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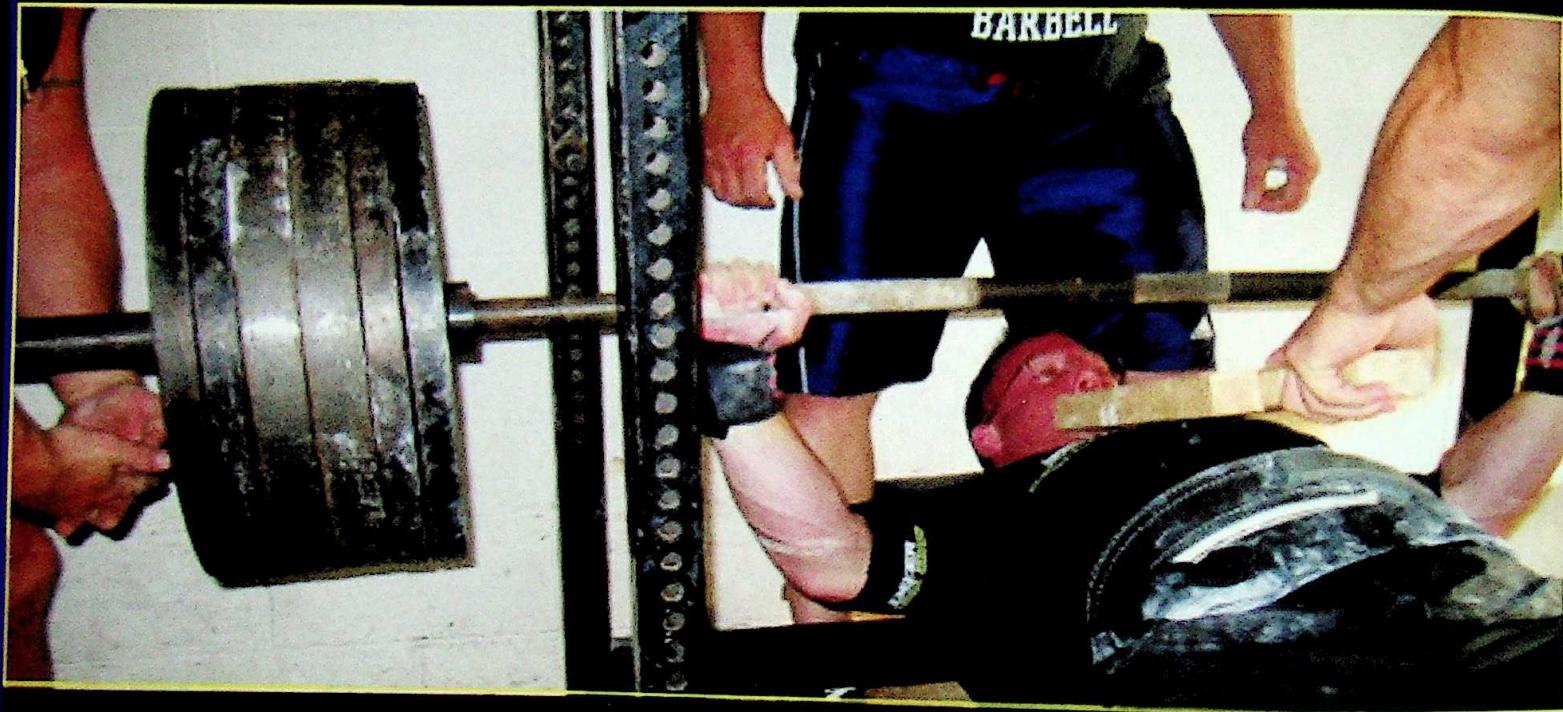
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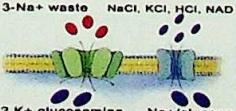
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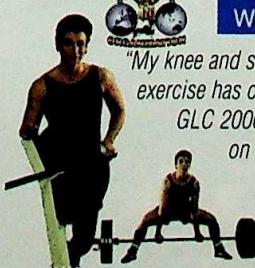
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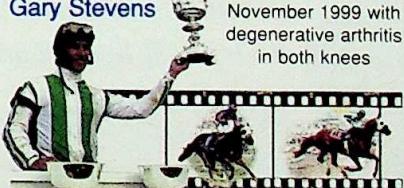
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*ON THE COVER ... Mike Wolfe, declaring who's "house it is" after his come from behind to win 835 pound PR bench press!*

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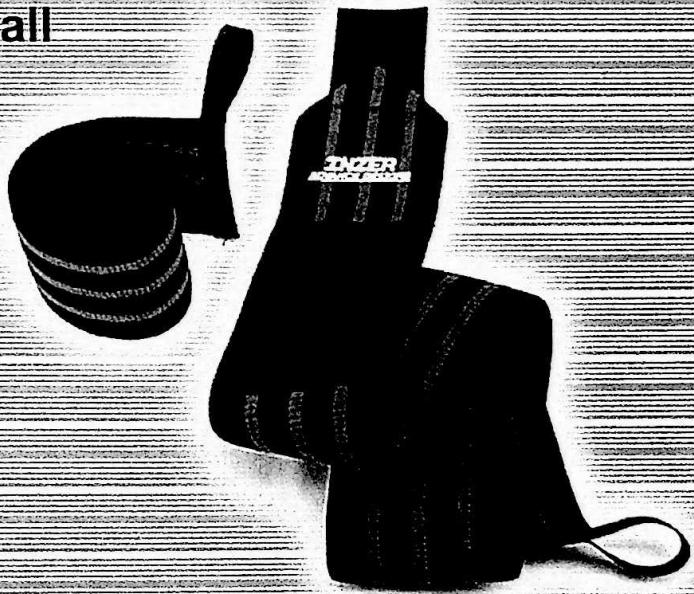


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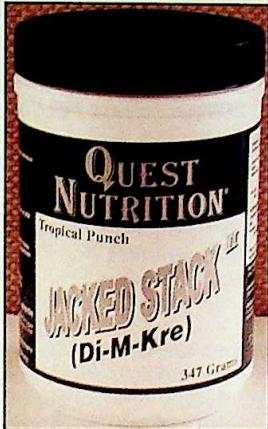


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Mike Wolfe is among the best benchers in the world. He has a competition best raw press of 600 lbs and a shirted press of 835 lbs. The focus of this interview will be on how Mike trains, eats, and supplements.

Mike is a bit different than many of his benching peers in that he was not a benching prodigy. In fact, Mike struggled with a high school best bench press of 185 lbs. If you had known him then you certainly would not have predicted benching greatness in his future. That is what makes finding out about the ins and outs of his training, dieting, and supplementing so interesting. Show me the self-made man rather than the "natural" and I will learn something of true value.

**AL:** Let's get right to it Mike. Please outline the routine you are currently employing.

**MW:** I follow a very simple regimen. I have one max-effort day (ME) on Sundays. Mondays are for upper back followed by shoulders on Tuesdays. Wednesdays are for dynamic work (DE) and then I train upper back and shoulders again on Thursdays. I place a great deal of emphasis on rear delts, traps, and lats as I truly believe their maximal development is needed for a big bench. Fridays and Saturdays are rest days. I do no direct leg work and no direct biceps work. I train triceps heavily on both bench days.

**AL:** I am sure our readers would like to know exactly what you do for each body part and on each day. Can you detail it out for us?

**MW:** On ME day I will do specific exercises which work well with the maximum effort goal of the day. These consist of movements like floor presses with chains, full range bench with purple bands, board presses, and other similar movements. I will rotate them on a 4 week training cycle. I always train for a 1 rep PR. Volume is usually 10 working sets. I then perform a heavy triceps movement. As of late I have been fond of football-bar cable pushdowns and kettlebell extensions. I usually wrap the day up with V-bar pushdowns.

