Open (by formula)		P. Krawczyk	451
149-198 lbs.		222 lbs.	1102
L. Richardson	330 540 870	Open	
C. Diaz	245 505 750	L. Cohen	700
E. Barnes	330 410 755	R. Tamburello	363
J. Perry	250 410 660	J. Russo	369
This was a raw contest, and Ric Per conte		242 lbs.	407
was our most outstanding lifter. (Thanks to		Teen III	451
Karen Regan, Meet Director, for results)		J. Oleminik	229
		Open	1063
		R. Eckhart	534
		Master I	424 lbs.
		C. Felix	396
		275 lbs.	407
		Junior	1234
		F. Meekins	496
		Open	1383
		M. Anderson	744
		B. DaCosta	545
		Best Lifter Women: Yvette White. Best Lifter Men's: Mark Daniel. Best Lifter Open Bench: Michael Anderson. (Results USAPL)	1923

**USAPL Catonsville Summer Sizzle
31 AUG 05 - Catonsville, MD**

BENCH	242 lbs.	19 NOV 05 - Pocatello, ID	
WOMEN	Open	R. Durbin.	350*
123 lbs.	R. Eckhart	198 lbs.	
Open	Master I	A. Schow	405
181 lbs.	C. Felix	220 lbs.	
D. Moretto	418	S. Jenson	390
Class I	275 lbs.	B. Reidy	242 lbs.
148 lbs.	181 lbs.	S. Greene	407
F. Ramirez	600	Open	
270	B. Cox	R. Norris	115
220 lbs.	J. Cox	P. Anderson	190
Master (47-53)	148 lbs.	Master I	148 lbs.
A. Taylor	264	M. Hodge	275 lbs.
242 lbs.	275 lbs.	Master II	190
J. Hays	418	H. Shurman	165 lbs.
275 lbs.	242 lbs.	WOMEN	Open
S. Palmer	512*	SQ BP DL TOT	BP DL TOT
M. Godoy	501	105 lbs.	123 lbs.
4th-529*	275 lbs.	Youth	
Law/Fire Open	K. Adams	M. Daniel	V. Nelson
181 lbs.	567*	123 lbs.	170
D. Carr	402	Open	115
Master (40-46)	B. Davis	181 lbs.	200
165 lbs.	650*	Open	485
D. Winslow	336	Y. White	132 lbs.
Master (47-53)	R. Nielson	Master I	V. Anderson
275 lbs.	558	P. Krawczyk	290
K. Eyre	457	DEADLIFT	155
Master (54-60)	F. Ramirez	148 lbs.	310
Teen 916-19)	418*	MEN	300
198 lbs.	SHW	132 lbs.	755
R. Marchant	325	S. Ogbon	148 lbs.
275 lbs.	198 lbs.	T. Fafinski	Larsen-Welbo
K. Adams	314	535	330
Open	C. Hogan	B. Moore	350
=State Records. Great hotel, good restaurant, indoor pool, and turn out sums up his meet. In the deadlift, Ken Eyre set a Utah record 518 in Master 47-53/275. Ken keeps plugging away and finally got a PR after two years of trying. Dr. Thomas Wright, who teaches Behavior Science at the University of Nevada, set a Nevada record 420.9 in Master 54-60/242. In his first contest two years ago, he pulled 255 and benched 205. Now he benches 330 raw and 352 with a shirt. In master 54-60/275, Kirt Adams set an Oregon record 567.5 and in Master 61-67/259, Bud Davis set a Utah record 650.2 at age 63, one of the master deadlifters in the world. In Submaster 148, Filemon Ramirez set an Idaho record 418.7. Filemon hits about three WABDL meets a year and has made steady gains. Three years ago, his deadlift was 352.5. In teen 16-19/181, Daniel Winslow set an Idaho record 556.5, which regardless of age, pound for pound was the best deadlift in the contest. In 16-19/198, Colin Hogan, in his first contest pulled 418.7. Moving onto the bench, in Class 1/242, Jason Hays pushed 418.7. At 275, the biggest battle to the day took place between Shane Palmer and Mariano	120	255	

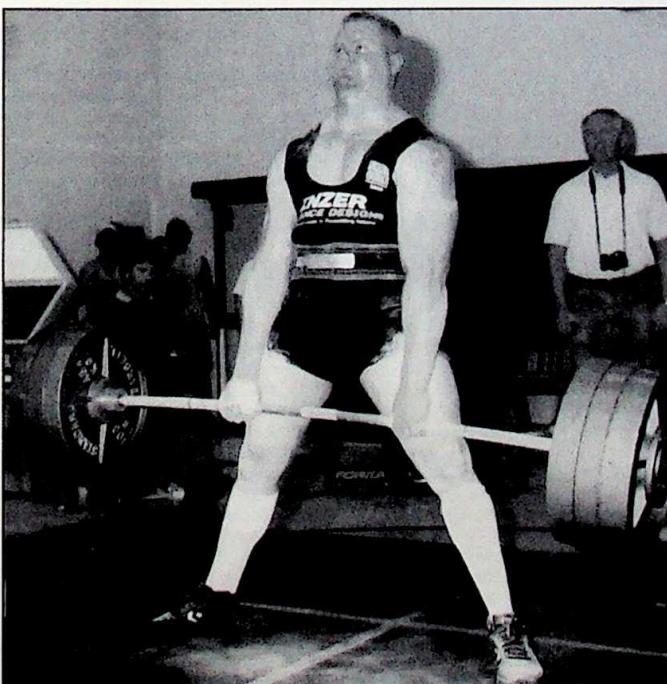


USAPL Idaho State Champions: (front row, l-r) Joel Legard, Rick Durbin, Stephanie Larson, Bryan Gross, Brandon McGouchlin. Back Row: John Gold, Aaron Schow, and Donna Marts. (Wayne Roden)



Master from Missoula, Montana - Dave McCarthy squatted a 490.

148 lbs.					B. McGlochin	245	150	275	670
D. Marts	310*	190	320	820*	B. Gross	330	245	400	955
MEN					Master (45-49)				
Open					181 lbs.				
148 lbs.					D. McCarthy	560	330	540	1310
McGlochlin	245	150	275	670	Master (60-64)				
165 lbs.					198 lbs.				
R. Durbin	450	350	450	1250	B. Bower	560	330	540	1430
181 lbs.					Master (50-54)				
D. McCarthy	510	300	500	1310	275 lbs.				
198 lbs.					D. Wolf	500	380	520	1400
J. Legard	570	380	625	1575	Master (45-49)				
A. Schow	510	405	525	1440	275 lbs.				
220 lbs.					S. Schultz	275	275	275	825
M. Salansky	600	460	550	1610	*=State Records. Best Male Lifter				
B. Reidy	400	390	500	1290	Powerlifting: Joel Legard. Powerlifting Placement by Formula: Women Division I: Vera Nelson, Stephanie Jenson. Division II: Vickie Anderson, Jane Larsen, Welborn, Donna Marts, and Sherry Franks-Moilanen. Men's Teenage: Bryan Gross, Brandon McGlochlin. Men's Master: Bud Bower, David McCarthy, David Wolf,				
B. Gross	330	225	400	955					
242 lbs.									
M. Reidy	555	445	665	1665					
275 lbs.									
D. Wolf	500	380	520	1400					
J. Gold	500	275	600	1375					
Teen (18-19)									
148 lbs.									



Matt Reidy: (from Eugene, OR) pulled a 665 for a new state record.

Sam Schultz. Bench Press Placement by Formula: Women: Donna Marts. Vickie Anderson, Stephanie Jenson. Men: Matt Reidy, Aaron Schow, Rick Durbin, Brian Reidy, Peter Herdt, and David Wolf. Fitness Inc. of Pocatello, Idaho, hosted the 15th annual Idaho State/Open Powerlifting Championships, in which 21 powerlifters participated with competitors coming from Idaho, Montana, Minnesota, Oregon, Washington State and Wyoming. While 19 lifters participated in the three-lift competition altogether 10 lifters participated in Bill's "Bad ***" Bench Press meet. In the three-meet competition this year's most impressive male lifter was Joel Legard, a 34-year old lifter from Post Falls, Idaho, at a bodyweight of 195.9 pounds who squatted 570, benched 380, and deadlifted 625 for a total of 1575. The most impressive light-weight female lifter was Vera Nelson, 44 years old, from Pelican Rapids, Minnesota, who at a bodyweight of 123.1 pounds, squatted 230, benched 120, and deadlifted 255 for a total of 605. Vera was a member of the USA Team who competed at the 2003 IPF Masters Worlds held in Argentina. The most impressive above light-weight female lifter was Vickie Anderson, from Butte, Montana, who at a bodyweight of 123.1 pounds, squatted 290, benched 155, and deadlifted 445 for a total of 755. The most inspirational lifter was Dave McCarthy of Missoula, Montana, who participated in the three-lift meet to qualify for Masters Nationals. A competitor in Masters Nationals in 2003, Dave battled cancer twice before returning to the lifting platform this year. To the tremendous cheers of the on-lookers the 48-year old McCarthy, weighing 175.9 pounds, squatted 510, benched 300, and deadlifted 500 for a total of 1310. Taking the overall Men's Best Bench was Matt Reidy, 30 years old from Eugene, Oregon, with a final bench of 445. Donna Marts, a 45 year old from Idaho Falls, was also this year's best female bencher with her 190 bench. Donna also set new Idaho State Women's Open and Masters records with her 310 squat and 820 total. Two Oregon lifters, brothers Matt and Brian Reidy, achieved new Oregon state records while one Minnesota lifter, Vera Nelson, achieved a new Minnesota bench record. This year's Idaho State Champions, who each received the coveted Championship jacket were: Donna Marts (Idaho Falls), Women's Bench; Aaron Schow (Idaho Falls), Men's Bench; Stephanie Jenson (Nampa), Women's Division I; Donna Marts (Idaho Falls), Women's Division II;

Men's Open 148, Brandon McGlochlin (Middleton); Men's Open 165, Rick Durbin (Hayden); Men's Open 198, Joel Legard (Post Falls); Men's Open 220, Bryan Gross (Middleton); Men's Open 275, John Gold (Pocatello), and Men's Teenage Overall, Bryan Gross (Middleton). Both ordinary and elite lifters had the opportunity to enjoy the sport of powerlifting in this meet thanks to the commitment of time, energy, and personal resources shown by meet directors Bill and Nancy Davis, as well as by their excellent crew of scorers (Nancy Davis, Brad Compton, and Janet Wright), announcers (Darrin Barendregt), referees (Sean Anderson, Brad Compton, Bill Davis, Larry "Dexter" Ditzmars, and Drew Wolf), spotters, loaders, and other volunteers. We wish also to thank our permanent sponsors, namely, Pepsi, Pizza Hut, Taco Bell, Hogi Yogi, Best Western Cotton Tree Inn, War Bonnet Electric, Coors Light (Gate City Distributors), the Black Swan Inn, Intermountain Mind Mechanics, Star 98.5 and Kool 94.9 Radio Stations. Other fine companies who sponsored this event include Nutrition Outlet (Boise) and Gym Outfitters (Boise), Priscilla Ribic's PL Gear Online (Spokane) and, Sunny Side Up Tanning (Pocatello) and Honda of Pocatello. (Meet results by Sean K. Anderson, USAPL Idaho State Chair)

USAPL Virginia Games 16 JUL 05 - Roanoke, VA

BENCH	275 lbs.
MEN	Open
165 lbs.	M. Warren 450
Junior (20-23)	SHW
M. Rose	265 Open
Open	P. Brody 385
G. Columbo	365 WOMEN
181 lbs.	181 lbs. Open
Master (55-59)	Open
B. Brindle	240 K. Smith 175
242 lbs.	Master (40-44) K. Smith 175
Open	K. Smith 175
P. Gardner	430
MEN	SQ BP DL TOT
181 lbs.	Open
Open	R. Maggi 370 340 420 1130
J. Lafferty	430 290 405 1125
Master 955-59)	
B. Brindle	300 240 400 940
242 lbs.	Open
Open	D. Ratcliffe 420 365 450 1235
Location: Gold's Gym. Coordinator: Sarah Hicks, Sheila Mann, and Ken Alexander. (Thanks to USAPL for providing results)	

MESSAGE FROM THE PRESIDENT of WORLD UNITED AMATEUR POWERLIFTING

Lifters/supporters, we would like to invite you to become a part of this spectacular sport and organization and you can be assured of the loyalty that you will receive from our organization and its members. The UAPC/WUAP is a drug free tested organization that is striving to set forth a standard by which high schools and youth orientated sports can agree and begin to help mold the future of powerlifting in the minds and hearts of today's youth.

Our President is a retired canine officer from the Will County Sheriff's Department and is currently a police officer for the city of Rockdale, IL who stresses the importance of family values and family orientation. Many of our athletes and their children compete together, therefore the audience is filled with the lifter's family and friends. We find it extremely important to set such high standards of family values for our lifters since our efforts are those of meeting the needs of all of our athletes and our sponsors/supporters.

At this time, we the UAPC/WUAP would like to thank you for this opportunity and believe that together we strive to develop this sport as well as our athletes into their full potential.

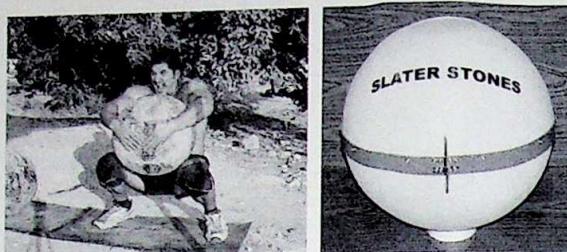
Sincerely, UAPC/WUAP President, James Rouse.

USAPL Bench Press Nationals

17, 18 SEP 05 - St. Louis, MO

BENCH	BP1	BP2	BP3	Best
FEMALE				
97 lbs.				
Open/Teen II				
M. Wener	88	99	124	99
105 lbs.				
Open/Master II				
Raw				
K. Poyner	121	126	132	126
114 lbs.				
Open				
J. Hollier	226	237	248	248
123 lbs.				
Open				
J. Darling	231	264	264	264
165 lbs.				
Open/Master III				
J. Harms	148	159	165	165
132 lbs.				
Open				
J. Smith	143	143	148	148
148 lbs.				
Open				
S. Hogan	192	209	220	220
160 lbs.				
M. Conte	104	121	126	121
165 lbs.				
Open				
C. Newman	292	303	319	319
Master I				
C. Gee	209	226	237	237
Master II				
M. Post	198	227	227	198
Master IV				
J. McGrady	93	104	104	93
Master VI				
R. Hackney	143	159	165	159
181 lbs.				
Open				
K. Dodge	181	203	214	203
Open/Teen II				
D. Doan	297	297	308	308
Master I				
M. Baum	214	227	234	214
P. Zangel	187	203	209	203
198 lbs.				
Open/Master I				
D. Ferrell	384	380	407	380
Open/Master II				
H. Oxford	203	231	242	242
SHW				
Master IV				
F. Huston	220	242	253	242
AF/M2/LT				
P. Calhoun	203	220	231	231
MALE				
114 lbs.				
Open/Master I				

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- Make spherical concrete stones continuously in a multitude of sizes
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- Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete easy to follow instructions.
- Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other exercise.
- Place stones in your gym to attract new members.
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ST120	8"	Diameter apx weight 23lbs.....	\$50.00
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ST120	12"	Diameter apx weight 72lbs.....	\$59.00
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ST160	16"	Diameter apx weight 175lbs.....	\$99.00
ST180	18"	Diameter apx weight 240lbs.....	\$109.00
ST200	20"	Diameter apx weight 335lbs.....	\$135.00
ST210	21"	Diameter apx weight 354lbs.....	\$149.00
ST220	22"	Diameter apx weight 400lbs.....	\$169.00
ST210	24"	Diameter apx weight 476lbs.....	\$169.00

PL USA BACK ISSUES

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

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

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

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

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

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

Apr/94... Saliva Tests, Coan DL Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNP Worlds, TOP 100 220, ADFPA TOP 20 132s

May/94... USPF/ADFPA Collegiates, USPF Jr. Natls., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP

100 242s, ADFPA TOP 20 148s

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

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

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

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

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

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

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

Feb/95... World's Strongest Man, Jesse Kellum Squat Workout, Willie Williams

705 Bench Press, Video/Computer Technology, TOP 100 198 lbs.

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

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

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

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

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

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

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

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

Jan/96... IPF/WPC/WDFPF Worlds, Jun/97... J.M. Blakley, Dream Team Pt.

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

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

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

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

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

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

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

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

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

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

Open				
J. Warpeha	392	391	407	391
Master II				
T. Cencich	369	374	374	369
J. Bardsley	325	348	348	325
Master III				
J. Haines	358	370	370	358
G. Reale	253	253	271	253
Master IV				
T. Byington	249	249	248	248
Master V				
M. Lawson	248	270	304	270
Master VI				
J. Merlino	248	297	297	248
Master IX				
A. Reel, Jr.	77	93	104	104
181 lbs.				
Teen II				
Williamson	248	264	275	275
Open				

L. Kirchner	507	540	540	507
J. DeMatteo	474	474	485	485
D. Maury	429	451	458	451
B. Hanselman	436	435	469	435
M. Smith	347	363	403	363

Open/LT				
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M. Ciupinski	424	447	451	424
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Open/LT/AF				
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J. Martinez	385	407	418	407
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Open/Junior/LT				
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T. Greene	358	380	403	380
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Open/Master II/LT				
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P. Carroll	292	308	330	330
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Master I				
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A. Furnas	451	468	479	479
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Master II				
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G. Zangel	440	463	474	474
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Master III				
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J. Fjelstad	352	363	374	374
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B. Zirkelbach	253	274	293	253
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Master IV				
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Klostergaard	402	436	—	402
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Master V				
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P. Currey	286	303	319	319
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M. Miniella	281	286	315	286
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Master VI				
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R. Lozano	352	363	375	374
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198 lbs.				
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Teen I				
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J. Clark	303	337	352	303
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Teen II				
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T. Bryant	259	286	304	286
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C. McDonald	259	275	293	275
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Teen III				
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A. Odenwald	352	374	374	374
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C. Stratton	336	347	352	347
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Junior				
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J. McDermott	303	314	319	319
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198 lbs.				
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Teen I				
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J. Clark	303	337	352	303
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Teen II				
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T. Bryant	259	286	304	286
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Teen III				
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Junior				
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198 lbs.				
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Teen I				
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Teen II				
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Junior				
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198 lbs.				
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Teen I				
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Teen III				
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Teen I				
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198 lbs.				
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Teen I				
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Teen III				
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Junior				
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198 lbs.				
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Teen I				
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Teen II				
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Teen III				
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Junior				
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198 lbs.				
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Teen I				
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Teen II				
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T. Bryant	259	286	304	286
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Teen III				
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Junior				
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198 lbs.				
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Teen I				
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J. Clark	303	337	352	303
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T. Bryant	259	286	304	286
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Teen III				
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C. Stratton	336	347	352	347
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Junior				
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J. McDermott	303	314	319	319
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198 lbs.				
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Teen I				
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242 lbs.				
RW/LT				
D. Johnson	418	418	440	440
Open				
K. Mayer	606	647	623	606
M. Mills	604	604	600	600
J. Nicolosi	402	418	440	440
A. Morgan	363	385	403	385
Open/RW/LT				
C. Calvano	380	463	502	463
Open/Junior				
B. Stewart	485	485	507	485
Open/Master I				
R. Kitani	573	612	619	573
Open/Master I/LT				
D. Doan	600	617	628	617
Master II				
G. Pamplin	501	523	540	540
Master III				
G. Chrun	507	507	529	507
Master IV				
J. Cash	440	440	463	440
B. Evans	391	402	407	402
H. Blackmon	391	436	436	391
Master IV/LT				
C. Dreyer	330	352	352	330
Master V				
J. Jones	407	425	425	—
Master V/LT				
C. Tallman	385	385	385	385
Master VII/LT				
J. Yanovitch	292	308	308	292
Master VIII				
S. Levy	192	214	226	226
PF				
L. Edwards	418	429	435	435
275 lbs.				
Open				
S. Lade	677	690	690	677
G. Plante	578	600	612	600
P. Buss	402	429	451	451
Skorzewski	330	363	385	363
S. Bales	407	418	440	—
C. Rhodes	639	661	683	—
Open/LT				
P. Anderson	584	589	617	589
L. Saviano	524	523	562	523
M. Hertle	507	507	507	—
Open/Master I				
H. Lane	679	690	688	688
4th-712				
Open/Master II/PF				
B. Klinger	562	584	601	584
Master I				
A. Gonzalez	524	540	562	540
Master I/LT				
D. Fisher	440	440	440	440
Master II				
R. Geller	474	529	529	474
Master III				
K. Hutchinson	407	518	518	518
Master IV				
T. Striverson	474	490	513	490

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Master I/RW				
M. Ricker	402	425	—	402
Open/Master II				
D. Gaudreau	623	623	622	622
Open/Master II/LT				
B. Gillespie	712	711	751	711
Master II				
C. McGuire	407	425	440	407
T. Thomas	385	407	418	385
Master III				
F. Beeler	573	601	601	573
P. Dennis	573	573	573	—
K. Johnson	551	551	573	—
Master IV				
R. Beuch	429	429	468	468
Master IV/LT				
E. Dini	352	403	403	352

(Thanks to the USAPL for providing results)

USAPL Tiger Open				
20AUG 05 - Baton Rouge, LA				
MALE	SQ	BP	DL	TOT
High School				
165 lbs.				
C. Chaney	440	290	430	1160
Open				
165 lbs.				
G. Smith	425	275	450	1150
220 lbs.				
J. Clay	500	360	465	1325
SHW				
P. Fletcher	740	450	705	1895
K. Wnuk	765	625	—	—
Master				
181 lbs.				
Fitzsimmons	370	265	450	1085
Collegiate				
275 lbs.				
K. Duplicheine	505	440	500	1445
M. Alderman	145	355	500	1000

(Thank you to the USAPL for the results)

Norfolk Powerlifting Novice				
25 SEP 05 - Norfolk, MA				
MEN	SQ	BP	DL	TOT
132 lbs.				
A. Rodriguez	250	205	375	830
165 lbs.				
L. Stanley	450	265	450	1120
F. Parsons	135	170	275	580
181 lbs.				
K. O'Neil	390	230	525	1145
198 lbs.				
J. Bou	495	315	535	1345
J. Jarmacz	490	275	535	1300
220 lbs.				
A. Delacruz	606	330	525	1461
J. Barry	550	320	555	1425

BP/DL, Pre-Meet Checklist, Do the SQ - by Louie , Ernie Frantz Insights, Rick Weil BP, TOP 100 132s

Oct/00 ...Positive Illusions, Tako not Taco, Powerlifting's Salvation?, Beauty & the Beast, Women's 300 Bench Press Club, TOP 100 148s.

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

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

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

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

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

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

May/01 ... Ed Coan Interview, Russian

BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

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

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

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

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

Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s

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

Jan/02 ... IPF Men's Worlds, WABDL BP Oct/02 ... 556 squat @132 by Nance Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s

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

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

Apr/02 ... WPO Finals/Qualifier/Arnold Bench Bash, Ano Turtainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s

Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs.

Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.

Aug/02 ... APF Seniors, USAPL Men's Nats, USPF Sis/Mountaineer Cup IV, Strong Legs for Recods by Louie, Your Bench Shift by Halbert, TOP 123s.

Sep/02 ... Kennelly BPs 800, American Strongman, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s

Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Nats, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s

Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels Interview, Ed Coan DL, TOP 100 165s

Dec/02 ... WPO Semis (931 DLI), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181

Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s.

Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s.

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

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

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

Jul/03 ... IPF Women's Worlds, APF

E. Carrasquillo 430 315 565
1310
C. Baulieu 425 270 520 1215
R. Allard 435 265 50 1200

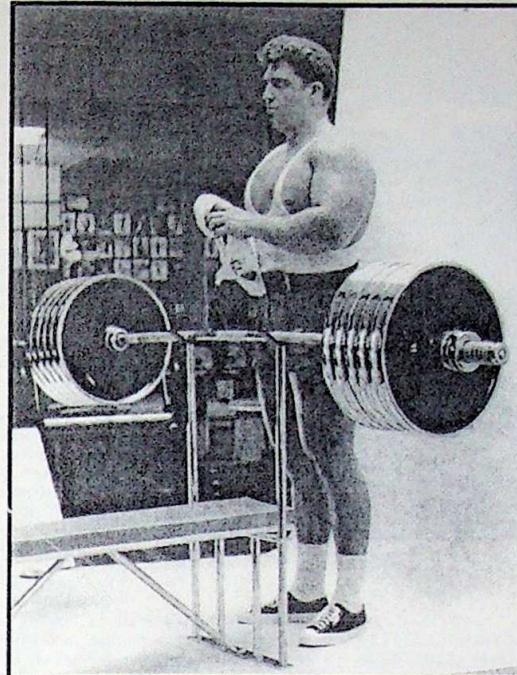
242 lbs.
M. Lund 650 350 550 1550

S. Benoit 600 385 545 1530

A. Johnson 550 305 500 1355

Best Lightweight Lifter: L. Stanley. Best Heavyweight Lifter: M. Lung. Most Improved Lifter: J. Jarmacz. Master Lifter: A. Johnson. Head Judge: Dennis Montembault. Side Judges: Jim Bourgault, and Rob Fortini.

I want to thank our outside guests, 2004, 220 lbs. Mater's WPC World's Champ and squat record holder, Dennis Montembault, and Jim Bourgault, a multi-state (New England area) bench press record holder, for coming in to judge our meet. They managed to keep us honest, and bring legitimacy to our lifts. I next want to thank my man, James Cyr, for another outstanding job as meet-day director. Thanks to our spotters and loaders, as we were able to complete the meet without any accidents or mistakes. Without you, we couldn't have the meet. The 132 class had its first competitor since 1990 with Rodriguez, who is a marathon runner as well. Seeing that we added the "No Assistance Gear" records in 2001, every lift was a new record. Furthermore, Rodriguez qualified for our team with his 830 lbs. total. Stanley came into the 165 class again, and he has made great strides in this sport, as he got personal bests in every lift, and he has yet to reach his potential. This guy is fun to watch. Parsons, a first time competitor, came in and competed for the experience. He has never lifted or trained. Maybe he'll start taking things serious. And then there is O'Neil, a first time competitor who competed by himself in the 181 class. This guy is just a real athlete. When asked for his openers, O'Neil had no idea of his potential, so he opened way too light, but he made it up with a total of 114 lbs, which is good enough to qualify for the team. Congratulations! The 198 class was full of veterans, and it was Bou who took his weight class for the first time, with a 1345 lb. total. The shining star of that weight class was Jarmacz. He competed in March, and within six months he added 120 lbs. to his total. If he hadn't failed on his first attempt with 490 lbs., which he victoriously fought with on his third attempt, he would've went 9 for 9. Jarmacz ended the day by taking home the "Most Improved Lifter" award, besting his total from March by 120 lbs. Moore has to be mentioned as well. With the third best dead lift of the day, Moore helped his total climb to 1235



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lbs. If he gets his bench up he'll be a well rounded lifter, and then he will be battling for first place. Speaking of veterans. Between Delacruz and Barry, I believe they have competed in roughly 10 to 12 meets in the past three and a half years. These two are great competitors, and they managed to leave it all on the platform. Delacruz ended the day with a "No Assistance Gear" record with a 606 lb. squat. Barry was not letting Delacruz walk away with the title, so when it came to the dead lift he attempted a 596 to take the weight class. It came off the floor, but it wasn't to be. Delacruz won the battle, but the war has yet to be determined. Let's see what happens next time they meet. We had a breakout performance by Carrasquillo, dead lifting 565 lbs. in his first meet (the biggest dead lift of the day). He looks strong in all three lifts, and with a few meets under his belt I'm sure he'll be fighting for first very soon. The two lifters to round out the 220's was Allard and

Beaulieu, but these guys are showing great promise. Allard, coming out of the 198's, broke 1200 lbs. in only his second meet, which has made him hungry for more. As for Beaulieu, I know guys like to give the disclaimer "I didn't train," but I can attest, he didn't. Thinking that he would be beyond our 30 foot walls by meet time, he didn't walk into the gym for over a month, but being the competitor he is, he shocked most of our team mates when he showed up to the weigh-in, deciding to compete the next day. He walked away that day with two personal bests. Not too bad! The 242 Class had the closest battle of all. One look at Lund, A.R.A. "Ham Head", and Benoit and there's no mistaking them for body-builders. Lund's legs are so big he waddles, and as for Benoit, he has a true barcher's barreled chest. They're both friends off the platform, but on this day, it was all business, and it was Lund who not only stood "tall" on that day, but he also broke his own squat record, squatting 650 lbs.

This kid is a beast. Now he's looking to erase the 275 lbs. class squat record of 700 lbs. by this time next year. Nevertheless, Benoit was not to be outdone, and when it came down to the bench press, Benoit benched 385 lbs., attempted 400, but was unable to lock it out, and managed to pull within 15 pounds of Lund. So, as the saying goes, "This meet doesn't state until the bar hits the ground," and so it was. It all came down to weight management and going 9 for 9 left Lund as a weight class winner for the first time. I couldn't end this without mentioning the big man, AJ Johnson. He has been competing for close to twenty years now, and even though he has been battling with time and injuries, he came to compete to help fill the flight. Johnson formally squatted 760 lbs. with a single-ply suit, and even as a master's lifter he is truly a great competitor. Furthermore, he is an even greater sportsman and gentleman. Again, I want to thank all of our volunteers. (Thanks to John Keegan for these results)

Nationals, Bill K. Kraier Pt. 2, APF Nationals, DL on the Use by Louie S., Best Male PLers, TOP 100 SHWs.

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

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

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

Nov/03 ... Bench Bash for Cash-Rychlak, Lattimer, Schick, Interviews, WPC North Ams, IPF Jr. Worlds, Altering Technique by Louie, TOP 148s

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

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

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

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

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

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

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

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

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

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

Nov/04 ... WPC World PL/BP, BA Worlds, Louie S. on Speed Work, Travis Mash & Tony Conyers Interview, Jon Smoker Squat Workout, TOP 100 132s

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

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

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

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

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

May/05 ... Pat Casey Passes, "Then and Now" by Louie S., Mike Miller Interview, Performance Supplementation, TOP 20 Masters-Women-Teenage ranking lists

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

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

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

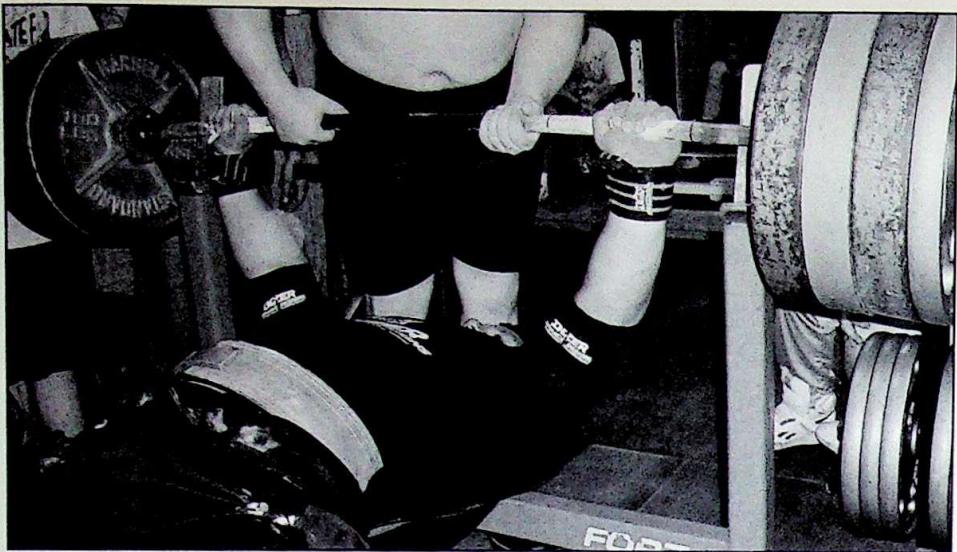
Sep/05 ... IPA Worlds, York Hall of Fame, Equipment for Sumo, Reactive Methods by Louie Simmons, Mendelson Tries 1008 BP, TOP 100 114s

Oct/05 ... Deadlift Training by Louie Simmons, Raw Bench Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Worlds, TOP 123s

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

Dec/05 ... WDPPF Single Lift Worlds, Bench America, WPO Semis(1201 squat), AAU PushPull, GPC Worlds, Jason Beck Worlds Routine, TOP 148s

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Jeff Leach with a National Record 750 bench press at 275 lbs. at the SLP Nationals. (D. Latch)

**SLP National Powerlifting
24 SEP 05 - Tuscola, IL**

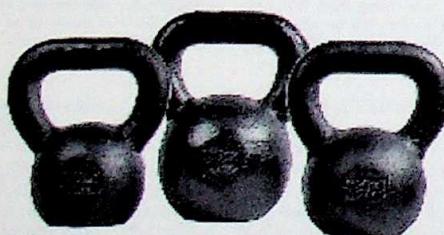
BENCH	SHW	MEN	J. Hanson	550*
Master (45-49)	DEADLIFT	308 lbs.	MEN	
308 lbs.		G. Messenger 500	Open	
308 lbs.		Open	220 lbs.	
J. Leach 750*	SQ	E. Schmid	520	
MEN	BP	DL	TOT	
Master (45-49)	435	220	420	1075
165 lbs.	4th-BP-225			
220 lbs.		B. Sullivan	385 305 400	1090
			4th-DL-415	

Master (50-54)	
242 lbs.	L. Readman 400 300 520* 1220
	4th-BP-310
Master (65-69)	
148 lbs.	R. Dodson 330* 190* 380* 900*
	Open
165 lbs.	J. Nelson 350 215 420 985
	*Son Light Power national records. Best Lifter Powerlifting: Darrell Kibler. Best Lifter Bench: Jeff Leach. The Son Light Power National Powerlifting Championship was held at Son Light Power Gym. A much smaller turnout than years before, but still a good meet with great lifting from some fine competitors. In the full meet best

lifter Darrell Kibler returned to the platform after more than a year absence to capture the title at 45-49/165. Darrell fin-

ished with a 435 squat, after 450 was turned down on depth, 220 bench, followed with a successful 225 fourth, and a 420 pull for a great 1080 total. Also at 45-49 was 220 winner Brian Sullivan. Brian got all new prs on the day with a 385 squat, 305 bench and his first 400 pull. With a solid 415 fourth attempt deadlift, Brian finished with a 1105 total. At 50-54/242 it was Larry Readman with a new national record pull of 520. Larry's 400 squat and 310 fourth attempt bench gave him a 1230 total. The crowd favorite, though, was sixty-seven year old Russ Dodson. Hailing from the state of Ohio, Russ was perfect on the day, finishing with all new national marks in every event. He finished with a 330 squat, 190 bench and a great 380 deadlift for an amazing 900 total. Our final lifter was 165 open winner, Jon Nelson. Lifting in his first competition, Jon finished with a 350 squat, followed by a 215 bench and a 420 deadlift for a 985 total. All of Jon's lifts, except for the bench, were new personal records for him. In the bench press only event Gary Messenger broke the national mark at 45-49/308 with 500. Best lifter Jeff Leach had his best day ever, setting a new national and personal record for the open 308 class with 750! This lift, taken with a long, solid press call, was locked out perfectly, and would have easily passed in ANY federation! The same was true with his final attempt of 775, which actually locked out on the left side, but came about one half inch from doing so on the right. Training partner John Hansen also had a good day with a new personal and national record 550 at open shw. In the deadlift event Eric Schmid pulled a new personal record 520 for the win at open/220. Thanks to Joey and Wee-Man for their help loading and spotting and to the wives of Russ Dodson and Jon Nelson who took some great pictures. See you again next year! (Thanks to Dr. Darrell Latch for providing these meet results o Powerlifting USA)

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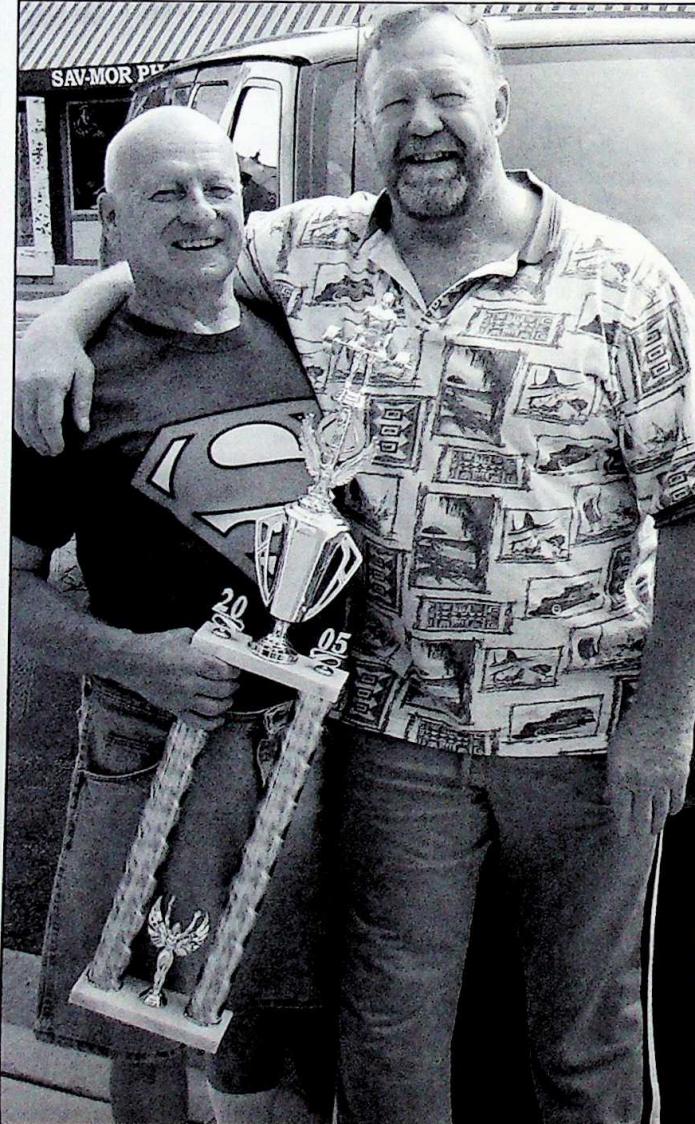
20 lb	\$34.50	40 lb	\$54.50	55 lb	\$69.50
25 lb	\$39.50	45 lb	\$59.50	60 lb	\$74.50
30 lb	\$44.50	50 lb	\$64.50	70 lb	\$79.50
35 lb	\$49.50			80 lb	\$89.50

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Russ Dodson (65-69/148 champ) with Meet Director Dr. Darrell Latch

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14 JAN, APF Michigan Bench for Cash. Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017. (313) 610-2019, Jimharbome@comcast.net
14 JAN, USAPL Nor Cal Winter Classic, Jason Burnell, 2327 Alva Ave., El Cerrito, CA 94530, 510-232-4755
14 JAN, SLP Central Illinois Winter Open BP/DL (Athens, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15 JAN, ISS Heavy Metal Open Bench Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

21 JAN, SLP Black Iron Gym Open BP/DL (Beech Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 JAN, White's Truck Stop/YMCA Winter BP/DL (Staunton, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

21 JAN, APA Space City Extravaganza BP & High School Invitational, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com

21 JAN, USAPL Rocky Mountain Lifting Club Invitational, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

21 JAN, 5th Iron Boy Push Pull Championships (Mocksville, NC) Keith Payne, keith@ironboypowerlifting.net
21 JAN, Iron Chamber Gym BP/DL (open, masters, police/fire, high school, 1st-5th place trophies - East Canton, OH) Chane Cline (330) 323-1811 or ironchambergym@hotmail.com

21 JAN, PPL Augusta Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym
22 JAN, SLP Big Bench at the French BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

27-29 JAN, 2005 AAU Worlds (3 lifts) and International Bench Press Contest (Holiday Inn, Richmond, VA) VA PL Assoc., 1811 Southcliff Road, Richmond, VA 23225, aaupower@aol.com

28 JAN, USAPL Wisconsin Open & State Meet, Bruce Sullivan, 1545 4-1/2 Mile Rd., Racine, WI 53402, 262-639-3210

28 JAN, 5th WNPF 100% Natural Northeastern PL, BP, DL, PC (Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

28 JAN, SLP Flex Fitness Open West Michigan Push-Pull (Holland, MI) SLP, 122 W. Sale, Tuscola, IL 61953,

(217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

29 JAN, SLP A Cold Day in Tuscola BP/DL, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com
29 JAN, Atilis Gym BP, Atilis, 3015 Pacific Ave., Wildwood, NJ 08260, 609-729-2050, Chris Lambert, 609-780-5693

29 JAN, 7th WNPF 100% Natural Delaware PL, BP, DL, PC (Newark, DE) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

29 JAN, Winter Classic BP/DL (Granger, IN), www.e-normous.biz, Anson Wood, info@e-normous.biz, 574-903-4586

29 JAN, USPF 1st Open Powerbowl BP/DL Championships (Middletown Mall, Fairmont, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, (304) 376-2432, www.uspf.com, mcase@yahoo.com

4 FEB, APF Orlando Barbell BP/DL, Orlando Barbell, 2784 Wrights Rd., Ste. 1004, Oviedo, FL 32765, Brian Schwab, 407-678-2447, lightweightpower@aol.com

4 FEB, SLP Ultimate Fitness Open BP/DL (Appleton, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

4 FEB, APF-AAPFOhio State PL/BP and the Buckeye Open PL/BP (Days Inn, Fremont, OH) ROB Twining, 419-552-2063, rob_at_outlawbarbell@yahoo.com

4,5 FEB, USAPL Florida State Powerlifting Championship, James Dundon, 10501 FGCU Blvd. S, Ft. Meyers, FL 33965, 239-303-9561

5 FEB, WNPF Ohio (PL, BP, DL, PC - Youngstown, OH) Ron Deamicis, 330-792-6670

10-12 FEB, USAPL Women's Nationals, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

11 FEB, SLP Hester's Kentucky Open BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11 or 18 FEB, WNPF 100% Natural Southern Florida (PL, BP, DL, PC - South Florida) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

11 FEB, 1st USPF Ohio State BP/DL Championships (Warren High School, Vincent, OH) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

11 FEB, 100% Raw World Powerlifting Championships (Raleigh, NC) Paul Bossi, (252) 339-5025, rawlifting@aol.com, www.rawpowerlifting.com

11 FEB, New Castle's 15th Annual BP Championships (open, masters, raw, teen, women) Chuck Ullrich, 214 E. Garfield Ave., New Castle, PA 16105, (724) 658-7529

11 FEB, APC Bench Press Nationals (Holiday Inn, Warner Robbins, GA) L. B. Baker, (770)

725-6684 or (770) 713-3080, www.americanpowerliftingcommittee.com

11,12 FEB, NASA Ohio State High School/Teenage Nationals PL/BP/PS/PP (Springfield, OH) Greg Van Hoose, RR1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wifire.com, www.vhepower.com

12 FEB, USA "Raw" Bench Press Federation Winter Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 or 19 FEB, WNPF 100% Natural Northern Florida (PL, BP, DL, PC - Orlando or Daytona, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

12 FEB, Cooper Classic Push/Pull (24 hour weigh-in rule - Mountaineer Race-track & Gaming Resort, Chester, WV) Rob Cooper, 740-283-3447, rcooper2@juno.com

18 FEB, SLP Brickyard Gym Open BP/DL (Milwaukee, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

18 FEB, USPF West Virginia High School (S. Charleston HS, So. Chas., WV) John Messinger, 304-766-0352 (school), 304-744-2475 (home)

18 FEB, WABDL Metro-Flex Gym Push/Pull Challenge BP & DL, (Texas)

Brian Dobson, 817-465-9331

18 FEB, APA Houston Open Push/Pull & Tigers High School Invitational Push-Pull, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com
18 FEB, WABDL Penn-OHIO-New York Regional BP/DL Championships World Qualifier (Beaver Falls, PA) Charles Venturella (724) 654-4417

18 FEB, AAU Meet (NY) Steve Rogers, 315-365-3377, Seeper67@tds.net
18 FEB, APF/AAP Full Power/Ironman/Single Lift (Tribes Hill, NY) Sandi McCaslin, 518-858-7002, candyazz@ironasylumgym.com, www.ironasylumgym.com

18 FEB, Lewiston Red Brick Bench Press Championships (Lewiston, NY) to benefit our men and women fighting in Iraq and their families here in New York. Last year we raised \$3900 for the families of troops and over \$1000 worth of goods were sent to the troops in Iraq! Dennis Brochey, 716-200-3533, cdbrochey@adelphia.net

25 FEB, NASA Youth Nationals (5-12, Sheboygan, WI) Job Hou-Seye, 920-451-9097

25 FEB, APF Indiana State & Hawg Farm Open/BP (Evansville, IN) Larry Hoover, (812) 385-9932, quad4hoo@peoplepc.com

25 FEB, APC Central California Open & novice Powerlifting/BP Championships (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

25 FEB, APF Northeastern Open BP (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows & Dave Follansbee, 865 Second St., Manchester, NH 03102, (603) 626-5404, 89, www.americanpowerlifting.com,

APF/AAPF/WPO Schedule

25,26 March 06, APF Junior National & Maine State PL/BP, Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393

12,13,14 May 06, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

Dates subject to change Call 386-734-3128 for info.