Here is my exact workout from my most recent ME day. I was doing full ROM benching with the purple bands doubled-up:

Warm-up - bar for 20 reps

Warm-up - 135 for 10 reps

Add purple bands to bar which equates to roughly 170 lbs of tension near lockout.

Bar plus bands for 8 reps

135 plus bands for 3 reps

225 plus bands for 3 reps

315 plus bands for 1 rep

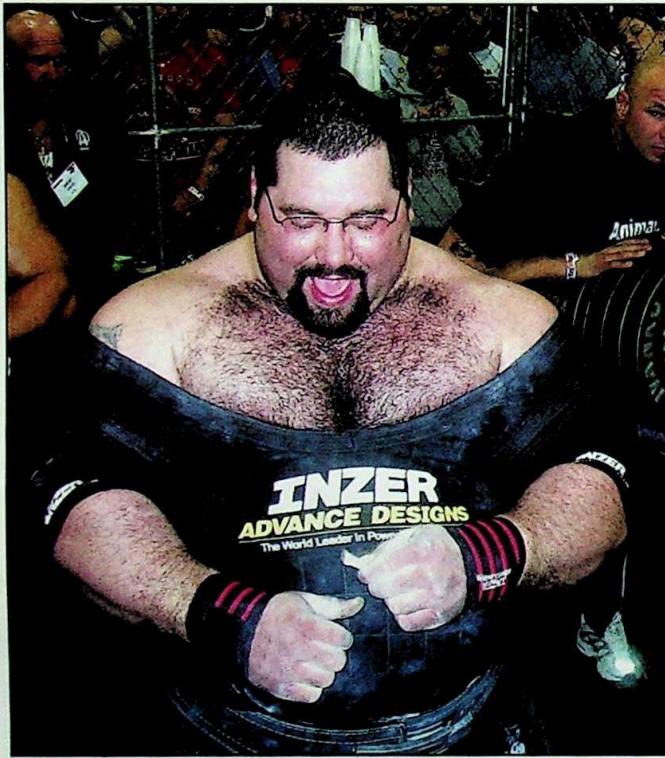
405 plus bands for 1 rep

425 plus bands for 1 rep

# INTERVIEW

## MIKE WOLFE

as interviewed by Chris Mason, At Large Nutrition



The Wolfe putting his talents on display in the Universal Animal Cage

455 plus bands for 1 rep

475 plus bands for 1 rep

500 plus bands for 1 rep

510 plus bands for 1 rep ~ this was a PR for me so I was done.

### FOOTBALL-BAR PUSHDOWNS (triceps pushdowns)

The "Football Bar" is a Louie Simmons (of Westside Barbell) design bar which can be attached to pulley machines. You can view it here: [http://www.westside-barbell.com/louies\\_equipment\\_line.htm](http://www.westside-barbell.com/louies_equipment_line.htm).

100 pounds for 10 reps

110 pounds for 10 reps

120 pounds for 10 reps

150 pounds for 6 reps

On dynamic day (DE) I do 10 sets of 3 reps as fast as I can. I shoot for 3 reps in 3 seconds keeping good form. I will use about 50% of my one rep max. That translates to anywhere between 315-365 lbs on the bar plus the purple bands. After my bench work I again hit triceps hard and heavy the same as on my ME day.

Here is a sample DE day

workout for me to include specific sets, reps, and weights:

Bar for 10-12 reps

135 pounds for 8 reps

135 plus purple bands for 3 reps fast

225 plus purple bands for 3 reps fast

315 plus purple bands for 3 reps fast

I have occasionally worked up to 365 plus purple bands. Remember; make sure that you complete all 3 reps in less than 3 seconds.

I finished the workout with V-bar pushdowns:

150 lbs (entire stack) x 8 reps

On back and shoulder days I start with lat pulldowns at a 45 degree angle and pulling straight to my chest. I then do dumbbell rows followed by reverse-grip seated rows and finish off with seated chain rows.

Here is a sample workout:

### LAT PULLDOWNS

100 pounds for 8 reps

150 pounds for 8 reps

200 pounds for 8-12 reps

depending on how I feel

200 pounds for 8-12 reps

200 pounds for 8-12 reps

200 pounds for 8-12 reps

### DUMBBELL ROWS

(I do these by lifting both dumbbells simultaneously)

100 pounders for 8 reps

110 pounders for 8 reps

120 pounders for 8 reps

120 pounders for 8 reps

### REVERSE GRIP PULLDOWNS

150 pounds for 8 reps

### SEATED CHAIN ROWS

I supinate my wrists as I perform the movement. My wrists are pointing directly up at the point of peak contraction.

250 pounds for 8 reps

My shoulder work consists of face-pulls on the lat pulldown machine. I consciously squeeze my traps and rear delts on each rep. I follow that with high shrugs and rear delt dumbbell raises.

### FACE PULLS

A "face pull" is performed very similarly to a standard pulldown to the front. The difference is that you pull directly towards your nose. This makes the movement into a rear delt and trap exercise. Be sure to lean back at about a 45 degree angle.

150 pounds for 8 reps ~ squeeze each rep, keep it nice and controlled

150 pounds for 8 reps

150 pounds for 8 reps

150 pounds for 8 reps

### HIGH DUMBBELL SHRUGS

This is a unique movement I like to employ. The major difference between it and a traditional shrug is that you bend your elbows so that your arms are at roughly a 90 degree angle at the peak of the movement. This allows for a tremendous contraction of your traps. You also want to lean forward just a bit during the movement to further accentuate the contraction.

75 pound dumbbells for 12 reps

75 pound dumbbells for 12 reps  
75 pound dumbbells for 12 reps  
75 pound dumbbells for 12 reps

**REAR DELT RAISES**  
(one arm at a time)  
35 for 8 reps  
40 for 8 reps  
45 for 8 reps  
50 for 8 reps

**AL:** Do you intentionally train to failure on any of your exercises?

**MW:** I never intentionally go to failure. On my assistance work I like the last few reps to be difficult.

**AL:** What brought you to using this routine at this time in your career?

**MW:** That is easy; it was the group at Westside that changed everything for me. I first went to visit Westside and Louie Simmons in June of '04. Prior to that I had trained like a bodybuilder for most of my career. One of the first things Lou told me was to quit reading the bodybuilding magazines. He then proceeded to educate me on the nuances of Westside training and to simultaneously incorporate them into my training. This included the aforementioned emphasis on rear delt and upper back work.

Lou does occasionally try to get me to squat, but I tell him I squat every morning to read the paper... It's good for a laugh and then I get back to training.

**AL:** Most of our readers are not at your level. Do you feel that the routine you are using is applicable to them or would you recommend something different for beginning to intermediate benchers?

**MW:** The way I train is totally applicable to all levels. You give it your all on ME days and always try and set a personal record. Once you hit a personal record get off the bench! On DE it is all about building that explosive power with speed work. Hindsight is 20/20, but I must say that I totally wish I would have gone with Westside back in the mid 90's when I first started lifting. It would have saved me a lot of heartache!

**AL:** If someone did not have access to bands and some of the more exotic equipment what routine would you recommend?

**MW:** That is easy, lots of triples. That is how I trained before Westside and I got my bench to 600 pounds without any type of special equipment. I benched once a week doing about 6 working sets then did some heavy triceps work which consisted of heavy triceps extensions with dumbbells and V-bar pushdowns. I have always loved triceps training so I did tons of it and I believe it actually paid off when I did move on to the elaborate equipment like bands, boards, and

chains.

**AL:** Mike, you are one HUGEman. You certainly haven't always been this big. Did you consciously bulk yourself to your current proportions and if so, why?