(worldpowerlifting.org) (worldpowerliftingcongress)

nhbodybuilding@yahoo.com
25 FEB, SLP Mason-Dixon Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

25 FEB, 2nd WNPF 100% Natural All American (PL, BP, DL, PC, Police/Fire/Military - West Islip, NY) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

25 FEB, 100% Raw Old Dominion Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

25 FEB, USAPL Minneapolis Men's State & Women's Open, Angela Simons, 1188 Laurel Ave., St. Paul, MN 55104, 651-260-2644

25,26 FEB, USAPL USNA Open, Jason Bowers, 101 Buchanan Rd., Annapolis, MD 21412, 443-534-3447

4 MAR, USAPL S. Dakota PL/BP, Jeff Blindaer, 5912 W 56th St., Sioux Falls, SD 57106, (605) 201-2411

4 MAR, NASA Illinois State High School Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lessmitty@bspeedy.com

4 MAR, USAPL Kansas Heavy Metal PL/BP Open, Wayne Herl, 3503 Chaumont, Hays, KS 67601, 785-625-1761

4 MAR, NPA Drug Free Midwest Open BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

4 MAR, APA Texas State, Sam Houston High School, 9400 Irvington Blvd. Houston, TX 77076, Tom McCullough, tom_mccullough@texaspowerscene.com

5 MAR, WNPF Upstate New York Powerlifting Championships (Buffalo, NY) Ron Deamicis, 303-792-6670

7 MAR, New Jersey High School Championships (students only) Paul or Peggy Sacco, 609-567-0046, PaulSacco537@comcast.net

11 MAR, SLP March Madness BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11 MAR, Police & Fire Nationals (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1111, 1 4 2 , www.kenexastrengthandfitness.com

11 MAR, Walker's Gym BP Classic (open, raw, master, police, fire, teenage) Barry Walker, 220 E. Broadway, Hopewell, VA 23860, 804-458-7918

11 MAR, USAPL Mountain State Peak Performance DL, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

11 MAR, ISS Industrial Strength BP Contest, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

12 MAR, WNPF National Youth, Teen, Junior & Collegiate (PL, BP, DL) & 7th American Cup Open (Subs, Masters, BP, DL, PC - Philadelphia, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

18 MAR, USAPL Palmetto PL/BP Invitational, Lilani Taylor, 6912 Praise Ct., Ft. Jackson, Columbia, SC 29206, 803-787-4395

18 MAR, 1st annual Body Tech Classic/OK State Meet (La Quinta Inn) Howard Huddleston, 405-794-6200.

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18 MAR, New York State High School (Newfield, NY) James Howell, 607-379-0200, jh198@hotmail.com

18 MAR, IPB NC State (Shelby, NC) Keith Payne, 336-766-3347, keith@ironboypowerlifting.net

18 MAR, WABDL California State BP/DL (Monterey, CA) IRON SOCIETY/Yanto Soekardi, 831-277-4766 or Bovinestrengthsystems.com

18 MAR, USAPL "The Battle of the Great Lakes" VPL/BP (Cleveland, OH - huge sword awards) Gary Kanaga, 4 4 0 - 7 1 7 - 9 6 2 4 . gary.kanaga@nordoniaschools.org

18 MAR, APA Southeast Regionals PL/BP/DL (Williamston, SC) Kate Taillon, 864-286-0532, Wade Johnson, 615-335-1207, kathryn264@charter.net

18 MAR, USAPL Massachusetts Open High School, Eric Cordeira, 35 Berkeley St., Watertown, MA 02472, 612-923-7062

18 MAR, 2nd APF/AAPF Alabama Open PL/BP(open to any APF/AAPF lifters, larger warm-up area - Econolodge Conference Center, Atalla, AL) Buddy McKee, AL Chairman, (256) 442-4002 or (256) 613-2753 or Stace Beecham at Gold's Gym Rainbow City, (256) 413-0055

18 MAR, All Church Powerlifting Contest(men, women, ages 12 and up) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, (973) 584-7410, pamerman@hillsidelbc.org

18 MAR, APC West Coast Open & Novice BP Championships, John Ford (650) 303-7518

18,19 MAR, USAPL Pennsylvania State (Ramada Plaza Hotel, Clarks Summit, PA) Janel Brown, (570) 585-5260, janelbrown@brownsgym.net

19 MAR, WNPF 100% Natural Single Lift Nationals (SQ, BP, DL, PC) & 14th Georgia Powerlifting Championships & WNPF Gerogia Bodybuilding Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

19 MAR, Lawrence Co. Super BP/DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee (free meet t-shirt), Charles Ventrella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

25 MAR, SLPLiftfor the Lord BP/DL (Scottsville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

25 MAR, USPF West Virginia State PL, SQ, DL, Holley Open PL, BP, DL (open to out of state lifters) (S. Charleston HS, S. Charleston, WV) John Messinger, 398 Forest Circle, S. Charleston, WV 25303, 304-744-2475

25 MAR, USAPL Virginia Open PL/BP/DL/Ironman, Raw & Assisted (Charlottesville, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

26 MAR, SLP Genesis Gym Open Spring BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 MAR, USPF Rhode Island High School PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

26 MAR, USPF Rhode Island Police & Fireman PL/BP Championships, Ted J. Isabella, RI State Chairman, 40 Hillcrest Dr., Cranston, RI 02921, (401) 946-5350, uspf-ri@cox.net

MAR, Mass State Open High School Powerlifting Championships, Greg Kostas, (781) 447-6714 and Rene Moyen, (401) 934-2040 or (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com

MAR, IPF/NAPF North American Regional Open (San Juan, Puerto Rico) Robert Keller, rk@verizon.net, (954) 790-2249

31 MAR - 2 APR, USAPL High School Nationals (Omaha, NE) James C. Hart, 4418 NW 50th St., Lincoln, NE 68524, call between 7:30-9:30 AM or 5:00-6:30 PM (402) 470-3672, jmshrt@aol.com

1 APR, ADAU 43rd Great Lakes Powerlifting Championships, Joe Orengea, 4319 W. 26th St., Erie, PA 16506

1 APR, ABA Arkansas State Bench Press (Little Rock, AR) D.D. Nichols,

UPCOMING SLP COMPETITIONS

14 JAN, SLP Central Illinois Winter BP/DL (Athens, IL)
21 JAN, SLP Black Iron Gym BP/DL (Beech Grove, IL)
22 JAN, SLP Big Bench at the French (Hickory Hills, TN)
28 JAN, SLP Flex Fitness Open W. MI (Holland, MI)

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2122 Misty Circle, Benton, AR 72015,
(501) 860-6851

1 APR, WABDL 3rd annual Heart of America BP/DL (Gateway Convention Center, Collinsville, IL - 10 minutes East of St. Louis) John Hudson, 217-377-4640, jjhudson@uiuc.edu
1 APR, APF Jacksonville Open, World Gym, 5810 Normandy Blvd., Jacksonville, FL 32205, 904-786-2822, 904-378-1551

1 APR, Wisconsin's Best BP, Glen Woychik, N34146 Moga Rd., Independence, WI 54747, 715-985-2608, www.wisconsinsbestbench.com

1,2 APR, 5th WNPF Can-Am National Teenage, Junior, Open (PL, BP, DL, PC) & 9th Submasters, Masters National Championships (PL, BP, DL, PC - Romulus, MI) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

1,2 APR, Iron House Classic/IPA Full Power & BP (Newark, OH) Mike Maxwell (740) 704-4747, www.ironhousezanesville.com

2 APR, USA "Raw" Bench Press Federation Spring Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2 APR, 7th Pittsburgh Area Monster BP/DL (men, women, all divisions/classes, cash prizes) Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, (412) 264-9996

8 APR, NASA Bigger One (Green Bay, WI) Job Hou-Seye, 920-451-9097

8 APR, APC Georgia State Open PL & BP, National Qualifier, LB Baker (770) 713-3080

8 APR, USAPL Alabama State, Billy Keel, 636 Water Oak Ln., Talladega, AL 35160, 256-268-2194

8 APR, WNPF Western Pennsylvania Championships (BP, DL, PC - Beaver Falls, PA) Ron Deamicis, 330-792-6670

8,9 APR Power Palooza 9 (Leesport, PA) Full Power, BP/DL Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, (610) 948-7823

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

9 APR (REVISED DATE), New England Raw PL/BP/DL, Joe Reeves, 45 Falcon Ln., Cranston, RI 02921, (401) 952-9166, joemusclehead@csc.com, www.reevessnutrition.com

UPCOMING WNPF MEETS DRUG FREE POWERLIFTING

January 28th-100% Natural Northeastern, Bordentown, NJ

January 29th - Delaware 100% Natural, Newark, DE

February 5th - Ohio Championships, Youngstown, OH

February 11th - 100% Natural Southern Florida

WNPF, PO Box 142347,

Fayetteville, GA 30214

678-817-4743

or wnpf@aol.com

website - members.aol.com/wnpf

NJ Strongman Championships (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

29 APR, 100% Raw North American BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifiting@aol.com, www.virginiausapl.com

29,30 APR, APC State PL & BP (Fresno, CA) Bob Packer (559) 322-6805 or (559) 323-3892

29,30 APR, 1st WNPF USA vs. Brazil Powerlifting Championships, Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

APR, USAPL Illinois State/Great Rivers Open (powerlifting, BP, open, raw - Harrisburg, IL) Mark Motsinger, S&M Fitness, 201 North Gum St., Harrisburg, IL 62946, (618) 252-0881

APR, Arkansas State BP (Little Rock, AR) D.D. Nichols 2122 Misty Circle, Benton, AR 72015, (501) 860-6851

6 MAY, Erie Community College Football's 5th Open BP/DL Championships (near Buffalo - Orchard Park, NY) Dennis Green (716) 851-1748

6 MAY, SLP Cross County Pull BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

6 MAY, Bartlesville Push-Pull (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1114, www.lenexastrengthandfitness.com

6 MAY, 7th WNPF 100% Natural Carolina States & Ralph Peace Championships (PL, BP, DL, PC - Greenville, NC) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

7 MAY, SLP Muscles & More BP/DL (Kennett, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12-14 MAY, APF Master, Submaster & Junior Powerlifting Championships, Russ Barlow, 175 Kennebec Trail, Turizer, ME 04282, (207) 225-5070

13 MAY, APA Fit For Life Day/ Baddest Bench In The South (BP only - Expo Hall, Shreveport, LA) Ryan Cidzik (315) 794-1836, RCidzik@yahoo.com, www.apawpa.com

13 MAY, USAPL Florida State HSPL (Ft. Lauderdale, FL) Robert Keller, rk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

13 MAY, Lifetime Natural Powerlifting Society Nationals, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 MAY, USAPL Florida State BP & DL (Ft. Lauderdale, FL) Robert Keller, rk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

20 MAY, APC Southern California PL & BP (San Diego, CA) James Kegrice at www.kegricegym.com or Bob Packer (559) 332-6805 or (559) 658-5437

20 MAY, SLP Platinum Fitness Open BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com,

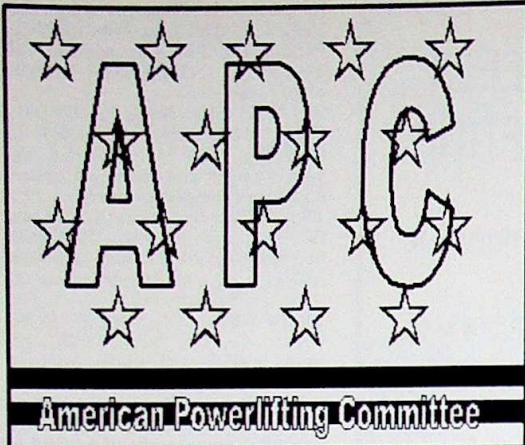
APC California State & Region 6 PL/BP

29,30 April 2006

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American Powerlifting Committee

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UPCOMING MEETS

- February 11, 2006 APC Bench Press Nationals, L B Baker, 770-713-3080
- March 4, 2006 APC Southeastern High School Invitational P L & Bench Press Championships, Birmingham, Al.
- April 8, 2006, Georgia State Open Powerlifting and Bench Press Championships
- April 15, 2006 Illinois Powerlifting and Bench Press Championships
- July 7, 8, 9, 2006, APC National Powerlifting and Bench Press Championships, Sacramento, Ca.
- May 6, 2006 Excalibur Alabama Powerlifting and Bench Press Championships, Birmingham, Ala.

For more information; www.americanpowerliftingcommittee.com
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21 MAY, SLP Southwest Missouri Open BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 MAY, 7th WNPF Elite Nationals & 5th Powerfest 2K6 Teenage/Junior/Open Subs/Masters Powerlifting (BP, DL, PC - Ephrata, PA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

21 MAY, ISS Big Bench Open, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

26-28 MAY, WDFPF European Single Lift Championships (Varese, Italy) jmgdne@wiu.edu

MAY, New England States Open Powerlifting Championships. Greg Kostas, (781) 447-6714 & Rene Moyen, (401) 934-2040, (401) 527-3711, www.newenglandusapl.com, www.nextlevel-fitness.com.

MAY, 6th WNPF Pan-Am Teenage/Junior/Open Subs/Masters Championships (BP, DL, PC) & USSA Florida Strongman Championships & WNPF Southeastern USA Body Building Championships (Orlando or Daytona, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

2,3,4 JUN, APF Senior Nationals, (Las Vegas, NV) Mark Swank or Carol Upton, 702-245-6852, 6 5 6 - 6 7 6 2 , thegymlasvegas@earthlink.net

3 JUN, SLP Missouri Open BP/DL (Festus, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

3 JUN, USAPL "The Pete Lanzi Memorial IV" Night of Champions, (Cleveland, OH - huge sword awards) Gary Kanaga, 440-717-9624, gary.kanaga@nordoniaschools.org

3 JUN, Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1 1 4 2 , www.lenexastrengthandfitness.com

3,4 JUN, GPC America's Cup PL/BP (Canada vs USA) & GPC Canadian Nationals PL/BP (GBC World Qualifier), Calgary, Alberta, Canada, Brian Johnston, 403-2 1 5 - 4 5 4 9 , www.independentpowerlifting.com

3,4 JUN, WNPF Drug Free Nation-

als (Youngstown, OH) Ron Deamicis, **303-792-6670**

10 JUN, 1st USPF Pennsylvania State BP/DL Championships (Waynesburg High Schools, Waynesburg, PA) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com

10 JUN, SLP Superman Classic BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

10 JUN, ADFPF Men & Women Contest (raw, belt & wrist wraps only - Washington Square Mall) Dick Conner, 8323 Copperfield Dr., Evansville, IN 47711, 812-867-1736

10 JUN, NPA Drug Free Central USA

BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame

10,11 JUN, 7th WNPF USA Open Teen/Junior/Subs/Masters Championships (BP, DL, PC) & WNPF Bodybuilding Championships & USSA Georgia Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

11 JUN, USA "Raw" Bench Press Federation Summer Nationals (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 JUN, 10th WNPF Raw Na-

tional Powerlifting & 8th WNPF North American Powerlifting Championships (Teen, Junior, Open Subs, Masters, Novice - Las Vegas, NV) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

25 JUN, ISS Wisconsin Bench Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

JUN, Joe's Gym "We Don't Need No Stinkin' Drugs" Bench Press Contest, Joe Orenia, 4319 W. 26th St., Erie, PA 16506

JUN, 10th WNPF 100% Lifetime Drug Free Raw Teen/Junior/Open/Subs/Masters Powerlifting Nationals (BP, DL, PC) & Maryland States (Baltimore, MD) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

1 JUL, SLP Big Bench at the French II BP/DL (Memphis, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

6 JUL, USAPL National Governing Body (NGB) Meeting - Miami, Florida, www.usapowerlifting.com, (260) 248-4889, usapl@fvi.com

7-9 JUL (NEW DATE), USAPL Men's Senior National Powerlifting Championships (Miami, FL) Robert Keller, rkh@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

7 JUL, USAPL Women's US (Open) Invitational Powerlifting Championships (Miami, FL) Robert Keller, (954) 790-2249, www.geocities.com/floridausapl

7-9 JUL, APC National PL & BP Championships (Sacramento, CA) Al Garcia

8 JUL, USAPL Men's US (Open) Invitational Bench Press Championships (Miami, FL) Robert Keller, (954) 790-2249, www.geocities.com/floridausapl

8 JUL, SLP Ft. Hamilton Days BP/DL (Hamilton, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 JUL, 1st WNPF Lifetime American Cup & 3rd WNPF New England Teenage/Junior/Open Subs/Masters/Novice (BP, DL, Ironman, PC - Danbury or Stam-

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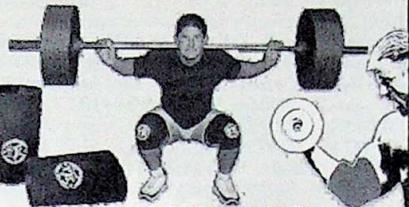
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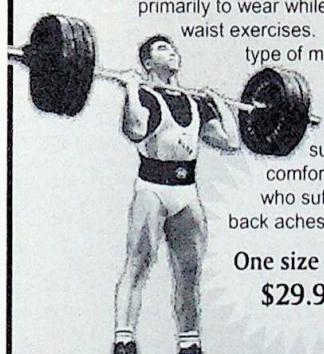
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L	\$42.95	over 250 lb.	

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ford, CT) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnp@aol.com

15 JUL, ANPPC World Cup, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

15,16 JUL, AAU National Powerlifting Championships (Oklahoma City, OK) Rickey Dale Crain, 3803 North Bryan Rd., Shawnee, OK 74804, (405) 275-3689, rcrain@charter.net

15-22 JUL, Gay Games Powerlifting (register by 15 JUL 05 for out of competition testing program - Chicago, IL), info@GayGamesChicago.org, www.GayGamesChicago.org

17 JUL (new date), PPL Southeastern Drug Free (BP/DL/PP/Full Power/Body Challenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym

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

23 JUL, SLP Oklahoma Summer Open BP/DL (Salisaw OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 JUL, NASA Tri-State Regional Championships (Special Olympians lift free - Flora, IL) Smitty (618) 662-3413, lesmitty@bspeedy.com

29 JUL, Vermont State Open BP (men, women, teen, masters, grandmasters) All American Fitness Center, 1881 Williston Rd., S. Burlington, VT 05403, 802-865-3068, Rick Poston.

JUL, USAPL/USOC Palm Beach County Tropical Games BP & DL (W. Palm Beach, FL) Robert Keller, rhk@verizon.net, (954) 790-2249, www.geocities.com/floridausapl

JUL, WNP Lifetime USA Open Teen/Junior/Subs/Masters & Lifetime Drug Free Subs/Masters Nationals & 4th Virginia Teen/Junior/Open/Subs/Masters/Novice Powerlifting Championships (Virginia Beach, VA) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnp@aol.com

5,6 AUG, USAPL Rocky Mountain State Games, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

6 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

11-13 AUG, World United Amateur Powerlifting Championships (St. Louis, MO) James Rouse, jsrouse41@aol.com

12 AUG, USPF National BP/DL Championship in conjunction with the 2nd US Open Strength Challenge (Parkersburg South High School, Parkersburg, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mcase@yahoo.com

12 AUG, SLP Wisconsin State Fair BP/DL (W. Allis, WI) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

12 AUG, Larry Flynn Classic (Gold's Gym, Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1142, www.lenexastrengthandfitness.com

12,13 AUG, WNP International World Cup (PL, BP, DL, PC) & WNP All Raw WNP Recod Breakers Powerlifting (BP, DL) & USSA National Strongman Championships & WNP USA vs. The World Bodybuilding Championships & Summer Elite\$ Championships (SQ, BP, DL-Atlanta, GA) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnp@aol.com

13 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, NOVA Raw BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com

19 AUG, SLP Indiana State Fair BP/DL (Beech

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Grove, IN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 AUG, USAPL Mid Atlantic Open PL/BP/DL/ Ironman (Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

20 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

26 AUG, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

AUG, WNP Minnesota Teen/Junior/Open/Subs/Masters & Novice Championships (BP, DL, Ironman, PC - Montgomery Area, MN) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnp@aol.com

3 SEP, USAPL Florida Qualifier Contest (Ft. Lauderdale, FL) Robert Keller, (954) 790-2249, rk@verizon.net

9 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

9 SEP, 15th WNP Lifetime Drug Free Nationals (BP, DL, PC - Bordentown, NJ) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnp@aol.com

10 SEP, 15th WNP Pennsylvania State (PL, BP, DL, PC - Philadelphia or Ephrata, PA) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnp@aol.com

10 SEP, United We Stand BP/DL, Iron Man, Iron Maiden, raw or equipped, all classes, trophies 1st-5th, \$30 entry fee, free meet t-shirt, Charles Venturella, 718 Mabel St., New Castle, PA 16101, (724) 654-4117

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jsrouse41@aol.com

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For further information
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jsrouse41@aol.com

16 SEP, 6th Iron Boy BP Classic &
IBP Curl Championships, (Winston-Salem,
NC) Keith Payne,
keith@ironboypowerlifting.net

16 SEP, ISS KAC Bench Press Classic,
Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262)
654-6020, mikesbench@hotmail.com

16 SEP, APC Northern California Open & Novice PL & BP, John Ford
(650) 303-7518

16 SEP, SLP USA Raw Bench Press Federation Fall Nationals,
SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429,
sonlight@netcare-il.com, www.sonlightpower.com

16 SEP, 7th WNPF Michigan Teen/Junior/Open Subs/Masters/Novice
(BP, DL, Ironman, PC) & USSA Strongman Championships (Romulus, MI)
Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

16 SEP, WNPF Upstate New York II
(Clyde, NY) Ron Deamicis, 303-792-6670

23 SEP, SLP National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree,
jduree7086@aol.com, 913-626-1114, www.lenexastrengthandfitness.com

24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

24 SEP, USAPL Colorado Mile High

Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

7 OCT, ADAU "No Druggies Allowed" Single Lift Championships (SQ, BP, DL, No TOT) Joe O'reinga, 4319 W. 26th St., Erie, PA 16506

7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

7 OCT, 1st WNPF Arizona State & West Coast USA Championships (Teen, Junior, Open Subs, Masters, Novice, PL, BP, DL, PC - Tucson or Phoenix, AZ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

8 OCT, SLP Big Bench at the French III BP/DL (Hickory Hills, TN) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14 OCT, SLP Oklahoma State BP/DL (Tulsa, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

14,15 OCT, WDFPF Single Lift Worlds (Bendigo, Australia) jmgd@wiu.edu

15 OCT, 1st USPF Regional BP/DL Championships for Regions 1,2,3,4 (Robert C. Byrd High School, Bridgeport, WV) Matt McCase, 210 Gilbob St., Fairmont, WV 26554, 304-376-2432, mccase@yahoo.com

15 OCT, SLP Missouri State BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

21 OCT (new date), PPL USA Powerlifting Drug Free (BP/DL/PP/Full Power/BodyChallenge, 1st-5th prizes in each division) Tee "Skinny Man" Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, (706) 790-3806, pythongym@aol.com, www.hometown.aol.com/pythongym

21 OCT, SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

27-29 OCT, 15th WNPF World Powerlifting & USSA World Strongman Championships & WNPF USA Body Building Championships & WNPF Men's and Women's Elite Championship II & Olympic Weightlifting Classic (Atlantic City, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

28 OCT, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

OCT, USAFL Florida Collegiate PL (Florida Gulf Coast University, Ft. Myers, FL) Jim Dundon, jdunder@fgcu.edu, (239) 590-7709

1-5 NOV, GPC World PL/BP (Gent, Belgium) LB Baker (770) 725-6684 or (770) 713-3080, www.globalpowerliftingcommittee.com, www.americanpowerliftingcommittee.com

4 NOV, USA "Raw" Bench Press Federation Worlds, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

9 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

9 DEC, USAPL Virginia PL/BP/DL (Ironman, Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

9,10 DEC, APC 53rd California Iron Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

10 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

16 DEC, 9th WNPF Sarge McRay Championships (BP, DL, Ironman, PC) - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

678-817-4743, wnpf@aol.com

18 NOV, SLP Kentucky State BP/DL (Louisville, KY) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 NOV, Mid-America Open BP/DL (Metropolis, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

19 NOV, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com

1-3 DEC, USAPL American Open, Lance Slaughter, 4437 S. Centinela Ave., Los Angeles, CA 90066, (310) 995-0047

2 DEC, SLP Illinois Christmas for Kids BP/DL (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

2,3 DEC, WNPF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

3 DEC, SLP Missouri Christmas for Kids BP/DL (Poplar Bluff, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

9 DEC, USAPL Virginia PL/BP/DL (Ironman, Culpeper, VA) John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com, www.virginiausapl.com

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10 DEC, SLP Oklahoma Christmas for Kids BP/DL (Sallisaw, OK) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com

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

11 NOV, WNPF Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

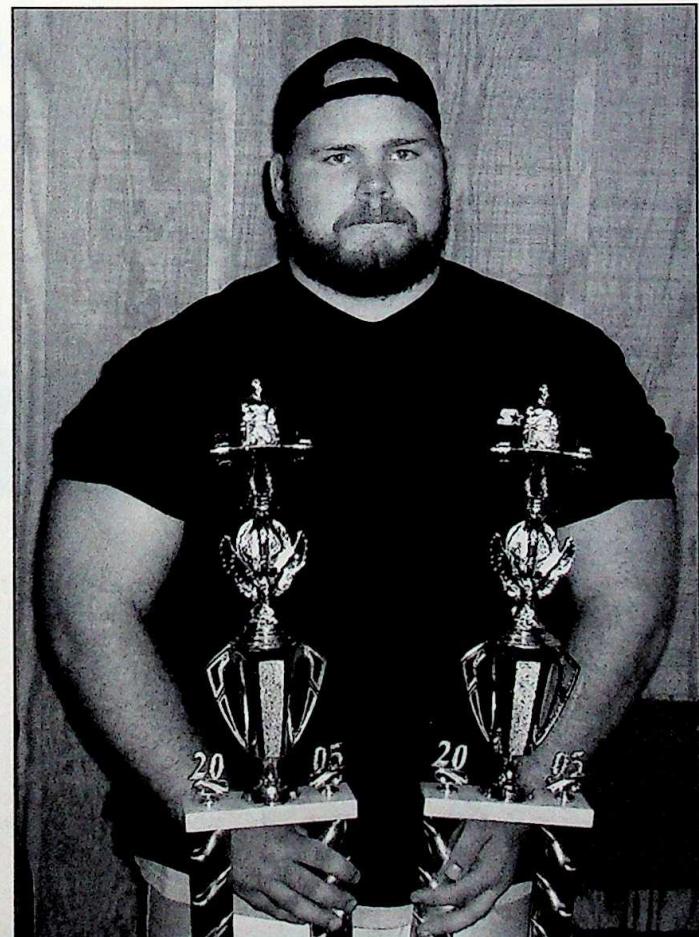
16 DEC, 9th WNPF Sarge McRay Championships (BP, DL, Ironman, PC) - Bordentown, NJ) Troy Ford, WNPF, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com

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

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APA Sacramento Open 19 NOV 05 - Sacramento, CA							
BENCH	198 lbs.	181 lbs.	M. Fontaine	205	160	290	655
MEN	Junior	Master I	N. Ianson	245	205	305	755
Teen (16-17)	C. Ramirez	UNL	Submaster	245	205	305	755
T. Shaw	J. Kecskes	150	N. Ianson	198 lbs.	MEN		
242 lbs.	220 lbs.	181 lbs.	H. Kellins	340	310	465	1115
Master I	Master I	Master I	R. Kadlub	300	245	350	895
D. Straughter	450	Open	S. Hartnett	255	200	300	755
L. Humer	435	DEADLIFT	A. Sanchez	405	242 lbs.		
Open	181 lbs.	Open	T. Weston	380	325	500	1205
L. Humer	435	WOMEN	A. Sanchez	305	275	400	980
R. Exum	405	148 lbs.	Master I	255	200	300	755
Submaster	308 lbs.	Master I	D. Knapp	255	200	300	755
R. Exum	220 lbs.	Master IV	G. Lively	325	242 lbs.		
308 lbs.	220 lbs.	Open	J. Crowe	565	415	545	1525
Master I	275 lbs.	Master III	K. Kern	400	225	405	1030
J. Barnard	—	G. Lively	275 lbs.	325	242 lbs.		
CURL	275 lbs.	Master III	Master III	255	200	300	755
WOMEN	181 lbs.	G. Lively	G. Lively	—	—	—	—
Master I	160	290	BP	TOT	DL		
M. Fontaine	450	Meet Site: Body Tribe Fitness. Meet Director: Chip Conrad. (Thanks to Scott Taylor, APA President, for providing these results)					

7th Deadlift on the River 18 SEP 05 - Elkhart, IN							
DEADLIFT	Novice						
WOMEN	165 lbs.	Master (60+)	H. Thornhill	385			
Master III	165 lbs.	UNL	Master				
G. Lively	260	325	J. Streib	200	18 lbs.		
WOMEN	SQ	BP	MEN	A. Robinson	450		
148 lbs.	210	455	Teen	Master (55+)			
Open	165	80	181 lbs.	148 lbs.			
M. Smythe	140	85	J. Smoker	300	M. Wider	410	
Master III	215	440	Special thanks to Carol Smoker, Jon G. Smoker, Mike Wider, Al Robinson, and Larry Boynton. One of these years my luck				



John Wojciechowski ... Best Lifter at the USA RAW Bench Press (DL)

has to run out on this outdoor meet. But, once again the weather was picture perfect and it produced some stellar lifting. Jan Streib has been a kayak enthusiast for a long time and her athletic ability in that sport is quickly transferring to lifting, as she got her first 200 in just her second meet. Heath Thornhill just placed in a bodybuilding meet and he got a couple of pr's, finishing with 385. He enjoys the objectivity of lifting. Al Robinson trimmed quite a bit of weight to get back down to 181, but it paid off. He got a pr 450 at that weight despite the fact that he's a master now. Jon G. Smoker had his second meet in a row with 2 pr's. This time he got 300 for the first time, making him eight years younger than when his father pulled it for the first time. (results courtesy Jon Smoker)

ADAU "No Drugs Allowed" SQ 8 OCT 05 - Erie, PA

WOMEN	220 lbs.
114 lbs.	R. Jenks
B. Steffan	180*
Master (40-44)	4th-450*
B. Steffan	180*
Master (40-44)	Teen (16-17)
MEN	G. Chaney
123 lbs.	—
M. Pollard	140
4th-152*	4th-450*
Teen (12-under)	242 lbs.
M. Mongera	200
4th-220*	B. Raneri
Teen (12-13)	500
M. Pollard	140
4th-152*	E. Betza
165 lbs.	4th-461*
M. Mongera	200
4th-220*	D. Fryberger
M. Chaney	375
M. Chaney	375

*=American Records. Champion of Champions: Brian Raneri. Team Champions: 1st-Joe's Gym of Erie Benita Steffan was the lone lady to compete, and she did it so well. Benita broke the open and masters raw record with a three white light, 180 lbs. Thirteen year old Mike Pollard set a teen American record with 152.5 lbs. in the 123 lb. class. His efforts won the gold in the open and teen divisions. At 165 lbs., Matt Mongera set the 12 and under record with his fourth attempt of 220 lbs. Rick Jenks, in the 50-54 age group, won the 220 open and masters with a new American masters record of 450 lbs., that was deep and easy. In the 242 class, Brian Raneri was the top lifter when he squatted a raw, drug free 500 lbs., to win his class and Champion of Champions. Also in the 242 class, second place finisher, Ed Betza, squatted a fourth attempt 461.25 to set a new submaster record. Quantity was low, but the quality was high with five new American records being set. Thanks to the many volunteers and the Anti Drug Athletes United organization, for their outstanding support. "The possibility that we may fail in the struggle ought not deter us from the support of a cause we believe to be just." Abraham Lincoln. (Thanks to Joe O'regan for results)

USA Raw BP Fed. Fall Nationals 17 SEP 05 - Tuscola, IL

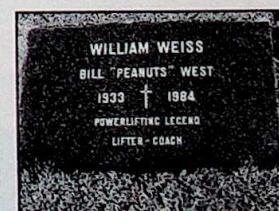
BENCH	308 lbs.
MEN	Wojciechows 350*
Teen (16-17)	Master (70-79)
181 lbs.	132 lbs.
J. Meader	300
Teen (18-19)	S. Smith
181 lbs.	4th-160*
G. Skocaj	310
Junior	Police/Fire
SHW	Submaster
Wojciechows	470*
Master (40-49)	Open
198 lbs.	165 lbs.
R. Patton	300

*=Son Light Power records. Best Lifter Bench: John Wojciechowski. The USA Raw Bench Press Federation Fall Nationals was held at Son Light Power Gym. Thanks again to my son Joey and Rob Mann for helping with the spotting and loading duties, as well as set-up and clean-up. In the teenage division Jake Meader got his first official 300 bench with his win at 16-17/181. Also at 181, but in the 18-19 age group, Grant Skocaj won with 310. Best lifter Jake

PEANUTS HEADSTONE



The Headstone for the Grave of Powerlifting Pioneer BILL "PEANUTS" WEST has been placed. Bill Ennis, who organized this effort, is seen at the site, where an official dedication ceremony is planned for early 2006. The following is one of many letters Bill received with contributions to make the headstone possible. "DEARBILL: Enclosed a small donation to the "Peanuts" West Fund. I commend you for your efforts. "Peanuts" was a great source of information - even today I pull out his training articles and glean a little more each time. I also feel "Peanuts" personified the youthful joie de vie & mischievous nature that the whole West Coast lifting scene epitomized. I'm sorry his end came as it did... and I hope he's spotting someone on 'box squats' in the Great Beyond. You are a fine man. JOE MILLER"



Wojciechowski looked strong at junior/shw, setting the national record there with 470. Roger Patton had an off day at 40-49/198, but still took the win there with his 300 opener. John Wojciechowski, nursing a slight shoulder injury, set the national mark at 40-49/308 with his opener of 350. Then at 70-79/132 it was the amazing Steve Smith with a new personal best 160 fourth attempt, setting the national mark there as well! Chuck Barth moved up to the police & fire/submaster 198 class, where he broke the existing national record with 330. Our final lifter was open 165 winner Josh Kuklak. Josh finished with 305 for the title there. Thanks again to all involved. (Thanks to Dr. Darrell Latch for results)

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- Custom Tailored Dual Quad \$155.00



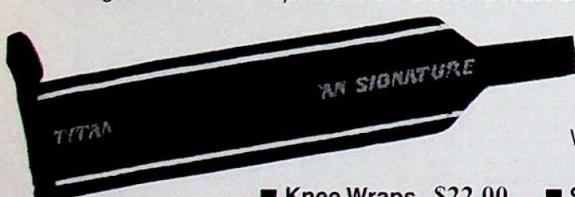
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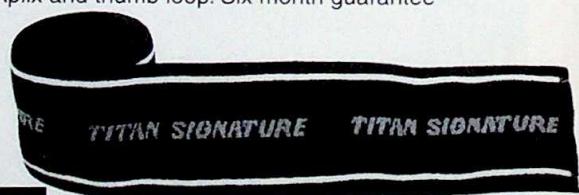
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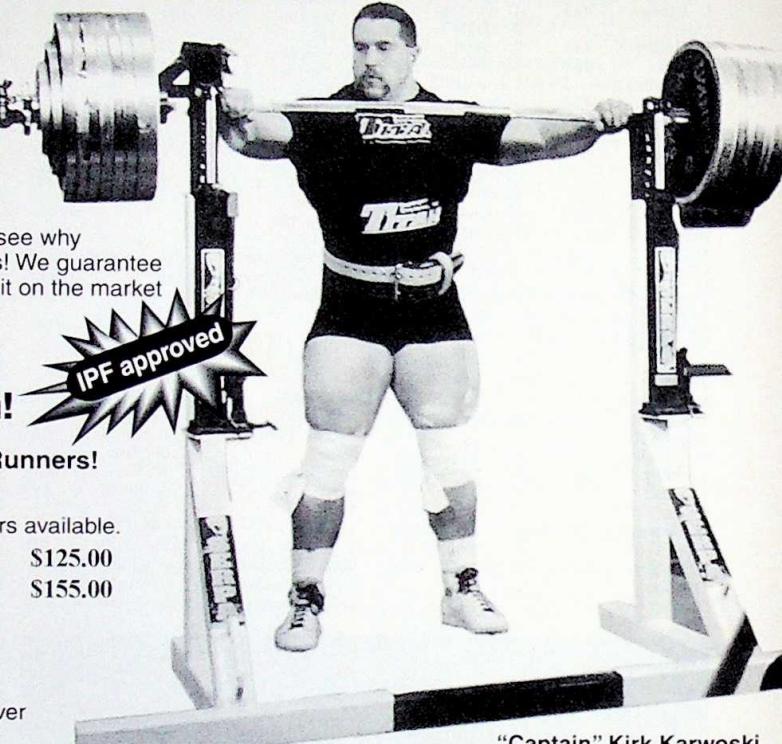
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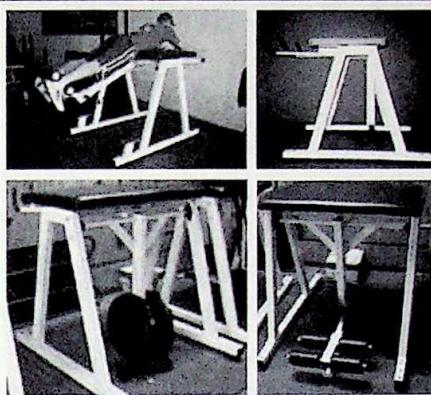


"Captain" Kirk Karwoski,

1003 Squat & 2309 TTL @275, IPF World Records

SPF Irontoberfest
29 OCT 05 - Hartford, AL
BENCH 198 lbs.
MEN G. Corbin 350
Open DEADLIFT
Submaster MEN
220 lbs. 242 lbs.
J. Watkins 420 D. Whittaker 705
Master (45-49)
220 lbs.
J. Rodgers 455
Raw
WOMEN BP DL TOT
114 lbs. 65 190 255
S. Pilkinton MALE
Pre Teen 97 lbs.
S. Smith 75 180 255
Teen 114 lbs.
J. Ward 80 175 255
132 lbs.
R. Brunson 200 300 500
181 lbs.
Z. Jernigan 275 450 725
220 lbs.
S. Carroll 270 400 670
Junior 165 lbs.
C. Bouyer 340 450 790
MEN
181 lbs.
A. Bowen 405 585 990
220 lbs.
K. Snell 385 530 915
Submaster 220 lbs.
J. Watkins 420 450 870
Best Lifter: Andy Bowen. This meet was held by the Alabama State Chairman, Scotty Cox. We would like to give a special thanks to Scotty and Heather Cox for the great job she did running the score table. (Thanks to the SPF for providing these meet results to Powerlifting USA)

LOUIE SIMMONS' REVERSE HYPER MACHINE



Roller Hyper
\$1,868.00

Pro Hyper
\$1,440.00

Standard Hyper
\$975.00

*Shipping Included

Patent #5356359

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TO YOUR SQUAT AND DEADLIFT?