**MW:** After my first run in powerlifting I took up bodybuilding. I dieted from 340 pounds all the way down to 235 pounds! I looked DAMN good! I could see my abs and all but it was not me. I love being BIG. I love being able to sit down and eat a plate of Hooters' wings and drink a huge glass of Mountain Dew and not feel self-conscious about it.

After my diet and subsequent decision that bodybuilding was just not for me I quit lifting all-together and really let myself go badly. I ballooned all the way back up to well over 300 pounds. I still had some muscle but nothing like I did before the dieting. At that time it did not bother me. I had found a new passion and it was competitive paintball. There I was; an overweight but happy guy. One day a friend asked me to go to the gym and help him out. That visit rekindled my desire to train so I started back at it. I never dieted to trim the body fat I had gained so now I'm this BIG, HUGE, FAT guy with BIG muscles.

**AL:** What is your take on weight gain with

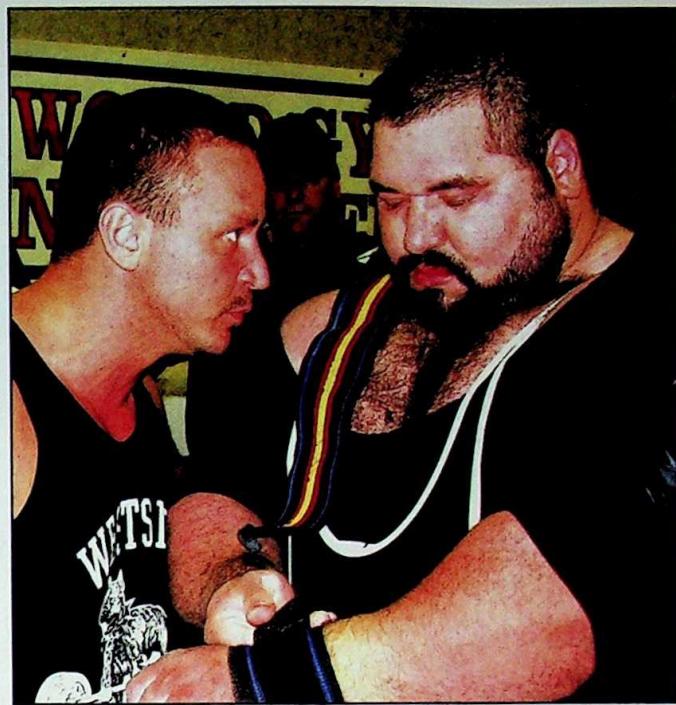
respect to being as strong as possible? Do you feel that additional body weight is the only way to truly maximize one's strength potential?

**MW:** No, I don't think you need to be 400 pounds and as big as a house to have a big bench. That has already been proven. Kellum just did 800 at around 220 lbs. That is insane!!!! That said; the extra weight has never hurt my bench.

I will find out first hand if the extra weight truly benefits me after my next meet because I will be dieting down to the 308 class. Hopefully I can do it right and maintain all my strength. Time will tell...

**AL:** Give us a sample daily diet. For instance, what did you eat yesterday?

**MW:** Hahaha, do you really wanna know that? Yesterday was Sunday, ME day in Columbus. I drove 2 hrs one way to train and left my house at 5 am. My first meal was at roughly 5 A.M. and it consisted of 2 bacon, egg, and cheese breakfast biscuits, a Fifth Avenue king-size candy bar, and a giant 44 oz Mountain Dew! My second meal was at McDonald's around 9:30 A.M. after my training session. I had 2 orders of sausage, gravy, and biscuits, a bacon, egg, and cheese biscuit, and 2 large Cherry Cokes. I got home around noon and had a protein shake then did some errands. I hit the Quik-e-Mart while out and got a Slurpee and a beef



Mike getting ready for his 835 bench at the World Gym/ASC meet



Board Presses are part of Mike's workout and warmup program for the bench press.



**2 Tons+ of Benchers** at the Arnold Classic: (l-r) Tiny Meeker, Mike Wolfe, Jason Jackson, Gene Rychlak, and Bill Crawford. (M. Wolfe)

jerky. When I got back home I had another protein shake. Around 5 P.M. I ordered a king-size pepperoni pizza from Westside Carryout (go figure). I ate between a third and a half of that. I had another protein shake around 8 P.M. and then another at 10 P.M. Remember, lol, you asked! My diet on the weekend is really erratic. During the week it is a lot better and more regulated. I'm just always on the go on the weekend so I eat when I can and it is never really healthy.

**AL:** I know Paul Anderson drank milk like there was no tomorrow. Doug Hepburn drank milk and ate bananas. Is there any "secret" or staple food that you have to consume daily?

**MW:** During the week oatmeal is a mainstay. I eat it almost every morning for breakfast. I mix it with yogurt and drink a protein shake. The carbs in the morning seem to really help me with getting through the work day.

**AL:** What supplements do you take and why?

**MW:** I take AtLarge Nutrition's supplements. I use Nitrean protein and ETS for recovery. I drink 4 Nitrean shakes per day which gives me an added 200 grams of high quality protein to my diet. They taste very good and go down easy. ETS has really helped my recovery and allows me train harder and heavier than I ever have. In my opinion both products are a must for every trainee from the greenest rookie to the most seasoned veteran.

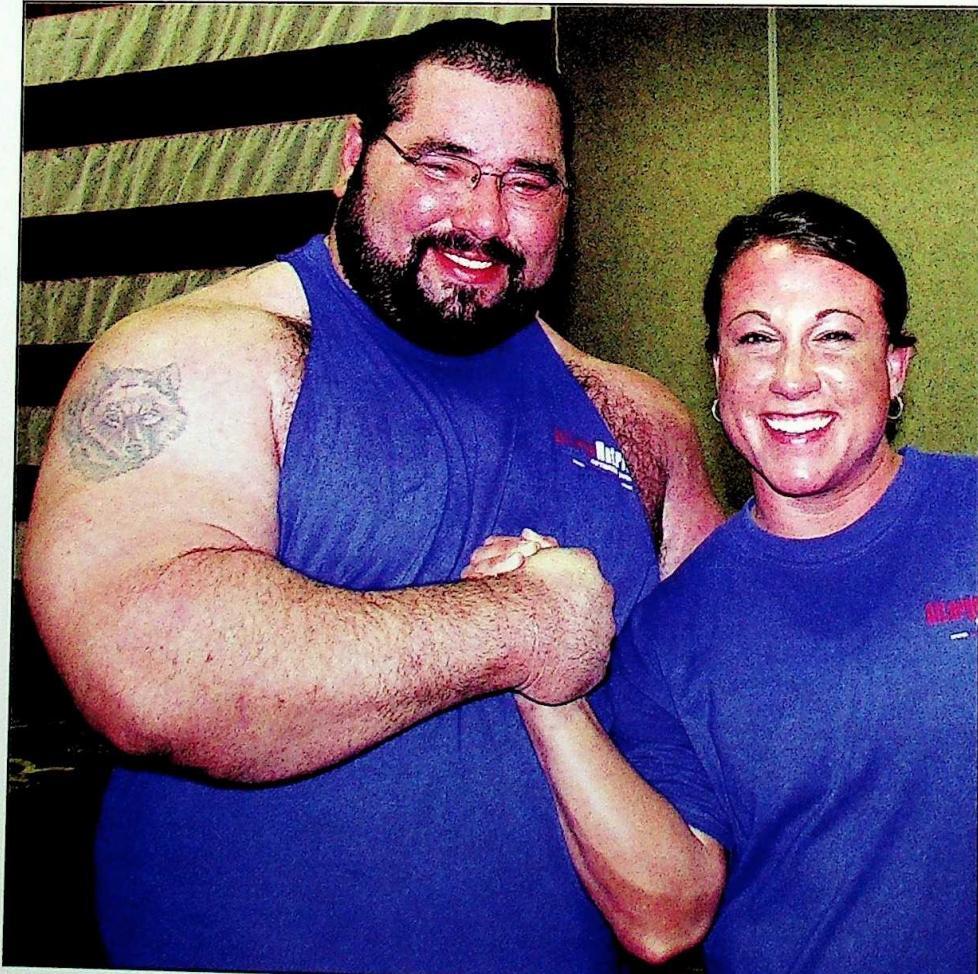
**AL:** Do you have any final thoughts you would like to share with our readers?

**MW:** Yeah, train hard and train heavy!!! I want to thank my beautiful wife and best friend Chasity. I also want to thank George Halbert and Louie Simmons. Without these three people in my life my lifting would not be possible.

My sponsors are also very integral to my success and I want to thank AtLarge Nutrition, House of Pain, and Rockstar Energy Drinks. Finally, a big thanks to all the other people

and companies out there that have helped me get where I am.

Remember, STACKIT, ATTACKIT then RACKIT!!!!!!



**Mike Wolfe** with **Laura Phelps**, who squatted 725 lbs. for an all time world record on July 29th

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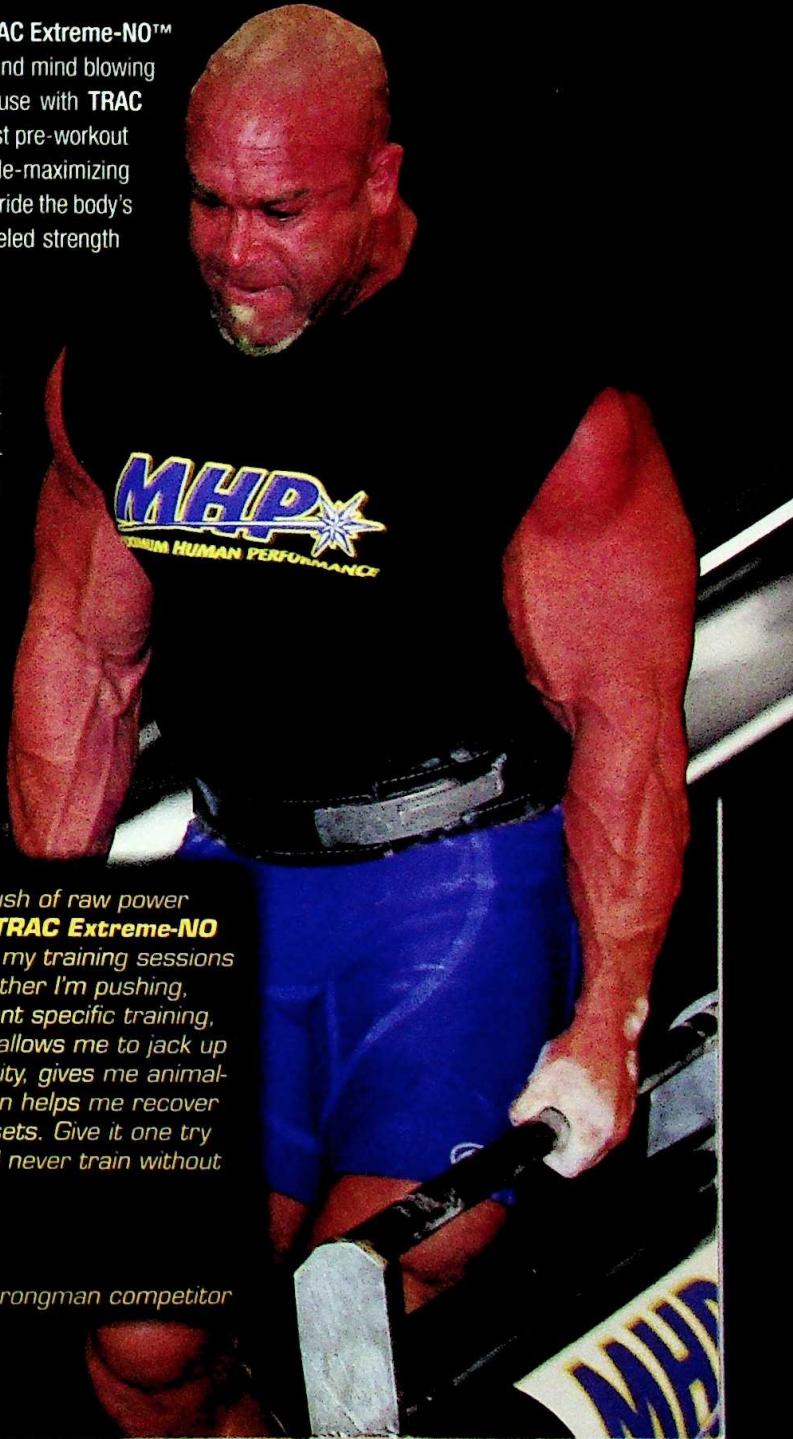
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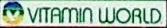


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# POWER PROFILE

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

## "There Was A Will and Frankl Found a Way" *as told to Powerlifting USA by Teammate Becca Swanson*

The day I saw Shawn Frankl on the cover of Powerlifting USA, I felt compelled to let people know the struggles he went through to get there. This story starts off slow, but it gets better, believe me.

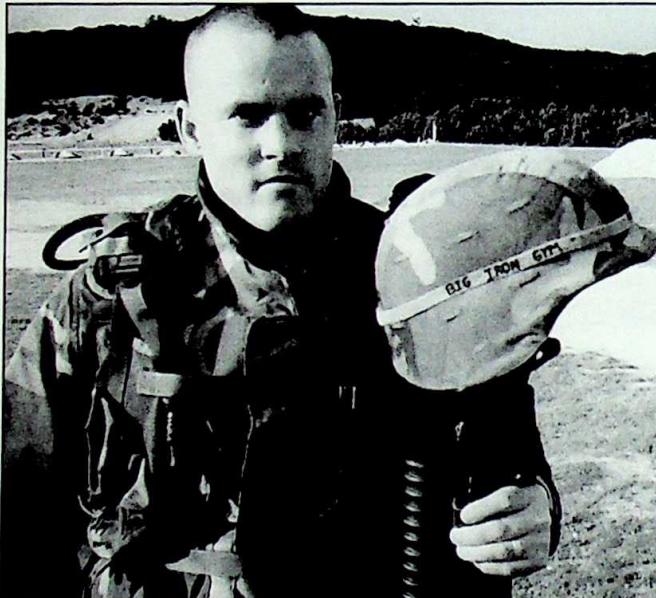
As with many of you, Frankl started lifting in high school, and competed in the USAPL. He placed third at his first nationals. That day he felt some bad vibes. Certain people seemed shady. So, he decided to find a place where he could bring his 'A' game, wear all the gear and compete against the best lifters; Shawn ended up in the APF.

In 2002, Frankl caught wind that Rick Hussey and Becca Swanson were having an APF meet in Omaha, NE. At 198 he squatted 640, benched 480 and pulled 620 lbs. Not bad for training himself, but he wanted more. That day, Shawn talked to Hussey about coming to Big Iron Gym to train. Wonder if he realized that talk would change his life forever? Hussey told him to come down whenever he wanted. Shawn went for his required two-week Army National Guard training, then to Omaha as scheduled. Let me expand on that, "coming to Omaha," meant a 1-1/2 hour drive for Shawn ... EACH WAY! I have a feeling his wife Missy thought he was nuts, but she supported him nonetheless.