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100% Raw Battle of the Border
9 APR 05 - Barco, NC

BENCH	181 lbs.
FEMALE	Open
123 lbs.	J. Self 370
Open	198 lbs.
K. Self	150 Open
148 lbs.	J. Jackson 315
Open	Teen (14-15)
T. Stewart	145 K. Glover 155
MALE	220 lbs.
97 lbs.	Master (60-64)
Teen (10-11)	G. Holzmiller 260
Q. Thomas	75 Open/Junior
105 lbs.	J. Wright 375
Teen (16-17)	Open
J. Martin	115 Police/Fire
114 lbs.	M. McGahan 405
Teen (16-17)	Submaster
H. Foster	130 T. Bean 275
Teen (12-13)	Teen (12-13)
T. Ragland	55 M. Chavis 100
123 lbs.	Teen (14-15)
Teen (12-13)	D. Richardson 140
D. Harris	130 Teen (16-17)
D. Cheese	95 K. Carlson 255
132 lbs.	242 lbs.
Open	Junior
Master (65-69)	J. Hood 255
B. Swain	190 Open
148 lbs.	K. Mallory 450
Open	D. Owens 405
S. Ames	215 Open
Teen (10-11)	Master (40-44)
M. Lewis	60 C. Pannell 405
Teen (12-13)	Submaster
D. Richards	80 S. Dueel 300
Teen (14-15)	Teen (14-15)
S. Talley	150 D. Taylor 245
C. Cannady	85 275 lbs.
Teen (16-17)	Teen (16-17)
J. Manuel	160 C. Betts 215
165 lbs.	308 lbs.
Junior	Junior
E. Ownley	250 S. Dellinger 425
Teen (12-13)	Master (40-44)
T. Warren	115 J. Lewis 350
Teen (14-15)	Open
J. Marrow	195 C. Elliott 500
Teen (16-17)	R. Ware 500
L. Gagnon	260 Washington 500

(Thanks to Paul Bossi for the meet results)

PWRCURL WOMEN	Parham 145
165 lbs.	220 lbs.
Open	Master (50-59)
Digrazia	Caterisano 145
85	Graydon 135
MEN	242 lbs.
181 lbs.	Open
Open	Monroe! 200
Chesson	140
198 lbs.	
Open	
Ironman	BP DL TOT
WOMEN	
SHW	
Master (50-59)	
Raw	
Levy	215* 275* 490
MEN	
220 lbs.	
Submaster (35-39)	
Raw	
Mauldin	330 440 770
Master (40-49)	
Johnson	355 425 790
Master (50-59)	
Graydon	265 465 730
*=American Records. BL=Best Lifters. (Thanks to the WNPf for the meet results)	

100% Raw Virginia State BP
10 SEP 05 - Stanardsville, VA

FEMALE	(16-17)
123 lbs.	J. They 225
Open	Open
K. Self	155 J. Shifflett 340
MEN	D. Landis 270
66 lbs.	(40-44)
(5-6)	J. Shifflett 340
M. Campo	47.5 (50-54)
148 lbs.	T. Campo 380
(16-17)	275 lbs.
J. Shifflett	177.5 Open
165 lbs.	S. Kuzma 465
Open/(18-19)	J. Fullen 440
W. Jordan	285 315
181 lbs.	(40-44)
(18-19)	S. Kuzma 465
J. Peachy	260 319 lbs.
Open	(20-24)
J. Self	385 S. Dillenger 405
G. Caplinger	290 Supers
(30-34)	Open
S. Woodward	270 L. Thompson 355
Caterisano!	320 Jones 425

(Thanks to John Shifflett for these results)

100% RAW Powerlifting Federation Membership Application

LAST NAME: _____ FIRST NAME: _____ INT. _____

STREET ADDRESS: _____

CITY / STATE / ZIP: _____

AREA CODE / TELEPHONE: _____ DATE OF BIRTH: _____

AGE: _____ SEX: _____ E-MAIL ADDRESS: _____

REGISTRATION FEE

\$25 - ADULTS

\$10 - HIGH SCHOOL

MAKE CHECK PAYABLE TO: 100% RAW
139 MARLAS WAY, CAMDEN, NC 27921

NOTE: Your 100% RAW Membership Will Expire
One Year From The Date of Application.

LIFTERS SIGNATURE: _____

PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION: _____ (This Will Be Your Renewal Date)

By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree that I will not sue the 100% RAW Powerlifting Federation for injuries that may occur during competition or while traveling to or from a competition. I do realize that Powerlifting is a dangerous sport and by signing this membership application, I have chosen to compete in Powerlifting at my own risk.

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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 _____

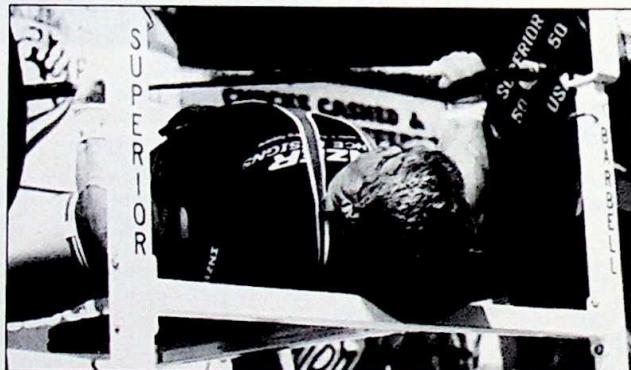
colors - Black, Red, Navy Blue, Royal Blue
MC VISA DVR COD CHECK add \$6.00 S&H

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

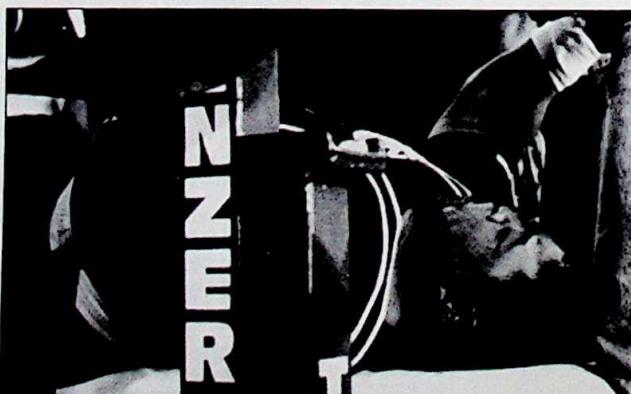
Extra High Performance Heavy Duty

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 - * 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

PHPD & EPHPD, 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.

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

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

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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.

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

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- 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

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Inzer Intensity - multi-color deadlift design \$10.00

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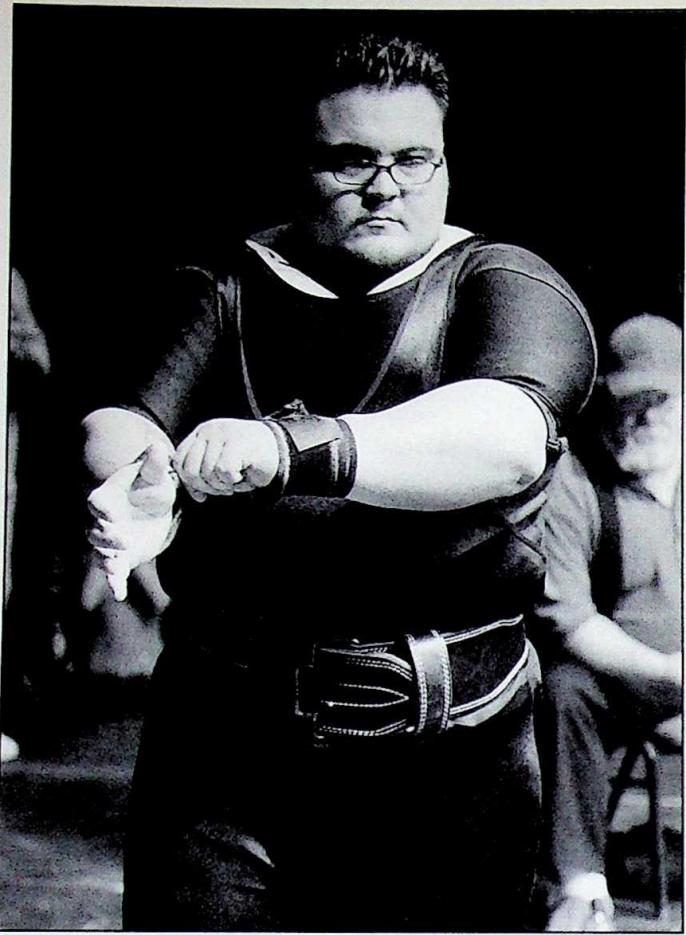
Hawaii World Record Breakers - years of 85, 86, 87, 88, 89, 90 multi-color designs (s,m) \$10.00

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

USPF National Powerlifting 18 JUN 05 - Los Alamitos, CA					
WOMEN	SQ	BP	DL	TOT	
114 lbs.					
Open					
J. Hollier	55	—	—	—	
165 lbs.					
Open					
V. Farmer	308	203	363	876	
MEN					
132 lbs.					
Junior (13-15)					
R. Gomez	275	176	319	771	
4th-SQ-286					
Guaderrama	352	281	352	986	
148 lbs.					
Junior (13-15)					
Z. Freeman	358	209	396	964	
S. Sarazin	264	126	303	694	
Junior (16-17)					
J. Salazar	330	192	303	826	
Junior (20-23)					
J. Veloz	225	170	275	672	
165 lbs.					
Junior (13-15)					
E. Rose	286	209	385	881	
C. Hardage	319	181	374	876	
Junior (16-17)					
S. Somoylich	363	275	402	1041	
Master (75-79)					
R. Cortes	336	236	440	1014	
Open					
A. Benes	314	231	462	1008	
181 lbs.					
Junior (16-17)					
B. Forester	325	203	418	947	
L. Valdez	270	275	352	898	
M. Molletta	—	—	—	—	
Junior (18-19)					
W. Hibdon	451	264	551	1267	
Master (65-69)					
R. Lozano	253	374	424	1052	
C. Whyte	198	253	303	755	
198 lbs.					
Junior (13-15)					
D. Horine	314	220	374	909	
Junior (16-17)					
J. Belanger	402	214	429	1047	
M. Hernandez	308	143	369	821	
Master (45-49)					
M. Koufos	451	314	507	1273	
Master (50-54)					
L. Vallot	225	209	270	705	
Master (65-69)					
R. Taylor	308	187	429	925	D. Judd
L. Manly	319	242	347	909	Open



Mike Womack one of fastest rising benchers in the USPF & elsewhere



Application for Registration UNITED STATES POWERLIFTING FEDERATION

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Last Name	First Name	Initial	Renewal	Current Card # (If Renewal)	
			Y N		
Street Address			Club Name		
City		State	Zip	Area Code/Telephone	
Current USPF Classification		Referee Status	Current High School	Special Olympian	Inmate
Elite Master I II III IV	IPF Cat. 1	Cat. 2 Nat. State	Y N	Y N	Y N
Current Collegiate	U.S. Citizen	Date of Birth	Sex	Today's Date	Card Issued By
Y N	Y N	/ /	M F	/ /	

Registration Fee \$25.00

Make checks payable to and Mail to:
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NATIONAL HEADQUARTERS

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Roy, Utah 84067

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

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

If Under 18 have Parent Initial _____

Signature _____

J. Hernandez	545	380	523	1449
R. Ridenour	402	358	435	1196
K. Lux	374	248	473	1096
220 lbs.				
Junior (16-17)				
T. Hermann	325	231	380	936
S. Brown	336	225	303	865
Open				
M. Elwell	633	507	644	1785
242 lbs.				
Junior (16-17)				
S. Morrison	402	203	451	1058
J. Reyes	385	253	402	1041
D. Shaw	374	248	407	1030
J. Rodriguez	352	214	413	981
148 lbs.				
A. Ramos	303	176	462	942
Open				
R. Girard	529	589	644	1763
275 lbs.				
Junior (16-17)				
N. Witzmann	391	187	369	947
V. Corman	314	198	396	909
Junior (20-23)				
R. White	633	512	578	1725
M. Womack	225	666	352	1245
Master (45-49)				
B. Greer	—	—	—	—
Open				
D. Hennessey	622	440	650	1714
L. Bergfield	556	512	633	1703
R. Cooley	600	462	617	1681
M. Womack	225	688	352	1267
308 lbs.				
Junior (16-17)				
B. Hribar	253	—	—	253
Master (50-54)				
S. Brown	600	507	622	1730
Best-Master: Robert Cortes. Best Lifter-Open: Mike Elwell. Best Junior: Rick White. California State Powerlifting Records Set: Robert Gomez, 132 Junior 13-15, 286 squat, 176 bench, 319 deadlift, 771 total. Roman Guaderrama, 132 Submaster 35-39, 281 bench, 986 total. Robert Cortes, 165 Master 75-79, 336 squat, 237 bench, 440 deadlift, 1014 total. William Hibdon, 181 Junior 18-19, 551 deadlift. Rudy Lozano, 181 Master 65-69, 374 bench. Drew Horine, 198 Junior 13-15, 374 deadlift. Jose Hernandez, 198 Submaster 35-39, 380 bench. Mike Elwell, 220 Master 40-44, 507 bench. Ryan Girard, 242 Open, 589 bench. Nick Witzmann, 275 Junior 16-17, 391 squat. Rick White, 275 Junior 20-23, 633 squat, 1725 total. Mike Womack, 275 Junior 20-23, 688 bench. Mike Womack, 275 Open, 688 bench. Landy Bergfield, 275 Submaster 35-39, 512 bench. Steve Brown, 308 Master 50-54, 507 bench. California State Single Lift Bench Records Set: Roman Guaderrama, 132 Submaster 35-39, 281 bench. Zachary Freeman, 148 Junior 13-15, 209 bench. Robert Cortes, 165 Master 75-79, 237 bench. Luis Valdez, 181 Junior 16-17, 275 bench. Rudy Lozano, 181 Master 65-69, 374 bench. Mike Elwell, 220 Master 40-44, 507 bench. Ryan Girard, 242 Open, 589 bench. Mike Womack, 275 Junior 20-23, 688 bench. Steve Brown, 308 Master 50-54, 507 bench. California State Single Lift Deadlift Records Set: Robert Gomez, 132 Junior 13-15, 319 deadlift. Zachary Freeman, 148 Junior 13-15, 396 deadlift. Robert Cortes, 165 Master 75-79, 440 deadlift. Briton Forester, 181 Junior 16-17, 418 deadlift. William Hibdon, 181 Junior 18-19, 551 deadlift. Roy Taylor, 198 Master 65-69, 429 deadlift. Alberto Ramos, 242 Junior 16-17, 463 deadlift. American Powerlifting Records Set: Robert Cortes, 165 Master 75-79, 336 squat, 237 bench, 440 deadlift, 1014 total. Mike Womack, 275 Junior 20-23, 688 bench. Mike Womack, 275 Open, 688 bench. Steve Brown, 308 Master 50-54, 507 bench. American Single Lift Bench Records Set: Robert Cortes, 165 Master 75-79, 237 bench. Rudy Lozano, 181 Master 65-69, 374 bench. Mike Womack, 275 Junior 20-23, 688 bench. Mike Womack, 275 Open, 688 bench. Steve Brown, 308 Master 50-54, 507 bench. American Single Lift Deadlift Records Set: Robert Cortes, 165 Master 75-79, 440 deadlift. William Hibdon, 181 Junior 18-19, 551 deadlift. Jeff Balanger, 198 Junior 16-17, 429 deadlift. Roy Taylor, 198 Master 65-69, 429 deadlift. Mike Elwell, 220 Master 40-44, 644 deadlift. Alberto Ramos, 242 Junior 16-17, 463 deadlift. (Thanks to Steve Denison for providing these results)				

USAPL 17th Hudson Natural Open

5 NOV 05- Hudson, WI

WOMEN SQ BP DL TOT

Open (By Formula)

C. Anderson 275 170 312 757

Shuttleworth 255 180 275 710

A. Egerson 200 105 245 550

T. Dilley 265 — — —

Jovanovich 320 — — —

Master (By Formula)

S. Whiting 175 110 200 485

F. Huston 285 240 335 860

L. VanBuskirk 325 230 345 900

S. Trosset 150 115 205 470

Teen (By Formula)

K. Sullwold 225 140 250 615

A. Jamrozek 255 150 220 625

Jovanovich 320 — — —

MEN

Open

114 lbs.

T. Scheldrup 320 285 405 1010

132 lbs.

R. Cola 345 245 410 1000

148 lbs.

Schwalbach 405 265 475 1145

165 lbs.

T. Williams 480 320 500 1300

K. Kowarsch 425 400 450 1275

J. Gardner 390 230 440 1060

181 lbs.

T. Ried 550 420 620 1590

B. Hanselman 590 460 465 1515

198 lbs.

T. Richmond 365 295 380 1040

M. Crozier 325 235 475 1035

220 lbs.

J. Carner 345 250 405 1000

242 lbs.

N. Tylutki 760 485 725 1970

T. Dierks 550 335 500 1385

G. Jensen 415 285 415 1115

275 lbs.

K. Belisle 670 500 530 1700

T. Smith 575 445 575 1595

SHW

L. Karabel 860 620 755 2235

B. Madvig 830 — — —

Teen (By Formula)

N. Northam 490 310 480 1280

T. Timmons 400 280 465 1145

J. Moller 425 330 425 1180

A. Thesing 390 165 395 950

J. Rubbert 370 — — —

J. Mahoney 370 — — —

Master (40-49)

R. Kolbeck 625 415 600 1640

K. Belisle 670 500 530 1700

G. Grahn 480 355 470 1305

J. Kunzman 565 400 540 1505

T. Dierks 550 335 500 1385

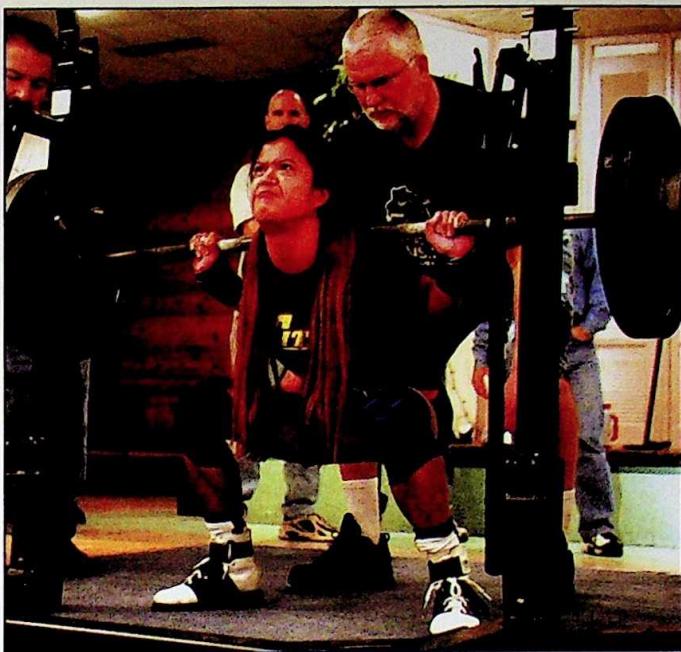
J. Lewis 530 365 535 1430

D. Priebe 405 290 410 1105

M. Saunders — — —

Master (50+)

B. Briggs 450 335 465 1250



Cheryl Anderson got a nice 275 squat @105 to win the Women's Division at the USAPL Hudson Open. (photo by Jennifer Simonson)

**USAPL Southwestern Regional
22 AUG 05 - Tucson, AZ**

FEMALE SQ BP DL TOT

The 17th Annual Hudson Natural Open was

a huge success. We had novice lifters as

well as world class lifters inmost of the

classes. Lance Karabel came out on top for

the best lifter award. His 2238 total is the

biggest total to date, at the Hudson Natural

Open. A big thank you to all the lifters.

They all lifted well and were great repre-

sentatives of the sport of powerlifting. The

border battle trophy is a trophy that goes

to the best of the two states involved in the

battle. It is between Minnesota and Wis-

consin. It is a traveling trophy that has

been won by both states. This year it will

spend the year in Minnesota. Minnesota

proved to be too much for the Wisconsin

lifters to overcome this year. We will have

to see what Wisconsin does about that next

year. Thanks to all the people that worked

so hard to make this meet happen. It is very

much appreciated by the lifters, fans,

workers, and the meet director. (Thanks to

Shawn and Kathy Cain for these results)

Teen I

R. Eisen 226 165 325 716

Youth

M. Evans 226 143 308 650

Junior

C. Graves — 358 —

Master I

R. Sura — 187 —

Open

R. Nanez — — —

181 lbs.

Master II

T. Zielinski 440 275 451 1168

Open

C. Lloyd 407 303 429 1140

Teen I

D. Moore 402 231 451 1085

Junior

G. Panttila 336 275 413 1025

198 lbs.

Open

J. Pena 633 424 589 1647

Master I

B. Hawkins 402 352 446 1201

Master VI

L. Lense 463 154 501 1118

J. Ellis 325 — —

Junior

Zimmerman 303 303 352 936

220 lbs.

Teen I

D. Ware 330 181 363 876

Junior

S. Laibe 617 424 529 1570

Open

P. Dufresne 303 369 429 1102

Master I

G. Herrera — 474 —

242 lbs.

Junior

Gonzales, Jr. 474 374 501 1350

275 lbs.

Open

D. Wirth — 468 —

(Thank you to the USAPL for these results)

USAPL Steel City Gym

3 SEP 05 - N. Charleston, SC

BENCH 242 lbs.

MEN G. Abdou 440*

Open Master (55-59)

242 lbs.

K. Locklear 345* C. Pope, Jr. 140*

165 lbs.

Master (55-59)

H. Taylor 225 275 lbs.

Teen (18-19) D. Ricafrente 400*

148 lbs.

Master (60-64)

R. Bilancione 230* 275 lbs.

165 lbs.

J. Blackmon 390

R. Kellett 180* FEMALE

Master (45-49) Master (45-49)

181 lbs.

SHW

G. Abdou 440* L. Taylor 175*

Master (50-54)

*=South Carolina State Records. (USAPL)

USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725

(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com

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

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

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

SIGNATURE: _____ If under 21 yrs., Parent Initial: _____ Date: _____ Prior Reg. # _____

Name: _____ Phone: (_____) _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date Of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ USAPL Registered Club Represented: _____

Membership Prices: (please circle one) • Adult - \$40.00 • High School Division (Full year; any meet) - \$30.00 • Special Olympian - \$10.00

• High School Seasonal (6 mo. HS ONLY meets; good Dec. 1 thru May 31) - \$15.00 • Upgrade from current HS Seasonal to HS Div. Full year - \$15.00

Competing Divisions: (please circle all that apply) Open Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up) Collegiate Military Police & Fire

High School - Full Year High School Seasonal - 6 mo. Dec. 1 - May31 Special Olympian

USAPL Merchandise: (please circle choices) • T-Shirt - \$15.00 (size ____ qty. ____)(colors: white, navy, red, black, yellow, purple, jade, gray, turquoise)

• Polo Shirt - \$35.00(s-xd) \$37.00(xd & up) (size ____ qty. ____)(colors: navy, white)

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All memberships expire 12 months from date of purchase.



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(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

**8th Rogers/Smart BP/DL
29 OCT 05 - Clyde, NY**

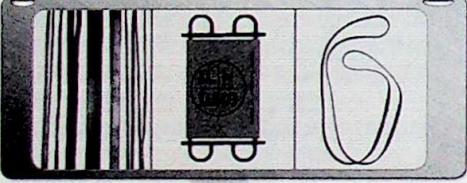
BENCH	Lifetime
WOMEN	D. Herbst 350
SHW	242 lbs.
Master (55-59)	Lifetime
C. Regan 250*	M. Arcarisi 290
MEN	Master (45-49)
148 lbs.	R. Birdsall 440*
Open/Raw	Master (55-59)
L. Bernard II 285*	Raw
Master (65-69)	D. Haensch 270*
Raw	275 lbs.
C. Bartlett 235*	Master (45-49)
181 lbs.	J. Becker 370*
Submaster (35-39)	Submaster (35-39)
C. Linder 415*	Teen (12-13)
Teen (18-19)	Raw
N. Peters 385*	V. Becker 110* 210* 320*
Open	165 lbs.
M. Kaufman 330*	Teen (16-17)
220 lbs.	Raw
Master (40-44)	D. Rountree 200 405* 605*
M. Peters 300	Submasters (35-39)
J. Mitchell 440*	Raw
Master (45-49)	J. Sykes 230* 325 555*
S. Swingle 440*	220 lbs.
W. Savage 455*	Teen (14-15)
Ironman	Raw
MEN	J. Brown 335* 505* 1840*
114 lbs.	275 lbs.
DEADLIFT	
Master (40-44)	Master (55-59)
M. Peters 300	Raw
J. Mitchell 440*	O. Thomas 315* 400* 715*
Master (45-49)	Master (40-44)
S. Swingle 440*	M. Harrison 308 lbs.
W. Savage 455*	Open
BP DL TOT	Raw

Teen (14-15)	F. Wilson 340 400 740
Raw	Master (45-49)
A. Marianetti 140*	Raw
123 lbs.	J. Schieman 350 635*! 985*
Teen (16-17)	=State Record.=American Records.
Raw	The 8th Annual AAU Fred Rogers/Paul Smart Classic was held at the official AAU facility at Donselaar's Partyhouse. Nine state bench records and nine deadlift records were broke along with seven American bench records and three American deadlift records were broke. What a great day of drug free lifting. New York State bench records were set by Alex Marianetti, Charlie Trumm, Vincent Becker, Jamie Sykes, Jeremy Brown, Oliver "The Big O" Thomas, Mark "Beefy" Harrison, Cyndi Regan, Les Bernard II, Cody Bartlett, Chris Linder, Michael Kaufman, James Mitchell Jr., Walter Savage, Ron Birdsall, Dick Haensch, Jim Becker, and Joe Behari Jr. New York State deadlift records were set by Alex Marianetti, Charlie Trumm, Vincent Becker, Dave Rountree, Jeremy Brown, Oliver Thomas, Mark Harrison, and Walt Sedorus. American records were set by Charlie Trumm (16-17/123 RAW) with a 195# bench; "Outlaw" Jeremy Brown (14-15/220 RAW) with a 335# bench and an easy 505# deadlift. Jeremy you impress
C. Trumm 195*! 325* 510*	
148 lbs.	
Teen (12-13)	
Raw	
V. Becker 110* 210* 320*	
165 lbs.	
Teen (16-17)	
Raw	
D. Rountree 200 405* 605*	
Submasters (35-39)	
Raw	
J. Sykes 230* 325 555*	
220 lbs.	
Teen (14-15)	
Raw	
J. Brown 335* 505* 1840*	
275 lbs.	
Master (55-59)	
Raw	
O. Thomas 315* 400* 715*	
Master (40-44)	
M. Harrison 308 lbs.	
Open	
Raw	

me and I see great things in the future. I think you have a real shot at a 600# deadlift before your 18th birthday. Mark "Beefy" Harrison (40-44/275) 450# in the bench and 565# in the deadlift. Mark you are a great friend and it is great to see you lifting so good, you deserve it. Ex-Buffalo Bill, John Schieman (308/45-49 RAW) with a show-stopping 635# deadlift with ease. John you are 48 but in the deadlift you are very young. It was great to have the presence of 14-time drug-free world champion Cyndi Regan (55-59/SHW) set an American bench press record of 250#. How is that for 57 years young? I have always been impressed with your lifting Cyndi. American records were also set by Nick Peters (198/18-19) 385# bench press and by Steve Swingle (45-49) 440# bench press. Steve "Big Dawg" Rogers (40-44/308) set an American record bench press with 500#. My first 500# was an AAU NYS record but this one was for the American, how sweet it is. I want to thank my spotters Pete, Brian and Brett with a job well done guys. My wife Michelle who makes these meets run so smooth. My national referees Terry Stafford, Rich Molisani, Jason Stafford and Steve Rogers. My set up crew Brett Wells, Jason Stafford, Brian, Pete, Kim Stafford, Christy Wells, Terry Stafford and RL Murray. Without these people there would be no AAU meets in New York state. Thank you so much. To Rich Donselaar and Scott Molisani, a facility second to none. Great food, great people and a great time. At the time of this writing I just found out that one of our great AAU directors passed away from a brain aneurysm. Her name was Barbara Beasley, AAU Virginia. She will be greatly missed. A great lifter, meet director and friend. A positive influence in a sometimes negative sport. We at AAU are all better people for knowing Barb Beasley. We pray for her family. I also want to send out get well wishes to my friend power lifting legend Don Reinhoudt who has been in the hospital and is recovering at home. The next AAU meet is going to be held on February 18, 2006, until then train drug free. (Thanks to Steve "Big Dawg" Rogers, AAU NYS Chair, for providing results)

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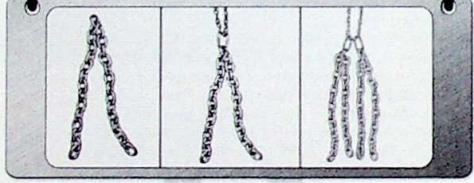


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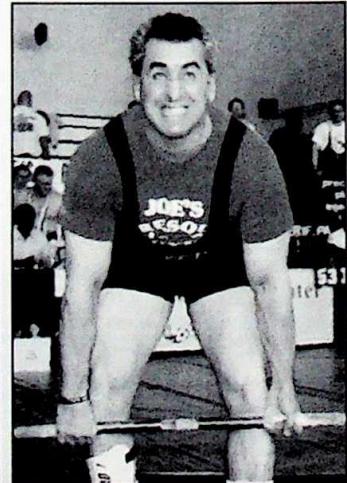
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Dave Heintzel pulling in Erie, PA

ADAU "No Druggies Allowed" DL

8 OCT 05 - Erie, PA

DEADLIFT	Submaster (35-39)
WOMEN	J. Monk 430
114 lbs.	165 lbs.
B. Steffan 271	J. Stazer 520
Master (40-44)	T. Wilkinson 405
B. Steffan 271	M. Mongera 275
148 lbs.	Youth (12 & Under) 275
C. Brown 255	M. Mongera 275
165 lbs.	Teen (16-17) 275
K. Roberts 400	T. Wilkinson 405
MEN	181 lbs.
123 lbs.	D. Heintzel 525
M. Pollard 195	D. Swingle 460
Teen (12-13)	J. Moon 405
M. Pollard 195	198 lbs.
148 lbs.	T. Fafinski 525
J. Monk 430	C. Roessler 470



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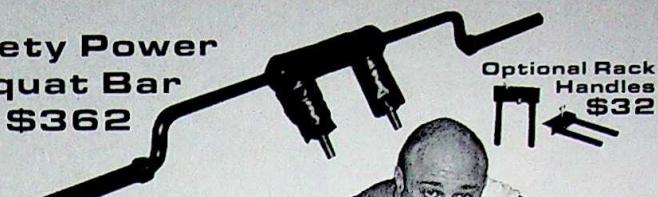
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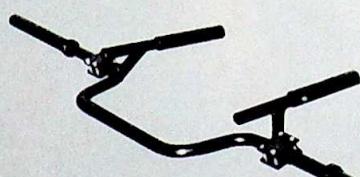


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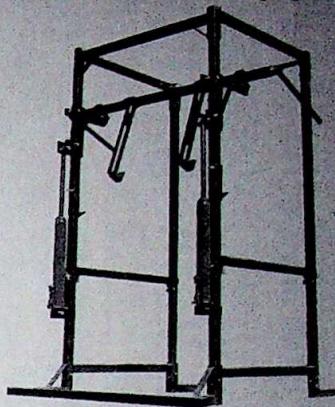
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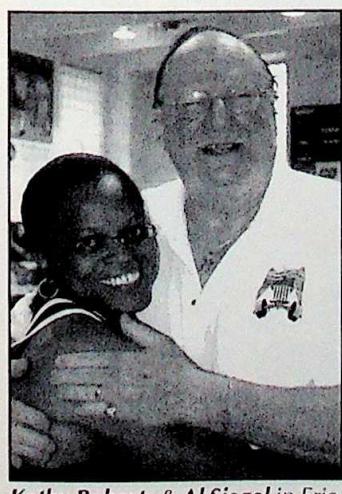
M. Callista 455 D. Fiori 440
A. Mongini 450 M. Mongera 215
Champion of Champions: Jason Stazer.
Team Champions: 1st-Joe's Gym of Erie,
2nd-Nautilus of Erie. "The contest does
not start until the bar is on the floor,
because he who deadlifts will remain the
king."—Joe Orengia. Benita Steffan will
never cease to amaze us. At 110 pounds
and with a full schedule at work, a mother
(another full schedule), and a master lifter
besides, she still has time to compete and
set records. This time it was a 271-1/4
"raw and drug-free" open and masters
American record, for the gold. At 148
Pounds, Cathy Jo Brown won the gold in her
first contest, with a great 255 pounds.
Kathy Roberts is back with a vengeance.
How about 400 pounds at 165 for the
American record?! In the men's 123 class,

mike pollard (13 years) pulled 212-1/2 for
the teen. American record and the gold. At
148, John Monk set a new American
submaster record of 430, for the win.
Champion of Champions, Jason Stazer won
the 165 class with smooth 520. Travis
Wilkinson won the 16-17 year division
with a teen record of 405, and Matt
Mongera won the youth division with a
record 275 pounds. Master lifter Dave
Heintzel had a great day while winning the
open 181 class on the strength of a record
525 pull. Way to go, Dave. The silver went
to another great master lifter, 59 year old
Don Swingle with his 460 pound effort. Josh
Moon won the 16-17 year gold with 405 in
his first contest. Look out! At 198, teen
lifter Tomm Fafinski came out on top with
a great 525, in the open division, with Mark
Callista winning the masters 45-49 and Al
Mangini winning the masters 50-54. The
220 class was a battle between teammates,
from the Nautilus Team. Rick Jenks went
first with 515 while 2nd went to Vince
Brown with 505. Grant Chaney took the 16-
17 year old gold. At 242, Brian Raneri won
the class with a beautiful 560 with Ed Betza
pulling into second with a torn tendon in
his foot. Joe Medyan won the 275 class,
while Dan Fafinski won the supers with a
505 masters record. "Victory belongs to
the most persevering" Napolean (Thanks
to Joe Orengia for providing these results)

	D.	Gill	165	Natural	198 lbs.
	Pure	D. Gill	165	L. Smith	Law/Fire
	HSP	S. Potter	117.5	181 lbs.	B. Cannon
		275 lbs.		Master-3	Pure
		Master-2		R. Corey	230 170 187.5 587.5
		Master-5		DEADLIFT	230 170 187.5 587.5
		L. Smith	110	MALE	242 lbs.
		Pure	110	165 lbs.	Junior
		MALE	110	D-MP	C. DaLoia
		165 lbs.	110	G. Kleyn	237 172.5 227.5 635
		Junior	110	55 lbs.	C. DaLoia
		Pure	110	Youth	237 172.5 227.5 635
		MALE	110	J. Keim	275 lbs.
		165 lbs.	BP	32.5	Master-2
		Junior	DL	BP DL TOT	L. Smith
		A. Menza	110	167.5 227.5	200 110 162.5 472.5
		275 lbs.			L. Smith
		Master-2	110	162.5 272.5	200 110 162.5 472.5
		L. Smith	110	162.5 272.5	L. Smith
		Master-5	110	162.5 272.5	200 110 162.5 472.5
		L. Smith	CR	110 162.5 272.5	L. Smith
		Pure	BP	BP DL TOT	L. Smith
		MALE	DL		L. Smith
		101 lbs.	TOT		L. Smith
		Youth			L. Smith
		J. Phillips	42.5	77.5 142.5	Master-1
		165 lbs.	65	142.5 272.5	148 lbs.
		Pure			D. Bracken
		MALE			198 lbs.
		101 lbs.	50	107.5 165 322.5	B. Hawkins
		HSP			Master II
		181 lbs.	42.5	135 92.5 270	242
		Master-3	75	172.5 190 437.5	J. Alexander
		R. Corey	75	172.5 190 437.5	Teen III
		Pure	75	172.5 190 437.5	165
		G. Zweig	75	172.5 190 437.5	P. Tucker
		Master-5	75	172.5 190 437.5	132
		G. Zweig	75	172.5 190 437.5	B. Brun
		275 lbs.	75	172.5 190 437.5	Junior
		HSP	75	172.5 190 437.5	181
		172.5	75	172.5 190 437.5	A. Parry
		J. Whitmire	75	172.5 190 437.5	Open
		Master-5	75	172.5 190 437.5	275
		A. Dunne	75	172.5 190 437.5	R. Kahle
		C-Master-5	75	172.5 190 437.5	SHW
		A. Dunne	75	172.5 190 437.5	P. Turner
		MALE	75	172.5 190 437.5	450 350 500 1300
		181 lbs.	75	172.5 190 437.5	(Thanks to USAPL for providing results)
		Pure	75	172.5 190 437.5	
		165 lbs.	75	172.5 190 437.5	
		Natural	75	172.5 190 437.5	
		B. Keim	235	137.5 200 572.5	

USAPL New Mexico State
22 OCT 05 - Silver City, NM

MEN	SQ	BP	DL	TOT
Master I				
148 lbs.				
D. Bracken	55	340	145	540
198 lbs.				
B. Hawkins	430	375	450	1255
Master II				
242				
J. Alexander	500	315	550	1365
Teen III				
165				
P. Tucker	420	300	380	1100
132				
B. Brun	300	175	315	790
Junior				
181				
A. Parry	315	250	300	865
Open				
275				
R. Kahle	750	570	630	1950
SHW				
P. Turner	450	350	500	1300
(Thanks to USAPL for providing results)				



Kathy Roberts & Al Siegel in Erie.

NASA Illinois State (kg)
19 MAR 05 - St. Charles, IL

BENCH	198 lbs.
MALE	Junior
165 lbs.	A. Mickelson 200
Junior	220 lbs.
A. Menza	110 MP
181 lbs.	J. Broadhurst
Pure	172.5
J. Scalzitti	110 Master-1
Master-2	D. Gill 165
J. Scalzitti	110 Master-5
Master-5	D. Gill 165
J. Scalzitti	110 Natural

J. Whitmire	52.5	105	147.5	305
Master-5	75	172.5	190	437.5
A. Dunne	75	172.5	190	437.5
C-Master-5	75	172.5	190	437.5
A. Dunne	75	172.5	190	437.5
MALE	75	172.5	190	437.5
SQ	75	BP	DL	TOT
181 lbs.	181 lbs.			
Pure	B. Keim	235	137.5	200
165 lbs.		572.5		
Natural				

**ADAU "No Druggies Allowed" BP
8 OCT 05 - Erie, PA**

BENCH	C. O'Brien	275		
MEN	C. Roessler	250		
123 lbs.	A. Mangini	240		
M. Pollard	135	K. Kirsch	185	
Teen (12-13)	K. Harris	165		
M. Pollard	135	Teen (16-17)	K. Kirsch	185
148 lbs.	Teen (18-19)	K. Kirsch	185	
N. Abdullah	200	E. Markel	175	
E. Markel	175	C. O'Brien	275	
4th-181	Junior			
Junior (20-23)	K. Harris	165		
E. Markel	175	Master (40-44)		
4th-181	M. Tonkovich	340		
165 lbs.	Master (50-54)			
T. Wilkinson	245	A. Mangini	240	
M. Mongera	140	220 lbs.		
Youth (12 & Under)	R. Vargas	250		
M. Mongera	140	G. Chaney	175	
Teen (16-17)	M. Krupp	—		
T. Wilkinson	245	Teen (16-17)	G. Chaney	175
181 lbs.		Teen (18-19)		
D. Heintzel	280	M. Krupp	—	
Michalegko	280	Baumgartner	245	
Baumgartner	245	242 lbs.		
B. Hindle	165	E. Betza	330	
R. Arne	—	R. Green	315	
Teen (18-19)	C. Spencer	—		
R. Arne	—	V. Pipparo	—	
Submaster (35-39)	275 lbs.			
Baumgartner	245	J. Medvan	385	
Master (40-44)	K. McInnis	—		
Michalegko	270	SHW		
198 lbs.	C. Walck	345		
M. Tonkovich	340			

Champion of Champions: Mike Tonkovich. Team Champs: 1st-Joe's Gym of Erie, 2nd-Nautilus of Erie. Great contest and I need to mention some champions names that need more recognition than they received at the contest. Steve Michalegko, Geoff Baumgartner, Bruce Hindle, Ron Arne, Ramon Vargas, Grant Chaney, Mike Tonkovich, and all the guys and gals from Team Nautilus. These fine "drug-free" lifters had their thunder "stolen" from them by two of the competitors that "cheated" them out of their rightful trophies, by using "drugs" and then entering a "drug-free" and drug tested contest, thinking they could beat the test. Well, record with 135 in the 123 class. Nick they didn't and they are "suspended" from Abdullah won the 148 class, while second ever lifting in any anti-drug athletes united place finisher, Eric Markel set a junior contest again. The names of the cheats American record with 181-1/4. The 165 have been eliminated from these results gold went to sixteen year old Travis and the rightful names have been placed Wilkinson, with eleven year old Matt in their respected positions along with the Mangera taking second with a new youth corrected team placements. "If you bench record. Master lifter, Dave "the man" press raw then you are truly a master at the Heintzel won the gold at 181 with another bench press." And bench press, they did. master Lifter, Steve Michalegko taking The contest started with thirteen year old the silver. At 198 Mike Yonkovich won the Mike Pollard setting a new teen American open, masters, and champion of champi-



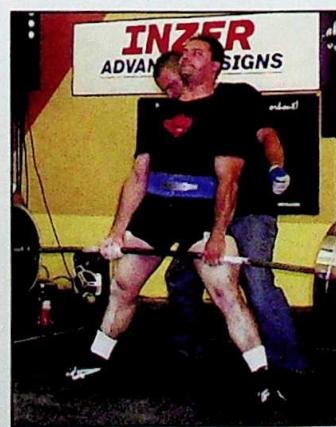
Anthony Petrino's WPA World Record 650 BP @ 308 45-49 at the Connecticut Open (Mugovero)

ons with his 340 pound success. Ed Betza and Randy Greene went 1st and 2nd, respectively, at 242, while Jim Medvan won the 275 class and Carl Walck took the gold at supers. "Do not be afraid to give your best to what seemingly are small jobs. Every time you conquer one it makes you that much stronger. If you do the little jobs well, the big ones will tend to take care of themselves."—Dale Carnegie (Thanks to Joe Orengia for providing these meet results to Powerlifting USA)

**APA CT Open BP/DL
26 JUN 05 - Canterbury, CT**

BENCH	4th-430*
MEN	Wasniewski 425*
Teen (13-15)	4th-440*
(By Formula)	P. Shafet 332*
Bergeron, Jr. 225	P. Crowley 265
4th 277.5	I. Smith 225
Teen (16-17)	Kielczewski, Jr. —
(By Formula)	Submaster (33-39)
D. Anneser 400	(By Formula)
K. Majors 285*	4th-480
A. Piluso 310	L. Cruz 425
D. Art 230*	M. Peters 455*
T. Olmstead 275*	D. Swinburne 410
Teen (18-19)	M. Mancini 375
(By Formula)	Master (40-44)
N. Puorro 360	(By Formula)
Junior (20-23)	J. Bourgault, Sr. 515*
(By Formula)	
D. Osgood 540	4th-525*
D. Haggard 420*	B. Tucker 500
T. Pigeon 450	W. Johnston 350
K. Roberts 407*	Master (45-49)

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American Powerlifting Association World Powerlifting Alliance



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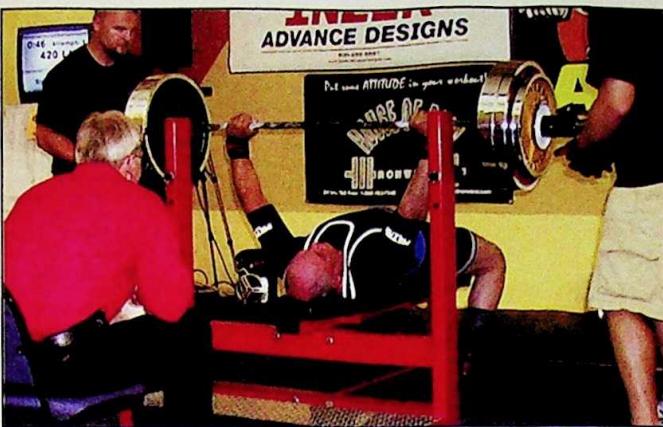
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Russ Laitres pulls @ the CT Open



Roland Cote got a 445 4th attempt WR in CT. (courtesy of D. Slaga)

(By Formula)	Bergeron, Jr.	435*	T. Pearl	182.5	95	215
T. Petriko	650!	4th-452*		492.5		
K. Mattson	535	Teen (16-17)	P			
D. Dubenetsky	405*	(By Formula)	T. Scagliarini	250	155	217.5
R. Huber	345	D. Anneser	405	622.5		
A. Bruneau, Jr.	—	Junior (20-23)	K. Dickson	217.5	135	217.5
Master (50-59)	(By Formula)		198 lbs.	P		
(By Formula)	D. Haggett	555*	M. Luna	137.5	90	160
S. Lee	450!	4th-570*	C. Mehmel	500	387.5	
J. Milne	400	4th-517*	P. Crowley	495	512.5!	G-Master I
R. Jackson	250	Master (60-69)	K. Roberts	500	220 lbs.	T. Pigeon
R. Cote	440!	4th-445!	I. Smith	425	P	
C. Garrison	355	Submaster (33-39)	K. Humphrey	212.5	155	245
D. Tracy	265	(By Formula)		612.5		
Open	123 lbs.	R. Batista	550*	242 lbs.		
J. Dugas	195*	Master (40-44)	M. Peters	580*	P	
148 lbs.		(By Formula)	E. Watson	257.5	175	252.5
J. Strucinski	400*	Bourgault, Sr.	540*	275 lbs.		
D. Corsi	260*	Master (45-49)	J. Hodges	295	30	332.5
165 lbs.		(By Formula)		657.5		
D. Osgood	540	Bruneau, Jr.	530	SHW		
D. Rodriguez	—	D. Kelley	355*	P		
181 lbs.		Master (50-59)	D. Craig	182.5	102.5	205
M. Limbaugh	385	(By Formula)	PS Master II			
R. Huber	345	J. Milne	500*	L. Smith	50	80
198 lbs.		375*	!American Records. The 2005 Big River			
K. Mattson	535	Master (60-69)	R. Jackson	375*		
Swanson, Sr.	480	(By Formula)	C. Garrison	460*		
R. Laitres	430	Open				
220 lbs.		M. Peters	123 lbs.			
M. Peters	455	S. Miller	325*	J. Dugas		
S. Miller	435*	J. O'Toole	148 lbs.			
J. O'Toole	—	R. Hess	450*	D. Corsi		
R. Hess	—	D. Durkee	165 lbs.			
242 lbs.		D. Durkee	355	D. Kelley		
M. Galante	—	M. Galante	181 lbs.			
275 lbs.		A. Abbott	420			
B. Tucker	500	B. Tucker	198 lbs.			
T. West	410	R. Laitres	625*	R. Laitres		
300 lbs.		220 lbs.				
A. Petriko	650!	M. Peters	580			
E. Fetzor	515	D. Durkee	605			
DEADLIFT		M. Galante	—			
MEN		T. West	445			
Teen (13-15)						
(By Formula)						
!=WPA World Records. *=State Records.						
Team Winner: Team Tork. (Thanks to						
Donna Slaga for providing these results)						

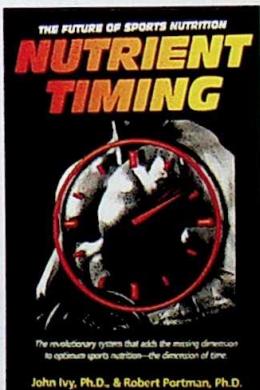
NASA Big River Classic (kg)
8 OCT 05 - Blytheville, AR

BENCH	Submaster II			
MALE	P. Johnson	210		
198 lbs.	R. Jumper	167.5		
Master 1		242 lbs.		
D. Gill	170	G. Jumper	190	
220 lbs.		Master I		
Submaster 1		G. Jumper	190	
R. Morrison	142.5			
MALE	SQ	BP	DL	TOT
148 lbs.				
Teen				
M. Miller	80	67.5	117.5	265
181 lbs.				
Teen				
L. Atwill	155	112.5	182.5	450
JP				

Success for the Juniper brothers certainly showed their strength for the crowd even though it was a down day for Greg. Kelly Dickson and Tom Scagliarini were true gentlemen as they battled down to the end. Brian Brouard broke an American Record in the genuine division for the squat. Tristan Pearl was a first time lifter for the BRC and we hope that he will continue to lift with us. He was the only lifter in the meet to go 9 for 9. Ron Morrison had a very good day as did Kevin Pumphrey. We do enjoy watching them lift. Our own Matt Luna did a wonderful job on the platform. We could not have the success that we enjoy with this meet if not for the efforts of the following: Bob Tabaka, Cheri Gill, Richard Atwill, Randy Miller, Ultimate Fitness Gym and Phyllis Winter, Jeff Pruitt (he made a terrific save spotting on the bench), Dan Gill, Sara Guthrie and the best expeditor in the business, Stephanie Miller. (Thanks to the Johnsons for these results)

APF Pine Tree Open
5 NOV 05 - Turner, ME

MEN						
	SQ	BP	DL	TOT	Open	
Neureuther	176				E. Cressey	518
114 lbs.					J. Digirolano	556
Master (50+)					D. Boyington	518
J. Clough	209	121	292	622	L. Morrison	699
Master (50+)					J. Pelletier	677
J. Clough	209	121	292	622	R. Largay	578
J. Stabile	319	148	336	804	S. Smith	793
Open					J. Gotlieb	771
181 lbs.					S. Cote	771
K. Scott	374	225	424	1024	J. Westleigh	644
Teen					242 lbs.	
R. Mayer	286	148	253	688	G. Panora	903
MEN					P. West	722
148 lbs.					R. Tonini	716
T. Sunshine	391	259	424	1074	275 lbs.	
165 lbs.					D. Sneed	319
D. Boyington	518	374	402	1295	SHW	
181 lbs.					A. Miller	633
L. Morrison	699	424	617	1741	Teen	
J. Naughton	440	457	402	1300	B. Fredette	865
A. Manders	358	264	457	1079	J. Sager	374
198 lbs.					220 lbs.	
E. Baker	617	440	584	1642	J. Gotlieb	771
220 lbs.					T. Casa	402
J. Gotlieb	771	424	672	1868	275 lbs.	
T. Casa	402	275	440	1118	Christinziano	534
275 lbs.					SHW	
A. Miller	633	567	600	1802	A. Miller	633
J. Sager	374	203	363	942	Teen	
Best Lifter Female: Kristy Scott. Best					B. Fredette	865
Lifter Male: Greg Panora. Team: Union					J. Sager	374
Street Athletic Club of Bangor, Maine.					242 lbs.	
Highlights include Greg Panora's 2254					J. Sager	374
total at a bodyweight of 235.5, BJ Fredette's					220 lbs.	
(19 years) American Record squat 865 and					J. Sager	374
total 1984 at 242, Kristy Scott's (23 years)					215 lbs.	
374, 225, 424, 1021 lifting at 181 and 74					J. Sager	374
years old, and Richard Austin's bench of					205 lbs.	
402 at a bodyweight of 227. Lifters who					J. Sager	374
set American records include Ed Brown					198 lbs.	
(65-69) BP286, Rachel Mayer (13-15)					J. Sager	374
BP154, Dyke Naughton (40-44) BP458,					198 lbs.	
Jane Stabile (50-54) BP148.5, SQ 324.5,					J. Sager	374
Tom Sunshine (45-49) BP269.5, and BJ					198 lbs.	
Todd (55-59) BP331.79. I would like to					J. Sager	374
thank my table which was Norm Guay,					198 lbs.	
Monique Cote, and Lynne Barlow. Also,					J. Sager	374
I'd like to thank my expeditor, Scott					198 lbs.	
Blanchard, my judges Mike Scott, Chris					J. Sager	374
Wiers, and Steve Smith, and my spotters/					198 lbs.	
loaders, Kyle Davis, Tony Petriko, Greg					J. Sager	374
Borchy, Andy Daignault, and Elroy, for					198 lbs.	
without your help there would have been					J. Sager	374
no 2005 Pine Tree State Open. (R. Barlow)					198 lbs.	

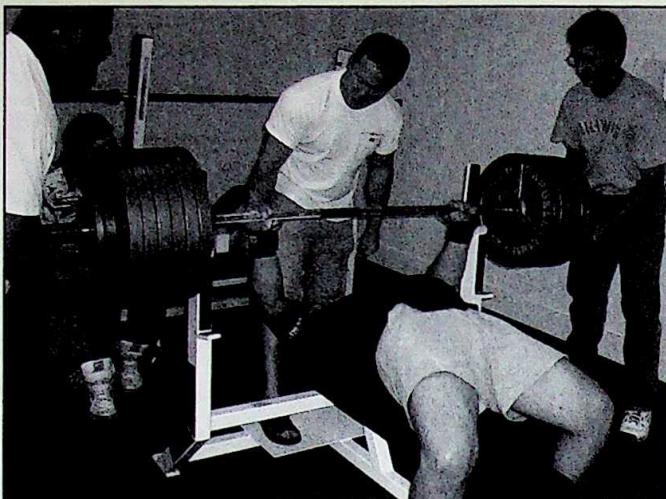


Cycles emphasizing Energy, Anabolic, and Growth phases. This is real science ... in bite size portions, with common sense on the side. With big time endorsements from their academic colleagues, Drs. Ivy and Portman merge the concepts of hormones, training, nutrition, physiology, and recuperation in a way that seems almost intuitively obvious ... taking in certain foods within certain windows of opportunity ... just like our body seems to instinctively tell us to do (if only we would listen!). Nutrient timing is to traditional performance nutrition as fuel injection is to a carburetor ... much more efficient, and even a slight edge in performance can add up to substantial long term gains. As for some of the gems of information you can find in this book, did you know that sugar can stimulate protein synthesis, and that it is more effective than protein in preventing the degradation of muscle tissue? Did you know that a "low quality" protein can be more effective in stimulating protein synthesis than a "high quality" protein? This and much, much more is substantiated with scientific certainty (along with extensively detailed nutrition plans) in NUTRIENT TIMING, available for \$14.95 plus \$4 S&H from Powerlifting USA, Box 467, Camarillo, CA 93011.

SLP Southern Illinois Open
6 AUG 05 - Jonesboro, IL

BENCH	Open
MEN	220 lbs.
Teen (13-15)	J. Lawson 485
198 lbs.	275 lbs.
J. Kincaid	275 P. Little 485
Police/Fire	DEADLIFT
Submaster	MEN
242 lbs.	Novice
L. Edwards	555* 97 lbs.
4th-620*	A. Carwyle 80*

*=Son Light Power Illinois state records. The Son Light Power Southern Illinois Open Bench Press/Deadlift Championship was held at Xtreme Physique Health Club. Thanks to owner Robbie Ralls for hosting this competition. In the bench press event first-time competitor Joshua Kincaid won at teenage men 13-15/198 with 275. A final attempt with a new state record 295 was close, stopping just short of lockout. Lloyd Edwards won at police & fire/submaster 242 with 555, breaking his own state record there by five pounds. A fourth with a new personal best 620 was also good, marking Lloyd's first official 600 bench! In the open division Joey Lawson settled with just his opener of 485 for the win at 220, while training partner Philip Little did the same at 275. In the deadlift competition, another first-time lifter, Anthony Carwyle, set the state record at novice men 97 with 80. Thanks to Wee-Man and Joey for their help loading and spotting. (Dr. Darrell Latch)



Lloyd Edwards with 620 @ p&f/sub/242 at the Southern IL contest

United We Stand BP/DL
11 SEP 05 - New Castle, PA

BENCH	T. Proya 505*
MEN	R. Manes 300
Equipped	Junior
105 lbs.	R. Sardella 325*
Teen (14-16)	198 lbs.
D. Wrobel	135* Submaster (33-39)
148 lbs.	R. Vanek 475*
Master	Master (40-49)
Guest Lifter	J. Fiumara 370*
C. Ventrella	415* 220 lbs.
165 lbs.	Open
Junior	T. Salyers 501*
A. Reino	386* Master
Teen (14-16)	J. Pfeiffer 320
E. Doss	135 Grand Master
Police/Fire	(50-59) 220 lbs.
Open	F. Popovich 390
A. Reino	386* 242 lbs.
A. McVaney	385 Open
Class-1	J. Jones 460
Goodemote	315* Teen (14-16)
181 lbs.	J. Sheffler 350*
Submaster (33-39)	275 lbs.
A. McVaney	385* Junior
Grand Master	C. Manes 580*
(50-59)	Police/Fire



Application for Registration

Office use only, do not complete

Last Name _____ First _____ Initial _____ New Member _____ Renewal _____ Exp. Date _____

Street Address _____ City _____

State or Province _____ Zip Code _____ Country _____

Telephone _____ Email Address _____ Date of Birth _____ Age _____ Sex _____

Pro _____ Am _____

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

Registration Fee: Adult \$30 ~ High School and Special Olympics \$25

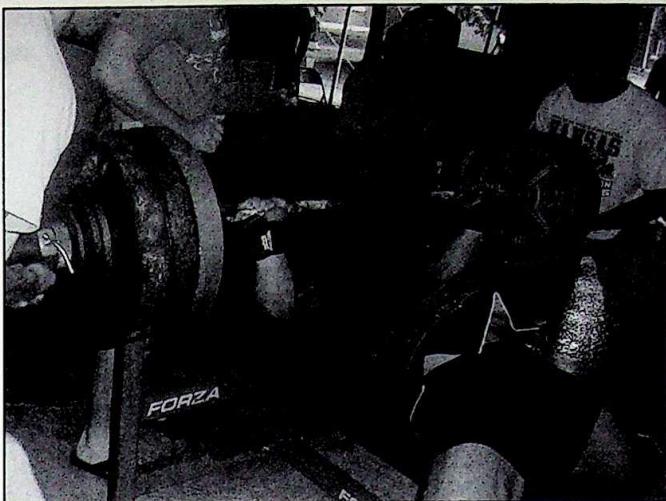
Payment is accepted in the form of cash or money order. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 190 Arsenal Rd., York, PA 17404

Master (40-49)			
B. Lenzi	550	605	
1155*			
308 lbs.			
Open			
D. Willaman	400	550	950*
SHW			
Open			
D. Champ	410	530	940*
Novice			
C. Hall	260	450	710*
Raw			
181 lbs.			
Teen (17-19)			
M. Lenzi	225	465	690*
220 lbs.			
Junior			
L. Daugherty	350	415	765*
308 lbs.			
Teen (14-16)			
J. Livengood	250	330	580*
Meet Records			
=Most Weight Benchined: Jeff Goode 620 lbs. Most Weight Deadlifted: Josh Felton 700 lbs. Best Lifter Women's Deadlift: Christy Lenzi. Best Lifter Men's Deadlift: Matt Lenzi. Best Lifter Men's Raw Deadlift: Ben Davis. Best Lifter Men's Equipped Deadlift: Allen McVaney. Best Lifter Men's Master Deadlift: Bill Lenzi. Spotters: Chuck Brogan, Brian McQuarrie. Judges: Paul Vargo (Head Judge Bench), Jason Smith, Antonio Reino, Brad Myers, Ken Anderson (Head Judge Deadlift), Bob Boywer. Announcer: Chuck Ullrich. All WABDL rules apply, pause is lockouts, etc. In this meet we had 52 benchers and 23 deadlifters, and about 40 of them came and weighed in at 9:45 or 10AM. Lifters, please take note: If rules clinic is at 9:30AM, get there at 8:30AM. Give away's and changes happen early. A meet director can't start the meet on time if lifters are late. However, this was the biggest and best meet I've ever had. Let's start with the deadlift. This year I added best lifter trophies in the deadlift only because of the bench press popularity. Christy Lenzi won best woman lifter. Matt Lenzi won best teen lifter and probably the reason would be Matt's dad Bill (also Christy's husband) won best master lifter! Bill Lenzi is a great teacher and lifter, as well. He's been on top of his game for years, and I hope many more. New comer Ben Davis won best raw lifter. Ben informed me a year ago he was almost dead from an illness in which he conquered. Way to go, Ben. Allen McVaney won best equipped lifter with 565 lbs. at 165 lbs. bodyweight. Josh Felton had the biggest deadlift 700 lbs. raw weighing 290 lbs. Lets move to the bench. Jeff Peshek, my good friend and lifting partner, was amazing. His 710 lbs. was simply too light. His second 740 lbs. was just as smooth as this was done in a single ply rage. Jeff fell out of the groove a tad on his third 800 lbs. attempt, thanks again Jeff, for guest lifting and also his wife Carlie for helping me put together one of the biggest NSM in this part of the country. In the open 165 lbs. class, we had a battle between Allen McVaney and Antonio Reino, who both weighed in at 165 lbs. even. the open went to Antonio Reino by one pound, 386 lbs. to 385 lbs. Antonio also won the juniors with Allen taking the submasters, both meet records. Tom Proya, number one 181 master in the country, took the grand master 181 with a 505 lbs. lift. Rich Vanek and Joe Fiumara took their divisions at 198 lbs. Tom Salyers won the open with 501 lbs., a new meet record. Tom and I met at Columbus, Ohio, a month before United We Stand, while we were starving and trying to make weight, at my good friend Dr. Darrell Latch's Ohio State Fair meet. Well Tom, my advice on getting a Titan F6 paid off. Congrats on a new meet record. Jim Jones won the 242 open and Johnathan Sheffler won the teen 14-16. In the 275 lbs. class, we had a battle. My two other lifting partners, Jeff Goode and Jeff Begue both lifted over 600 lbs. with Goode taking the open and submasters, with a 620 press. And, Begue took the police/fire with a 601 lbs. press. Jerry Wilson won the class-1, and masters John Prilla took the novice. Fifty nine year old Bob Boywer was amazing with a 485 lbs. press in the 308 grand master, a meet record. Barry Clark hit 605 in the open			

and master SHW class, as well as 525 lbs. in the raw masters. All lifts were meet records. In the raw bench, Frank Costello and Lenny Heeter showed good raw strength. Tom Rice won in the class-1 with a 310 lbs. lift, after a near death accident in 2002. Floyd Jackson who just started lifting two years ago did a clean 360 for a meet record. Tim Hamborsky, Josh Felton, Barry Clark, and Kevin Patterson all did well with big lifts as well as meet records. Christy Lenzi was our only female bencher who also set a meet record. I would personally like to thank Wes Kampen from Monster Muscle, for sponsoring the meet. Absolutely the cutting edge powerlifting magazine. Wesley, keep up the good work. Also, Al Sverchek from Monster Muscle did an excellent job covering and taking pictures of the event. Mike Lambert of Powerlifting USA is also very important. Thanks Mike. Ken Anderson from Titan, thanks a million for your excellent judging and coming to my meet and helping guys with their shirts and bringing a lot of knowledge to the sport. And for you benchers out there, I could never hit 415 at 148 if it wasn't for this guy. He not only sells Titan bench shirts, he knows how to fit and use them! Ken always has 50 or 60 shirts on hand, ready for quick delivery. His number is 972-250-4433. Thanks again, Ken. Also, Gus Rethwisch for his advice and support. Speaking of Gus, I'll be hosting a WABDL meet the third week of February, here in Pennsylvania. A very special thanks to Brad Myers who drove all the way from Littlestown, PA, with his girl friend Megan. They simply busted their butts helping me! Thanks a million. My guys I train, Antonio Reino, Salvatore Reino, Easton Doss, and Jeff and Carlie Peshek. Ryan Firma (Ironwork Gym). Judges: Paul Vargo, Jason Smith, Ken Anderson, bob Boyer, and Chuck Ullrich, for excellent work. Chuck Brogan and Brian McQuarrie for spotting. I got more compliments on all you guys and not to forget out troops in Iraq and Afghanistan. God Bless, you are the real heroes. And to the lifters, thank you. (Thanks to Charles Venturella, Meet Director, for providing these meet results to POWERLIFTING USA Magazine)

SLP Missouri State Fair 14 AUG 05 - Sedalia, MO

BENCH	165 lbs.
WOMEN	T. Slyman 320*
Master (40-44)	220 lbs.
C. Crossland 310*	J. Brathwait 390
4th-350*	C. Evans 345
Open	Master (50-54)
C. Crossland 330*	198 lbs.
4th-350*	F. Onderkirk 305
MEN	Open
Novice	198 lbs.
220 lbs.	J. Luken 365
R. Baker 315*	S. White 500
Teen (16-17)	T. Luke 480
148 lbs.	242 lbs.
T. Holmes 200	K. Flick 340
165 lbs.	275 lbs.
R. Wattenbarger 250	D. Gulledge 700*
Teen (18-19)	4th-725*
132 lbs.	M. Reynolds 570
D. Scalise 210	308 lbs.
148 lbs.	C. Wellman 575
R. Russell 255	DEADLIFT
220 lbs.	MEN
N. Gentges 560*	Master (45-49)
Junior	220 lbs.
242 lbs.	C. Evans 465
J. Wantland 460*	Open
Master (40-44)	165 lbs.
198 lbs.	R. Snelling 625*
B. Stevens 500*	4th-635*
Master (45-49)	275 lbs.
B. Moore 630	
*=Son Light Power Missouri state records.	
Best Lifter Bench: David Gulledge. Best	
Lifter Deadlift: Ryan Snelling. The Son	
Light Power Missouri State Fair Bench	
Press/Deadlift Championship was much	
better than usual, but that did not keep	
it from being another great competition.	
With some of the nation's top lifters,	
including Cyndi Crossland, David	
Gulledge and Ryan Snelling, the crowd	
was once again treated to quite a show!	



David Gulledge with an SLP Missouri Record 700 @ 275 (D. Latch)

In the bench press event our only lady competitor was a great one, Oklahoma's own Cyndi Crossland. Cyndi, holder of numerous state, national and world records and titles in the WABDL and SLP, finished the day with a new personal best 350, at a 175 bwt! One of the few ladies ever to bench over 300 at double bodyweight! Taking the master 40-44/181 class where she broke her own Missouri state record there and at open 181, Cyndi finished with 330 before returning to the platform with her historic 350. In the novice men's 220 class Ryan Baker, competing for the first time, tied the existing state record there with 315. Another first-timer, Toni Holmes, won at 16-17/148 with his 200 opener. At 16-17/165 it was Robert Wattenbarger for the win with 250. Dominic Scalise won at 18-19/132 with 210, while Ryan Russell captured the title at 148 with 255. Lifting in his last meet as a teenager, Nathan Gentges went out with a bang, taking the 18-19/220 class with a new personal and state record 560! At junior 242 it was Justin Wantland with a new state record 460 for the win, even taking a crack at 500 on a fourth! Bruce Stevens broke the Missouri state record at 40-44/198 with his second official 500 bench, but changed shirts for a close call at 525. Tony Slyman tied the state record at 45-49/165 with 320 while Jim Brathwait won at 220 over Curtis Evans, 390 to 345. Going for a new state record on his second and third attempts, Jim just missed both times at lockout. Our final master competitor was Floyd Onderkirk, who lifted "raw", fin-

ishing with 305 for the win at 50-54/220. Moving to the open division, Joshua Lucken took the title at 198 with 365, in his first competition. Steve White got his first official 500 bench here, taking the win at open 220. Second place at 220 went to Tiral Luke who finished with a great personal best 480. At 242 it was Kevin Flick with his opener of 340. Then in the 275 class it was the "Monster from Kansas", David Gulledge. David was the lifter, two years ago, who borrowed another lifter's shirt and benched 700 at a 300 bwt, and twenty-two years of age. At the time David was the youngest lifter to bench 700! Now, at a 274 bodyweight, David tore up the open record with his 700 second attempt. His third was out of the groove, but his fourth with 725 was right on! Wow, 725 @ 275! Second place at 275 went to Matt Reynolds, who finished with a personal best 570. At 308 it was Chris Wellman, lifting in just his second competition and finishing with a personal record 575. The best lifter trophy went to David Gulledge. Duh! In the deadlift competition Curtis Evans pulled a solid 460 for the win, even taking a crack at 500 on a fourth! Bruce Stevens broke the Missouri state record at 40-44/198 with his second official 500 bench, but changed shirts for a close call at 525. Tony Slyman tied the state record at 45-49/165 with 320 while Jim Brathwait won at 220 over Curtis Evans, 390 to 345. Going for a new state record on his second and third attempts, Jim just missed both times at lockout. Our final master competitor was Floyd Onderkirk, who lifted "raw", fin-

over 600 and one over 700 in attempts. Together with Cyndi's double bodyweight 350, David's 725 and Ryan's near quadruple 635 pull, this was quite a meet! Thanks to my sons D. C. and Joey, who, as far as I'm concerned are the best loader/spotters in the sport. In two days of loading and spotting at the Wisconsin and Missouri State Fairs, there was never a misload and the bar never touched a lifter's chest. See you all again next year! (Thanks to Dr. Darrell Latch for results)

ABA Central Arkansas Open 1 OCT 05 - Bryant, AR

BENCH	R. Weaver	235
FEMALE	220 lbs.	
Teen	B. Johnson	315
T. Gentry!	80	242 lbs.
MALE	R. Barker	455
Master (50+)	275 lbs.	
Washkowiak	355	C. Moore
Open		365
	181 lbs.	

!=State records. Best Lifter Over-All: Roger Barker. The Arkansas Benchpress Association 2005 Central Arkansas Open Benchpress Championship was held at Bryant Fitness Zone. We had a low turnout since it was the opening of Bow Hunting Season. We are not hunters so we were not aware of this when we were scheduling this meet. There was one Arkansas State Record broken! Dennis Washkowiak entered the Masters 50+ and benched 355 at a body weight of 245 lbs. Our overall winner was Roger Barker. He benched 455 at a body weight of 236 lbs. Congratulations, guys! D.D. Nichols also announced at this meet that this would be the final meet with shirts. We are going RAW! "Back in the day" it was different when the shirts were 1 and 2 ply. We feel the whole shirt thing is getting out of hand with the shirts being 10 ply. D.D. wants to even out the playing field by going raw. Now we will find out who can really bench what! He announced that those who want to wear a shirt and compete in one division-not a weight division-and it will be done by Wilks Formula. They will not be eligible for the Overall trophy unless they bench in the raw division. Only the raw competitors will be eligible for the overall trophy. Thanks to Chris Kinzler, the owner and operator of Bryant Fitness Zone for the use of his facility. Thanks to Reid Nichols, Mike Moore, and Curtis Norwood for Judging. Also, thanks goes to my spotters and volunteers Dennis Washkowiak and Leroy Schnecklough. Thanks to all the competitors and fans for competing and supporting the Arkansas Benchpress Association. (Thanks to ABA President, D.D. Nichols, for providing these meet results to Powerlifting USA)

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

As a condition of membership to UAPC, I understand and accept that I am prohibited from using any substance or doping method that is banned by UAPC. It is my sole responsibility to stay current with any UAPC/AWPC banned substance or doping method, including those most recently banned. I further accept sole responsibility for the consumption of that banned substance and shall accept the results and consequences of that test.

If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

SIGNATURE _____ If under 21 yrs. Parent Initial: _____ Date: _____ Prior Reg. #: _____

Name: _____ Phone: _____ E-Mail: _____

Address: _____ City: _____ State: _____ Zip Code: _____

Date of Birth: _____ Age: _____ Sex: _____ U.S. Citizen? _____ UAPC Registered Club Represented: _____

Membership Prices: (please circle all that apply) • Adult - \$30.00 • High School Division (Full year; any meat) - \$15.00 • Special Olympian \$10.00

Competing Divisions: (please circle all that apply) • Open • Teen (14-19 yrs.) • Junior (20-23 yrs.) • Masters (40 yrs & up) • Military

Police & Fire High School Special Olympics

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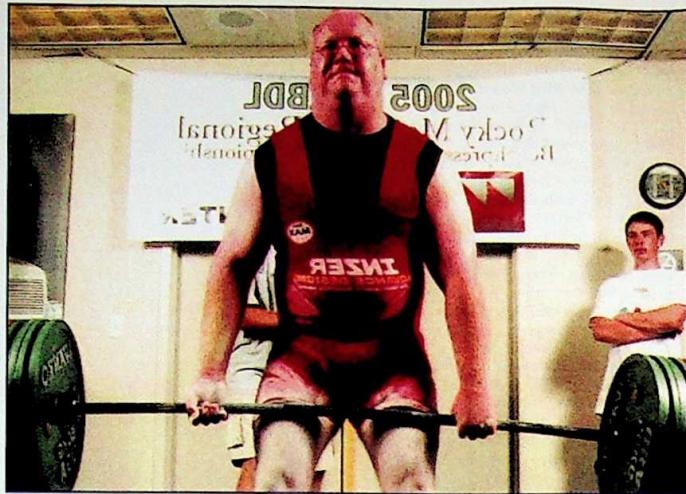
WABDL Rocky Mountain BP/DL

25 JUN 05 - Salt Lake City, UT

BENCH	198 lbs.	198 lbs.	C. Satteson	303*	L. Davis	259 lbs.
WOMEN	J. Cooper	—	P. Anderson	457*	D. Brekke	Master (40-46)
Master (47-53)	259 lbs.	259 lbs.	B. Nichols	418	R. Lopez	181 lbs.
123 lbs.	L. Davis	408*	L. Davis	408	SHW	198 lbs.
H. Miller	165*	Master (40-46)	SHW	408	S. Jordan	198 lbs.
4th-176	181 lbs.	4th-176	S. Jordan	677*	C. Rogers	600*
Open	Cunningham	402	E. Stickler	677*	R. Bennett	553*
123 lbs.	D. Brekke	309*	J. Blanke	677*	T. Prince	553*
H. Miller	165	181 lbs.	UL	677*	M. Herrera	519*
4th-176	198 lbs.	275 lbs.	D. Richards	677	E. Millburn	424*
148 lbs.	R. Clift	341	Teen (13-15)	677	d. Miller	181 lbs.
E. Stickler	143*	C. Rogers	Teen (13-15)	677	E. Millburn	584*
J. Blanke	132*	600*	Open	677	220 lbs.	4th-600
UL	SHW	220 lbs.	WOMEN	677	S. Lamb	198 lbs.
D. Richards	192	B. Tripp	Open	677	DEADLIFT	198 lbs.
Teen (13-15)	584	Master (47-53)	WOMEN	677	S. Olsen	617
97 lbs.	198 lbs.	198 lbs.	Open	677	220 lbs.	259 lbs.
Cunningham	93*	E. Reyes	148 lbs.	677	P. Anderson	—
MEN	407*	4th-414	B. Neal	677	J. Blanke	308 lbs.
Class I	220 lbs.	220 lbs.	E. Stickler	248	E. Millburn	519*
198 lbs.	M. Berteaux	220 lbs.	4th-231	248	220 lbs.	Open
S. Olsen	413*	259 lbs.	SHW	225*	W. Mott	705
4th-424	G. Anderson	259 lbs.	UL	SHW	D. Edgell	710*
220 lbs.	440*	Master (54-60)	D. Edgell	710*	D. Richards	413
M. Berteaux	473*	220 lbs.	A. Chavez	633	A. Chavez	633
B. Nichols	418	R. Marchant	MEN	633	M. Haynes	473
242 lbs.	352	352	Submaster (34-39)	633	J. Gibson	623*
M. Blankenship	352	SHW	Class I	633	220 lbs.	259 lbs.
J. Kuhn	341	380	242 lbs.	633	R. Anderson	—
259 lbs.	259 lbs.	Master (61-67)	M. Haynes	633	T. Prince	600*
T. Prince	435*	418	Guest Lifter	633	L. Davis	622
275 lbs.	308 lbs.	418	H. Merchant	633	D. Edgell	710*
C. Johnson	435	402*	J. Gibson	633	A. Chavez	633
SHW	4th-418	4th-418	242 lbs.	633	M. Haynes	473
B. Tripp	584*	Open	B. Cass	749	J. Gibson	623*
Junior (20-25)	198 lbs.	181 lbs.	Law/Fire	749	220 lbs.	259 lbs.
J. Adams	407*	E. Millburn	SHW	749	R. Anderson	—
259 lbs.	J. Adams	502*	SHW	749	T. Prince	600*
Shepperson	248*	198 lbs.	Teen (13-15)	749	259 lbs.	259 lbs.
275 lbs.	4th-424	198 lbs.	Guest Lifter	749	L. Davis	622
R. James	314	220 lbs.	H. Merchant	749	D. Edgell	710*
Law/Fire	534	220 lbs.	J. Gibson	749	A. Chavez	633
Master (40-47)	501	220 lbs.	Law/Fire	749	M. Haynes	473
4th-518	501	220 lbs.	Open	749	J. Gibson	623*
SHW	457*	220 lbs.	242 lbs.	749	R. Anderson	—
D. Marchant	677*	220 lbs.	259 lbs.	749	T. Prince	600*
Law/Fire	242 lbs.	220 lbs.	259 lbs.	749	259 lbs.	259 lbs.
Open	M. Cordova	220 lbs.	SHW	749	E. Millburn	584*
242 lbs.	—	220 lbs.	SHW	749	T. Prince	600*
Blankenship	352	523*	SHW	749	4th-600	4th-297
259 lbs.	S. Jordan	677	SHW	749	259 lbs.	259 lbs.
T. Prince	435*	A. Chavez	SHW	749	L. Davis	622
Law/Fire	submaster (34-39)	440	SHW	749	D. Edgell	710*
148 lbs.	148 lbs.	440	SHW	749	A. Chavez	633
M. Hayes	330	440	SHW	749	M. Haynes	473

!=World Records. *=State Records. In the

deadlift, Jason Gibson set a Utah record in



Big WABDL deadlift attempt... 777lbs... by William Mott in Salt Lake

Class I/242 with a gut buster 623.8. He wasn't going to give up. At 259, Tim Prince set a Class I Utah records with 600.7. At super heavy, David Edgell set a Utah record 710.7, his first foray into the 700# range. In Law/Fire Submaster 198, John Cooper came on strong with a 435.2 Utah record. At 259, Lance Davis continues to edge upwards with a 622.7 World Record in Law/Fire Submaster. In Master men 40-46/181, David Brekke set a Colorado state record with 462.7. At 198, Russ Bennett set a Utah record 600.7. In Master 47-53/259, Gil Anderson set a Utah record 633.7, Gil is 52 and has improved steadily with age. In Master 61-67/308, Manny Herrera set a National record 519.1. In Open men, Eric Millburn was impressive with 600.1 deadlift and Utah record. He also was huge with a Utah record 502 in the bench and was surprisingly close with World Record 530.1. He lifted earlier in the day in the Teenage bench, and could only manage 424. At super heavy deadlift, David Edgell set a Utah record 710.7 and he is also the new WABDL State Chairman for Utah. In Open women, Elise Stickler set a Nevada state record 231.2 at 148 lbs. She is one of

Raul Lopez's lifters. Raul is the Nevada State WABDL Chairman and also hosts a meet in Elko, Nevada. In Teen men 13-15/148, Ryan Lund set a Utah record 197.5. In 16-19/148, Carlos Puerto set a Utah record 414.3. He barely had the bar moving the whole way, but he never gave up. At 181, Eric Millburn set a Utah record 600.7, weighing only 177. With his 502 bench, that gives him a total of 1102 and his squat is 650, from what I hear. In Class I men bench, Sean Olsen set a Utah record 424.2 at 198. At 220, Mike Berteaux of Colorado set a Colorado state cord of 473.7. Mike works for Homeland Security and flies all over the country. He's been to WABDL meets in Coos Bay, Oregon, Missoula, Montana, Salt Lake City, Fargo, North Dakota, New Orleans, Dallas, Texas, Lansing, Michigan, Murph Freesboro, Tennessee, Collinsville, Illinois, Eugene, Oregon, and Portland, Oregon. At 259 Class I bench, Tim Prince set a Utah record 435.2. Tim is a huge help for Dave and Randy Marchant, when they put on their Utah meets. At super heavy, Brad Tripp set a Utah record 710.7 and he is also the new WABDL State Chairman for Utah. In Junior bench 198, Joseph Adams set a Utah record 407.7. At 259, Howard Shepperson set a Utah record 248. In Law/Fire Master, Big Dave Marchant had a vehicular collision and was bruised up. He still benched 677.7 for a World Record at Law/Fire Master 40-47. At Law/Fire Open 259, Tim Prince set his second Utah record of the day with 435.2. Lance Davis set a Utah record 408.8 in Law/Fire Submaster 259. In Master 40-46, David Brekke set a Colorado record 309.6 at 181. At Super, Dave Marchant set a Utah record 677. Another Super, Scott Wesley Jordan, set an Arizona record 677.7 in Open. In Master 47-53, Ernest Reyes set an Utah record 414.3 at 198. Mike Berteaux and Gil Anderson set Colorado and Utah records respectively with 473.7 and 440 at 220#. In Master men 54-60, Randy Marchant set a Utah record 3525 at 220. Both Randy and Dave Marchant did a great job as WABDL Chairmen for five years. In Master men 61-67, Manny Herrera set a Utah record 418.7 at 308. In Master women 47-53, Hedy Miller set Utah record 176.2 at 123. At Open 220, Scott Mecham set a Utah record 518. Prior to that, "Pruss" Anderson had set the record with 457.2. At 242, Jason Gibson set a Utah record 523.5. Jason has improved considerably in the last two years. In submaster men, "Pruss" Anderson set a Utah record 457 in the bench. Pruss is on the All-Time WABDL list for bench at 108#. Scott Satteson set a Submaster 198 Utah record with 303. At super, Scott Wesley Jordan, who weight 347, put up an Arizona record 677.7. In Teen women 13-15/97, Geri Cunningham set a World Record in her first meet with 93.5#. I want to thank Randy and Dave Marchant, the Meet Directors, who have been WABDL Chairmen in Utah for five years and have done a class act in serving WABDL. The judges were Dave Edmondson,



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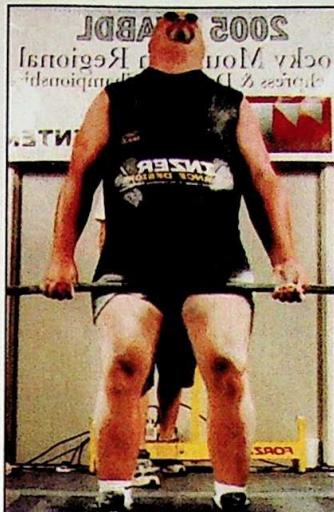
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In recognizing the need for drug usage detection, I agree to submit to any testing procedures deemed appropriate by WABDL or its agents and shall accept the results and consequences of such tests.

Signature _____



Utah Record 710 by David Edgell

Dennis Shock, Carl Wimmer, and Dave Marchant. Randy Marchant's wife Lenora, Roger James, Tim Prince, Carl Wimmer, and Mike Blankenship were also helpful with equipment. Carl Rogers and Brad Tripp provided the facility at the Freightliner Dealership in West Jordan, Utah. (Thanks to Guy Rethwisch for results)

PowerQuest Strength BP 10 SEP 05 - Fremont, OH

BENCH	MALE
FEMALE	181 lbs.
198 lbs.	T. Henley 480
Teen	198 lbs.
J. Handshue	255* M. Handshue 530
Open	242 lbs.
J. Handshue	255* G. Scott 645

275 lbs.	N. Winters 700*
M. Burrows 565	Master (40-45)
T. Trombley 545	242 lbs.
J. J. 470	G. Scott 645*
308 lbs.	275 lbs.
D. Welch 665	R. Manns 600*
T. Forby 560	Master (45-49)
M. Bash 500	275 lbs.
SHW Open	P. Primeau 660*
T. Greninger 580	
Junior	

*=APF Ohio state records. Team "Baddest Bench Pressers in the Land" Trophy: Head Hunter Barbell. First off, thanks for everyone who came and lifted. PowerQuest's goal is to make sure that all lifters get treated like it's a World Championship competition. I felt that we took a step in the right direction. We had Forza benches, loud music, and 2000# in weight. Special thanks to Chris Smith and mike Ferguson of PowerStation Gym in Middletown, Ohio, for coming such a long way to help at a small bench meet. I'd also like to thank Eugene Covey, Stuart Patrick, Steve Woods, Joel Terry, John Kelly, and Head-hunter Barbell for helping run the meet. I'd especially like to say thank you to my wife Jody, as she came in and ran the HOP booth without any sleep and made everyone feel at home, making up for my lack of people skills. Lastly, I'd like to thank my Mom for coming down and chasing people who didn't pay. It's nice to have a bull dog watching your back door. We had 28 lifters overall, with 15 lifters APF. The meet went smooth with no injuries or accidents. I hope that everyone got the prizes they were looking for. Hope to see everyone at our next meet, December 10th, the First Annual PowerQuest Ironman Clas\$ic! (Thanks to Rob Twining for providing these results)

5th King of the Squat 17 SEP 05 - Danville, IL

SQUAT	148 lbs.
MEN	Estes 425

165 lbs.	Fullilove 350
Jenkins 500	242 lbs.
181 lbs.	May 675
Brown 675	275 lbs.
198 lbs.	Bishop 405
Navarro 635	220 lbs.