I don't want to bore you with numbers, so let's just say Rick Hussey's Big Iron training put 300 lbs on Shawn's total, 2028 lbs at 198 at the 2003 WPC Worlds in Calgary, Canada. At the first meet after Hussey started training Frankl, Frankl broke 3 of Hussey's records that had been standing for 20 years. Things were going good; his lifts were going up. Coach Hussey and the B.I.G. team were calling him "Freako". Hussey had planned to ask Kieran Kidder if he could squeeze Shawn into the WPO Arnold Classic as a guest lifter. That request would be of no use, because two days later Shawn was called up for active duty.

For 3 1/2 months Frankl could not touch one single weight during military training at Fort Hood, TX. He would fill a rucksack with the heaviest stuff he could find and do push-ups. Loss of strength was inevitable, but it got worse than that. When Shawn went to Afghanistan he immediately got sick for a week. Not even able to keep down water, he lost 15 lbs. One week after recovering from that, he got word of an all-military branch bench contest in a tent. Not having touched a weight for over 4 months and weighing less than 190 lbs, Shawn pressed 405 lbs for the win.

It seemed an act of God that Shawn ended up in Kandahar, Afghanistan. It was the only PRT site that had a gym, at the time. Of course,



Shawn Frankl in Kandahar, Afghanistan ... note the writing on the side of his helmet.. now, that's Loyalty! (courtesy of Becca Swanson)

they were required to wear a certain PT outfit. That meant NO GEAR, except for wrist wraps, knee wraps and a belt. After a while Shawn made friends with one of the guys who ran the gym. He would let Shawn go into the back room to put on briefs, and no one could tell they under his shorts. Believe me, he needed them; his training log shows he could only squat 500x1 when he got there.

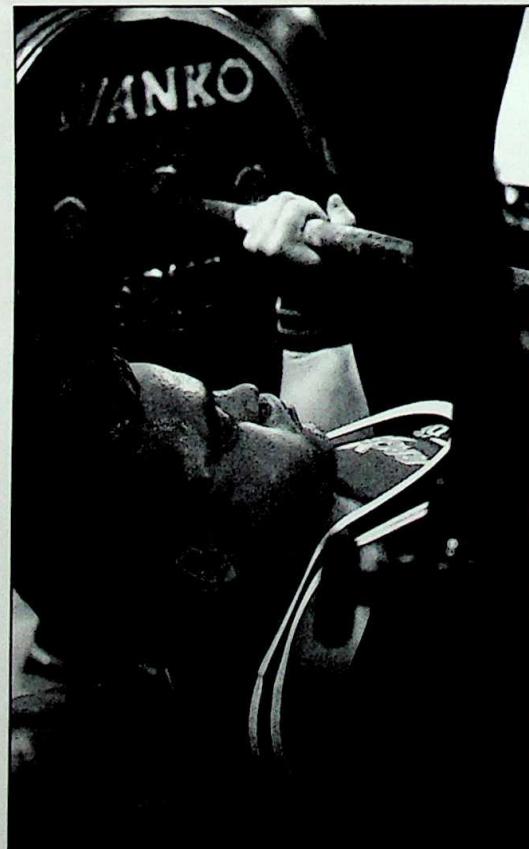
Frankl is so serious about his lifting, that one time he took it a step further than most would dare. He had waited and waited for a bench to open up in Kandahar. The next thing you know a rocket hit the base! Everyone went running for cover. Frankl said screw it, he had waited for the bench and he was going to bench. I quote, "If I was going to get hit, I was going to get hit." Have you ever chanced your life for a bench workout? Not I!

Frankl was away from home and Big Iron Gym for 1 1/2 years. In the early days at Kandahar, he would call Hussey asking what he should do. Coach Hussey would work up a two or three week program. Frankl would report weak and strong points, and Hussey would advise changes accordingly. As the Freak got stronger, he would call 3 days a week, waiting an hour most times to use the phone. It really sucked when Rick wasn't there, but I would talk to him for a while. We would sit and guess what the coach might advise, imagining we could guess how the

mastermind works ... eiks, sometimes we failed miserably.

A few Big Iron lifters were headed to the Show of Strength in 2004. Shawn remembers he wanted to be there so bad! So, he went to the gym with intention to tear some stuff up! Everyone in the gym saw him squatting, working up to his weight. There were so many people around he had to wiggle through a crowd to get to the bar. People were taking pictures; it was like he had his own little meet. As Frankl got stronger he depended on some fellow soldiers to slide the power rack back and forth, acting as a Monolift. He worked his way up to 800 lbs for 3 reps, at a time when he weighed 216 lbs. In the days following, people would recognize him on the base and ask when his next workout would be. After some time we had a whole team going, around 10 people.

Finally, in June 2005 Frankl was on his way home. He thought



Shawn's bench press problems at the WPO meet ...

he could get back here in time to compete in APF Senior Nationals in Detroit, MI. He pleaded with his superiors to skip demobilization and send him straight to Detroit. They declined. Frankl would just have to wait until next year's Nationals in Vegas. Crazy thought anyway, seeing as how he hadn't seen his wife, Missy or his son, Austin in 15 months.

Frankl and the rest of his battalion landed in Omaha and were bussed to Sioux City to reunite with their families that evening. The next day, he drove down to Omaha for training. Shawn says, "I didn't know how my wife was going to handle that. I already missed our first anniversary in while in Afghanistan." Back at Big Iron, meant back into suits and shirts which make lifting even easier, right? Wrong. Frankl was about to meet a series of unexpected physical challenges.

Working towards a summer meet in Chicago, Frankl was trying desperately to find his groove in his old gear. His bodyweight was up and nothing felt right. He tried a new deadlift suit and strained his lower back after an unintentional straight leg deadlift. Frankl didn't want to tell Coach Hussey he was injured, so he worked through it. Hussey was loading Shawn's squat bar to 900+ and eventually 1003 in practice. Frankl was in pain. Thinking that was the worst of it, Frankl's bench bar slipped over his thumbs and 700 lbs. crashed on to his chest in practice. The muscles and tendons in his thumbs were so injured; that it affects his grip to this day.

It had been so long since Frankl competed, but nothing was going to stop him. He went to Chicago unsure if he could even hold a bench bar in his bruised hands. After dropping to 198, Frankl found his squat suit was loose. On his first squat attempt his knee went dangerously inward. He went back to warm-up room to see if his knee was too injured to squat. It felt okay under 315 lbs., so he continued with the meet, but ended up

bombing in the squats.

Coach Hussey had him train down. They planned on Shawn competing in Dubuque, IA. No cutting weight, the goal was to go in healthy. Finally, after two years, Frankl competed, striking a 2270 lb total. He broke Kenny Patterson's 220 bench record with 683 lbs, along with a 903 lb squat and a 683 lb deadlift. That was the beginning of success ... so we thought.

Big Iron Gym went to the WPO Semi-Finals stacked with lifters. Coach Hussey was excited for people to take notice of Freako ... instead, he bombed in squats. Darn! Frankl just wanted to make it to the Arnold Classic WPO Finals. He thought he would have to wait until next year until Mike Sweeney informed him he could qualify in Finland a week later. That night he had a flight booked to Helsinki, but then realized he needed a passport.

Semi-Finals were in Chicago, a city where one could get a passport in 24 hours. Frankl called, but there was a waiting list of two weeks. A teammate told him of easypassport.com; with the right info they will get you a passport in 24 hours. As Frankl and his wife flew back to Omaha

his brother drove a copy of his birth certificate from Sioux City. Upon arrival they went to get a passport photo, copied his driver's license, met his brother and overnighted everything to easypassport.com. The guy at easypassport.com planned to meet Frankl at his layover in Memphis to pick up his passport. Smooth, right? Well, when Frankl drove down to Omaha to get on the plane, they wouldn't let him on without a passport because his final destination was Finland. Frankl had to pay \$100 to switch his flight to the next day. He drove back home and had his passport overnighted to him so he could finally leave the next day.