At 145 lbs., Estes, a first time participant in the 148s, opened with 350 lbs., and that was proven to be a warm up for his second lift. His second lift was a respectable 405 lbs., which he also made look easy. His third lift was a personal best of 425 lbs., and with a good fight, he managed to complete the lift. Receiving white lights from the judges on all three lifts, Estes proved to be a force to be reckoned with in the future. Good job. At 154 lbs., Jenkins is no stranger to our sport. Dominating the 165 lbs. weight class, his 400 lbs. opener was a walk in the park, receiving a good lift from the judges. On his second attempt he tried a whopping 500 lbs. that he clearly wasn't ready for, as he needed the aid from spotters. His third lift, with the same 500 lbs., Jenkins managed to regroup and fight through the sticking point that caused him trouble in his second attempt. Receiving a good lift from the judges, the crowd applauded his efforts. Another good job. At a light 176 lbs., Brown, proving he's the man to beat in the 181 class, only needed one lift to blow away the competition. Opening with an enormous 675 lbs., Brown received the white light from all the judges for a great lift. His second attempt 700 lbs. was a bit too much on this day. Displeased with himself, Brown vowed to be back at this weight and more in his next meet, Danville's Halloween Havoc. (29 October 2005) We can't wait. At 189 lbs., Navarro competed in the 198 lbs. wt. class. A new comer to our sport made his presence felt. In only his 3rd official meet, he opened with a big 605 lbs., showing a little difficulty finishing his lift, he managed to fight through and complete the lift. Receiving the approval from the judges, for a good lift, Navarro looked relieved. After a serious pep talk with his training crew, his

2nd lift of 635 lbs., was much smoother, and welcomed with all white lights for what seemed to be an effortless lift. His 3rd attempt of 655 lbs. was a bit much for the young man. However, his 635 lbs. lift sealed the victory for him. Thanking his crew and spotters, Navarro dedicated his efforts to God, his mother Lala, and his trainers Rob and May. Good job. In the 220 lbs. weight class and coming in at a light 203 lbs., Fullilove is a new comer to powerlifting. On his first attempt of 350 lbs. Fullilove missed on his depth, receiving all red lights. On his 2nd lift, with the same weight, Fullilove showed more promise and was given a good lift. On a non-forgiving 3rd attempt with 405 lbs., he showed his inexperience and missed his depth again. Nice try. The 242 lbs. wt. class, at 240 lbs. May is no stranger to powerlifting. May has been the reigning King of the Squat at Danville for the last four years and this year was no different. Dedicating this meet to his wife Cynthia, May opened with an easy 675 lbs., only to receive red lights for his effort. Everyone looked around and seemed stunned at the decision. Not looking back, on his 2nd attempt with the same 675 lbs., he received all white lights proving that the weight was just a warm up. On his 3rd attempt with a monstrous 800 lbs., May aimed to silence his critics, but it was not to be this day, receiving a no lift on depth. The fans cheered him on for his efforts, Big May raised his hands acknowledging his fans, promising to bring the noise to Danville's Halloween Havoc, on Oct. 29th, 2005. Watch out 800 lbs. club, you will soon have a new member. The 275 weight class saw Bishop, another newcomer to powerlifting, weighing in at a very light 243 lbs. Bishop's first attempt with 405 lbs. was met with a no lift for depth. His second attempt with 405 lbs. showed better stability, strength, and by making his depth the judges awards him with a good lift. A brave attempt at 500 lbs. was too much, as inexperience proved to be the factor. Nice job. (Thanks to Weldon May for results)

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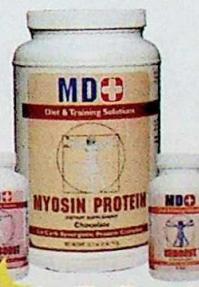
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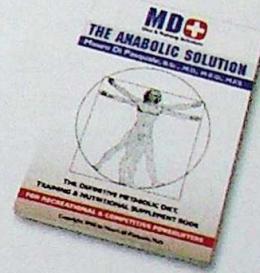
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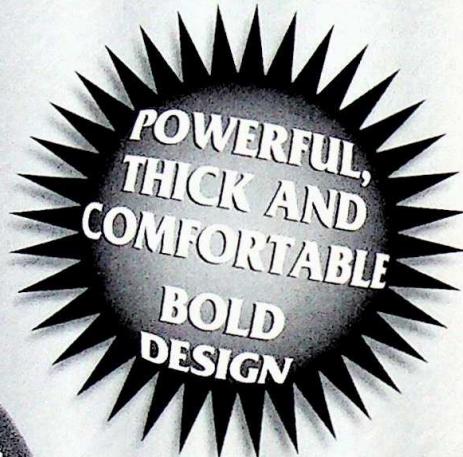
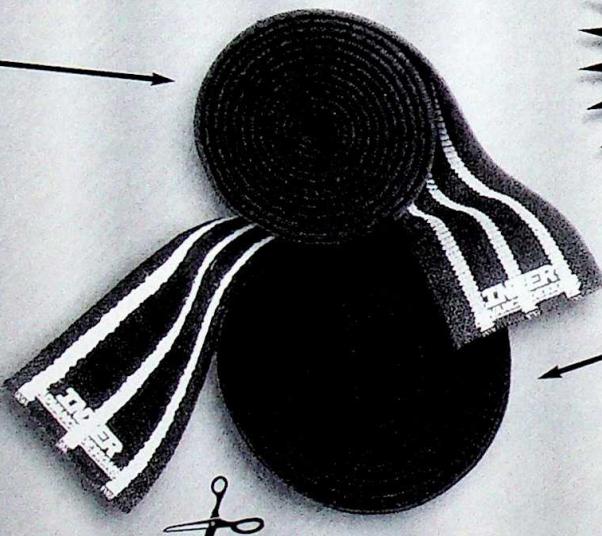
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**APF Massachusetts BP/DL
10 SEP 05 - Wakefield, MA**

BENCH	198 lbs.
WOMEN	M. Vanais 369
Open	A. Robertson 319
132 lbs.	220 lbs.
T. Marceau	198 R. Pursell 451
181 lbs.	a. Cardinal 424
A. Lewis	187 R. Lewis 363
198 lbs.	C. Stoey —
S. Pike	235 275 lbs.
Master (40+)	R. Pulnam 705
S. Pike	236 P. O'Riely 518
Master (50+)	A. Stroud 451
J. Stabile	137 G. Lavasseur 440
MEN	308 lbs.
Teen	J. Hart —
B. Clewley	374 DEADLIFT
M. Rivard	198 WOMEN
L. Dussault	154 Open
Junior	181 lbs.
G. Lavasseur	440 J. Stabile 308
C. Grenon	319 198 lbs.
J. Bell	275 S. Pike 413
M. Shubert	— MEN
P. Chase	— Open
Submaster	148 lbs.
J. Hadad	330 M. Rivard 369
M. O'Brien	451 165 lbs.
C. Stoey	— C. Grennon 407
L. Miles	— 198 lbs.
Master (40+)	A. Robertson 578
s. dussault	479 220 lbs.
R. Pursell	451 A. Cardinal 650
R. Dussault	402 R. Pursell 578
Master (50+)	B. Clewley 551
J. Polovick	303 242 lbs.
Open	M. Chubert 556
148 lbs.	275 lbs.
J. Hadad	330 A. Stroud 628
181 lbs.	G. Lavasseur 606
C. Brien	347 P. O'Riely 606

This competition was held at the American Civic Center. This was our first meet and we are hoping to create a strong powerlifting atmosphere in the state of Massachusetts. In the women's open, Tammy Marcau walked away as best lifter and 132 class winner with a 198 bench. Amy Lewis was our 181 class winner, and Sue Pike at 198 and women's

master (40+) winner. Jane Stabile from TPS won the women's master (50+) class. In the teens, Byron Clewley came in first with a nice 374 bench. In the junior's, Greg Lavasseur benched 440 for the win, and the master's brothers, Steve and Robert Dussault, from the Gorilla Pack, came in first and third between the strong efforts of RJ Purcell. In the men's open, Jeff Hadad came away a winner at 148 with a 330 bench. Chris Brien, from Methuen, came in at 167 lbs. and won the 181s with a 347. Great job! Mark Vanais could only get his opener, but it was enough for the win. RJ Pursell was our 220 lb. Top guy with a 451 bench. At 275, Rich Putnam, coming back from an illness, was impressive with a 705 bench and a try with 766! He was also our best male lifter. At 308, John Hart came in to bench a big one, but just came up short with 705. I would like to personally thank Jimmy McQuaid, Mike Peluso, Steve Maines, Don Loungo, and Mike Mitchell, from Olympia Barbell for their help in setting this meet up. My meet judges Chuck, Ryan and Bobby. Also, everyone from Galaxy Gym, Gorilla Pack, and Super Fitness for all their support and participation. I also want to thank Russ, Chris, and Scott from Hardcore Barbell for making the trip down from Maine to help out! (S. Smith)

Halloween Havoc
30 OCT 05 - Taylor, PA

WOMEN	B. Legg 220
148 lbs.	J. Lewis 203
N. Hubbard	126 Master (45-49)
181 lbs.	W. Claypatch 269
C. Cooper	154 Master (50-54)
MEN	R. Burnett 303
132 lbs.	B. Legg 220
H. Claypatch	203 181 lbs.
148 lbs.	Open
Master	J. Wincovitch 374
F. Lokuta	264 J. Rubio 374
165 lbs.	Junior
Open	J. Wincovitch 374
R. Burnett	303 Master (40-44)

Power Gym Competitors @ the Halloween Havoc Meet: (left to right)
Mike Pasquariello, Jeff Wincovitch (BL Light) & C.T. Turel (BL Heavy)

J. Rubio	374	Pasquariello	385	Open
Master (65-69)	242 lbs.	L. Gravish	512	Open
P. Hubbard	308 Open	C. Turel	479	J. Meene 639
198 lbs.	C. Kitchen 501	B. Grippo	451	R. Glysener
C. Cooper	Master (40-44)	R. Smith	485	Master (40-44) 319 lbs.
132 lbs.	D. Bonner	B. Grippo	451	Open
H. Claypatch	Master (45-49)	D. Bonner	556	Master (45-49) J. Sanders
148 lbs.	R. Smith 485	J. Zwick	275	308 lbs.
Master	Master (55-59)	Best Female Lifter: Nona Hubbard. Best		
F. Lokuta	R. Castigan 237	Lightweight Lifter & Overall: Jeff		
165 lbs.	J. Lemoncelli 336	Heavyweight Lifter: Jared Meene. (Thanks to Robert Granko		
Open	B. Donnelly 341	for providing these contest results)		
R. Burnett	Junior			
	275 lbs.			



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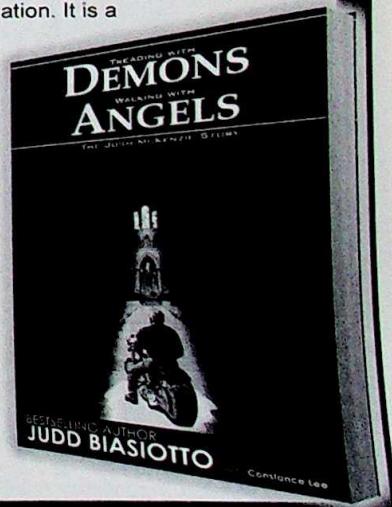
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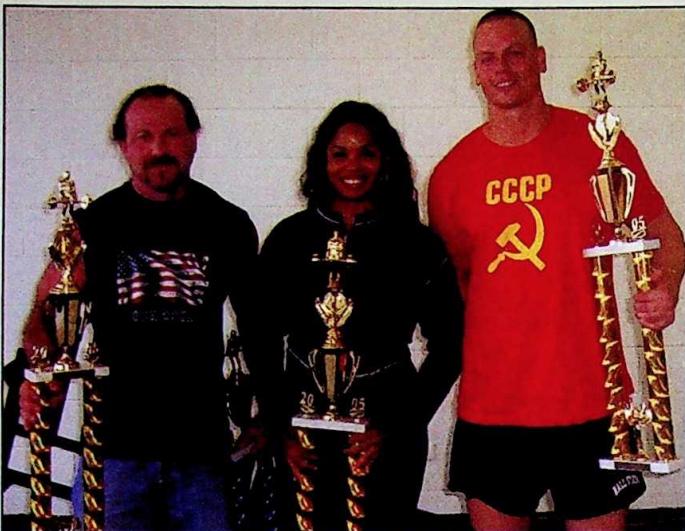
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**SLP Indiana State Fair
20 AUG 05 - Beech Grove, IN**

BENCH	Master (65-69)		
WOMEN	220 lbs.		
Master (55-59)	J. Cothron	185*	
165 lbs.	Open		
M. Harmon	95*		
MEN	D. Bancroft	205	
Novice	198 lbs.		
220 lbs.	(Raw)		
S. Sanchez	315	D. Griffin	460*
275 lbs.	242 lbs.		
L. Edwards	500*	S. Noel	425
Teen (13-15)	C. Biddinger	350	
114 lbs.	275 lbs.		
C. McDonald	110*	L. Edwards	500
Teen (16-17)	C. Beck	450	
132 lbs.	DEADLIFT		
J. Bensley	175	WOMEN	
4th-190	Master (40-44)		
Junior	148 lbs.		
198 lbs.	B. Starker	185*	
P. Turner	225	181 lbs.	
275 lbs.	King-Pemberton	340*	
L. Edwards	500*	Master (55-59)	
Submaster	165 lbs.		
220 lbs.	M. Harmon	185*	
B. Kirages	275	Open	
Master (40-44)	181 lbs.	S. Noel	615*
181 lbs.	King-Pemberton	680*	
T. Conner	450	L. Edwards	650
198 lbs.	MEN		
S. Watts	480*	Special Olympics	
Master (45-49)	148 lbs.		
220 lbs.	K. McNamara	265*	
D. Goble	460*	4th-275*	
4th-470*	Novice		
J. McDonald	395	275 lbs.	
Master (50-54)	L. Edwards	650*	
220 lbs.	Junior		
W. DeVellen	230	181 lbs.	
4th-250	J. Helms	415	
165 lbs.	275 lbs.		
D. Farmer	200*	L. Edwards	650*
220 lbs.	Master (45-49)		
McCormick	305	220 lbs.	
Master (60-64)	C. Riesenmey	430	
198 lbs.	Master (55-59)		
Smallwood	405*	181 lbs.	
	G. Starker	325	



SLP Indiana State Fair Competition Best Lifters: (left to right) Steve Watts, Tina King Pemberton, and Mike Woody. (courtesy Dr. Latch)

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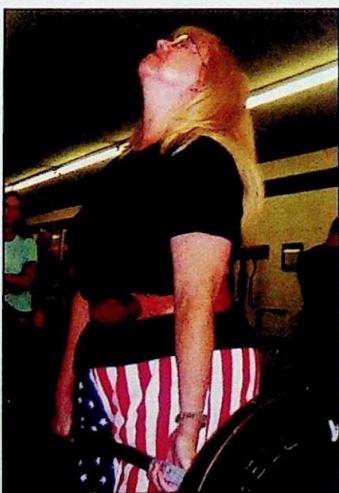
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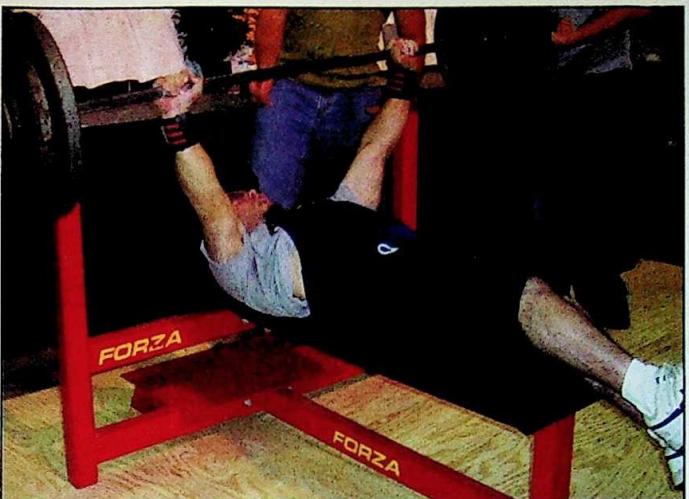
5 NOV 05 - Sterling, VA

BENCH	220 lbs.	
WOMEN	T. Rollins 315	
132 lbs.	Master (45-49)	
L. Blake	185!	T. Rollins 315!
MEN	275 lbs.	
181 lbs.	S. Kuzma 470	
Junior (20-24)		
J. Hannold	340!	
4th-345!		
Master (75-79)		
H. Pitt	180!	
MEN	SQ BP DL TOT	
165 lbs.		
Master (40-44)		
D. Ray	245 255 330 830	
J. Cook	225 210 310 745	
198 lbs.		
J. McDonald	360 285 425 1070	
220 lbs.		
D. Hawkins	350 250 470 1070	
Master (40-44)		
J. Pitt	375! 330 425! 1130!	
Shw		
Master (40-44)		
J. James	405 290 535 1230	

!=NOVA Raw Records. Best Lifter: John McDonald. This meet had some good lifting, with seven NOVA raw records being established or broken. In women's 132, Lisa Blake broke the record with a 185 pound bench press and came close to breaking it on a 4th attempt. In the 181/20-24 division, John Hannold, lifting in his first meet, established a record of 340 in the bench press, which he broke on a fourth attempt with 345. He has a great future in bench pressing. The 181/75-79 featured Mr. Harry Pitt, who attended the meet with his son, who also lifted. Mr. Pitt benched 180 pounds. The 220s featured Tom Rollins, who was lifting in his first meet in open and master 45-49. He established a record of 315 pounds. Tom is also a Harvard Law School graduate. In the 275s, Scott Kuzma bench pressed 470 pounds. It looked to me as if he was good for 10-15 pounds more. In the powerlifting meet, Dave Ray and John Cook battled it out with Dave coming out on top. John even took a shot at a 455 deadlift, but it barely left the floor. In the 198s, John McDonald went 9 for 9 and was Best Lifter in only his second meet. David Hawkins lifted in the 220s and did very well. Jeffrey Pitt established records in the squat, deadlift, and total, in the master 220/40-44. It's a good thing to see father and son compete in powerlifting. I always get a lot of help from people at the meets, and this is what makes powerlifting such a great sport. Tom Blake helped spot and load. Scott Kuzma helped judge and lent his expertise to some of the newer lifters. Reuben Weaver helped spot, load, unload, and advise the lifters. He was the first to arrive and the last to leave. Thanks go to Carl Seeker for the great awards. Thank you to Mike Lambert and Powerlifting USA magazine. (Thanks to John James for providing the meet results)



Marianne Harmon pulled a SR 185 @ 55-59/165 in Beech Grove



Josh Meyers with a SR 230 @ wheelchair/132 at the Wisconsin Fair

**SLP Wisconsin State Fair
13 AUG 05 - W. Allis, WI**

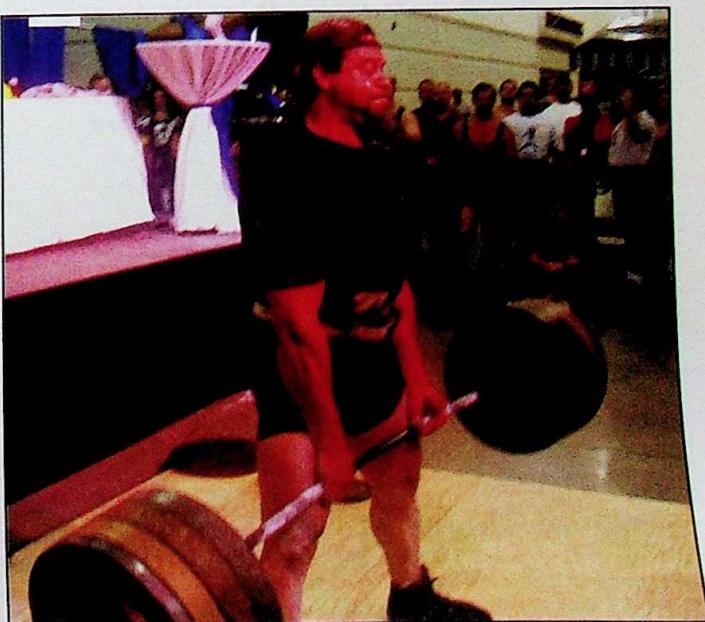
BENCH	S. Lamothe	405*	K. Koch	265	Master (65-69)
WOMEN	D. Lemus	385	Submaster	220 lbs.	181 lbs.
Teen (16-17)	R. Vivier	315	J. Dickman	500	Open
132 lbs.	G. Koch	210	T. Theama	465*	165 lbs.
J. Lewis	110*	220 lbs.	Master (40-44)	181 lbs.	165 lbs.
Master (40-44)	J. Cozza	535	T. Dreyre	640*	198 lbs.
148 lbs.	242 lbs.	220 lbs.	M. Lucchetta	650*	220 lbs.
N. Collins	135*	220 lbs.	R. Kokott	600	220 lbs.
Master (50-54)	J. Geiger	420*	R. Vivier	470	220 lbs.
132 lbs.	J. Koster	400	R. Martinez	505	220 lbs.
C. Raspanti	100*	198 lbs.	Breuckman	500	242 lbs.
MEN	Master (50-54)	220 lbs.	D. Hensgen	400	A. Courtney
Wheel Chair	198 lbs.	220 lbs.	242 lbs.	830*	Ouderhoven
132 lbs.	D. Alsteen	345*	D. Coogan	585*	510
J. Myers	230*	198 lbs.	Master (50-54)	181 lbs.	2-Man
Novice	R. Gronowski	320*	198 lbs.	181 lbs.	181 lbs.
198 lbs.	Master (55-59)	198 lbs.	D. Constantineau	181 lbs.	181 lbs.
C. Eastman	295	198 lbs.	D. Alsteen	490*	J. Kidd
Teen (13-15)	T. Mollan	315*	Master (60-64)	810*	810*
114 lbs.	165 lbs.	165 lbs.	J. Kidd	430	M. Cimicud
D. Wright	125	165 lbs.	Best Lifter	1000*	D. Cimicud
132 lbs.	J. Sot	305*	Light Power	1000*	1000*
B. Aldag	165*	181 lbs.	Wisconsin	1000*	1000*
148 lbs.	J. Kidd	190	state records.	1000*	1000*
A. Johnson	195	198 lbs.	Best Lifter	1000*	1000*
Teen (16-17)	Master (45-49)	198 lbs.	Lightweight	1000*	1000*
198 lbs.	R. VanFossen	475	Best Lifter	1000*	1000*
T. Borchert	285	220 lbs.	Heavyweight	1000*	1000*
Teen (18-19)	Police/Fire	370	Deadline	1000*	1000*
165 lbs.	Open	220 lbs.	Championship	1000*	1000*
T. Bushman	285*	220 lbs.	was held on the	1000*	1000*
198 lbs.	D. Walker	600*	fairgrounds at the	1000*	1000*
T. Rose	430*	220 lbs.	Activity Stage in	1000*	1000*
242 lbs.	J. Reeves	350	the Expo Center in	1000*	1000*
Z. Kuhn	320	165 lbs.	West Allis, Wisconsin.	1000*	1000*
Junior	C. Majewski	340	Thanks to the staff at	1000*	1000*
148 lbs.	Constantineau	340	Special Events and	1000*	1000*
M. Lanigan	280	198 lbs.	our stage manager Joe Salvo	1000*	1000*
D. Maes	250	198 lbs.	for once again	1000*	1000*
198 lbs.	C. Koffler	585*	providing us with great	1000*	1000*
M. Clark	365	410	staging and sound	1000*	1000*
220 lbs.	J. Klakowski	—	for this event. In the	1000*	1000*
J. Beicher	430	220 lbs.	bench press competition	1000*	1000*
Submaster	D. Walker	600*	state record holder Josh	1000*	1000*
220 lbs.	R. VanFossen	475	broke his own record	1000*	1000*
D. Johnson	525*	410	for the wheelchair/132	1000*	1000*
275 lbs.	G. Burg	410	class with a great	1000*	1000*
T. Theama	280	242 lbs.	crowd-pleasing 230.	1000*	1000*
SHW	R. Simmons	500	Josh is a great	1000*	1000*
S. Bromeisl	Ouderhoven	475	inspiration for us all!	1000*	1000*
Master (40-44)	275 lbs.	410	For the teenage women's	1000*	1000*
148 lbs.	G. Powell	505	16-17/132 it was	1000*	1000*
T. Aldag	315*	308 lbs.	Julie Lewis with a new	1000*	1000*
181 lbs.	K. Wannebo	540*	state record of 110,	1000*	1000*
C. Blain	Raw	242 lbs.	making just her opening	1000*	1000*
198 lbs.	Master (45-49)	220 lbs.	attempt. Setting the	1000*	1000*
Domagalski	D. George	325*	state record for the	1000*	1000*
220 lbs.	SHW	220 lbs.	master women's 40-	1000*	1000*
D. Walker	J. Ray	500*	44/148 class was Nancy	1000*	1000*
R. Flores	Open	220 lbs.	Collins with a	1000*	1000*
M. Becker	T. Davidson	435*	personal best 135.	1000*	1000*
275 lbs.	DEADLIFT	435*	At 50-54/132 it was	1000*	1000*
M. Hinkston	MEN	440	Cathy Raspanti, breaking	1000*	1000*
Master (45-49)	Teen (18-19)	148 lbs.	her state record of	1000*	1000*
148 lbs.	165 lbs.	165 lbs.	two years ago with 100.	1000*	1000*
D. Aldag	J. Mountjoy	375	For the novice	1000*	1000*
181 lbs.	Junior	148 lbs.	men's division it was	1000*	1000*
D. Plotz	Junior	148 lbs.	Chris Eastman at 198	1000*	1000*
198 lbs.	148 lbs.	148 lbs.	with 295. In the teenage	1000*	1000*

set a new state record at 40-44/148 with his personal best 315. Chuck Blain, lifting in his first competition, won at 181 with 345 while Alan Domagalski captured the title at 198 with 430. For the 220 class David Walker broke the state record with his 600 opener, while Roberto Flores finished second with 475 and Marty Becker third at 460. Mark Hinkston won at 40-44/275 with 440. Dave Aldag won at 45-49/148 with a new state record and personal best of 290 while Dennis Ploetz captured the crown at 181 with 320. Steve Lamothe won a tough 198 class with 405, setting the state record there. Second place went to David Lemus with 385, followed by Robert Vivier at 315 and Gary Koch fourth with 210. Joe Cozza won at 220 with a strong 353, just missing a 550 final attempt. Then at 242 it was Jim Geiger with a state record 420, followed by John Koster's 400 and Robert Hanson's 375. At 50-54 it was Dale Alsteen with a new state record of 345 while Ray Gronowski did the same at 220 with 320. Tom Mollan set the state record for the 55-59/198 class with 315 while Jim Sot broke his own state record at 60-64/165 with 305. Jerry "Doc" Kidd won at 60-64/181 with 190. Barry Borchert won at police & fire/45-49/198 with 370 while David Walker won his second title at 220 for the police & fire open class with his state record 600. In the open division best lightweight lifter Jason Reeves won at 148 with 350 over Chris Majewski's 340. Master lifter Dave Constantineau lifted at open 165, taking the title there with 340. At 198 best heavy lifter, Craig Koffler, set the state record at 585, just missing his final attempt with 610. Shawn Delaney was second at 198 with 410, followed by John Klarkowski, who failed three times with 515. Taking the title at 220 was three time winner David Walker, setting the state record here also, followed by Rick VanFossen at 475, then Glenn Burg with 410 and Jeff Zastrow with 350. Rasheen Simmons regained the title at 242 with 500 over Brian Ouderhoven, who finished with 475. At 275 it was Guy Powell with 505 and at 308 it was Big Kent Wannebo, who finished with a new state record of 540. Lifting in the raw division were Dennis George, James Ray and Tschombe Davidson. All set new Wisconsin state records for their respective classes. Dennis broke the state record at 45-49/220 with 325 while James Ray got his first 500 bench at 45-49/shw. Tschombe, lifting in his first competition, set the record at open 220 with 435. In the deadlift competition Jake Mountjoy won at 18-19/165 with 375 while Keith Koch took the junior men's 148 class with 265. Jeremy Dickman won at submaster 220 with 500 while Tom Theama set a new state record

at submaster 275 with 465. Todd DePrey got a big state record and personal best 640 with his win at 40-44/220. For the 45-49 group Robert Vivier won at 198 with 470 while Dan Breuckman won at 220 with 500, over Don Hensgen, who finished with 400. Stuart Coogan keeps inching towards 600, finishing here with a personal best and new state record 585. Dale Alsteen set the state record at 50-54/198 with 490 while Doc Kidd won at 60-64/181 with 430. Our oldest lifter, Jim Sodolski, won at 65-69/181 with 415. In the open class Jeff Vallis pulled a strong 555 at 165, but it was 181 lifter Derron Bohne, weighing in at 168 and pulling 575 that won the lightweight best lifter award, as well as the 181 open class. 198 marked the return of Mad Max, pulling a great 650 state record deadlift for the title over Rick Kokott, who finished with 600. Ramon Martinez won at 220 with 505. Then at 242 was the "show". Aaron Coartney, back from a left bicep tear surgery of about two years ago, pulled a fantastic 830 personal best and Wisconsin state record! The crowd went wild! Best Lifter! Second place at 242 went to Brian Ouderhoven who finished with 510. In the two-man event Dave Constantineau and Doc Kidd set the record at 181 with 810. Twin brothers Michael and David Cimirud also set the state record for their class, open 220 with their 1000 final pull. Thanks to my sons D.C. and Joey for all their help loading and spotting. See you all again next year! (results from Dr. Darrell Latch)

**Westminster Family Center BP
29 OCT 05 - Westminster, MD**

BENCH	T. Fulton	245
MEN	181 lbs.	
105 lbs.	C. Weiss	265
(Age 11)	J. Swann	225
Bowers, Jr.	55	220 lbs.
Teen	Bowers, Sr.	345
123 lbs.	T. Rogers	275
J. Trainor	155	259 lbs.
148 lbs.	P. Thorn	350
S. Bogage	225	Over 50
N. Trainor	130	220 lbs.
J. Lehrman	275	181 lbs.
198 lbs.	M. Levin	390
P. McDonald	205	Under 50
	165 lbs.	
Best Master Lifter: Don Joy, age 73. Judges: Scott Bixler, John Warehime, and Chris Weiss. Thanks goes out to Eva Minton, Beth Lande, Mike Staub, Tim Fulton, Jennifer Mellor, and Shelly Fulton. Meet Directors: Scott Bixler and Shelly Fulton. (Thanks to Scott Bixler for providing the meet results)		



Aaron Coartney pulled 830 @ 242 at the SLP Wisconsin State Fair

WNPF Lifetime Drug Free
10 SEP 05 - Bordentown, NJ

BENCH	WOMEN	
WOMEN	165 lbs.	
SHW	Youth (9-10)	
Master (50-59)	Raw	
Regan	160*	Slagus 205*
MEN	MEN	
148 lbs.	114 lbs.	
Junior (20-23)	Youth (11-12)	
Santarone	—	Dantzler 150
Open/Raw	148 lbs.	
Powell	200	Open/Raw
165 lbs.	Powell 280	
Open/Raw	165 lbs.	
Lara!	370	Junior (20-23)
Submaster (35-39)	Raw	
Raw	Slagus 365	
Lara	370*	198 lbs.
181 lbs.	Open/Raw	
Open/Raw	Scullion 385	
Passman	330	Submaster
Submaster	560	Senurine!
Raw	Submaster	
Kampo	295	Raw
Submaster	300	Bettini 220 lbs.
Kampo	365	Open/Raw
Master (40-49)	470	Caffrey
Raw	Master (40-49)	
Passman	330	Howard 375
Master (50-59)	Raw	
Santarone	—	242 lbs.
198 lbs.	Master (60-69)	
Open/Raw	Dusenbury 510	
Scullion	205	275 lbs.
Open	Master (50-59)	
Rock	225	Adler 120
Submaster	325	Open/Raw
Ross	405	Caffrey 445
Senurine	300	242 lbs.
Master (40-49)	PWR CURL	Cinelli 240
Raw	148 lbs.	Submaster (35-39) 198 lbs.
Myers	385	Senurine Raw
220 lbs.	Open	Submaster (35-39) 520
Open/Raw	165 lbs.	Debari 520
Caffrey	300	Seunarine 550
Master (40-49)	Open	Master (40-49) 300
Swingle	—	Master (40-49) 560
Master (40-49)	Slagus 135	Raw 1410
Raw	Master (60-69)	
Howard	360	Haley 300
Master (50-59)	198 lbs.	Open/Raw 275 lbs.
Harris	295	Haley 300
242 lbs.	Open	Master (50-59) 220 lbs.
Master (40-49)	Bettini 150	Spahr 225
Birdsall	—	Junior (20-23)
Dibble	—	Raw
Master (50-59)	Master (40-49)	
Raw	Howard 155	Lobue 535*
Wylie	330	Desbiens 100*
275 lbs.	Open/Raw	70* 160* 330*
Master (50-59)	Master (50-59)	BP DL TOT
Adler	250	Rosato 380
DEADLIFT	Master (50-59)	345* 500 1225



Dean Rollins benching at the APA Sunshine State Meet (Scott Taylor)

Cooper!	500	400	600	1500
Dibble	565	—	—	—
Submaster (35-39)				
Raw				
Debari	520	405	490	1515
Master (40-49)				
Dibble	565	—	—	—
275 lbs.				
Open				
Fishbein	380	340	405	1125

*=American Records, !=Best Lifters.
(Thanks to the WNPF for these results)

APA Sunshine State Open
29 OCT 05 - Bartow, FL

BENCH	Master II
WOMEN	R. Huber 135
132 lbs.	4th-140
L. Valentine	110 S. Taylor 130
198 lbs.	Master III
R. Friedman	145 J. May 120
MEN	308 lbs.
Teen (13-15)	Open
R. Taylor	100 K. Helm 150
Submaster	DEADLIFT
P. O'Grady	380 WOMEN
Master I	132 lbs.
D. Brown	375 L. Valentine 240
Master II	4th-250
R. Huber	385 MEN
L. Ford	385 Teen (13-15)
Open	R. Taylor 145
165 lbs.	Teen (18-19)
P. O'Grady	G. Smith 515
275 lbs.	4th-525
D. Rollins	655 Open
208 lbs.	198 lbs.
K. Helm	440 R. Daniels 365
CURL	220 lbs.
WOMEN	Drug Free
132 lbs.	J. Menendez 505
L. Valentine	70 Submaster
MEN	R. Daniels 350
Teen (13-15)	Master I
R. Taylor	70 D. Brown 580
Teen (18-19)	308 lbs.
J. Banda	140 Open
4th-150	K. Helm 600
G. Smith	105
WOMEN	BP DL TOT
123 lbs.	
L. Valentine	175 335 510
MEN	
Open	
165 lbs.	
P. O'Grady	380 505 885
Teen (13-15)	
R. Taylor	100 145 245

Best Lifter Bench: Dean Rollins. Best Lifter Deadlift: David Brown. Best Lifter Push Pull: Pat O'Grady. Best Lifter Strict Curl: Rocky Huber. This event was a lot of fun. It was held at the Bartow Fitness Center.

World Natural Powerlifting Federation (WNPF)
Membership Registration

LASTNAME _____ FIRSTNAME _____ INT. _____

STREET ADDRESS _____

CITY, STATE, ZIP _____

AREACODE, TELEPHONE: _____ DATE OF BIRTH: _____

AGE _____ SEX _____ CHECK ONE: LIFETIME DRUGFREE _____ 5YRSMIN. _____

REGISTRATION FEE

\$10.00 SPECIAL OLYMPICS

\$20.00 HIGH SCHOOL

\$40.00 ADULTS

\$30.00 SENIORS (65+)

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(678) 817-4743

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.



Jen Rotsinger deadlifting in Bartow

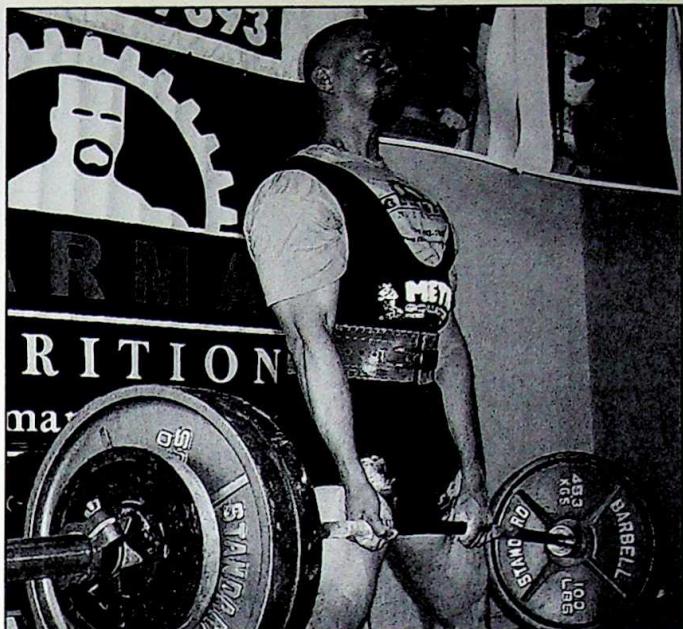
Special thanks to Keith Helm for all the work he put into getting the event and a new gym organized in time for the meet. Lifters came from as far as Connecticut to compete in the event, and several records were broken. I was especially proud to have my son Russell decide he wanted to compete in this sport. Russell made this his first contest ever, and is sold on powerlifting. This will make several generations of lifters in the Taylor family starting with my father. He was a competitive Olympic lifter and was a judge when powerlifting was first being organized as a sport. Since then, I have competed, two daughters have competed in the 1990's, and now my boy has entered the sport. Hopefully I will have grand children competing as well. Special thanks to the referees and spotters for doing a great job. And once again, thanks to Keith Helm for making this event possible. (Thanks to Scott Taylor, APA President, for providing these results)



Russell Taylor - Scott Taylor's son

USAPL Carolina Classic
23 JUL 05 - Shelby, NC

FEMALE	SQ	BP	DL	TOT
132 lbs.				
Master 1				
P. Burnett	248	149	265	661
Open				
165 lbs.				



Julian Menendez @ Sunshine States, is a "Gearman" protege (Greg J.)

P. Sokolski	204	94	224	524	C. Smith	457	254	413	1124
181 lbs.					Master (40-44)				
K. Stone	226	143	237	606	E. Hinton	524	375	502	1400
T. Gaydon	176	88	237	502	Master (65-69)				
SHW					T. Arrington	540	276	502	1317
A. Anderson	226	160	347	733	275 lbs.				
MALE					Open				
Teen (18-19)					T. Bowman	485	303	584	—
148 lbs.					Master (60-64)				
R. Bilancione	353	226	380	959	F. McCann	452	320	452	1224
165 lbs.					SHW				
Open					M. Neal	805	634	667	2105
N. Miceli	424	320	430	1174	Guest				
181 lbs.					148 lbs.				
Master (55-59)					P. Wells	386	265	502	1152
M. Brady	364	226	314	904	(Thanks to USAPL for providing results)				
198 lbs.									
Master (40-44)									
D. Peeler	441	314	491	1246					
220 lbs.									
Open									
B. Schmidt	661	424	667	1753	WNPF Ralph Peace Memorial				
G. McCaulley	562	320	579	1461	20 AUG 05 - Asheville, NC				
C. Carter	265	220	364	849	BENCH				
Master (40-44)					Novice				
B. Schmidt	661	424	667	1753	148 lbs.				
Master (45-49)					Tatum	265			
K. Fortner	353	303	402	1058	Novice				
242 lbs.					Tatum	125			
Open					Brice	455			
					198 lbs.				
					Master (40-49)				
					Chatham	475			
					Durham	365	242 lbs.		
					Langenfeld	260	Submaster		
					DYER	260			

SHW	220 lbs.	Submaster
Master (40-49)		Mauldin
Raw		425
Ferguson	340	DEADLIFT
60 lbs.		Master (50-59)
Youth (9-10)		Raines
Raw		540
Chatham	135*	SQUAT
		198 lbs.
GIRLS		Master (50-59)
Raw		Langenfeld
80 lbs.		330
Youth (9-10)		PWR CURL
Sabato	100*	SHW
MEN	SQ	Master (40-49)
165 lbs.		Ferguson
Master (40-49)		150
Grooms	370	BP DL TOT
181 lbs.		
Teen (13-16)		
Warren	380	260 395 1035
198 lbs.		
Teen (13-16)		
Grooms	335	205 375 915
Master (40-49)		
Sabato	420	275 400 1095
220 lbs.		
Submaster		
Gardner	400	340 400 1140
242 lbs.		
Master (50-59)		
Raines!	540*	380 540 1460
SHW		
Novice/Raw		
Crisman	500*	365 570*

*=WNPF American Records. !=Best Lifters. This was the 5th Ralph Peace Memorial Championships, and what an event! We held this meet at the Downtown Days Inn. We all had a great time at this event, with 20 lifters and 37 spectators in attendance. We started at 10am and finished at 12:30pm. We want to thank all of the lifters that made this a success and thank you to all of the spectators that came out to support this meet. Thanks to the staff Members Walter "The Truck" Ferguson, Big James, Rob Wess and his buddy, Steve and Cindy Yeargin and Cindy at the door. There were many state records set at this meet and a few American records set also. We will be back in Asheville in August 2006 for another event. (Results provided by Lester Fields, of the WNPF)

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

AMERICAN DRUG-FREE POWERLIFTING FEDERATION • Active & Non-active Membership Application Form

Complete this form and mail with membership fee to: ADFPF, 27 ELMO DRIVE; MACOMB, IL 61455

Need more information? Go to: www.adfpf.org

ADFPF Mission Statement: To provide all amateur athletes with legitimate drug-tested powerlifting, Strongman/woman, Highland Games competition through local, regional and national championships, while encouraging the growth of international amateur drug-free competition. To insure that the ADFPF as well as all ADFPF competitions are governed with integrity and by the highest standards of meet structure, officiating and organizational administration.

Conditions of Membership: As a condition of ADFPF membership, I commit to obeying all ADFPF rules, policies, drug testing requirements and procedures. Additionally I agree to UNANNOUNCED Out-of-Competition and Target Drug Testing. I understand the rules, regulations and drug testing procedures are at times subject to change and as a condition of continued membership, I agree to obey all such changes. I will voluntarily submit to any ADFPF and/or WDFPF drug testing procedures as stated in their rules. I understand that my ADFPF membership may be revoked, temporarily or permanently suspended and/or denied for my failure to obey ADFPF/WDFPF rules, regulations and/or drug testing procedures. If I test positive for a banned substance, I agree that the results of the test are conclusive, and I further agree to accept the consequences of the positive test regarding my membership.

As a condition to ADFPF membership, I understand and accept that I am prohibited from using any substance or "doping method" banned by the ADFPF/WDFPF. I accept sole responsibility for what I take into my body and should I consume a banned substance unknowingly and test positive for that banned substance, I shall be solely responsible for consumption of that banned substance and shall accept the results and consequences of that test.

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

Signature _____ If Under 21 yrs., Parent Initial _____ Date _____ Prior Registration No. _____

Name _____ Phone _____ E-mail _____

Address _____ City _____ State _____ Zip Code _____

Date of Birth _____ Gender _____ U.S. Citizen? _____ ADFPF Registered Club Member _____

Referee Ranks & Organizations _____

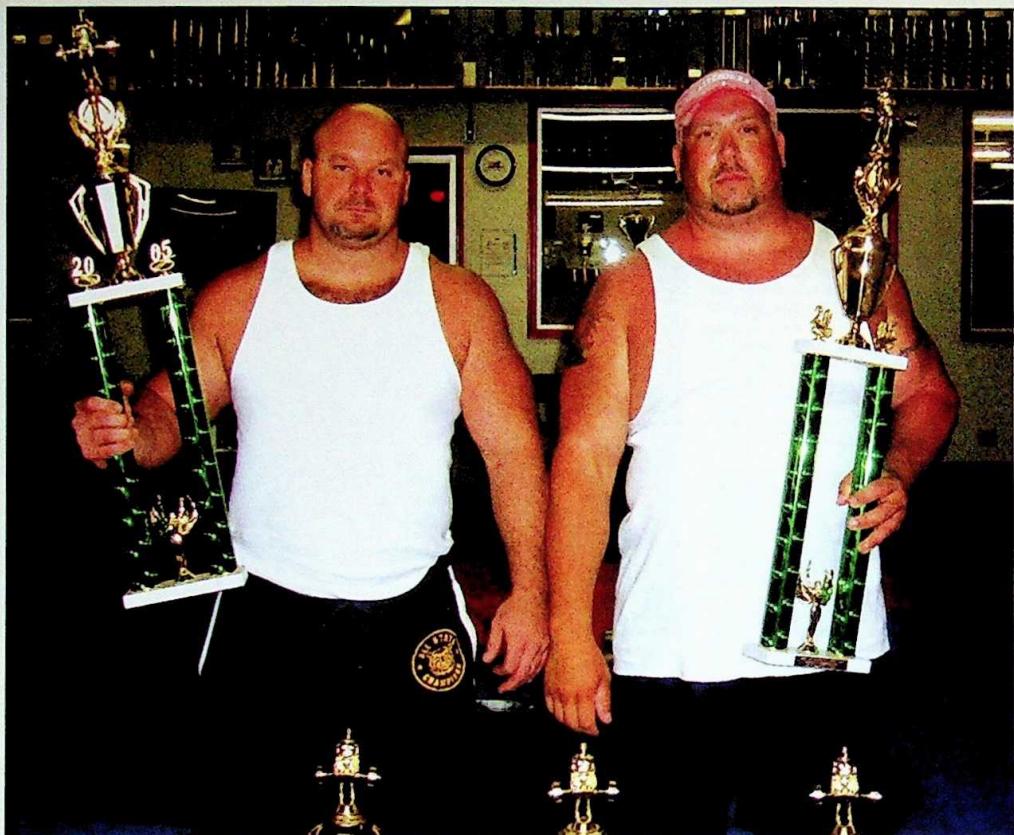
Active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
The ADFPF offers a NON-ACTIVE MEMBERSHIP for coaches, meet directors or officials who want to join the ADFPF but who WOULD NOT BE ALLOWED TO COMPETE nor would they be DRUG TESTED. The Non-active ADFPF Membership Fee is \$20.00. (It is possible to change the NON-ACTIVE membership into an ACTIVE membership with an additional fee of \$75.00 to cover the cost of a potential future drug test).

Non-active ADFPF Membership Fee \$20.00. Paid via (CIRCLE ONE): CASH CHECK made out to the ADFPF MONEY ORDER made out to the ADFPF
All membership cards expire on December 31st of the year purchased with the exception of cards purchased in NOVEMBER which shall be valid through the following year. All payments to the ADFPF are non-refundable.

**SLP Kentucky State Fair
27 AUG 05- Louisville, KY**

BENCH	Master (60-64)
WOMEN	165 lbs.
Master (45-49)	J. Bailey 275
114 lbs.	Open
S. Martin 75*	165 lbs.
MEN	R. Murray 330
Novice	220 lbs.
181 lbs.	B. Hampton 400
G. Brooks 280	242 lbs.
B. Caudill 185	R. Schultz 500
Teen (13-15)	308 lbs.
132 lbs.	B. King 425
K. Fetter 210*	DEADLIFT
Teen (18-19)	WOMEN
220 lbs.	Junior
M. French 360*	165 lbs.
Junior	K. Oliver 215*
242 lbs.	4th-230*
R. Cope 300	MEN
Submaster	Teen (13-15)
220 lbs.	132 lbs.
T. Hampton 315	K. Fetter 380*
275 lbs.	Junior
D. Elmore 545*	242 lbs.
Master (40-44)	R. Cope 405
165 lbs.	Master (40-44)
B. Kemper 315	165 lbs.
198 lbs.	B. Kemper 450*
J. Raley 355	220 lbs.
220 lbs.	B. Thomas 580
B. Thomas 355	275 lbs.
275 lbs.	J. Parks 510
J. Parks 405	Master (50-54)
SHW	123 lbs.
D. French 455*	B. Lamb 405*
Master (45-49)	181 lbs.
148 lbs.	R. Friedman 405*
M. Evans 235	4th-415*
Master (50-54)	Master (55-59)
123 lbs.	198 lbs.
B. Lamb 235*	G. Corbell 330*
Master (55-59)	Open
181 lbs.	308 lbs.
Klinglesmith 325*	B. King 650

*=Son Light Power Kentucky state records.
Best Lifter Bench: David Elmore. Best Lifter Deadlift: Brian King. The Son Light Power Kentucky State Fair Bench Press/



SLP Kentucky State Fair Best Lifters included David Elmore and Brian King. (Dr. Darrell Latch photos)

Deadlift Championship was held at Hester's Family Fitness. Thanks to owner Kenny Hester for once again hosting this

competition, and to Jesse Bailey for all his help promoting the event. In the bench press competition state record holder Sheri Martin moved up to the 45-49/114 division, where she captured her second consecutive title with a new state record of 75. In the novice men's division Gabe Brooks won over Brian Caudill 280 to 185. Both were competing for the first time, Kevin Fetter set the state record at 13-15/132 with 210 while Matthew French set the mark at 18-19/220 with a strong 360. Robbie Cope won at junior/242 with his first official 300! In the submaster division Tony Hampton won at 220 with a personal best 315. Best lifter David Elmore, lifting raw, won at submaster/275, breaking his own state record there with 545. In the master men's 40-44 age group it was Brad Kemper with 320 at 165 for the win. Dr. Joe Raley won at 198 with 355 while Bruce Thomas finished with that same weight at 220. Jeff Parks, having some problems with his 555 opener at 275, settled with 405 raw. Big David French set the state record for the 40-44/shw class with an easy 455. Mark Evans, fresh off his best lifter win at the Illinois State Fair last week, won at 45-49/148 with 235. Bob Lamb moved up to the 50-54 age division, taking the title there with a new state record of 235. Bob Klingsmith broke his own state record at 55-59/181 with 325. Then it was state record-holder Jesse Bailey for the title at 60-64/181, making just his opener of 275. For the open division it was Rick Murray, lifting "raw", and taking the title at 165 with a double-bodyweight 330. Brian Hampton won at 220 with his first official 400 while Rob Schultz, lifting with a slight shoulder injury, won at 242 with his opener of 500. Brian King took the title at 308 with 425. In the deadlift competition newcomer Katherine Oliver set the state record for the junior women's 165 class with her final pull of 230! Kevin Fetter won his second title of the day, setting his second state record of the day at 13-15/132 with his 380 second attempt! Robbie Cope won his second title of the day at junior 242 with 405.

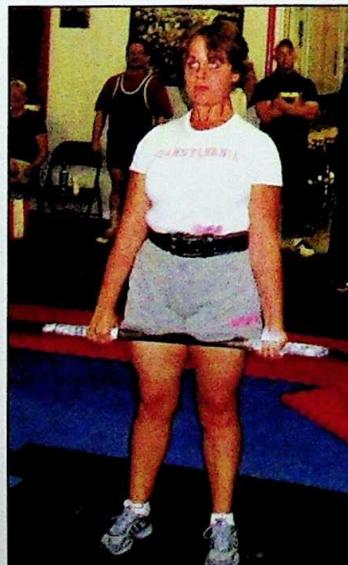
At master 40-44/165 it was Brad Kemper with a new state record of 450 while Bruce Thomas pulled the toughest pull of the day at 220 with 580! Jeff Parks won at 275 with his 510 opener. Bob Lamb won again at 50-54/123, setting the state record at 405! Robert Friedman broke the state record at 50-54/181 with his 405 third and 415 fourth attempts! Then at 55-59/198 it was Glenn Corbell with a new state record of 330. In the open division best lifter Brian King won with an easy 650 opener, just missing a new state record 685 final pull. The team award went to Today's Chiropractic Power of Louisville. Thanks to my son Joey and Wee-Man for all their help loading and spotting and to Bill Sharp for his help. See you all again next year! (Thanks to Dr. Darrell Latch for providing results to Powerlifting USA)

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for all USAPL related issues.
**USAPL members, coaches
and supporters welcome!**

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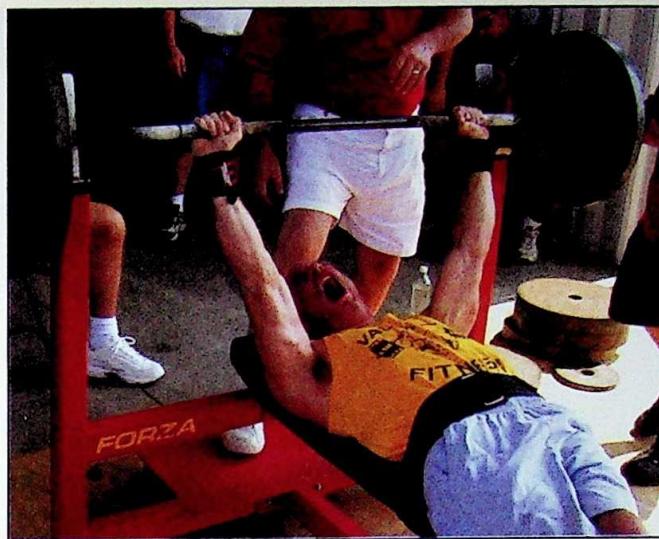


Katherine Oliver DLs in Louisville

SLP Tennessee State Fair
10 SEP 05 - Nashville, TN

BENCH		Master (65-69)
MEN	220 lbs.	
Wheel Chair	C. Green	270*
114 lbs.		4th-275*
H. Logsdon	210*	Open
242 lbs.	198 lbs.	
D. Huskey	275*	W. Foster
Teen (13-15)	220 lbs.	435
132 lbs.	C. Johnson	400
L. Worthy	155	K. Taylor
Junior	242 lbs.	375
220 lbs.	J. Weaver	600*
D. Bowman	405*	275 lbs.
Submaster	H. Timbs	660*
242 lbs.	J. Carter	570
J. Weaver	600*	SHW
Master (40-44)	A. Ervin	405
181 lbs.		DEADLIFT
J. Brown	455*	MEN
4th-470*	Teen (13-15)	
S. Fickes	360	132 lbs.
S. Brown	370*	L. Worthy
Master (45-49)		225*
165 lbs.	Master (50-54)	
C. Smith	365	181 lbs.
SHW	N. Wilson	600*
J. Bible	485*	Master (55-59)
Master (60-64)	B. Bearman	560*
220 lbs.		220 lbs.
A. Buck	240	Open
4th-250	275 lbs.	
242 lbs.	J. Carter	710
V. Hartman	350	SHW
4th-375*	A. Ervin	650

*=Son Light Power Tennessee state records. Best Lifter Bench: Harley Timbs. Best Lifter Deadlift: Nathan Wilson. The Son Light Power Tennessee State Fair Bench Press/Deadlift Championship was held at the fairgrounds. Thanks again to the people at Special Events for helping with the setup and promotion of this event. In the bench press competition we had two great lifters in the wheel chair division, Heath Logsdon and Darrell Huskey. Heath, who is the state record holder in Kentucky and Illinois, established a new Tennessee record at 114 with 210. A fourth with a personal best 225 was close, missing just at lockout. Darrell, competing for the first time in this division, set the state record at 242 with 275. He to missed his final attempt, coming close with 300 for his fourth. First-time competitor Luke Worthy won at 13-15/132 with 155, while Derek Bowman broke the existing record at junior/220 with 405. Jeff Weaver finally got that 600 he's been working so hard for, taking titles at submaster and open 242. Along the way Jeff broke both state records, which he had held at 580. In the 40-44 age group it was Jack Brown over Scot Fickes 455 to 350. A state record fourth with 470 was also good for Jack. Steve Brown set the state record for the 220 class with 370. At 45-49/165 it was Charles Smith with 365 while Big John



Heath Logsdon nails a SR 210 BP @ 114 at the Tennessee State Fair.

Bible set the state record at shw with a personal best 485 raw. John, who I competed against over twenty years ago, when he was one hundred pounds lighter, was scheduled to lift nude, along with Steve Brown, but when the crowd found out about this, took up a collection so they would keep their clothes on. Guess that's one good way to make gas money! Allen Buck won at 60-64/220 with an easy 240 third, followed with an easier 250 fourth attempt! Vert Hartman broke the state record at 60-64/242 with his fourth attempt 375! Chuck Green, taking the title at 65-69/220, broke the state record there with his 275 fourth attempt. In the open division it was William Foster for the win at 198, finishing with 435. At 220 it was Chris Johnson with 400 over Keith Taylor 400 to 375. Then at 275 came the biggest lift of the day, by our best lifter Harley Timbs. Harley finished with a new state record 660, just missing a fourth with 680! Joe Carter finished second to Harley with a personal best 570. Anthony Ervin won at shw with 405. In the deadlift competition Luke Worthy broke the state record at 13-15/132 with 225. Best lifter Nathan Wilson pulled his first ever official 600 deadlift with his win at 50-54/181. This was also a new Tennessee state record for Nathan. Bruce Beerman also got a new state record for his class, 55-59/220. Bruce finished with a 560 third, followed by a great 585 fourth attempt. In the open division it was Joe Carter with and easy 710, but 750 failed just at the knees. Anthony Ervin

won his second title of the day at shw with a great 650 pull. Thanks to my son Joey and Wee-Man for their help loading and spotting, and to the many other lifters who helped out. And to our trophy girl, Denise Timbs, who, by the way was the best looking person involved with the competition, thank you so much. A very special

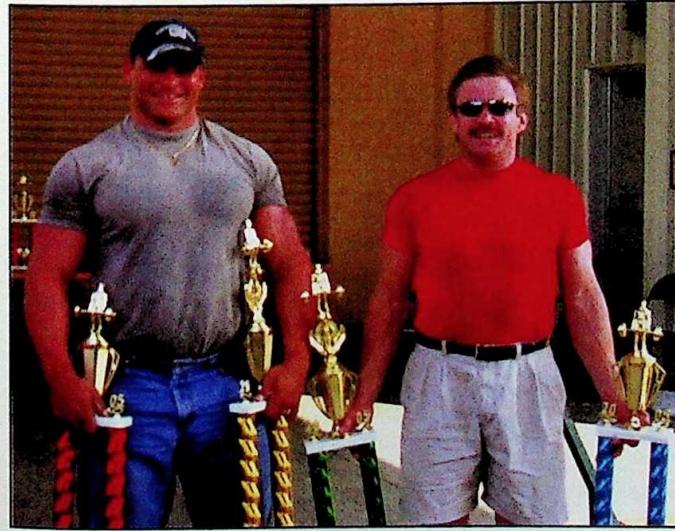
thanks to my buddy Dwight Hooper, who served as head judge. Back in the early 1980's Hooper was one of the best, hitting 472 at a 181 bodyweight, using just a thin single ply Inzer shirt! With today's shirts Hooper would have been over 600! See you all next year! (Thanks to Dr. Darrell Latch for providing these meet results.)

SPF Monster BP/DL

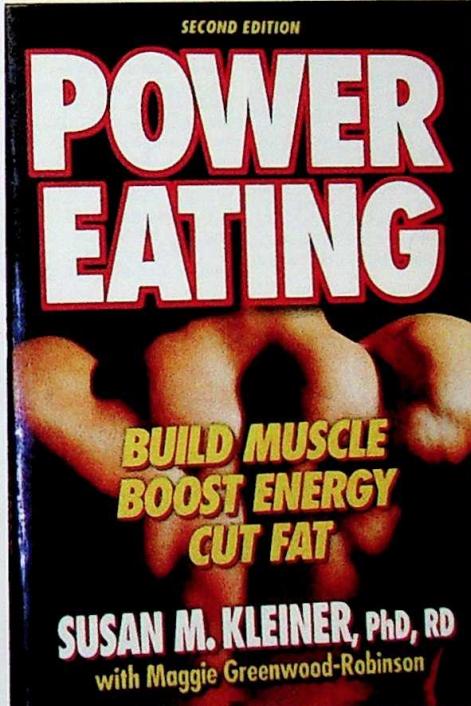
1 OCT 05 - Dalton, GA

Push-Pull	B. Banks	160
MEN	Open	
Teen	SHW	
123 lbs.	A. Burress	355
148 lbs.	K. Crump	460
165 lbs.	J. Carnes	565
198 lbs.	J. Rodgers	505
220 lbs.	B. Parker	460
181 lbs.	K. Bowen	435
Master (40-44)	C. Prichett	310
220 lbs.	S. Brown	975
WOMEN	Teen	
148 lbs.	A. Rogers	200
181 lbs.	J. Patterson	365
220 lbs.	S. Brown	565

Best Lifter: Steve Brown. (Thanks to Jesse Rodgers for providing these meet results)



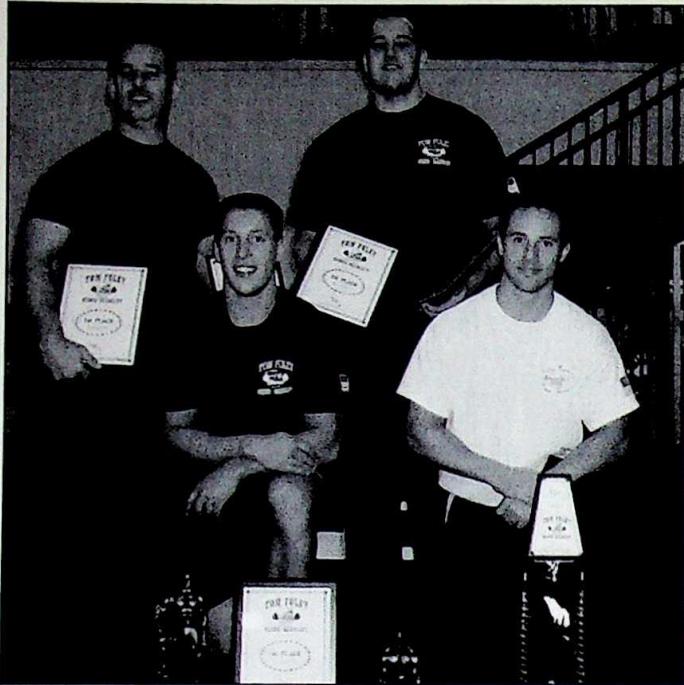
SLP Tennessee State Fair Best Lifters Harley Timbs & Nathan Wilson



POWER EATING ... is your nutritional guidebook to gaining muscle while cutting fat. Written by a consultant to the NBA, NFL, and world class bodybuilders, POWER EATING focuses on the specific dietary needs of serious strength trainers. This 2nd edition contains all the updated info on building strength and power, increasing energy, and losing fat. A unique rating system is available in the book to determine if a particular supplement will be worth the investment to you, possibly useful, a waste of time, or harmful. POWER EATING is available from Powerlifting USA, Box 467, Camarillo, CA

**3rd AAPF Tom Foley BP/DL
22 OCT 05 - Nanuet, NY**

BENCH	275 lbs.	
WOMEN (Formula)	R. Scott 500	
G. Kussner 160	DEADLIFT WOMEN	
J. Klein 170	G. Kussner 330 MEN	
Junior	JUNIOR	
B. Trois 360	B. Trois 475	
Submaster (33-39)	TEENS (Formula)	
G. Kuzian 380	A. Muscatella 505	
C. Russo 375	A. Badgugar 330	
Master (40-44)	F. Riccardi 495	
T. Buzzo 345	Submaster (33-39)	
R. Russo 305	C. Russo 540	
Master (45-49)	G. Kuzian 440	
P. Darbouze 420	Master (40-44)	
B. Hill 345	C. Slaybaugh 650	
Master (60+)	T. Buzzo 480	
E. Karam 215	Open	
Open	165 lbs.	
165 lbs.	S. Glick 350	
S. Glick 275	181 lbs.	
181 lbs.	Fahrenfeld 600	
C. Ruskie 380	H. Roca 500	
H. Roca 365	198 lbs.	
198 lbs.	C. Begansky 540	
C. Begansky 420	P. Bartlett 535	
220 lbs.	220 lbs.	
B. Fahrenfeld 365	B. Fahrenfeld 665	
E. Steinberg 325	242 lbs.	
242 lbs.	P. Ballesteros 500	
L. Saviano 520	F. Riccardi 495	
Best Bench: Chris Ruskie. Bench Your Bodyweight for Reps Lightweight Winner: Warren Fahrenfeld, 170 lbs., 31 times. Bench Your Bodyweight for Reps Heavyweight Winner: Bob Hill, 205 lbs., 26 times. Ironman: Brian Fahrenfeld. Best Deadlift: Warren Fahrenfeld. Ironwoman: Glenda Kussner. The 3rd Annual Tom Foley Bench/Deadlift Classic was held at Premier Fitness. Twenty-seven lifters showed up to compete with all classes having great numbers. In the Bench Press Women's Division, Glenda Kussner (123 lbs.) benched 160 lbs. Jan Klein did a great job benching 170 lbs., taking 2nd place. Glenda won the Women's Division by formula. In the Men's Division, Bob Trois was the only Junior benching 360 lbs. Anthony Muscatella was the only teen benching 375 lbs., just missing 400 lbs. Great job for Anthony considering this was his first meet. The Sub-Master's Class was done by formula with great numbers achieved. Gerard Kuzian edged out Chris Russo by 5 lbs., finishing up with 380 lbs. Not a bad	job for Chris Russo, since he only trained for three weeks. The Master's Class, 40-44 years old, was won by Tony Buzzo who benched 345 lbs. Dr. Randy Russo, of Bardonia Chiropractic, benched 305 lbs., just missing 315 lbs. The Masters 45-49 Class was won by National Bench Press Champ Phil Darbouze benching 420 lbs. Second place was Bob Hill benching raw, finishing with 345 lbs. The only Masters 60+ lifter was Elias Karam benching 215 lbs. Elias looks to bench 300 lbs. this meet next year. The Open Class was the smallest of the group with Scott Glick winning the 165 lb. class benching 275 lbs. Chris Ruskie won the 181 lb. class benching 380 lbs., and Hector Roca took 2nd with 365 lbs. Chris Begansky was the only 198 pounder, benching 420 lbs. Brian Fahrenfeld	took the 220s with a 365 lb. bench, just missing 390 lbs. Eric Steinberg was 2nd in his first meet, benching 325 lbs. A slimmed down Lou Saviano just made the 242's opening at 520 lbs., just missing the lockout for 600 lbs. Richie Scott was the only 275 lb. competitor, finishing up with 500 lbs. We also added a new category this year, Bench your bodyweight for Reps. There were two Classes for this category, the first was up to 195 lbs., and the second was 200 lbs. and up. Warren Fahrenfeld benched 170 lbs. 31 times to take the lightweight class. Bob Hill and Anthony Muscatella battled it out for three bench-offs, Bob Hill eventually winning by one rep. In the Deadlift competition there were three lifters who pulled over 600 lbs. Glenda Kussner pulled 330 lbs. The only



At the AAPF Tom Foley Meet: bottom (left to right) Brian and Wayne Fahrenfeld; top row, (left to right) Chris Russ, Bob Trois (PremierFitness)

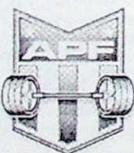
Junior in the meet was Bob Trois, pulling 475 lbs. adding 100 lbs. to his deadlift from last year. The teen class was done by formula, with Anthony Muscatella taking the win with 505 lbs. A close second was Anand Badgugar pulling 330 lbs., weighing only 120 lbs. Third place was Fred Riccardi, pulling 495 lbs. Submaster's winner Chris Russo pulled 540 lbs., after missing it on his first attempt. Gerard Kuzian was second with 440 lbs. Master's lifter Charlie Slaybaugh pulled 650 lbs., missing 670 lbs. on his third attempt when the bar turned on him. Tony Buzzo was second with 480 lbs. The Open Deadlift started off with Scott Click in the 165s deadlifting for the first time after a seven year break pulling 350 lbs. Warren Fahrenfeld won the 181s pulling 600 lbs., weighing only 170 lbs. Hector was second, having an off day pulling only 500 lbs. Chris Begansky won the 198 lb. class by 5 lbs., edging out Paul Bartlett by pulling 540 lbs. The only 220 lb. deadlifter was Brian Fahrenfeld, pulling 665 lbs. and attempted 700 lbs. on his third try. Finishing off the deadlift was Paul Ballesteros in his first meet, pulling 500 lbs. beating Fred Riccardi by 5 lbs. Ironwoman goes to Glenda Kussner. Ironman Brian Fahrenfeld, Best Bench Chris Ruskie, Best Deadlift Warren Fahrenfeld. Thanks to Head Judge Jason Zaretsky, and side judges Tony Harlin and Fred Massa for judging a fair and successful meet. A special thanks to Holly Fahrenfeld for commentating and Michelle Forese for helping Holly run the score table, and to loaders/spotters Bryan Weiss and Mike Zambardino for never mis-loading the bar. Also thanks to deadlifters Charlie Slaybaugh and Paul Bartlett for helping out and loading and unloading during the bench portion. Professional strongmen Gerard Benderoth Heavyweight Pro, Skeet Dunne and Ben Lambousis Lightweight Pros., performed the log press and atlas stone events between Bench and Deadlift for entertainment. Gerard is World ranked in the Atlas Stone event by picking up 404 lbs. in the Ukraine at the World's Strongest Man Competition as seen on ESPN. This meet was dedicated to FDNY Firefighter Tom Foley of Rescue 3, who was tragically killed in the WTC 9/11 Terror Attacks. Tom was an avid powerlifter, teammate, and friend to many of the lifters who participated in this event. Proceeds raised from t-shirt sales were donated to the Thomas J. Foley Scholarship Fund. (Thanks to Premier Fitness for providing these results)

APF/AAPF Membership Application

Check the box that applies below

- AMERICAN POWERLIFTING FEDERATION
 AMATEUR AMERICAN POWERLIFTING FEDERATION
PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

LAST NAME	FIRST NAME	INITIAL					
STREET ADDRESS							
CITY		STATE	ZIP CODE				
AREA CODE	TELEPHONE NUMBER	MO	DATE OF BIRTH	YEAR	AGE	SEX	US CITIZEN
APF \$30	AAPF \$30					YES	NO
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)				REGISTRATION NUMBER		E-MAIL ADDRESS	
ATHLETES , fill out card completely, make check payable to and mail with fee to: APF/AAPF ARE YOU A PREVIOUS APF OR AAPF MEMBER? <input type="checkbox"/> YES <input type="checkbox"/> NO 505 Westgate Drive Aurora, IL 60506 worldpowerliftingcongress.com • 1-866-389-4744							
IF UNDER 18, HAVE PARENT INITIAL: _____ I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE APF OR AAPF SIGNATURE X _____							

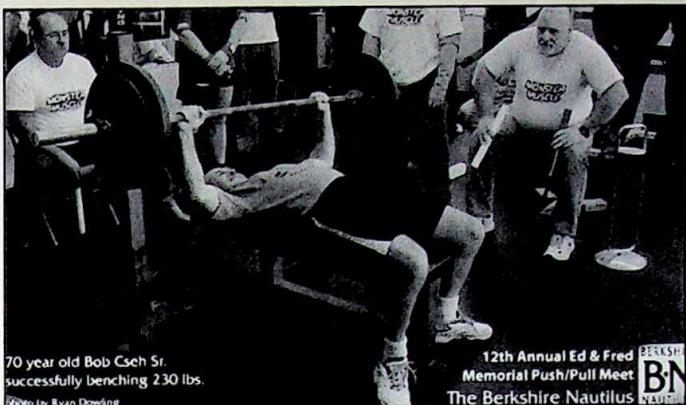


AAPF Southern States 19 NOV 05 - Lake City, FL

BENCH	Open
WOMEN	181 lbs.
Open	A. Walner 424
J. Davis	198 198 lbs.
MEN	B. Brown 463
Junior/Teen	T. Walyus 341
B. Brown	463 275 lbs.
Garvey, Jr.	540 M. Allocco 672
Master	308 lbs.
B. Player	330 C. Cornett 567
MEN	T. Griffith 325
Master	SQ BP DL TOT
B. Player	479 330 440 1251
R. Paras	771 463 567 1802
E. McCulloch	314 214 352 881
R. Hewitt	429 352 440 1223
Open	
165 lbs.	
J. Land	429 385 457 1273
H. Whitehead	446 253 424 1124
181 lbs.	
J. Morris	584 363 501 1449
G. Godwin	529 314 451 1295
198 lbs.	
T. Caprari	804 463 733 2000
R. Paras	771 463 567 1802
T. Walyus	551 341 479 1372
P. Trnauksis	407 275 451 1135
220 lbs.	
S. Irby	600 402 512 1515
242 lbs.	
T. Irby	931 551 672 2155
J. Jordan	688 490 600 1780
275 lbs.	
C. Briley	661 529 540 1730
308 lbs.	

Garvey, Jr.	705	540	474	1719
Out				
D. Jenkins	512	—	424	937
WOMEN				
Open				
M. Kirkland	451	203	363	1019
M. Flesh	242	121	203	567
MEN				
Junior/Teen				
D. Tinajero	545	374	501	1422
C. Briley	661	529	540	1730
J. Morris	584	363	501	1449
D. Garvey, Jr.	705	540	474	1719
M. Lessman	562	440	463	1466
J. Land	429	385	457	1273
H. Whitehead	446	253	424	1124
W. Flesh III	181	66	148	396

(Thanks to Pam Clayton for these results)



70 year old Bob Cseh Sr.
successfully benching 230 lbs.

12th Annual Ed & Fred
Memorial Push/Pull Meet
The Berkshire Nautilus

Mountain Festival Bench Press 28 MAY 05 - Bluefield, WV

BENCH	242 lbs.
Open	D. Wingo 365
181 lbs.	Raw
Z. Perkins	430 181 lbs.
242 lbs.	Z. Perkins 370
D. Callahan	400 242 lbs.
B. Kirk	390 B. Kirk 390
Teen (16-17)	Masters (40+)
198 lbs.	165 lbs.
K. Fogelson	280 R. DeAngelis 200
220 lbs.	220 lbs.
J. Price	170 R. Patterson 175
Junior (20-23)	242 lbs.
181 lbs.	D. Callahan 400
Z. Perkins	430 R. Stump 315

(Thanks to Paul Sutphin for these results)

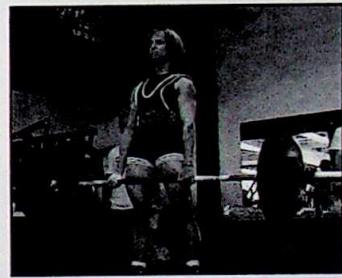
Bob Cseh Sr., 70 years of age, with a 230 lb. bench press in the 165 class at the Berkshire Nautilus Memorial Push/Pull (Dowling photos)

	Powerlifting	SQ	BP	DL	TOT
165 lbs.	Int	Z. Sullivan 197.5	145	210	552.5
198 lbs.	Police/Fire	R. Anderson 222.5	137.5	217.5	577.5
220 lbs.	D. Rhoades 277.5	145	277.5	700	
220 lbs.	Submaster II	D. Gulling 227.5	167.5	245	640
220 lbs.	Pure	R. Baker 227.5	132.5	230	590
220 lbs.	Int	R. Baker 227.5	132.5	230	590
220 lbs.	C. Frazier 242.5	185	255	682.5	
220 lbs.	Submaster Pure	K. Nessa 345	257.5	277.5	880
308 lbs.	Police/Fire	L. Willison, Jr. 680	205	245	230
308 lbs.	WOMEN	114 lbs.			
308 lbs.	Junior	C. Graeve 70	45	80	195
308 lbs.	Novice	A. Bown 117.5	82.5	130	330

(Thanks to NASA for providing results)

Berkshire Nautilus Memorial 12 NOV 05 - Pittsfield, MA

BENCH	Teen (18-19)
WOMEN	M. Flynn 355
Open	Master (50-59)
M. Somes 95	J. VanAllen 450
Master (50-55)	J. Riote 325
S. Cseh 85	M. Lahey 265
MEN	220 lbs.
148 lbs.	Open
Master (40-49)	F. Mink 475
R. Cseh 180	S. Thayer 400
165 lbs.	Submaster (35-39)
Open	S. Thayer 400
B. Pelkey 420	Master (40-49)
c. Parody 400	F. Mink 475
B. Massacani 300	B. Fuore 385
181 lbs.	242 lbs.
Open	Open
J. Wood 405	J. Kuhn 405
Teen (16-17)	DEADLIFT
B. Borden 250	198 lbs.
Master (40-49)	Open
J. Bessette 275	Z. Bonneville 570
B. Cseh, Jr. 260	J. Bonneville 500
198 lbs.	242 lbs.
Open	Open
J. Wood 400	M. Battaini 550
WOMEN	BP DL TOT
114 lbs.	170 320 490
Open	Master (40-49)



Donna McBurney benched 170 and deadlift 320 in the 114s at the Berkshire Nautilus Memorial Meet

NASA IA Regionals (kg.) 14 NOV 05 - Des Moines, IA

PS BENCH	BENCH Only
MEN	MEN
181 lbs.	220 lbs.
Pure	Submaster
D. Doobay	Pure
Submaster	J. Thompson 265
Pure	242 lbs.
D. Doobay	Submaster II
PS CURL	D. Walker 210
MEN	220 lbs.
198 lbs.	Master I
Master II	D. Mosley 160
K. Randall	165 lbs.
PS DEADLIFT	High School
MEN	D. Hamilton 110
114 lbs.	308 lbs.
Pure	Submaster
J. Frazier	Pure
PS SQUAT	S. McVey —
MEN	
225 lbs.	
Master I	
C. Frazier III	185
MEN	BP DL TOT

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	SPORT CODE	ASSOCIATION CODE
C/O THE WALT DISNEY WORLD RESORT		
PO BOX 10,000		
LAKE BUENA VISTA, FL 32830		



- > 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.

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Regular Fee 20.00 *AB* Fee 23.50

Adult Athletes in the Following Sports:
Baseball, Basketball, Basketball, Broomball, Cycling,

Kayak, Gymnastics, Modern Pentathlon, Multi-Events (Decathlon, Pentathlon), Physique, Softball, Surfing, Trampoline & Tumbling, Triathlon, and Weightlifting

Adult Athletes in the Following Sports: 20.00 25.00

Field Hockey, Flag Football, Hockey (Ice and Roller), Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports: Not Available 25.00

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

Adult Tae Kwon Do Athletes 20.00 Not Available 35.00

Adult Powerlifting Athletes 30.00

Adult Athletes in the Following Sports: Not Available 25.00

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

Adult Tae Kwon Do Athletes 20.00 Not Available 35.00

Adult Powerlifting Athletes 30.00

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Adult Tae Kwon Do Athletes 20.00 Not Available 35.00

Adult Powerlifting Athletes 30.00

Adult Athletes in the Following Sports: Not Available 25.00

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

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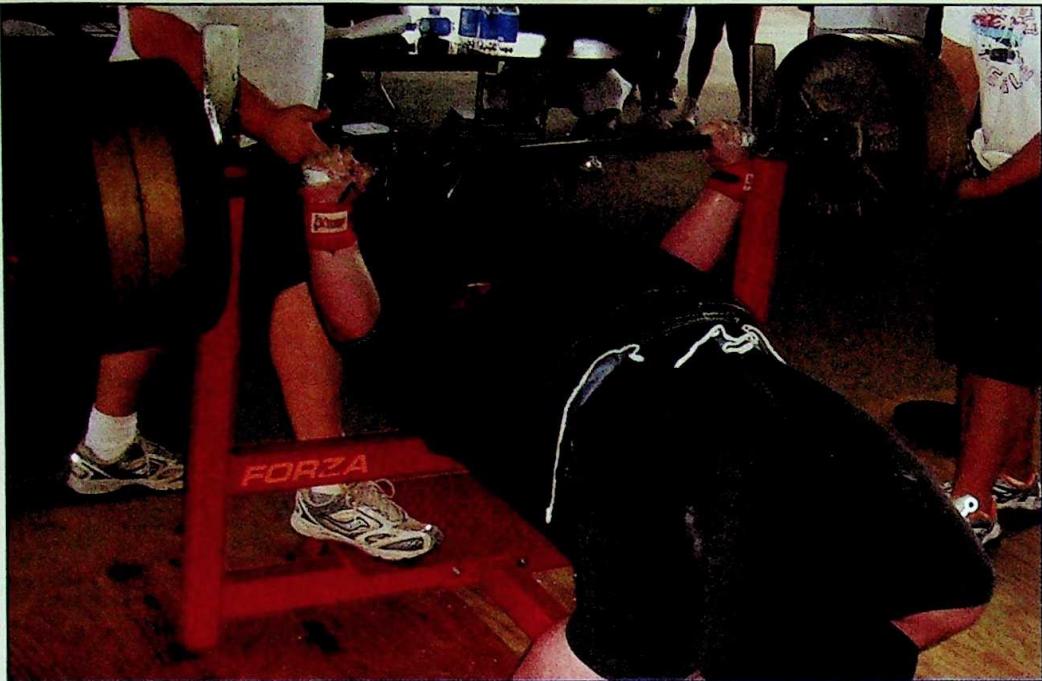
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Adult



At the Ohio State Fair SLP Vince Soto Memorial ... Adam Baker's SR 740 BP @ Junior 308! (Latch photos)

**SLP Vince Soto Memorial
7 AUG 05 - Columbus, OH**

BENCH	A. Yahnev	155	G. Clayman	440	J. Maxwell	460	J. Mendoza	275	Master (70-74)
WOMEN	Teen (18-19)		242 lbs.		J. Voelkel	450	4th-300*	220 lbs.	
Wheel Chair	132 lbs.		K. Hall	430	308 lbs.		Master (40-44)	C. North	480
97 lbs.	Z. Ramnytz	205*	K. Burgess	520	M. Meadows	450	220 lbs.	Open	
A. Salsbury	105*	165 lbs.	Master (50-54)		Raw		J. Pfeiffer	340	148 lbs.
Teen (18-19)	R. Oiler	245	165 lbs.		Master (40-44)		242 lbs.	D. Pfeiffer	155
148 lbs.			B. Dye	340*	J. Eaton	440*	K. Bardos	555	4th-170
B. Hammons	220*	165 lbs.	198 lbs.		308 lbs.		C. Guljas	530	165 lbs.
Junior			G. Benford	470*	R. James	400*	Master (45-49)	M. Tocci	420
Junior	A. Reino	350	242 lbs.		181 lbs.		181 lbs.	J. Witt	405
97 lbs.			R. James	370	181 lbs.		R. Hamsher	510*	198 lbs.
A. Salsbury	105*	220 lbs.	308 lbs.		J. Williams	430*	198 lbs.	J. Stonestreet	545
Open	R. Gidaro	435	C. Hook	325*	R. Ellebruch	380	242 lbs.	J. Kistler	500
97 lbs.	D. Mangino	405	Master (60-64)		E. Ritzler	190*	K. Hall	540*	220 lbs.
A. Salsbury	105*	308 lbs.	220 lbs.		Teen (13-15)		Master (60-64)	J. Pfeiffer	340
123 lbs.	A. Baker	740*	S. Glover	370*	97 lbs.		220 lbs.	J. Maxwell	480
E. Olszewski	150*	B. Howell	475	Master (65-69)		J. Glover	105*	H. Hartman	480
165 lbs.		Submaster	220 lbs.		E. Ritzler	70	=Son Light Power Ohio State records. Best		
L. Haught	150	275 lbs.	C. Workman	295	123 lbs.		Lifters Deadlift - Women: Brittany		
MEN	N. Sabatino	515	Master (70-74)		E. Ritzler	190*	Hammons. Men: Jeremiah Stonestreet.		
Novice	S. Glover, Jr.	460	220 lbs.		Teen (18-19)		Team Champions: Getting Fit Club. Best		
148 lbs.	D. Raines	560*	H. Yakel	285*	148 lbs.		Lifters Bench - Women: Brittany Hammons.		
D. Pfeiffer	65*	H. Mobley	520	Police/Fire		B. Hammons	300*	Lightweight Men: Charles Ventrella.	
181 lbs.	Master (40-44)		308 lbs.		Open		Heavyweight Men: Adam Baker. Raw:		
M. Miller, Jr.	345*	148 lbs.	D. Raines	560	123 lbs.		Jacob Williams. The Son Light Power Vince		
275 lbs.	C. Venturella	390*	A. Nedeff	410	E. Olszewski	270*	Soto Memorial Ohio State Fair Bench		
K. Mitchell	400	220 lbs.	Open		4th-280*		Bench Press/Deadlift Championship was		
Teen (13-15)	J. Pfeiffer	335	C. Venturella	390*	148 lbs.		held at the Showplace Stage on the fair-		
97 lbs.		242 lbs.	D. Pfeiffer	65	MEN		grounds. Thanks again to the staff at		
S. Wilcoxen	110	J. Ritzler	535*	165 lbs.	Novice		Special Events for continuing to promote		
132 lbs.		275 lbs.	M. Tocci	330	148 lbs.		this event. In the bench press competition		
J. Mobley	135*	S. Vickory	—	198 lbs.	D. Pfeiffer	155*	it was Amber Salsbury capturing the top		
148 lbs.		308 lbs.	M. Miller	505*	Teen (13-15)		award for the wheel chair women's 97		
C. Foos	135	P. Araci	560*	97 lbs.			class with a new state record of 105. This		
181 lbs.	R. James	400	B. Halbisen	440	D. Spann	205*	broke her own state record of 2003 by		
J. Mendoza	185	Master (45-49)	220 lbs.		4th-220*		fifteen pounds. Amber was also credited		
275 lbs.	T. Salyers	450	148 lbs.				with new state records for the junior and		
A. Walls	165 lbs.	J. Pfeiffer	335	C. Foos	270		open 97 class. Moving up to the 18-19/148		
Teen (16-17)	R. Hamsher	350	242 lbs.		4th-300		class, it was Brittany Hammons, taking the		
165 lbs.	J. Trusty	490	181 lbs.				title there with a new personal best and		
	M. Miller	505*	S. Glover	200			Ohio state record of 220. Erin Olszewski		
		275 lbs.		181 lbs.					