Over in Finland I greet my teammate Frankl at the bus stop. The first thing I said was, "Ready to weigh in?" I think Frankl (bleeped) his pants. "WHAT?" Coach Hussey wanted him to weigh in, but it was a good thing he never saw the scale. Frankl told him he was about 5 lbs heavy when it was more like 17. Hussey took him to the sauna and spent the next 4 1/2 hours keeping the door closed with Frankl inside. While Frankl was dying of heat exhaustion, lying on the floor begging for air, Hussey passed the time by taunting him through the sauna window. Eventually, the scale hit 90 kg. and Frankl swore to never do that again, just like he had two weeks prior in Chicago. He had a day and a half to

## "Say it on the Platform"

JUNE 2,3 & 4, 2006



Shawn with Coach Rick Hussey of Big Iron Gym at the APF Seniors.

put the weight on and adjust to the time change. Frankl's struggles showed in his lifting; he totaled 2204. He fared well, second place in the middleweights as a 198 pounder. But Hussey expected him to shine more than that and maybe he would get that chance because he had qualified for the Arnold Classic.

Yes, it was the ultimate goal, lifting in the Arnold Classic WPO Finals. Frankl's squats went good, but in the bench things went south. Hussey opened him with world record, 683 lbs., but he couldn't touch. Next Coach took him to 688 lbs., then 694 lbs., but he was red lighted twice on lock out. On both attempts, he held the bar at the top forever, but the judge wouldn't give him a rack it or take it command. He just let him sit there until his elbow gave and the weight descended. BOMB! All that time, all that money and once again it was the great bomb-er-ousky. All the while, Coach Hussey was still waiting to show the world what a great lifter Frankl really is.

Next up, APF Senior Nationals in Las Vegas, NV, June 2006. This is a big deal; he wanted to be at the Nationals last year, but his deployment lasted two days too long. In training Frankl got his bodyweight up higher than ever, 219 lbs. But, he only weighed in at 210.5 lbs, lighter than expected, because he was helping his teammate Nick Hatch in the morning session. The Freak was unstoppable, just like Coach Hussey knew he could be. His elite numbers captured him first place and a best lifter trophy, 937 lb squat, 705 lb bench, 711 lb deadlift, for a 2353 lb total. This year winning really meant a lot, because he had been dreaming of it in Afghanistan.

Successful lifters like Frankl can talk to their friends and family about breaking world records, winning Nationals and such, but I think the magnitude of success is really accepted when a lifter graces the cover of Powerlifting USA. Frankl is always thankful for his God given ability to lift. He also realizes he would not reach these numbers if not for Coach Hussey.

Shawn knows he owes a debt of gratitude to his son, Austin, and wife, Missy. There has been a lot of family time sacrificed. One trip to Omaha is 3 hours of driving plus up to 4 hours of training. He takes this trip usually 3 days a week, with no off season. Freako trained for 5 meets this past year, which is the Big Iron Gym way. And that is what it took for him to end up on top.

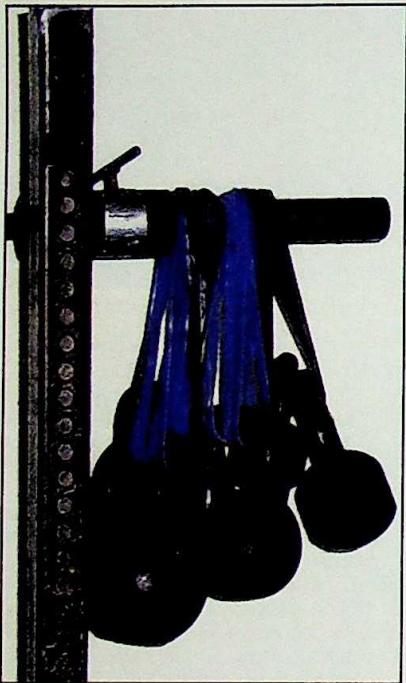


turned to sweet success at the APF Seniors in Vegas

# WESTSIDE

# HOW TO USE KETTLEBELLS

*as told to Powerlifting USA by Louie Simmons*



I am asked all the time what we do with kettle bells. Although they have been around forever, they have once again become the rage. There are kettlebell camps and certifications. Pavel has several DVDs on kettlebell workouts for strength training and flexibility. Zach Evan-Esh has an excellent DVD on combat training with kettlebells. He has really thought out a system for conditioning and strength endurance. But what does Westside do with kettlebells?

We do very few kettlebell swings and cleans. At the Arnold Classic, I arranged with Kieran Kidder to have Valery Fedorenko do a demonstration. He jerked a 70 pound kettlebell for an unbelievable 2006 reps! Once he cleaned the first rep, he never touched the floor again until the last rep was completed.

Kettlebells are good for mobility, flexibility, and strength endurance, as noted by the 2006 reps made at the WPO finals. At Westside, some will do a few

swings for a warm-up on dynamic squat day or max effort day for squatting or deadlifting. A few will do some cleans or snatches on these same days.

For shoulder therapy we do them with the bottoms up. Here the lifter holds the handles tight while stabilizing the bells with the bottom of the kettlebell on top. Thanks to Pavel for this one. We also do kettlebell bench shrugs with the bottoms up. For shoulder traction, bend over holding on to a kettlebell. With your arm straight rotate the shoulder internally and externally. This will help most rotator injuries.

For GPP we work up to a half mile holding the kettlebells. It's great for grip and shoulder traction. Passing a kettle

around the body is very therapeutic for the shoulders as well.

We do a lot of presses from incline, decline, and seated positions, a few flyes, and a lot of triceps extensions with the kettlebells. Because the bell is either in front of or behind the wrist, this makes pressing very awkward but effective. To make the exercises more difficult, we double up a set of mini-bands through the handles and do the exercises by holding the doubled-up mini-bands. This causes the kettlebells to move in all directions, creating a chaotic movement. This system will not only build superhuman strength, but also build stability, and with light to moderate weights, this is very therapeutic.

Tony Ramos took it a step

further by attaching the bands and kettlebells to the bar for all types of pressing. First, it truly teaches you to press correctly. This is accomplished by contracting all the pressing muscles. This includes the arms, delts, lats, and chest. To most effectively use kettlebells for bar pressing, double up a mini-band around the handle of each kettlebell and hang them from the bar. This can be very taxing and very precarious. Be sure to use spotters.

We have experimented with kettlebell and band pressing for over a year. It works. While lowering the bar to the chest, you of course must stop the bar from accelerating, but now you must stop not only the bar but also the kettlebells. This is not easy, as the bands' elasticity causes the bells to lower further even as the bar stops. The bells continue to move not only downward, but in all directions, as an oscillating pendulum, creating a chaotic state (as noted by Joe Dell'Aquilo, Ph.D., physics). After reaching lock-out, the bells continue to move upward. All the pressing muscles must work together, as they seldom do, to provide stability.

Light weights and high reps will rehabilitate the pecs and delts. Do them before you suffer any injuries as prehabilitation. Heavy weights for lower reps will build muscle mass and great strength.

I suggest you try this combination of weight, bands, and kettlebells. It is not just for the powerlifters but also for ball players and fighters of all types.

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# POWER PROFILE

## Janet Faraone

as told to Powerlifting USA by Bruce Citerman



**Double Bi... to Die For!** ...Janet Faraone has an awesome set of guns!

### Personal Background

**Birthday:** October 3, 1967

**Residence:** Schenectady, New York

**Career:** 21 years with the NYS Department of Labor. Currently a Workforce Program Specialist.

**Family:** 1 sister and 2 brothers. I am the youngest.

**Nationality:** Italian

**Height:** 5' 3"

**Weight:** Currently compete in 123 lb. weight class. I have competed in 114 lb. and 105 lb. weight classes. During recent training, I like to keep my weight between 128 lbs. to 130 lbs.

**Favorite Food for Training:** On my training days, I eat a late lunch of chicken and wheat pasta. The night before my bench training, I always have pizza - no exceptions. I have oatmeal just about every morning for breakfast.

**Favorite Lift:** Bench Press, and deadlift second favorite

**"Not so Desirable" Lift:** Squat

**Favorite Desserts:** New York Style Cheese Cake, or cookies and cream ice cream

### Athletic Background

I was not involved in school sports. However, I enjoyed playing softball, football, and basketball with the kids in the neighborhood. I also have two older brothers whom I played sports with. In the mid to late 90s, I was on an organized softball league. I stopped playing softball when I started competitive powerlifting.

### Weightlifting and Competing

I have been interested in

weightlifting since I was a pre-teen. My brothers used to have a set of the old style plastic (sand filled) weights in the basement and I would lift with them. When I joined Powerhouse Gym in the early 90's, I was very intrigued by all of the equipment and weights and wanted to try everything. There was one piece of equipment I kept myself acquainted with every time I went to the gym: the bench for bench pressing. I always benched, no matter what other bodypart I chose to work that day. At the time, doing multiple reps at 95 lbs. for my size (around 110 lbs. at the time) seemed pretty strong for a woman and drew attention from other gym members. So, I just kept at it and started benching with a group of guys at the gym.

The first bench press competition I watched was at the Powerhouse Gym in '96. There was one female competitor in my weight class (114 lbs) who benched 115 lbs. raw. After the competition, some of the guys I trained with asked me why I didn't do the meet. At the time, I had my raw bench up to around 145 lbs.

In April of '97, I did my first IPA bench press competition (raw) in Utica, NY. I opened with 135 lbs., benched 145 lbs. on my second attempt, and missed my 3rd attempt at 155 lbs.

As far as me getting into full power competition, my favorite lift has always been the bench press. However, I wanted to do the IPA 2000 York Barbell Strength Spectacular in York, PA, which

was a full power meet. "Can I just bench?" I remember asking Mark Chaillet over the phone. Since they did not have a "bench only" option, the answer was no. I can recall him saying "Come out and do the full meet and get your feet wet". That is when I started to squat and deadlift. Up to that point, I had never squatted or dead lifted.

### Best Contests/Best lifts

I have competed in many bench press competitions and full-power meets. The following meets are the ones I take special pride in:

#### IPA Adirondack Nautilus 4th Annual Bench Press-Deadlift Competition

Queensbury, NY

12/22/01

114 lbs. amateur

180 lbs. bench press

300 lbs. dead lift

#### IPA Nazareth Strength Spectacular

Nazareth, PA

6/22/02

105 lb. pro

215 lbs. bench press

310 lbs. dead lift

#### IPA Metal Militia Iron Den Battle

Queensbury, NY

12/21/02

105 lb. pro

225 lbs. bench press

#### Bench America I

Chicago, IL

7/5/03

114 lb. pro

250 lbs. bench press

In 2002, I placed 5th in the overall men's record for the 114 lb. class in the bench press. This qualified me to participate in Bench America I in Chicago, IL, on July 5, 2003.

#### Saratoga YMCA Bench Press Championships

Saratoga, NY

9/6/03

114 lb. pro

275 lbs. bench press

This was an all-time, all federation bench press record in the women's 114 lb. weight class. I broke my previous all-time record of 267.2, benched on August 8, 2003, at the IPA World Powerlifting & Bench Championships in Camp Hill, PA.

#### 2006 CandyAzz Classic

APF Full Power/Ironman Single Lift

Tribes Hill, NY

2/18/06

123 lb. pro

265 lbs. bench press

370 lbs. dead lift

The 2006 CandyAzz Classic was my first bench meet back since my recovery from pec-tendon surgery in October 2004. It was a long recovery and I was happy with the progress I had made.

#### APF Metal Militia Bench Wars

Lake George, NY

4/15/06

1231b pro  
320 lbs. bench press

This was an all-time, all federation bench-press record in the women's 123 lb. weight class.

#### APF Metal Militia Full Power Wars

Lake George, NY

6/24/06

123 lb. pro

330 lbs. bench press

330 lbs. dead lift (opener)

This is the all-time, all federation bench-press record in the women's 123 lb. weight class. You're probably wondering why I have not mentioned any meet results for my squat. My squat numbers are not that good. I have squatted 350 lbs. in training. However, my best competition squat took place at the IPA Women's World Championships in Glens Falls, NY, on May 1, 2004. I squatted 330 lbs. in the 123 lb. weight class. Subsequently, I did a full power meet on May 29, 2004, the IPA Strength Spectacular in Bethlehem, PA. I got my opener of 315 lbs. then went to 345 lbs. for my second attempt. I didn't get it and also screwed up my knees in the process. I did finish the meet. I benched 290 lbs. and deadlifted 345 lbs. I also ended up with a 40% ACL tear on the left knee. Although hamstring-tendon ACL replacement was an option, I decided to let nature and time take its course with it and stayed away from squatting altogether. So, I can say that my best competition squat is my best competition bench! I'm not proud nor am I ashamed either!

### Training Program

(training days are adjusted accordingly)

When preparing for a bench only meet, a typical workout week would be:

#### Monday (Back/Shoulders)

Lat Pull Downs: 4 sets/10 reps (70-110 lbs.) or Chin-ups with bodyweight

Side Lat Raises with dumbbells: 4 sets/10 reps (15-25 lbs.)

Lower Cable Rows: 4 sets/10 reps (70-100 lbs.)

Front Raises with barbell: 4 sets/10 reps (45-55 lbs.)

Using the Hammer Strength Bench Machine: Shrugs and bent-over rows - 3

sets/10 reps (90-110 lbs.) or shrugs with dumbbells (40-60 lbs.)

T-Bar: 4 sets/10 reps (45-100 lbs.)

Bicep Curls w/dumbbells: 3/4 sets/10 reps (20-30 lbs.)

#### Friday (Bench/back/shoulders)

##### Bench:

Warm-up with 5/6 sets starting with the bar for 10 reps and working up to 150-165 lbs. for 3 reps. Get into Inzer Phenom. I do 5-7 sets in the shirt starting at 185 lbs. or 205 lbs. for 3 reps to work the groove.

From there, I take 20-30 lb. jumps for reps of 2/3. If I want to hit a heavy double work set, then I just do a single before that work set. If the workout does not go accordingly (i.e. form is off or shirt not right), then I work my way back through the routine starting at 185 lbs or 205 lbs.

I never attempt a "heavy" lift in training. I save those attempts for the platform. A few weeks out from a meet, I will attempt a 300+ lift so my body will not be shocked to handle the weight on meet day.

**Boards:** If I decide to do board work this day, I cut out a few of the back/shoulders exercises. I try to work 3-5 sets of 5 reps starting with a 5 or 4 board down to a 3 or 2 board.

#### 4-5" Rack Lockouts

5-12 sets doing 3 reps from 135-405 lbs.

We do progressive plate loading lockouts (Sebastian Bums came up with these) where we do a set of three reps then a person on each side of the cage will immediately add weight and without resting in between, bang out another set of three reps. You keep going until you can't push any more weight. It takes just over a minute to get through these at that pace. We also work rack lockouts with rest in between sets. Rack lockouts are awesome and will make you strong. I always incorporate them on my bench training day.

On this day, I also hit back/shoulders incorporating 3 or 4 of the exercises previously mentioned. On my bench day, I normally do 3 sets instead of 4 sets.