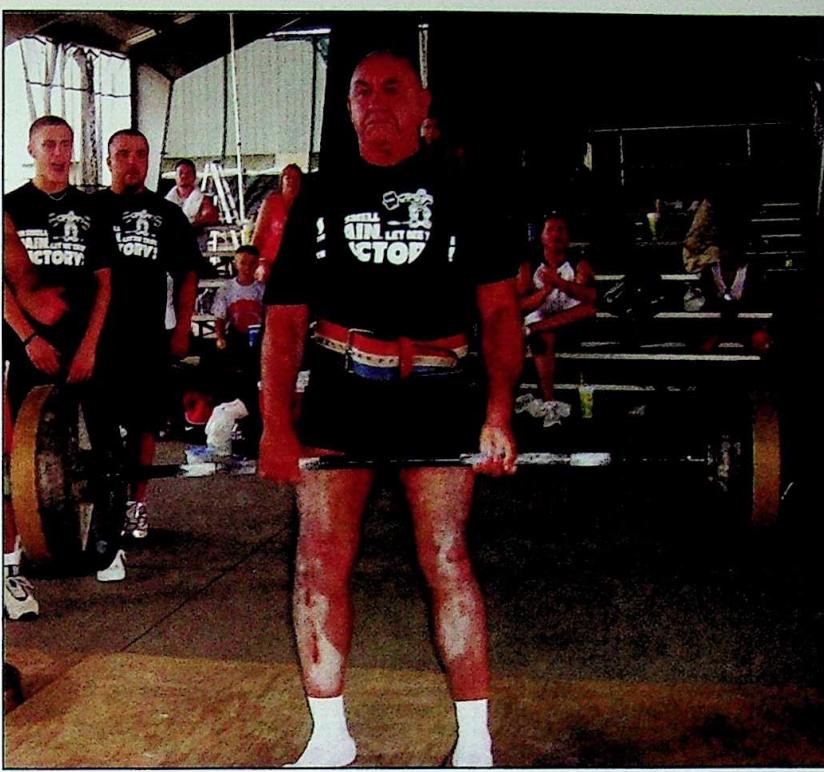
broke the state record at open 123 with a strong 150 while Leah Haught won at 165 with 150 as well. The best women's lifter award went to Brittany Hammons. For the novice men's division Dustin Pfeiffer set the state record at 148 with 65 while Mike Miller, Jr. broke the state record as well in his class with 345 @ 181, making just his opener. Kinta Mitchell, lifting in his first meet, won at 275 with 400. In the teenage men's 13-15 division Slayde Wilcoxen, lifting in his first competition, finished with 110. Johnathan Mobley tied the state record at 132 with 135. Cody Foos won at 148, making just his 135 opener. Josh Mendoza also just got in his opener, winning at 181 with 185. Big Adam Walls broke the state record at 13-15/275 with 365. At 16-17 it was Alan Yahner with his opener of 155. Zach Ramnytz won at 18-19/132 with a new state record of 205 while Ryan Oiler took the title at 165 with a personal best 245. Antonio Reino won at junior 165 with 350 while Ryan Gidaro took the title at 220 over Doug Mangino 435 to 405. The biggest lift of the meet came from junior 308 winner Adam Baker. Adam opened with an EASY 700, but only made one more attempt, his 740 second, which, of course, was a new state record for the class. If Adam could have found the same groove he did with his opener, he could have nailed 800! Second place at junior 308 went to Bob Howell who finished with 475. In the submaster division Nick Sabatino won at 275 with 515, while Sam Glover finishing second at 460. David Raines set the state record at 308 with 560 while Harold Mobley finished with a personal best 520. Moving to the master division best lightweight lifter Charles Ventrella broke the state record at 140 with 390. Charles also won the open 148 class as well. John Pfeiffer won at 220 with 335 while Jeff Ritzler broke his own state record at 242 with 335. Perennial best lifter Scott Vickery never quite found the groove with 635, hitting the uprights with each attempt and failing to get a good lift in. Maybe it had something to do with the fact he had about ten lifters he was helping. We all appreciate all the time Scott takes with new young lifters. Then at 308 was Palmo Araci, who broke the state record there with 560, just missing a final attempt at 600. Second place at 40-44/308 went to Randy James, finished with 400. For the 45-49 division it was Rick Hamsher with 350 for the win at 181. Michael Miller broke the state record at 198 with 505 while Glenn Clayman finished second with 440. Kurt Hall had the makings of a good day, taking the win at 242 with 430 while Kent Burgess won at 275 with 520 and a broken thumb. Bob Dye just keeps getting stronger with each passing year, upping his own state record at 50-54/165 to 340. Gary Benford finished with a strong 470 state record at 198 while Reese James won at 242 with 370. Charles Hook only got in his opener of 325, but that was good enough for the win and a new state record at 50-54/308. Sam Glover got a new two hundred dollar shirt, which must have been worth the money, cause he upped his personal best by 50 pounds over last year, finishing with a new state record 370 at 60-64/220! At 65-69/220 it was state record holder Charles Workman and his opener of 295. Herb Yakel broke his own state record for the 70-74/220 class with his 285 final attempt. In the police & fire division David

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Raines won his second title of the day at 308 with 560. Aaron Nedeff finished in second place with 410. In the open division Dustin Pfeiffer finished second to Charles Venturella's state record 390 with 65 while Michael Tocci, lifting raw, won at 165 with 330. At 198 it was Michael Miller with a new state record 505 over Billy Halbisen who finished with 440. Tom Salyers won at 220 with 450 over John Pfeiffer, who finished with 335. J. J. Trusty looked strong at 242, taking the win there with 490. At 275 it was a close one, with Josh Maxwell edging out Jason Voelkel, who had ripped out his shirt on his opener, 460 to 450. Mike Meadows won at 308 with 450 to finish out the open field. Best lifter for the heavier classes went to Adam Baker. In the raw bench press division Jeff Eaton broke the state record at 40-44/242 with 440. Randy James did the same at 40-44/308 with 400. Best raw lifter Jacob Williams set the state record at open 181 with 430. In the deadlift competition there was a battle in our lightest division, the teenage women's 13-15/97 class! When the dust settled Jenna Glover was the victor over state record holder Emily Ritzler 105 to 70. Seven year old Emily, who had just pulled a state record 105 at last week's SLP Worlds, could only get in her opener, failing to lock out her final pull of 105. Elizabeth Ritzler upped her own state record at 13-15/123 to 190 with her win there. Best women's lifter again, Brittany Hammons, pulled a personal best and state record 300 at 18-19/148. Training partner Erin Olszewski broke the state record for the open women's 123 class with her 270 final attempt, followed by a stronger fourth of 280! Novice lifter Dustin Pfeiffer set the state record at 148 with his 170 fourth attempt. Darien Spann won at 13-15/97 with a new state record 220 fourth attempt while Cody Foos won over Sam Z. Glover 270 to 200. A fourth with 300 by Cody was also good. Josh Mendoza won

at 181 with 275, before setting the state record there with his fourth of 300. At 40-44/220 it was John Pfeiffer with 340 while Kirk Bardsen won over Christopher Guljas 555 to 530. Rick Hamsher set the state record at 45-49/181 with 510 while Roger Ellebruch won at 198 with 380. Kurt Hall won his second event of the day at 242 with a new state record 540. Ageless wonder Harry Hartman, state record holder at 60-64/220 with 530, finished with his 480 opener, after missing 535 twice. Another great master deadlifter, Chuck North, won at 70-74/220 with 480. In the open division it was Dustin Pfeiffer for the win at 148 with 170. Michael Tocci won at 165 over Jason Witt 420 to 405. Best male lifter in the deadlift went to Jeremiah Stonestreet, who won at 198 with 545 at a 184 bodyweight. Second place at 198 went to John Kistler who finished with 500. John Pfeiffer won at 220 with 340 while Josh Maxwell took the title at 275 with 480. The Ellebruch, Chris Guljas, Mike Miller, Jr., so hard loading and spotting all day. See Michael Miller, and Zach Ramnytz. Thanks to my son Joey and Wee-Man who worked



73 Year Young CHUCK NORTH with his 480 deadlift @ 220, at the Vince Soto meet

to Powerlifting USA by Dr. Darrell Latch)

You're Only as Strong as Your Hands

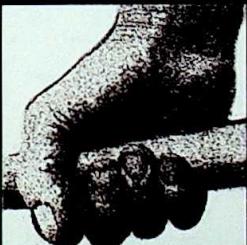
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- ★ **Trainer** @ 100 lb. — if you're ready for serious grip training
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- ★ **No. 2** @ 195 lb. — if you have—or want!—a truly extraordinary grip
- ★ **No. 3** @ 280 lb. — take your place among the elite grip masters*
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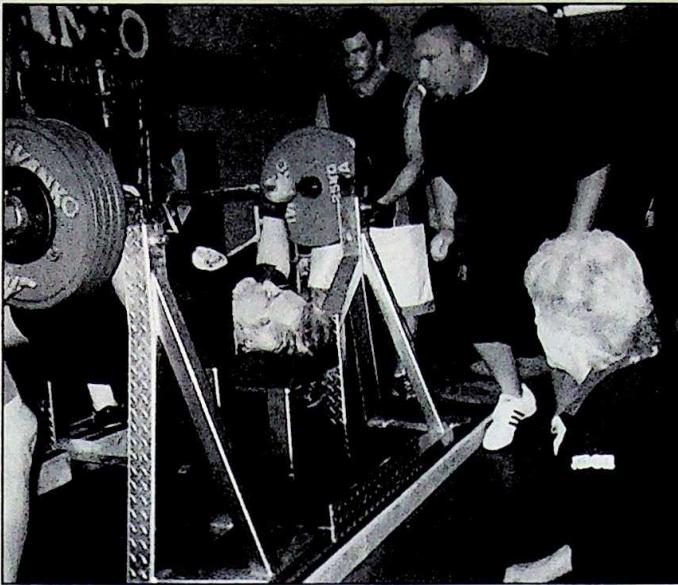
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6,7 AUG 05 - Portland, OR

BENCH	148 lbs.
WOMEN	M. Rochat 181
Junior	199+ lbs.
148 lbs.	K. Tauell 292*
C. Hansen 214*	MEN
198 lbs.	Class I
K. Bond 203*	148 lbs.
J. Brooks 192*	B. Kunkel 325
Law/Fire	Hilderbrand 275
Submaster	G. Langmead 275
132 lbs.	165 lbs.
L. Lamp 165	A. Somera 385*
4th-177*	L. Luther 347
Master (40-46)	Crossen III 341
105 lbs.	181 lbs.
D. Brown 148	M. Kondash 264
114 lbs.	198 lbs.
S. Hedman 181	M. Ireland 446*
148 lbs.	A. Siegell 303
R. Dunn 214*	T. Sybouts 407
D. Damminga 193	C. Mudge 253
4th-196*	242 lbs.
L. Powell 192*	R. Soland 451
165 lbs.	4th-469*
S. Klocke 225	D. Marchant 683*
B. Workman 137	J. Place 557*
Master (47-53)	D. Schultz 534
105 lbs.	V. Eldridge 523
V. Kosak 127*	E. Aleaga 501
114 lbs.	J. Garcia 380
I. Pantilat 178*	Master (47-53)
148 lbs.	4th-518
K. Richardson 99	D. Tubridy —
165 lbs.	G. Stephens 622
N. Carpenter 165	Master (47-53)
181 lbs.	148 lbs.
N. Huxley 226*	E. Evangelista 402
198 lbs.	D. Higgins 242*
K. Cash 159	P. Plush 363*
Master (54-60)	B. Dirk 468
165 lbs.	J. Anthony 424
B. Heriford 187*	G. Harris 468
B. Anderson 170*	T. Sybouts 407
Master (61-67)	220 lbs.
123 lbs.	259 lbs.
M. Hopkins 88	L. VanDyke 551
181 lbs.	242 lbs.
P. Robey 176	J. Gast 589*
Master (68-74)	G. Stevens 336
165 lbs.	M. DeWitt 485
G. Cloninger 115*	J. Corwin 655*
Master (75-79)	198 lbs.
132 lbs.	R. Griffin 473
M. Whinston 71	J. Beteta 292
199+ lbs.	220 lbs.
G. Mighell 71	L. Anderson 446*
4th-77*	308 lbs.
Open	D. Schultz 534
114 lbs.	D. Stevens 435
S. Hedman 181	R. Hamilton 380*
I. Pantilat 178	Master (61-67)
132 lbs.	181 lbs.
J. Watts 220	R. Harris 530*
4th-231*	D. Hawkins 319*
M. Hobbs 181	198 lbs.
148 lbs.	S. Boyle 473
K. Bohligian —	D. Holmes 358
R. Dunn 214	P. Goucher 203
M. Rochat 181	J. Ash 512
R. Panza 176	208 lbs.
165 lbs.	M. Herrera 424*
B. Heriford 187	G. Thomas 325
181 lbs.	Master (68-74)
K. Manhoney 231	165 lbs.
4th-242*	D. Barden 330*
N. Huxley 226*	J. Schneider 518*
199+ lbs.	181 lbs.
J. Brooks 192	D. Judd 143*
Submaster	220 lbs.
132 lbs.	J. Noblitz 374
J. Watts 220	F. Sevier 264
4th-231	J. Gladson 220
L. Lamp 165	Master (75-79)
4th-177	181 lbs.
148 lbs.	4th-181*
R. Panza 176	B. Baertlein 429
165 lbs.	B. Christensen
T. Jacobs 187	J. Noblitz 374
181 lbs.	259*
K. Mahoney 231	Master (80-84)
4th-242*	A. Whinston 104*
198 lbs.	E. Macauley 463*
J. Wooldridge 181	132 lbs.
Teen (13-15)	T. Christensen
123 lbs.	K. Unten 396
P. Fao 77	148 lbs.
198 lbs.	R. Soland 451
K. Sua 144*	E. Gorrono 325
Teen (16-19)	A. Valleza 435*
P. Arroyo 429	E. Evangelista 402
4th-469	165 lbs.
P. Morrison 512	181 lbs.
4th-546*	L. Luther 347
G. Denninga 451	220 lbs.
275 lbs.	R. Harris 530*
D. Fisher 369	DEADLIFT
WOMEN	198 lbs.
J. Garcia 380	J. Bachmeier —
Junior	G. Warrington —
A. Wass 275*	148 lbs.
H. Snow 192	148 lbs.



Mike Womack got a 760 @ 308 at the WABDL Nationals (CSS Design)

148 lbs.	D. Higgins 451*	198 lbs.	J. Capello —
Evangelista 440	165 lbs.	R. Cirigliano 551	McClanahan 529
162 lbs.	181 lbs.	L. Woolley 688	242 lbs.
C. Hansen 512	G. Langmead 275	C. Smith 512	J. Anthony 622
198 lbs.	165 lbs.	198 lbs.	H. Higgins 617
K. Bond 203*	148 lbs.	198 lbs.	Schmidt, Jr. 600
J. Brooks 192*	B. Kunkel 325	220 lbs.	G. Stephens 573
Law/Fire	Hilderbrand 275	220 lbs.	275 lbs.
Submaster	G. Langmead 275	220 lbs.	J. Michimens 639
132 lbs.	165 lbs.	220 lbs.	D. Martinez 611
L. Lamp 165	A. Somera 385*	220 lbs.	A. Medak 705
4th-177*	L. Luther 347	220 lbs.	J. Hudson 700*
Master (40-46)	Crossen III 341	220 lbs.	Submaster (34-39)
105 lbs.	181 lbs.	220 lbs.	165 lbs.
D. Brown 148	M. Kondash 264	220 lbs.	P. Lawyer 341
114 lbs.	198 lbs.	220 lbs.	M. Ireland 501
S. Hedman 181	M. Ireland 446*	220 lbs.	220 lbs.
148 lbs.	A. Siegell 303	220 lbs.	A. Tortorelli 607
R. Dunn 214*	T. Sybouts 407	220 lbs.	4th-617*
D. Damminga 193	C. Mudge 253	220 lbs.	C. Muir 512
4th-196*	242 lbs.	220 lbs.	242 lbs.
L. Powell 192*	R. Soland 451	220 lbs.	K. Adams 573*
165 lbs.	4th-469*	220 lbs.	308 lbs.
S. Klocke 225	D. Marchant 683*	220 lbs.	D. Stevens 628*
B. Workman 137	J. Place 557*	220 lbs.	R. Hamilton 435
Master (47-53)	D. Schultz 534	220 lbs.	Master (61-67)
105 lbs.	V. Eldridge 523	220 lbs.	198 lbs.
V. Kosak 127*	E. Aleaga 501	220 lbs.	D. Holmes 468
114 lbs.	J. Garcia 380	220 lbs.	308 lbs.
I. Pantilat 178*	Master (47-53)	220 lbs.	M. Herrera 479
148 lbs.	4th-518	220 lbs.	309 lbs.
K. Richardson 99	D. Tubridy —	220 lbs.	D. James 424
165 lbs.	G. Stephens 622	220 lbs.	Master (68-74)
N. Carpenter 165	114 lbs.	220 lbs.	4th-242*
181 lbs.	148 lbs.	220 lbs.	D. Judd 352*
C. Mudge 253	114 lbs.	220 lbs.	Master (80-84)
N. Huxley 226*	148 lbs.	220 lbs.	4th-341*
198 lbs.	242 lbs.	220 lbs.	V. Vasquez 336
K. Cash 159	F. Hofer 545	220 lbs.	A. Whinston 121*
Master (54-60)	T. Chun 490	220 lbs.	Open
165 lbs.	275 lbs.	220 lbs.	132 lbs.
B. Heriford 187*	C. Wimmer 513*	220 lbs.	A. Kang 424*
B. Anderson 170*	1994 lbs.	220 lbs.	148 lbs.
Master (61-67)	D. Miskimens 363	220 lbs.	G. Langmead 457
123 lbs.	K. Sandoval 363	220 lbs.	617*
M. Hopkins 88	200 lbs.	220 lbs.	Schmidt, Jr. 600*
181 lbs.	300 lbs.	220 lbs.	C. Erhard 600
P. Robey 176	309+ lbs.	220 lbs.	Evangelista 440
Master (68-74)	J. Hudson 606*	220 lbs.	R. Anderson 556
165 lbs.	309+ lbs.	220 lbs.	132 lbs.
G. Cloninger 115*	P. Pendergast 330	220 lbs.	R. Martin 402
Master (75-79)	P. Gerona 677*	220 lbs.	R. Segura 364
132 lbs.	K. Richardson 264	220 lbs.	4th-369*
M. Whinston 71	T. Corwin 655	220 lbs.	F. Cingiano 551
199+ lbs.	181 lbs.	220 lbs.	W. Winbigler 424
G. Mighell 71	T. Noble 429	220 lbs.	165 lbs.
4th-77*	148 lbs.	220 lbs.	T. Eiseman 727
Open	242 lbs.	220 lbs.	L. Woodley 688
114 lbs.	A. Somera 385*	220 lbs.	D. Fisher 507
S. Hedman 181	Master (61-67)	220 lbs.	!=World Records. *=State Records. This
I. Pantilat 178	4th-473*	220 lbs.	meet was held 1/4th of a mile from the
132 lbs.	A. Somera 385*	220 lbs.	Portland Airport and had 217 lifters
J. Watts 220	Master (61-67)	220 lbs.	compete, including 56 women. In class I
4th-231*	4th-473*	220 lbs.	deadlift, Barry Kunkel set an Oregon record
M. Hobbs 181	181 lbs.	220 lbs.	deadlift at 148 with 473.7. At 242, Henry
148 lbs.	M. Ireland 446	220 lbs.	Higgins set a Washington record 617.2 and
K. Bohligian —	181 lbs.	220 lbs.	on a second was Dennis Schmidt Jr. of
R. Dunn 214	T. Jackson 380	220 lbs.	Minnesota with a Minnesota record 600.7.
M. Rochat 181	220 lbs.	220 lbs.	In junior men, Alexander Kang set a
R. Panza 176	D. Chinn 440	220 lbs.	Maryland record with 424 at 132. In junior
165 lbs.	C. Muir 347	220 lbs.	women, Mandi set a Washington record
B. Heriford 187	259 lbs.	220 lbs.	with 298.6 at 148. At 181, Lisa Elliot set an
181 lbs.	M. Ireland 446	220 lbs.	Oregon record with 370.3. In law/fire
K. Manhoney 231	181 lbs.	220 lbs.	master 40-47, Dennis Schultz set a
4th-242*	T. Jackson 380	220 lbs.	California record at super with 540, to go
N. Huxley 226*	181 lbs.	220 lbs.	
199+ lbs.	D. Whinston 154	220 lbs.	
J. Brooks 192	4th-165*	220 lbs.	
Submaster	J. McWalter 424	220 lbs.	
132 lbs.	181 lbs.	220 lbs.	
J. Watts 220	J. Eard 617	220 lbs.	
4th-231	T. McGonagle 330*	220 lbs.	
L. Lamp 165	J. Miskimens 639	220 lbs.	
4th-177	J. Miskimens 639	220 lbs.	
148 lbs.	J. Hobbs 325	220 lbs.	
R. Panza 176	I. Soekardi 672	220 lbs.	
165 lbs.	181 lbs.	220 lbs.	
T. Jacobs 187	M. Hobbs 325	220 lbs.	
181 lbs.	309+ lbs.	220 lbs.	
K. Mahoney 231	J. Hobbs 325	220 lbs.	
4th-242*	I. Soekardi 672	220 lbs.	
N. Huxley 226*	M. Hobbs 325	220 lbs.	
199+ lbs.	181 lbs.	220 lbs.	
J. Brooks 192	M. Hobbs 325	220 lbs.	
Submaster	I. Soekardi 672	220 lbs.	
132 lbs.	181 lbs.	220 lbs.	
J. Watts 220	M. Hobbs 325	220 lbs.	
4th-231	I. Soekardi 672	220 lbs.	
L. Lamp 165	M. Hobbs 325	220 lbs.	
4th-177	I. Soekardi 672	220 lbs.	
148 lbs.	M. Hobbs 325	220 lbs.	
R. Panza 176	I. Soekardi 672	220 lbs.	
165 lbs.	M. Hobbs 325	220 lbs.	
T. Jacobs 187	I. Soekardi 672	220 lbs.	
181 lbs.	M. Hobbs 325	220 lbs.	
K. Mahoney 231	I. Soekardi 672	220 lbs.	
4th-242*	I. Soekardi 672	220 lbs.	
N. Huxley 226*	I. Soekardi 672	220 lbs.	
199+ lbs.	I. Soekardi 672	220 lbs.	
J. Brooks 192	I. Soekardi 672	220 lbs.	
Submaster	I. Soekardi 672	220 lbs.	
132 lbs.	I. Soekardi 672	220 lbs.	
J. Watts 220	I. Soekardi 672	220 lbs.	
4th-231	I. Soekardi 672	220 lbs.	
L. Lamp 165	I. Soekardi 672	220 lbs.	
4th-177	I. Soekardi 672	220 lbs.	
148 lbs.	I. Soekardi 672	220 lbs.	
R. Panza 176	I. Soekardi 672	220 lbs.	
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4th-242*	I. Soekardi 672	220 lbs.	
N. Huxley 226*	I. Soekardi 672	220 lbs.	



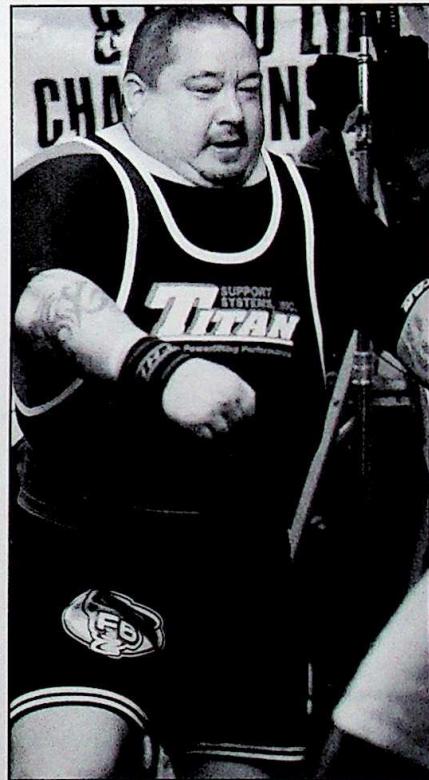
Robert O. Smith improved his 61-67 SHW mark to 518 (Carpenter)

along with a 534.5 bench. In law/fire open, Dinael Martinez set a California record 611.7 at 275. In master men 40-46, Tom Eiseman at 181, had an off day and "only" did 727.5, which is damn good for any lifter from 275 on down. At super, Paul Ratsch pulled 661 for the win, Jeff Place was second with an Oregon record 600.7 and Dennis Schultz was third with a California record 540. In master 47-53/242, Jerry Capello was large with a World Record 772.6 at age 48. Jerry is from Medford, Oregon, and was a logger for 20 years. Even the name of his high school football team was the Butte Falls Loggers. In master 54-60/275, Kirt Adams est an Oregon record 573 at 54-60/308, and Daniel Stevens set an Oregon record 628. In master 68-74 deadlift, Donald Judd set an Arizona record 352.5 at 181. In master 80-84/148 Arthur Winston who is still a practicing trademark lawyer, set a World Record with 121.2. Moving on to master women deadlift, Suzanne Hedman set a California record 304.1 at 114, in master 40-46. At 40-46/165, Jamie Rayburn pulled an Oregon record 364.8. Sherri Klocke was second with 341.5. In master women 47-53/181, Nadine Huxley pulled a World Record 347. She's a farm girl of Goldendale, Washington, and I believe that she has an easily achievable 400# deadlift in her future. In 54-60/165, Dana Backiel set a World Record with 325, done with room to spare. Betty Heriford also set a World Record with 316.2 and stood until Dana broke it. In master 61-67/184, Pat Rubey set a Washington record 264.5 and in master 75-79, 78 year old Melicent Winston set a World Record 165.2, weighing only 129#, which is incredible. She still competes in masters track and field events and is the model for all women heading into their 80's. In open men deadlift, there were only a few records. Alexander Kang of Maryland set a record at 132 with 424.2, and John Hudson, his coach, got an Illinois record 700.8 at 308 after having surgery. In open women, Marie Rochat set an Oregon record with 363.7 at 148, and Rebekah Krotzer set a Minnesota record with 319.5 on a fourth. In submaster men, Al Tortorelli set a California record 617.2 and Ismaizah Soekardi set a California record 655.7, only about 45# behind his brother Yanto. In submaster women, Tami McGonagle pulled a World Record 330.5, weighing only 109, almost triple bodyweight! At 132, Jeanne Watts pulled a California record 342.6. In teen men 13-15/114, Max Sandoval pulled an Oregon record 242.5. In 13-15/132, Michael Drew pulled a huge 341.5 Oregon record weighing 130. In 13-15/148, Travis Belen set a Washington record 397.8, weighing only 144, another great lift! In teen men 16-19/132, Ray Segura set a Washington record 369.2. In teen 16-19/165, Laramie McMasters set an

Illinois record 507. In teen women 13-15/123, Amanda Wass set a World Record 275.5, another great lift at age 14. In 13-15/198, Kayle Sua set a Washington record 358. She will deadlift 500 before she turns 20. In teen 16-19/148, Marie Rochat set a World Record 363.7, weighing only 138, which is another great female record. And then Kayla Tueli, at 198+, almost pulled 501.5, but settled for a World Record 473.7. She will deadlift 501 or more at the world's according to her coach Joe Head of Headquarters Fitness. Moving on to the bench in class I, Andrew Somera of Washington set a record 385 at 165. Michael Ireland of Washington set a record with 446.2 at 198. At 242, Michael Soland set a Washington record 469.3 on a fourth and Mike DeWitt set a Washington record 501.5 at 275. In junior 220, Levi VanDyke set a Washington record 600.7 on a fourth after missing it on a third. At 242, Joe Gast set a Washington record 287.5, and then at 308, Michael Leonack, after going 705, 714, 724, 734, 744 and 755 in Dallas on July 23rd, went 705, 735, 760, 780.3 and a near miss at 800.1 here. Ten successful attempts at 700 or more in a span of two weeks. He drove his beat up Mustang from Modesto to Portland, 750 miles to compete in this competition. He's humble, quiet, and totally confident. At junior super, Terry Corwin also came up big with a World Record 655.7. In junior women, Christie Hansen got an Oregon record 214.7. In junior 198, Karla Bond got a World Record 203.7 and in junior 198+, Jessica Brooks got a World Record 192.7. In law/fire open and in open, Ryan Harris, coached by Terry Luehrs, came up with World Records in both 530.1. In law/fire open 220, Joan Ash of Bend got an Oregon record 518 after a three year absence from the lifting platform. At law/fire open 275, Carl Wimmer of Utah got a Utah record 513.6. Carl is an elder in the Mormon church and is a great guy, and he continually shows improvement. In law/fire submaster 259, Joseph Schneider set an Oregon record 518 after a two year absence from the lifting platform. In law/fire submaster women, Lauri Lamp set a World Record 177.3 at 132#. Moving on to master men 40-46/220, Ed Macauley set an Oregon record 463.8. At 259, John Morrison got an Oregon record 546.6. John has been competing in Oregon since the days of Doyle Kenady, about 20 years. At super, big Dave Merchant set a Utah record 683.2 for the

national title. Former New England Patriot football player, Jeff Place, benched 567.5 for second and an Oregon record. There were six lifters in the big boys division. In master men 47-53/148, Freddie Evangelista didn't set a record, but got a 402. In second was David Higgins with a Washington record 242.5. At 181, Perry Plush got a Washington record 363.7. At 259, Willard Crossen Jr and Forest Hofer locked up in a real battle. They both put up 545.5, but Crossen was the lighter man and won the national title. At 308, Dave McCreary got his first 500# bench with 501.5 and jumped so high he almost hit his head on the ceiling. Sam Pechtow was the winner with 523.5. In master men 54-60/220, Larry Anderson set a Minnesota record 446.2 and at 308, Richard Hamilton set a Washington record 380, but finished second to Dan Steven's 435. In master 61-67/181, Darryle Hawkins set an Oregon record 319.5. At 198, Dave Holmes set a Washington record 358 and Manny Herrera set a Utah record 424.2. At super, the voice of numerous commercials and cartoons, Robert O. Smith, set a World Record 518. Dan James was second with 485 and a near miss with 523. In master 68-74/165, Donald Barden set a World Record 330.5. After competing on a regular basis in WABDL since it was founded in 1997, Donald finally got his World Record. At 67-74/181, Donald Judd got an Arizona record 143. In master 75-79/181, Pastor Bryan Christenson set an Oregon record 259, weighing only 17. In master 80-84/148, Arthur Winston set an Oregon record 104.5 at age 80. In master women 40-46/148, Rhonda Dunn set an Oregon record 214.7 to beat Debbie Damming who set a Washington record 196. Lani Powell, who hadn't lost a contest in the last seven years, was third with 192.7, a good battle. At 165, Sheri Klocke put up a respectable 225.7. In master women 47-53/105, 100# Vivian Kosak set a

World Record with 231.2 at 132#, and in second was Lauri Lamp with 177.3, a Washington record. At 181, Kelley Mahoney set a World Record with 242.5. She had tried to get the World Record at three different meets and finally she came through. In teen men 13-15, Travis Belen set a Washington record 248 at 148+. Cody Anderson from Minnesota, set a Minnesota record 181.87 and won the nationals at 165. At 181, Kyle Shiffner set an Oregon record 270. In teen 16-19/220, Sean Demarinis set a California record 457 and at 275, Chris Barada, who is only 17, put up 479.5. In teen women 13-15/198, Kayla Sua set a Washington record 144.3 and in teen women 16-19/198+, Kayla Tueli set a World Record 292 to go along with her World Record 473 deadlift. Kayla is only 16. I want to thank Gary Thomas who did the weigh-ins, Elma Thomas was on the computer, Teresa Rethwisch did t-shirts and tickets, Gus Rethwisch was the MC. The judges were Don James, Brian Baertlein, Ken Anderson, Donna Dellere, Terry Luehrs, Don Frosland, Pat Swab, and Gus Warrington. James Partch was the platform manager. Joe Fernandez provided the warm-up weights. Ivanko provided the kilo set, and Matt Lamarque's bovine Strength Systems provided the competition bench. Our sponsors were Morgan Distributing and Wolf Werner, Rich Brewer and House of Pain, Pete Alanis, and Ken Anderson of Tital, Mike Lambert of Powerlifting USA, Shawn Madere of GLC Direct, the official joint formula of WABDL, Matt Lamarque and Bovine Strength Systems, Neal Spruce, Jim Starr, and Odd Haugen of Apex Fitness Group, Chet Greskewitz of Ivanko Barbell, Gus Samuelson and Mike Rockoff of Universal Nutrition, makers of the Animal Pak, Jim Tate and Jim Wendler of Elite Fitness Systems, Keith Lemm of CSS Photo Design, Brent Mikesell of Iron Gladiator, and Bob Hill of LaPrinzies Gym. (Gus Rethwisch)



Steve Wong gets ready for a huge attempt which he made, at 854, weighing 304.4. (Photograph by the courtesy of CSS Design)

a Washington record 127.8. At 114, diminutive Ita Pantilat went huge with a World Record 178.4. At 181, Nadine Huxley set a World Record 226.8 to go along with her World Record deadlift. In master 54-60/165, Betty Heriford set an Oregon

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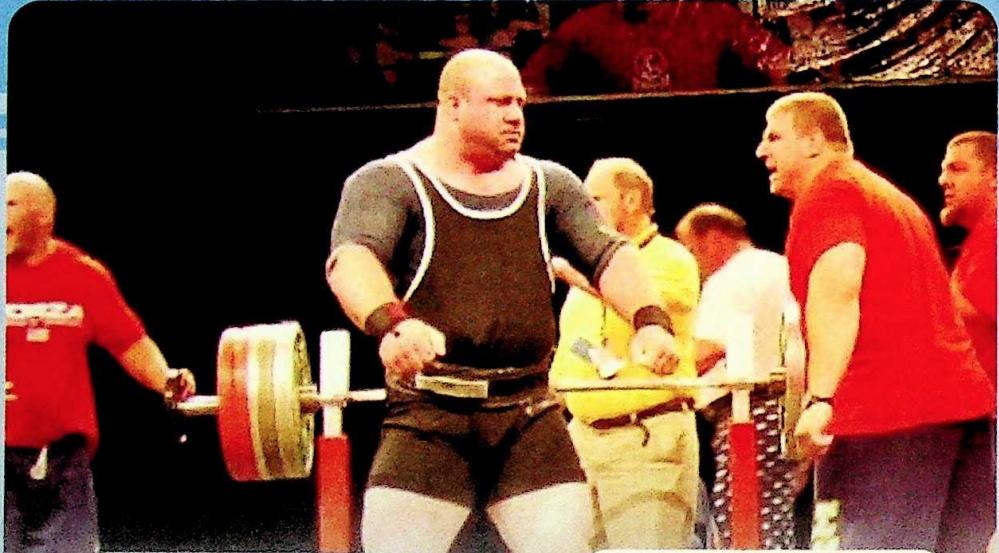
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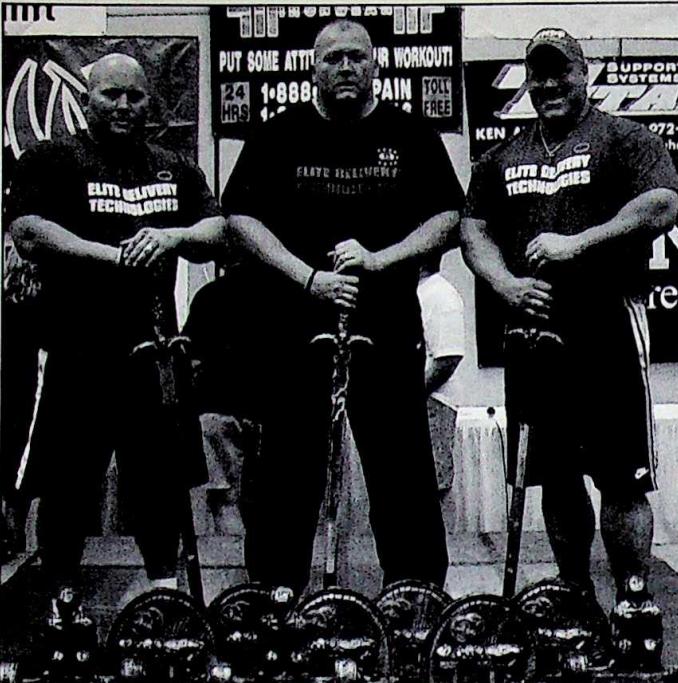
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WABDL Great Lakes Regional
16 JUL 05 - Lansing, MI

BENCH		Submaster (34-39)
WOMEN		181 lbs.
Master (40-46)	J. Brydon	391
148 lbs.		4th-402*
K. Waugh	176*	220 lbs.
199 lbs.	J. Swirple	451*
S. Downs	198*	308 lbs.
Open	D. Forstner	523*
132 lbs.	Teen (13-15)	
D. Hurlbert	154*	165 lbs.
Submaster	M. Miller	187*
198 lbs.	181 lbs.	
A. Atkinson	165*	A. O'Brien
Teen 913-15)	Teen (16-19)	187*
198 lbs.	148 lbs.	
S. Baty	126*	C. Cooper
MEN	220 lbs.	181*
Class I	A. Gill	374
165 lbs.		4th-400*
M. Miller	187*	J. Johnson
275 lbs.	DEADLIFT	336*
M. Timbs	462*	WOMEN
309+ lbs.	Junior	
C. Cline	507*	181 lbs.
Junior (20-25)	K. Scott	418*!
165 lbs.	Open	
L. Musinski	352*	181 lbs.
181 lbs.	K. Scott	418*
Witherspoon	275	MEN
220 lbs.	Class I	
S McShane	402*	165 lbs.
242 lbs.	M. Torrez	308*
C. Dalcia	369	309+ lbs.
Law/Fire	C. Cline	633*
Master (40-47)	Junior (20-25)	
259 lbs.	220 lbs.	
D. Foor	—	S. McShane
Law/Fire Open	606	
275 lbs.	242 lbs.	
J. Begue	600*	J. Lickfelt
308 lbs.	Law/Fire	518
J. Shell	710!*	Master (40-47)
309 lbs.	220 lbs.	
C. Cline	507*	B. Nicholls
Law/Fire	4th-314*	303
Submaster	Law/Fire Open	
259 lbs.	309+ lbs.	
M. Zingaro	—	C. Cline
Master (40-46)	Master (40-46)	633
165 lbs.	198 lbs.	
A. Sharpe	363*	Schoenebeck
181 lbs.	275 lbs.	628*
F. Stokes	347*	T. Crampton
198 lbs.	J. Peshek	429*
D. Horn	347	600*
A. Jones	501	Master (47-53)
4th-512*	S. Goss	424
Schoenebeck	435*	G. Kleyn
259 lbs.	198 lbs.	518*
D. Foor	464*	W. Stirling
M. Scott	314*	462
275 lbs.	B. Nicholls	303
T. Crampton	286*	4th-314*
J. Peshek	705!*	259 lbs.
M. Timbs	462*	G. Rapp
Master (54-60)	Master (61-67)	408*
123 lbs.	165 lbs.	
A. Bates	231!*	Montgomery
181 lbs.	Master (68-74)	485*
R. Barr	375!*	A. Bates
198 lbs.,	R. Gidcumb	341*
B. Hochstein	—	Master (80-84)
242 lbs.	B. McClelland	281
Washington	319	Open
275 lbs.	165 lbs.	
T. Striverson	440*	M. Miller
Master (68-74)	220 lbs.	407*
148 lbs.	C. Herrick	683*
R. Gidcumb	248*	S. McShane
275 lbs.,	259 lbs.	606
R. Soffredine	435!*	R. Klein
Master 980-84)	275 lbs.	716*
181 lbs.	J. Peshek	600*
B. McClelland	192	308 lbs.
4th-192!*	D. Forstner	716
Open	Submaster (34-39)	
165 lbs.	220 lbs.	
L. Musinski	352	J. Swirple
220 lbs.	D. Forstner	501*
C. Herrick	402	Teen (13-15)
259 lbs.	165 lbs.	
M. Newman	473*	M. Miller
275 lbs.	165 lbs.	407
J. Begue	600	L. Allen
308 lbs.	181 lbs.	462*
D. Forstner	523	L. Rowe
J. Shell	710!*	D. Theisen
	220 lbs.	501



Jeff Begue, Chane Cline, and Jeff Peshek @ the WABDL Great Lakes

J. Johnson 545*

*=State Records. !=World Records. Fifty eight lifters competed in the second annual Great Lakes Regional. There were 44 lifters last year. The hotel is right off the freeway in South Lansing, and has an excellent pool and restaurant, and plenty of parking. The ballroom is spacious and it's very convenient for the lifters. In the deadlift, Mario Torres of North Carolina, set a state record at 165 with 308.5, in the Class I division. Mario's hand is disabled and he's allowed to use a strap on that hand. At super, Chane Cline set an Ohio record with 633.7 in Class I. In Junior women, Kristy Scott set a World Record 418.7 at 181, and a Maine state record. In Law/Fire Master 40-47, Bruce Nicholls set a Michigan state record 314 deadlift at 220#. In Law/Fire Open, Chane Cline set an Ohio record 633.7. Chane weighs 329 and he carries his weight very well. He's about 6'3". There's lots of room for improvement. In Master men 40-46 deadlift, Neil Schoenebeck of Michigan set a Michigan record 628.2 at 198, a very good pull. Neil is in great shape. At 275, Thomas Crampton was second with a Michigan record 429.7. Jeff Peshek of Ohio was first with an Ohio record 600.7. Jeff is very muscular and fit, and he's passed drug tests, including this meet. In Master 47-53, Stan Goss of Canada set a Canadian national record with 424 at 165. Greg Kleyn of Illinois and formerly of Russia, won with a huge 518 at 165, and got an Illinois state record. William Stirling of Canada won at 198 with 462.7. At 220, Bruce Nichols of Michigan set a Michigan record 408.8. In Master 61-67, Marti Montgomery, the WABDL State Chairman for Indiana, set an Indiana record 485, weighing only 164.8. The World Record is 501.5 held by Rich Abbott who's retired due to an injury and is doing a lot of biking now. In Master 68-74, Richard Gidcumb set a Michigan record with 341.5 at 148#. Richard competed in nine different world championships last year. In Master 80-84, 82 year old Bladen McClelland of Michigan deadlifted 281. He could pass for 65 easily. He's in great shape and has spring to his step. In Open men, Matthew Miller set a Michigan record 407.7 at 165. At 220, Chad Herrick pulled a nice 683 for a Michigan record and Steven McShane was second with 606. At 259, Ryan Klein pulled a huge 716 for a Michigan record. There's not too many 700# deadlifters any more and WABDL only has three 700# deadlifters, including George Herring, Nate Tuffanelli, and Brian Oldham. Tuffanelli weighs 360 and Oldham is about 400#. At 275, Jeff Peshek set an Ohio record 600.7. In Submaster men, John Swirple set a Michigan record 501.5 at 200#, and Dave Forstner pulled a 716 at 308. He has done 749. In teen men deadlift, Lance allen set a Michigan record 462.7 at 165. That's a great pull for a teenager at 165. That's a great pull for a teenager at 165. In teen 16-19/220, Jake Johnson set an Illinois record with an above average 545.5. Moving onto the bench in Class I, Matthew Miller set a Michigan record with 187 at 165, and in the 275# class, a Michigan record was set by Michael Timbs with 462.7. At super, Chane Cline set an Ohio record with 507.5. In the Junior division bench, Louis Musinski set a Michigan record at 165 with an above average 352.5. At 220, Steven McShane set a Michigan record with 402.2. In Law/Fire Open, Jeff Begue set an Ohio record 600.7 at 275, and it was done with aggression. At 308, Jamie Shell passed a drug test and set a World Record 710.7. Jamie has a lot of potential and will hit 800 in the future if he doesn't get hurt. At super, Chane Cline set an Ohio record 507. In Master men 40-46, Arthur Sharpe set a Michigan record at 165 with an impressive 633.7. At 181, Fred Stokes popped a 347 for a Michigan record. At 198, Anthony Jones was in a zone with a 512.5 Michigan record. At 259, Dan Foor set a Michigan record 464.9 and Scott Mahr set an Indiana record with 314. At 275, Michael Timbs shot up a 462.7 Michigan record, but Jeff Peshek was the show with a 705.2 World Record and went on to try 727. In Master 47-53/198, William Stirling put up a Canadian record 286.5. In Master 54-60, two world records were set. Andrew Bates of Michigan hit 231.2, weighing only 121 and Randy Barr slammed 375.8 at 181. At 275, Ted Striverson set an Indiana record 440.7. In Master 68-74, Richard Gidcumb set a Michigan record 248 at 148. At 275, a very fit looking Ralph Soffredine set a World Record 435 at age 69, very impressive. In Master 80-84, 82 year old Bladen McClelland set a World Record 198.2 weighing 180. In Master women, Kathy Waugh set a Michigan record 176 at 148, and in Master 40-46/1984, Stacie Downs set a Michigan record 198.2. In Open men, Michael Newman set a Michigan record 473.7 at 259. But, Marc Zingaro put up 530.1 for a Pennsylvania record and first place. At 275, Jeff Begue put up 600.7 but Jeff Peshek put up a 705 World Record. At 300B, Jamie Shell set a Michigan record 710.7. In Open women, Deanna Hurlbert set a Michigan record 154.2 at 132. In Submaster men 181#, Jeb Brydon put up a Michigan record 402.2. At 220, John Swirple rammed a 451.7 for a Michigan record. At 308, Dave Forstner got a 523.5, but was close with much more. In Submaster women, Amanda Atkinson set a Michigan record 165.2 at 198#. In Teen men 13-15, Matthew Miller set a Michigan record 187.2 at 165, and at 181, Alan O'Brien set an Illinois record 187.2. In teen men 16-19, Michigan records were set by Chag Cooper with 181.7 at 148 and Aaron Gill with 400 at 220. Samantha Baty, the daughter of an old time lifter, Mike Baty, who trained with the legendary Wayne Bowier(sp?) Put up 126.7 at 198 in Teen women 13-15/198. I want to thank Ted Feight, the WABDL Michigan Chairman for making all of this possible. Jim Waters of Powerhouse Gym provided the warm-up weights and Fred Stokes and Greg Fay provided bench from the Southside YMCA. Kathy Feight was the scorekeeper and the judges were Ken Anderson, Mike Scott, and Ted Feight. The sponsors were Powerhouse Gym of DeWitt, Michigan, Rick Brewer of House of Pain, Dave Date & Jim Wendler of Elite Fitness Systems, Pete Alanis of Titan Support Systems, Mike Rockoff and Gus Samuelson of Universal Nutrition, Brent Mikesell of Iron Gladiator, Keith Lemm of CSS, Shawn Madere of GLC Direct, the official joint formula of WABDL, Neal Spruce, Odd Haugen, and Jim Starr of Apex Fitness Group, the makers of the best creatine glutamine in the world, Matt Lamarque of Bovine Strength Systems, who provided the official bench for the platform, Mike Lambert of Powerlifting USA, and Ivanko and Chet Croskruetz, who provided the kilo set. The trophies came from Carl Seeker. (Thanks to Gus Rehwisch for providing the results)

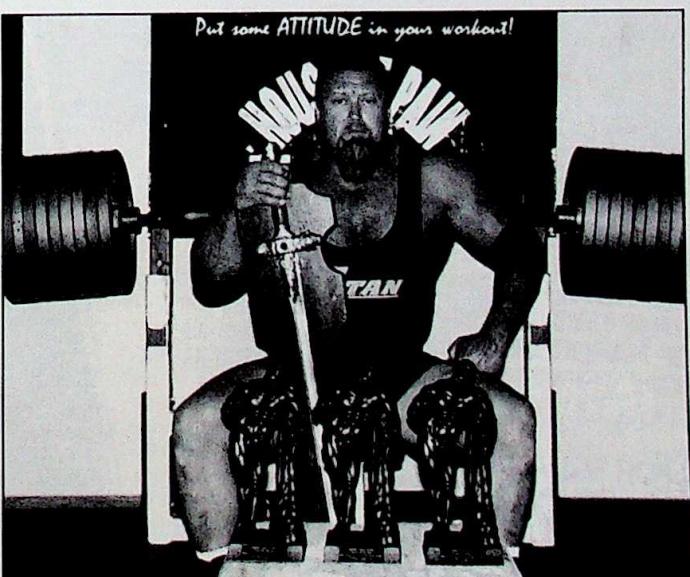
House of Pain Push Pull
23 JUL 05 - Dallas, TX

BENCH	308 lbs.
WOMEN	K. Wilkerson 501*
Junior	Junior (20-25)
181 lbs.	181 lbs.
K. Womack	330
198 lbs.	Deregowksi 407
A. Calvo	192
Law/Fire	R. Lenaburg 330
Master (48+)	R. Marrama 551!*
181 lbs.	D. Burns 220
C. Luprete	B. Burns 639!*
4th-160!*	K. Lloyd 523
Master (47-53)	275 lbs.
148 lbs.	M. Womack 755!*
M. Morris	99
UL	Law/Fire
K. Berryman	Master (48+)
Master (54-60)	259 lbs.
181 lbs.	J. Park 457*
C. Luprete	SHW
4th-160!*	P. Lattanzi —
Stockton-Ross	Law/Fire
Master (61-67)	Submaster
123 lbs.	198 lbs.
S. Clark	B. Stone 336
148 lbs.	M. Womack 457*
S. Clark	181 lbs.
Open	K. Mauer 363
K. LaCour	220 lbs.
181 lbs.	R. Womack 435
K. Womack	275 lbs.
MEN	J. Stewart —
Class I	K. Hamby —
132 lbs.	Master (47-53)
R. Phillipos	181 lbs.
148 lbs.	J. Tyree 363*
D. Smith	198 lbs.
165 lbs.	B. Welker 440*
S. Grisham	259 lbs.
C. Rayner	R. Duncan 485*
181 lbs.	Master (54-60)
R. Ramsey	181 lbs.
J. Morales	J. Mauldin 348
220 lbs.	4th-358*
R. Contreras	R. Snodgrass 341
R. Womack	198 lbs.
242 lbs.	D. Bell 363*
R. Morgan	J. Snodgrass 319
259 lbs.	242 lbs.
R. Plunkett	G. McCoy —
275 lbs.	J. Park 426
B. Otenti	275 lbs.

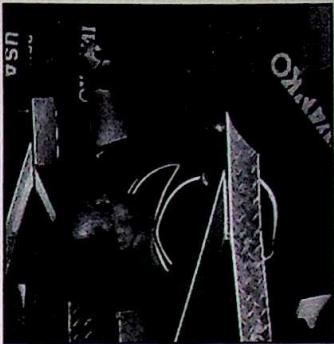
S. Finegan — K. LaCour 264
 B. Wright 347 MEN 264
 SHW Class I Scott, in Class 1/148, pulled an above average 529, which is only 44 pounds from the open World Record of 573, set by Monte Hokoana of Hawaii at 165, Chris Rayner, who is only 18, set an Oklahoma state record 480.6 and is ably coached by Terry Putnam. At 220 Class I, Steven Peterson set a Texas record 567.5. At 181, Robert Ramsey pulled a nice 540. In Junior 198, Rick Marrama of Massachusetts set a state record with 600.7. In Law/Fire Open 220, Joe Guerra set a Texas state record of 552.1. In Law/Fire Submaster 198, Barran Stone set a Texas record 523.5. In Master 40-46/275, Terry Putnam set an Oklahoma record 622.7. In Master 47-53/198, Rick Garcia set a Texas record 611.7. In Master 61-67/220, Terry Lancaster set a World Record 573, at age 64. All things considered, the best deadlift in the contest. In Master women 47-53/198, Kay Berryman set a Texas record 308.5. She works for House of Pain and is a big fan of powerlifting. In Master women 54-60, Hope Stockton-Ross set a Texas state record of 242.5 at 181#. In Master women 61-67, Sylvia Clark and Sue Clark, who are sisters, set Texas records at 123# and 148# respectively, with 203.7 and 286.5. Sue's 286.5 was a World Record and they are both trained by John Tyree. In Open men deadlift, Joe Bianchi, Sr., pulled a Massachusetts record 578.5 at 220. Eric Wright pulled a very good 672.2 at 242 for a Texas record, and Phil Wylie pulled 661.2 for a Texas record. In Teen men 13-15, Donnie Moskinis pulled an Ohio record 308.5 at 123#. At 165, Chris Rayner pulled a World Record 480.6 at age 15, that's big time. In Teen 16-19/148, Mitchell Ellis pulled a 437.4 for a Texas record. At 165, Kevin Battey was above average with a 462. For a Texas record. In Class 1/148 bench, David R. Smith pushed in a Texas record 386.8. At 259, Raymond Plunkett ripped up a Texas record 551, and at 308, Ken Wilkerson levitated 501.5 for a Texas record. In Junior bench, Rick Marrama of Massachusetts set a World Record at 198 with 551. At 220, dusty burns pushed 639 for a World Record and just missed 672. At 275, Michael Womack, who drove a beat up Mustang all the way from Modesto, California and whose car broke down, set a World Record 755. At one point, Michael asked some goat herder in New Mexico to give him a push. When that didn't work, his sister Kelly pushed while Michael drove. Kelly has benched 352, so don't feel sorry for her. Finally, Michael did the right thing and Kelly drove and he pushed for two miles. Needless to say, the goat herder moved his goats as far from 10 as possible. Michael was incredible. He lifted in both Junior and Open. He went 705, 715, 725, 734, 744, and 755. In Junior women, Alexandria Calvo set a World Record 192.7 at 198#. In Law/Fire Master 48+, Johnny Park set an Oklahoma record 308 lbs.
 B. Leitz — H. Bodden 440
 L. Polk — Open 308 lbs.
 E. Morrow 529 j. Ojeda 501
 Teen (13-15) 198 lbs. 198 lbs.
 123 lbs. C. Bell 551
 M. DeLaCruz 220! 220 lbs.
 D. Miskinis 143* 242 lbs.
 165 lbs. E. Wright 672*
 C. Rayner 336! P. Wylie 661*
 Teen (16-19) 48+ 48+, Johnny Park set an Oklahoma record
 132 lbs. B. Grant 451
 R. Ballard 314 R. McKeever 314
 4th-331! 275 lbs.
 148 lbs. J. Erickson 314
 M. Ellis 281 308 lbs.
 165 lbs. E. Morrow 600
 K. Battey 231 4th-618*
 220 lbs. Submaster (34-39)
 Z. O'Quinn 435 198 lbs.
 D. Calvo 407 M. Pearce 523
 DEADLIFT 220 lbs.
 WOMEN 220 lbs.
 Junior 242 lbs.
 181 lbs. S. Petersen 567
 K. Womack 319 J. Laskowski 451
 Master (47-53) 198 lbs.
 148 lbs. 123 lbs.
 M. Morris 225 D. Miskinis 308*
 UL 165 lbs.
 K. Berryman 308* C. Rayner 480!
 Master (54-60) 148 lbs.
 181 lbs. 148 lbs.
 Stockton-Ross 242* M. Ellis 437*
 Master (61-67) 123 lbs.
 165 lbs. S. Clark 203* K. Battey 451
 148 lbs. 4th-462*
 S. Clark 286! 220 lbs.
 Open D. Calvo 529
 105 lbs. Z. O'Quinn 490

*State Records. !=World Records. About 90 lifters competed at the 450 room Sheraton Brookhollow Hotel, near downtown Dallas and right off I-35 east. In the deadlift, Joel

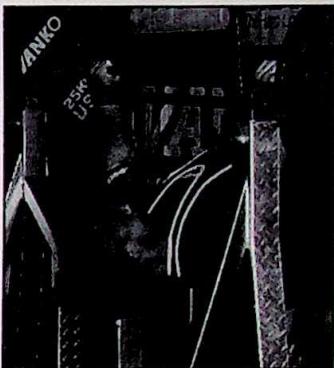
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 Master (61-67) 123 lbs.
 165 lbs. S. Clark 203* K. Battey 451
 148 lbs. 4th-462*
 S. Clark 286! 220 lbs.
 Open D. Calvo 529
 105 lbs. Z. O'Quinn 490



Jason Laskowski @ the WABDL House of Pain Push Pull Nationals.



Benching Buddies - Rick Marrama and Joe Bianchi of Massachusetts both won in Dallas on July 23rd.



Patterson and Keith Allen of Mac Barbell for supplying all the warm-up weights for this contest as well as the World Cup on April 30, in Dallas. Also, Jason from house of Pain brought a bench and the kilo set. Everybody came together to put on a good meet. Jason Laskowski and Michael Womack passed their drug tests. There was one flunk. (Thanks to Gus Rethwisch for providing these competition results)

Bucknell Power Day				
5 NOV 05 - Lewisburg, PA				
	WOMEN	SQ	BP	DL
132 lbs.		TOT		
Teen (18-19)	E. Steinling	110	90	230
148 lbs.				
Junior (20-23)	K. Kumpan	170	105	170
165 lbs.				
Open				
A. Buck	260	160	215	635
MEN				
123 lbs.				
Teen (12-13)	M. Pollard	145	140	175
148 lbs.				
Open	M. Lamparter	330	235	385
165 lbs.				
Teen (Under 12)	M. Mongera	180	140	240
181 lbs.				
Teen (18-19)/Open	S. Shuck	370	315	475
Teen (18-19)				
A. MacNeill	185	240	315	740
Junior(20-23)				
T. Yosca	375	305	425	1105
J. Zsido	330	320	440	1090
Housekecht	300	260	420	980
Open				
Hersperger	425	325	545	1295
198 lbs.				
Teen (14-15)	A. Mongera	145	120	230
275 lbs.				
Teen (18-19)	C. Meyer	425	285	400
	M. Hellman	265	265	335
Master (50-54)	D. Crans	385	255	460

(thanks to Mark Lamparter for the results)

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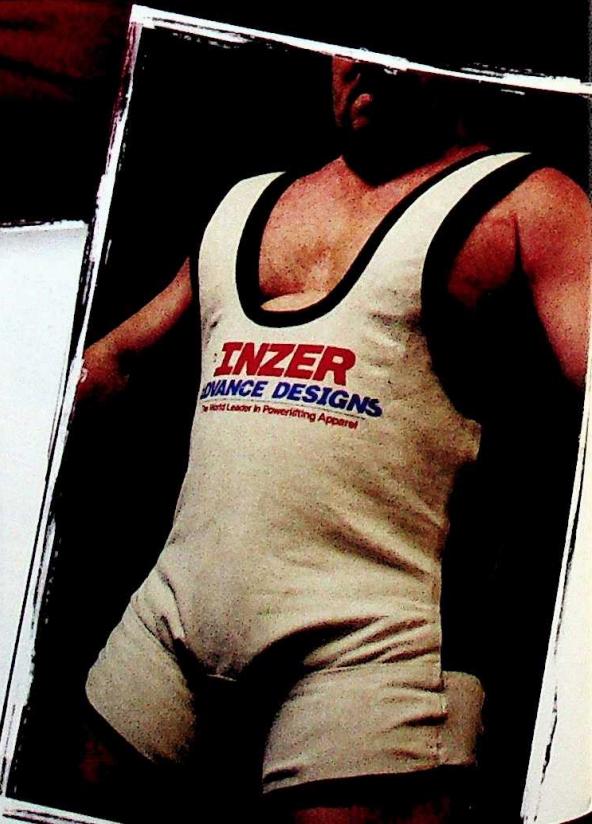
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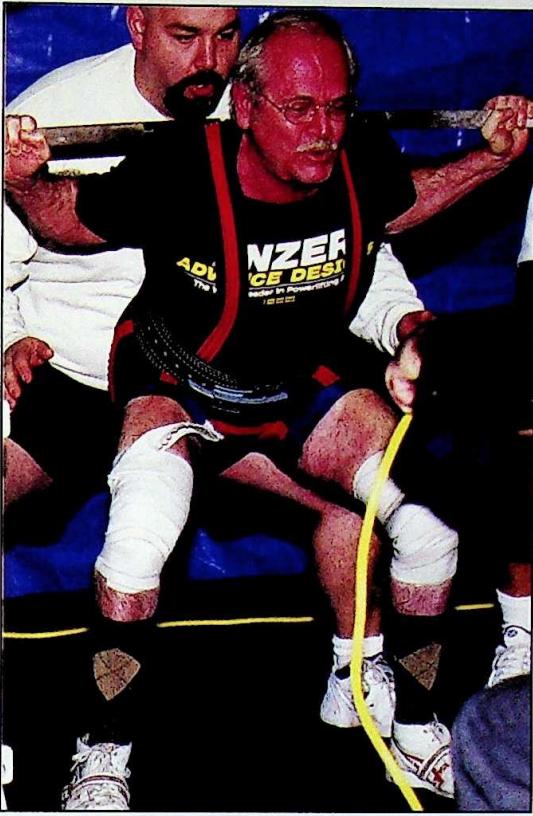


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APA Powerhouse Classic
5 NOV 05 - Louisville, KY

BENCH	Subteen (11-12)
MEN	L. Zielinski 110
Open	Teen (16-17)
123 lbs.	J. Keatly 370
H. Logsdon	210 Teen (18-19)
181 lbs.	J. Beasley 215
R. Palmer	500 DEADLIFT
198 lbs.	MEN
C. Greer	385 Open
220 lbs.	181 lbs.
D. Nealy	610 R. Palmer 700
242 lbs.,	220 lbs.
J. Centers	K. Philips 700
Spec. Olympics	275 lbs.
H. Logsdon	B. Morris 560
Master (40-49)	Master (60-69)
148 lbs.	L. Greer 340
C. Flower	Subteen (12)
275 lbs.	L. Zielinski 175
R. Ritchie	Submaster (33-39)
Master (60-69)	K. Phillips 700
W. Stinson	FEMALE
Junior (20-23)	Teen (13-15)
M. Phelps	390 L. Greer 200
MEN	BP DL TOT
Open	
181 lbs.	
R. Palmer	500 700 1200
220 lbs.	
K. Phillips	425 700 1125
Submaster	
220 lbs.	
K. Phillips	425 700 1125
275 lbs.	
S. Nagle	460 540 1000
Junior	
198 lbs.	
S. Harris	280 400 680
Master (50-59)	
275 lbs.	
B. Norris	445 560 1005
Teen (13-15)	
220 lbs.	
J. LaCroix	245 495 740
Subteen (11-12)	
89 lbs.	
L. Zielinski	110 175 285
FEMALE	
Teen (13-15)	
A. Presutto	90 220 310
Best Lifter Bench: Dewayne Nealy. Best Lifter Deadlift: Ron Palmer. Best Lifter Push Pull Total: Ron Palmer. (Thanks to Jeff Ruwe for providing these results)	

HERB GLOSSBRENNER SUFFERS STROKE!



Just before his planned trip to cover the IPA Nationals in November, Herb Glossbrenner was hospitalized from what appeared to be the effects of a series of strokes. Following his hospital stay, he was transferred to a rehabilitation facility, where he has been undergoing therapy. The strokes did initially cause substantial physical deficit on his right hand side, his speech was slurred, and some memory lapses occurred. Herb has since been working very diligently on his rehabilitation program and his recent progress has been encouraging. He has been walking (with assistance) and his speech problem has been almost completely resolved, but the recovery process is by no means complete and could take several more months. Those wishing to contribute to Herb's recovery may send checks payable to Herb Glossbrenner, in care of Powerlifting USA, Box 467, Camarillo, CA 93011.

BACK ISSUE OF THE MONTH

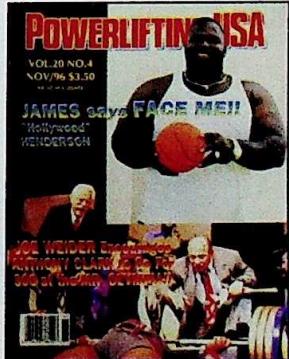
The November 1996 issue of PL USA had 6' 4", 385 lb. James "Hollywood" Henderson on the cover, along with Anthony Clark trying an 800 lb. bench press at the Mr. Olympia contest, with Joe Weider screaming him on to success. The first article inside was on the APF Can Am Championships, held in Las Vegas. Among the winners was a young teenage phenom, Jose Garcia, whom you may know from more recent exploits. He won the 198 lbs. class with a 727 squat, a 363 bench press, 573 deadlift, for a 1664 total. James Henderson, with his IPF World Record bench press of 705 lbs., was profiled by Marty Gallagher. He challenged the world to face him, without a bench shirt. Triboxin, a new technology in phytosteroid research from Russia, was described for Powerlifting USA by Rick Brunner, of Athletika. An ADSPA champion indicated that he had increased his total from 1700 to 1900 in just over a year, by using the Triboxin extract. Maris

Sternberg had an extensive profile in this issue, not only covering her lifting, but other aspects of her personal life, including her virtuosity in music. The Workout

of the Month was the Hooper squat routine. Bob Rood, Master lifter extraordinaire, was interviewed by Bob Gaynor. The amazingly huge and muscular Grant Pitts was pictured in a memorable image with Tamara Grimwood. There was also a great shot of Phil Farmer and Walt Austen doing a gigantic

two-man deadlift at the FIBO Show and chalk. The AAU Raw in Germany. The Louie Simmons Nationals was covered, and training article was about solving problems by using unique devices, like the front squat harness, as well as the safety squat bar, and other products, like the Manta

Ray. Louie purchases everything in Dunmore, PA. Jo Jo White was on the market that can possibly make his lifters stronger. He goes division, with Joe Rhodes winning on to note that his conjugate the 165s. Herb continued his training theory might best Supermen of the Century described by Rowdy Roddy compilation, with Jon Cole, Pipper, who said, "Just when you think you have all the answers, that's when we change all the powerlifting and Olympic lifting questions." ranking. Paul Wrenn was profiled Judd Biagiotti, by Steve Baldwin. The Cyclops P h D . campaign for bringing continued his powerlifting into the Olympics was series on "The described after its official launch Search for on September 1st. The Top 100 at Excellence, 165 had four different leaders, Jay the Black Rosciglione with a 766 squat, Athlete. Part Greg Warr with a bench press of III". Doug Daniels talked about how to use the 'power p o w d e r s ', baby powder Rudy Ruettiger was 89th in the deadlift with 540, and Jon Smoker was 85th in the total with 1380. To purchase this back issue of Powerlifting USA and dozens of powerlifting events with the story others, see our listings on pages 48-51 of this edition.



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TOP 100

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NEXT MONTH... TOP 181s

CORRECTIONS ... Rick Hess should have been credited with a 555 bench press on the TOP 100 list for the 220 lb. class. Alexander Kang should have been credited with a 424 lb. deadlift on the TOP 100 listing for the 132 lb. class. Jim Warner should have received TOP 100 credit for his 535 deadlift in the 148s. On the TOP 100 ranking for the 165 lb. class, previous to this current list, Jim Yeats did not receive credit for his 529 deadlift. He has a 541 on the list on this ranking. Jeremy Benezra should have been listed with a 540 deadlift, in the 165 lb. class, rather than 440, in the results of the Feb. 12th, 2004 USAPL meet in Aurora, OR. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, Post Office Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.

SQUAT	BENCH	DEADLIFT	TOTAL
1 854 Conyers, T..9/24/05	600 Mazza, J..3/5/05	683 Conyers, T..3/4/05	2022 Conyers, T..9/24/05
2 833 Hatch, N..10/29/05	556 Heck, B..3/5/05	680 Holmes, E..11/28/04	1962 Palmer, R..3/4/05
3 804 Berardinelli, A..3/4/05	540 Osgood, D..6/26/05	672 Palmer, R..3/4/05	1912 Berardinelli, A..3/4/05
4 799 Palmer, R..3/4/05	534 Hatch, N..10/29/05	661 Gordon, J..9/10/05	1901 Hatch, N..10/29/05
5 749 Hooper, W..5/7/05	513 Schwab, B..6/6/05	644 Berardinelli, A..3/4/05	1868 Hooper, W..5/7/05
6 715 Crowe, B..4/9/05	512 Hooper, W..7/16/05	635 Snelling, R..8/14/05	1768 Schwab, B..6/18/05
7 705 McElroy, J..6/4/05	512 Hickman, R..9/30/05	628 Schwab, B..8/6/05	1755 Crowe, B..4/9/05
8 694 Strickland, B..3/4/05	507 Petrillo, D..3/4/05	625 Adams, T..12/11/04	1747 Gordon, J..9/10/05
9 683 Fields, G..3/12/05	500 Miller, L..3/19/05	622 Talmant, E..9/24/05	1741 Petrillo, D..3/4/05
10 683 Phelps, L..10/29/05	496 Hara, M..5/21/05	611 Franks, A..11/11/04	1741 Fields, G..3/12/05
11 677 Gordon, J..9/10/05	490 Palmer, R..3/4/05	611 Hooper, W..5/7/05	1692 Strickland, B..3/4/05
12 672 Schwab, B..6/18/05	485 Conyers, T..9/24/05	611 Braca, J..5/21/05	1664 Tincher, B..6/4/05
13 672 Stone, E..7/30/05	476 Tom, T..6/11/05	610 McElroy, J..12/11/04	1664 McElroy, J..6/4/05
14 661 Petrillo, D..3/4/05	473 Davila, A..8/6/05	606 Flagg, D..10/16/05	1603 Andrew, T..11/6/04
15 650 Talmant, E..9/24/05	473 Richmond, M..9/30/05	601 Hokoana, M..11/11/04	1603 Marshall, G..3/20/05
16 644 Hardy, M..6/4/05	462 Berardinelli, A..3/4/05	600 Fields, G..3/12/05	1592 Nickson, E..12/11/04
17 633 Andrew, T..11/6/04	462 Luther, J..3/19/05	600 Usai, G..4/3/05	1570 Stone, E..7/30/05
18 628 Tincher, B..6/4/05	462 Tincher, B..6/4/05	600 Nickson, E..5/7/05	1565 Hammers, D..4/16/05
19 606 Rhinehart, R..4/9/05	462 Baker, G..6/4/05	600 Wright, G..10/1/05	1560 Holmes, E..11/28/04
20 606 Ripley, G..6/4/05	460 Crowe, B..4/9/05	589 Sigala, M..7/30/05	1548 Hardy, M..6/4/05
21 605 Maynard, R..4/16/05	460 Delgado, J..6/25/05	584 Little, A..5/21/05	1537 Schupbach, J..5/7/05
22 600 Nickson, E..12/11/04	460 Mouzon, J..6/25/05	580 James, B..4/2/05	1530 Maynard, R..4/16/05
23 600 McVane, A..6/26/05	457 Fields, G..3/12/05	580 Crowe, B..4/9/05	1515 Straub, T..5/7/05
24 595 Marshal, G..3/20/05	451 Alves, J..6/11/05	580 Theodorou, N..7/23/05	1504 Phelps, L..10/29/05
25 589 Straub, T..5/7/05	450 Lewis, M..12/11/04	578 Benezra, J..11/10/04	1500 Talmant, E..3/19/05
26 586 Woodworth, M..6/18/05	450 Campbell, B..3/19/05	578 Cirigliano, R..11/10/04	1500 Snelling, R..4/23/05
27 584 Hastie, M..12/11/04	447 Cook, K..11/12/04	578 Spencer, R..6/11/05	1493 Braca, J..5/21/05
28 584 Hammers, D..4/16/05	446 Weingust, S..11/12/04	578 Reichert, G..8/13/05	1493 Murphy, J..6/18/05
29 573 Keenan, P..5/7/05	446 Baer, J..1/15/05	575 Friday, S..3/26/05	1485 McVane, A..6/26/05
30 567 Lumpe, S..5/14/05	446 Nickson, E..9/30/05	573 Fleming, M..11/11/04	1477 Woodworth, M..6/18/05
31 565 Hicks, K..11/19/04	440 Ruelan, M..2/26/05	573 Chiodo, D..11/13/04	1471 Davis, K..5/7/05
32 560 James, B..4/2/05	440 Maynard, R..4/16/05	573 Petrillo, D..3/4/05	1471 Keenan, P..5/7/05
33 551 France, G..1/29/05	440 Brewer, P..4/16/05	573 Strickland, B..3/4/05	1471 Marcus, R..6/4/05
34 551 Cagliola, M..4/2/05	435 Andrew, T..11/6/04	573 Marshal, G..3/20/05	1470 Cagliola, M..4/2/05
35 551 Braca, J..5/21/05	435 Hanifen, L..12/11/04	573 Schupbach, J..5/7/05	1455 Sigala, M..12/11/04
36 551 Lewis, C..5/21/05	435 Marshal, G..3/20/05	573 Felton, D..5/28/05	1455 Reichert, G..8/13/05
37 551 Marcus, R..6/4/05	435 Murphy, J..6/18/05	573 Tincher, B..6/4/05	1445 Hicks, K..11/19/04
38 551 Murphy, J..6/18/05	435 Cagliola, M..9/17/05	567 Friedman, C..1/29/05	1444 Vasquez, J..4/9/05
39 551 Reichert, G..7/16/05	435 Strickland, B..10/29/05	567 Davis, K..4/2/05	1444 Thompson, D..5/7/05
40 551 Rivera, M..7/30/05	430 Feldman, M..11/12/04	567 Cressey, E..7/30/05	1427 Rhinehart, R..4/9/05
41 550 Holmes, E..11/28/04	430 Hensley, T..8/6/05	565 Sylvester, J..3/12/05	1421 Hara, M..5/21/05
42 550 Schupbach, J..2/26/05	425 Leming, B..11/13/04	565 McVane, A..4/2/05	1420 Benezra, J..12/4/04
43 550 Hardy, M..3/19/05	425 Stinson, T..4/2/05	565 Man mano, E..8/13/05	1410 Sorenson, D..11/13/04
44 545 Franklin, T..4/2/05	425 Bunch, S..6/12/05	562 Smith, G..3/26/05	1410 Smith, G..3/26/05
45 545 Gutierrez, N..4/16/05	424 Saewong, C..6/11/05	562 Hammers, D..4/16/05	1410 Little, A..5/21/05
46 540 Sorenson, D..11/13/04	424 Kaneshiro, S..6/11/05	562 Kaneshiro, D..6/11/05	1410 Ripley, G..6/4/05
47 540 Cortez, J..4/2/05	424 Rickett, T..9/17/05	565 Tyree, J..11/10/04	1410 Proxime, B..9/17/05
48 540 Thomas, T..7/16/05	418 Hammers, D..4/16/05	555 Vallis, J..8/13/04	1405 Wright, G..10/1/05
49 535 Rosario, J..4/3/05	418 Moorehead, P..5/22/05	551 Coats, P..2/26/05	1400 Hardy, M..3/19/05
50 534 Sigala, M..12/11/04	415 Maury, D..5/14/05	551 Rhinehart, R..4/9/05	1400 Williams, O..9/17/05
51 534 Vasquez, J..4/9/05	413 Geraghty, M..5/21/05	551 Stephens, A..6/11/05	1399 Hanifen, L..12/11/04
52 534 Little, A..5/21/05	413 Gordon, J..6/4/05	550 Brilla, N..3/11/05	1399 Stephens, L..6/11/05
53 530 Snelling, R..4/23/05	410 Hager, A..11/13/04	550 Barrera, G..3/12/05	1390 James, B..4/2/05
54 529 Hulse, M..2/12/05	410 Birt, R..10/1/05	550 Walker, B..4/2/05	1388 Coats, P..2/26/05
55 529 Smith, G..3/26/05	407 Bateman, K..11/12/04	550 Hart, M..6/26/05	1388 Lewis, C..5/21/05
56 529 Fleming, M..6/25/05	407 Daniels, K..11/13/04	545 High, R..11/6/04	1388 Cressey, E..7/30/05
57 529 Caceres, A..9/10/05	407 Kim, A..7/9/05	545 Sorenson, D..11/13/04	1383 Rivera, M..7/30/05
58 525 Davis, R..4/2/05	405 McBride, K..4/16/05	545 Straub, T..5/7/05	1377 Kim, A..7/9/05
59 525 Williams, O..9/17/05	405 Ward, J..6/4/05	545 Biasetti, A..6/4/05	1372 France, G..1/29/05
60 523 Davis, K..5/7/05	405 Bunch, B..8/21/05	545 Ashworth, J..8/13/05	1372 Gutierrez, N..1/29/05
61 520 Carter, C..4/2/05	405 Hazelton, S..9/17/05	541 Yeats, J..5/21/05	1372 Ruelan, M..2/26/05
62 520 Chaney, C..4/16/05	402 Schupbach, J..5/7/05	540 Davis, R..4/2/05	1365 Monteguado, M..10/1/05
63 520 Monteagudo, M..10/1/05	402 Thompson, D..5/7/05	540 Henlen, S..5/14/05	1361 Fleming, M..6/25/05
64 518 Flores, R..4/23/05	402 Silva, P..5/14/05	540 Hatch, N..6/4/05	1355 Mueller, A..4/2/05
65 518 Thompson, D..5/7/05	402 Hardy, M..6/4/05	540 Marcus, R..6/4/05	1350 Cardwell, V..11/13/04
66 518 Myers, C..9/24/05	400 Gordon, H..12/11/04	540 Santeet, G..6/11/05	1350 Tan, H..4/9/05
67 515 Clark, I..3/26/05	400 Sturgill, A..2/12/05	535 Clay, A..3/5/05	1350 Lumpe, S..5/14/05
68 512 Bolen, K..3/12/05	400 Hillyard, R..10/5/05	534 Andrew, T..11/6/04	1345 Man mano, E..8/13/05
69 512 Tan, H..4/9/05	399 Royer, N..12/11/04	534 Rivers, L..4/16/05	1344 Bolen, K..3/12/05
70 510 Benezra, J..12/4/04	396 Hamby, D..11/3/04	534 Koneci, S..4/16/05	1340 Cortez, J..3/12/05
71 507 Armstrong, A..12/10/04	396 Vasquez, J..5/7/05	534 Flores, R..4/23/05	1340 Davis, R..4/2/05
72 507 Coats, P..2/26/05	396 Bracken, D..5/21/05	534 Keenan, P..5/7/05	1335 Armstrong, A..4/23/05
73 505 Hewitt, J..3/5/05	396 Martynuk, O..7/29/05	534 Woodworth, M..8/13/05	1333 Mehmel, C..4/9/05
74 505 Cosby, B..4/2/05	395 Perkins, Z..2/12/05	534 Rodgers, C..11/6/04	1322 Karpinski, B..12/11/04
75 505 Rayner, C..6/18/05	390 Bonola, A..4/10/05	530 Davis, D..11/7/04	1320 Hewitt, J..3/5/05
76 501 Karpinski, B..12/11/04	390 Boyington, D..7/9/05	530 Jones, J..11/20/04	1317 Friedman, C..1/29/05
77 501 Eggers, J..12/2/05	390 Proxime, B..9/17/05	530 Hewitt, J..3/5/05	1317 Flores, R..4/23/05
78 501 Mehmel, C..4/9/05	386 Reino, A..9/11/05	530 Williams, O..3/12/05	1315 Clark, I..3/26/05
79 501 Jones, K..4/9/05	385 Fleming, P..3/12/05	530 Clutade, F..4/9/05	1315 Biassetti, A..6/4/05
80 501 Boggs, A..4/9/05	385 Whitt, B..3/19/05	529 Godard, R..11/11/04	1310 Dawson, N..4/2/05
81 501 Stephens, A..6/11/05	385 Francis, S..4/2/05	529 Cardwell, V..11/13/04	1306 Hulse, M..2/12/05
82 501 Cressey, E..7/30/05	385 McElroy, J..6/4/05	529 Labrie, D..1/29/05	1306 Geraghty, M..5/21/05
83 501 Wilson, N..8/27/05	385 Somera, A..8/6/05	529 Lewis, C..4/21/05	1300 Polak, J..4/23/05
84 500 Matthew, L..11/19/04	380 Grisham, S..4/30/05	525 Turpin, M..4/22/05	1295 Rilling, B..2/19/05
85 500 Proxime, B..2/20/05	380 Straub, T..5/7/05	523 Jones, K..4/9/05	1295 Jones, K..4/9/05
86 500 Sei, C..3/5/05	380 Marcus, R..6/4/05	523 Thompson, D..5/7/05	1290 Clay, A..3/5/05
87 500 Kling, J..3/12/05	380 Mitsuda, C..6/11/05	523 Macri, M..5/7/05	1290 Sylvester, J..3/12/05
88 500 Young, W..3/12/05	380 Venturella, C..6/11/05	523 Stone, E..7/30/05	1290 Barrera, G..4/2/05
89 500 Mueller, A..4/2/05	380 Steiner, L..6/18/05	520 Sharp, A..11/13/04	1290 Franklin, T..4/2/05
90 500 Caouette, J..5/21/05	380 League, T..8/6/05	520 Stazer, J..4/2/05	1290 Johnson, A..4/30/05
91 500 Jenkins, J..9/17/05	380 Brock, J..8/13/05	520 Brewer, J..4/2/05	1289 Francis, S..4/2/05
92 495 Zemer, B..4/2/05	380 Dross, J..25/05	520 Johnson, A..4/2/05	1289 Frank, J..6/18/05
93 490 Winchel, S..3/11/05	380 O'Grady, P..10/29/05	520 Proxime, B..9/17/05	1289 Caceres, A..9/10/05
94 490 Michalec, K..3/12/05	375 Hicks, K..11/19/04	520 Smith, A..9/25/05	1289 Monteagudo, M..10/1/05
95 490 Clutade, F..4/9/05	375 Campbell, T..1/29/05	520 Monteagudo, M..10/1/05	1280 Dyer, J..11/21/04
96 490 Garza, A..4/9/05	375 Sharp, A..3/19/05	518 France, G..1/29/05	1280 Elsberry, J..9/17/05
97 490 Frank, J..6/18/05	375 Clark, D..6/11/05	518 Schumacher, C..1/29/05	1280 Kling, J..9/17/05
98 485 Cardwell, V..11/13/04	375 Champion, R..6/11/05	518 Bolen, K..3/12/05	1275 Sei, C..3/4/05
99 485 Cortez, H..3/12/05	375 Kowarsch, K..6/11/05	518 Vasquez, J..4/9/05	1275 Zemer, B..4/2/05
100 485 Finesi-Curry, B..4/23/05	375 Elsberry, J..9/17/05	518 Diaz, C..5/15/05	1275 Bruce, C..4/2/05

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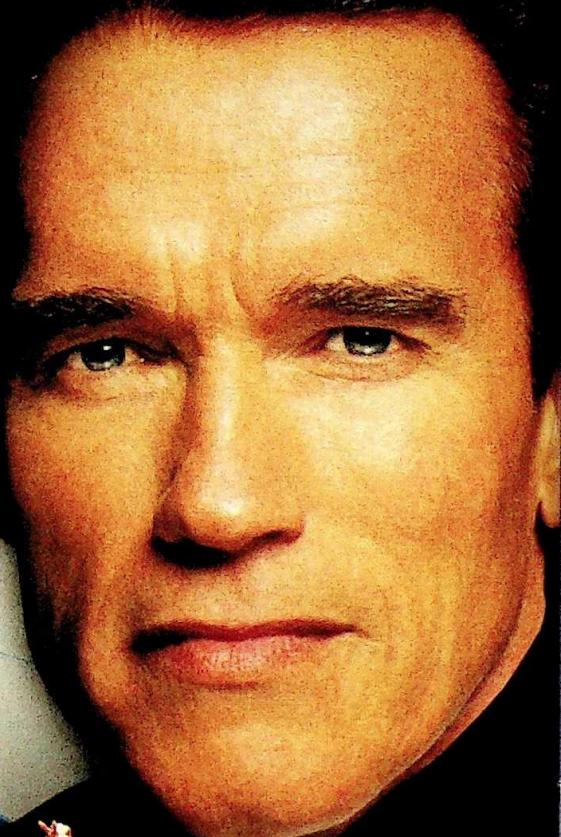
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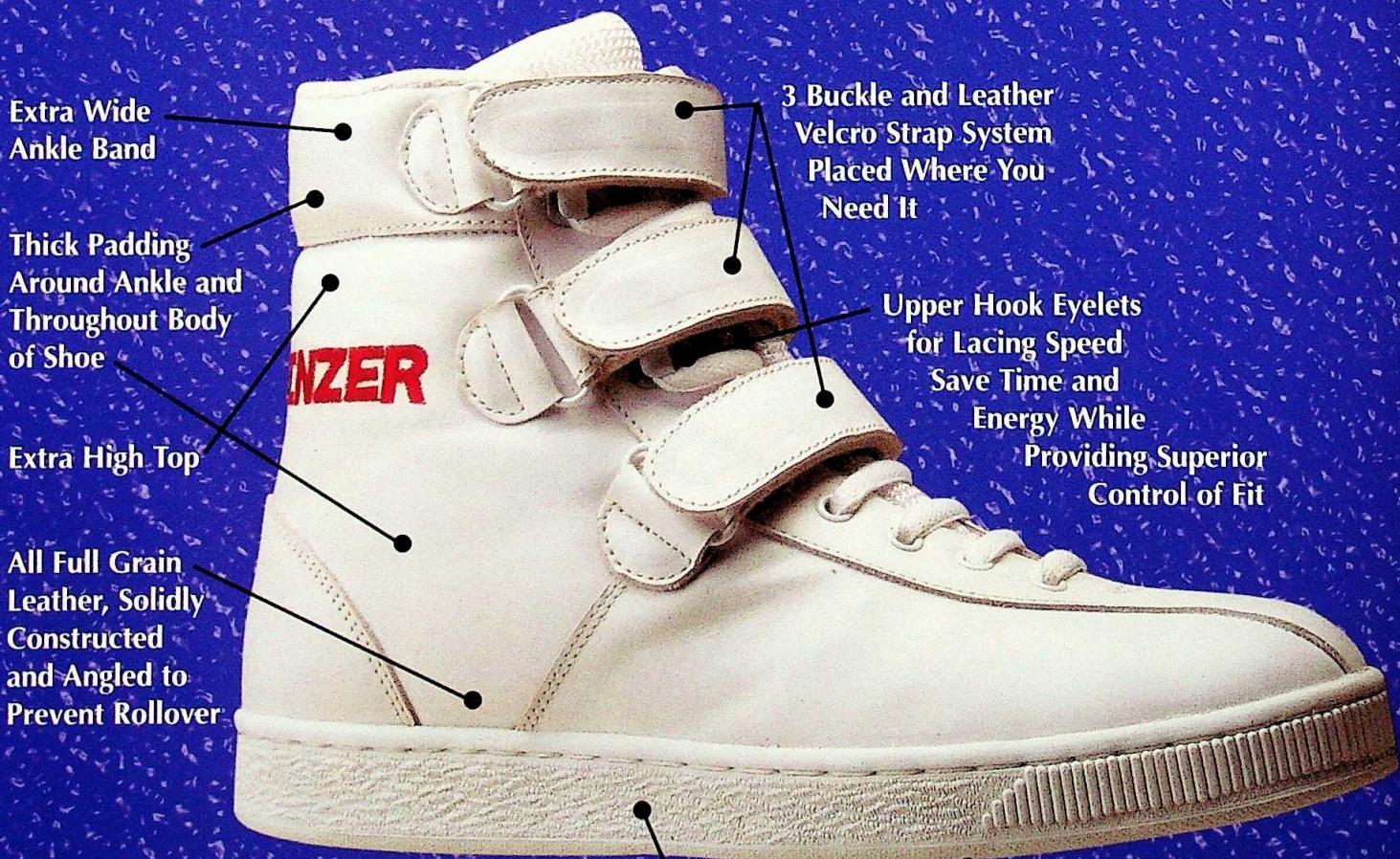
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