#### Cable Tricep Pull-Downs to finish.

When preparing for a push/pull meet, a typical workout week would be:

#### Monday (Deadlift and/or back/shoulders)

The entire deadlift workout is done with a

suit on (Inzer Max DL) and belt. I start with 135 lbs. for 5/7 reps and do 5-6 sets taking up to 40 lb. jumps working less reps. Sometimes, for my last set, I do a set of 10 reps at around 75% of what I maxed that day or I do a set of straight leg deadlifts with considerably less weight. Depending on how many weeks I have to train, I may hit a "heavy" single once or twice throughout the cycle.

In the beginning of a deadlift training cycle, I incorporate rack pulls with the pin set in the last hole at the bottom (keep in mind all racks vary). I stand on two aerobic steppers to put me at the spot I need to work. I'll do these after I get done deadlifting working 4-5 sets of 3-5 reps.

On this training day, I may do box/bench squats doing 5-7 sets of 5 reps; and/or good mornings (with chains hung from a cage) starting from a bent-over position for 4-5 sets of 5 reps.

If I do not do box/bench squats or good mornings this day, I work a few of the back and/or shoulder exercises previously mentioned and/or do 4 sets of 10-15 reps of cable pull-throughs using the rope. These are good for the lower back and hit the hamstrings too.

#### Friday (Bench/back/shoulders)

(refer to previously mentioned workout).

I have not trained for a full power meet since May 2004. However when I was, I would squat and deadlift on the same day.

#### (Squat/deadlift only)

The entire squat workout is done in full gear (Inzer brief with Karin Kline double denim squat suit) and belt. Would work 7-10 sets beginning with 3-4 reps then sets of doubles and singles. I would use knee wraps at around 275 lbs.

After I got done squatting, I would work the deadlift in full gear.

Before beginning any lifting, I do a 10-15 minute warm up on the treadmill and do some stretching. If I cannot hit all my accessory exercises on training days, I finish them another day along with some cardio or leg accessories. I also pick a day to do cardio only then eliminate that day as I near closer to a meet. Ab work is done after lifting and/or cardio.

#### Vitamins & Supplements

On a daily basis, I take a multi-vitamin, Vitamin C, Vitamin B-complex, Vitamin K, Potassium, Zinc, Calcium, Magnesium, Calcium D-Glucarate, MultiEnzyme Formula, Glucosamine, Chondroitin and MSM, Astragalus, Hydrolyzed Collagen, Fish and Flax Seed Oil. The majority of these I purchase at Vitamin World and the Vitamin Shoppe. I also supplement with branch chain amino acids and use Prolab BCM Plus or ISS BCM purchased at [www.Nutrition.com](http://www.Nutrition.com) and use TwinLab Creatine Fuel Powder. I use Nitrean Protein Powder ([www.AtLargeNutrition.com](http://www.AtLargeNutrition.com)) and have two double servings a day and a scoop in my oatmeal at breakfast. After training, I immediately consume a post-workout drink, Bioteest Surge ([www.MyVitanet.com](http://www.MyVitanet.com)). In addition, I maintain a well balanced diet, drink plenty of water, and try to get



**Born to Bench Press ... Janet is the best in the world**

adequate sleep.

#### Comments/Plans in Weightlifting

As I sit here and prepare my responses on July 9, 2006, I am once again in recovery. On June 24, 2006 at the APF Metal Militia Full Power Wars, I was attempting a 375 lb. dead lift on my second attempt when my left bicep tore. Amazingly, I did not have any tendon avulsion from the bone so I did not require surgery. However, the orthopedic doctor told me absolutely no lifting for 8 weeks. He also told me I may have some loss of strength in that arm. I'm not really concerned with that as I've been down this road before with my previous pecten-tendon surgery in October of 2004 and I came back 110%. I was planning on backing off on my lifting the remainder of the summer anyway, just not like this. For now, I am doing leg accessories and cardio.

I hope to make a full recovery and ease my way back to lifting shortly after Labor Day 2006. My priority, of course, will be honing back in on my bench press skills and regaining strength overall. My goal is to hit a triple bodyweight bench press at some point in 2007.

Although there is really no money earned in competitive powerlifting, it is the love for the sport, the camaraderie amongst my training partners and even perfect strangers, that motivates me to go for what "normally" would be considered not possible. I love to move heavy weight so this is a good outlet for me. I also have met a lot of cool people and we often travel to meet up with each other to train and hang out.

I have been training at Bill Crawford's ([www.metalmilitia.net](http://www.metalmilitia.net)) Adirondack Barbell Club located in Lake George, New York for just over 4 years now. It takes me an hour to get to his gym, but I do it because I know I will receive the assistance to make it through a workout. I need to mention some folks who support me in my training endeavors. Special thanks to Bill Crawford and Jenny Burkey. Extra special thanks to Sebastian Bums ([www.undergroundstrength.com](http://www.undergroundstrength.com)) who tailored my training program in which, along with hard work, got me to a 300+ bench, and Cassy Seymour with her words of encouragement to help me make that last rep. Thanks to the rest of the Metal Militia Team of Carl Perkins, John Hart, Paul Nicholson, Curtis Schultz and Anita Ramsey, Neil Cuomo, Sam Luciano, the McCaslin's ([www.ironasylumgym.com](http://www.ironasylumgym.com)) - Sandy (CandyAss), Zane, Sarah, and Kerri, and Peter M., and Peter R of the Metal Militia Slovakian Chapter. I cannot mention everybody, but I can't leave out the Graubes. Thank you John and Bonnie.

Thanks for giving me the opportunity to have this dialogue.



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# INTERVIEW

## DETLEV ALBRINGS General Secretary of the IPF as interviewed by Thomas Klose

**T.K:** Detlev, you serve as the General Secretary of the IPF for a few years now.

What does your day to day work for the leading Powerlifting federation consist of?

**D.A:** Thomas, first I would like to say thank you for doing an interview with me. This is an honor for me to give some answers and background information to the readers of internationally known magazine "Powerlifting USA."

My work (mostly weekends) consists of contact with the member federations; answering e-mails (I receive approx. 20-25 emails per day); contact with WADA, mainly the WADA-laboratory in Cologne and other WADA-laboratories; contact with GAISF (General Association of International Sports Federations) and IWGA (International World Games Association); preparation of updates for the IPF-Homepage (Calendar, nominations, several lists and information etc.); preparing the IPF-EC meetings and IPF-Congress; as a member of the Doping Commission, I handle all correspondence concerning doping cases and the contact/negotiation with International Doping Tests Agencies.

I only can do all this work with the support and continuous contact with the IPF-Executive members and the IPF Committee Members.

**T.K:** Is this a full time, paid job or do still follow a normal occupation?

**D.A:** This is an honorary job and it is not paid. I do the work for the IPF in addition to my normal occupation.

**T.K:** How many hours are needed to run this office on average in a week?

**D.A:** Approx. 15 - 20 hours a week.

**T.K:** What are your roots in the sport?

**D.A:** Since 1978 I have been involved in Powerlifting. The strong and well known German Powerlifter Fritz Seese inspired me to train for Powerlifting. I trained Powerlifting for 6 years and participated at German regional and national Championships.

"Media & Broadcast" department of T-Systems, a subsidiary of German Telekom Inc.

I have been working at the International Broadcast Centre for the World Soccer-Cup 2006. My colleagues and I arranged it so that over a billion soccer fans were able to watch the matches on TV. My company was responsible for distributing the pictures of all matches worldwide by satellite, cable, glassfibre, etc. This was a unique and interesting experience for me.

**T.K:** The IPF ran a very successful World Games contest in Duisburg, Germany last year. What were your impressions of this meet?

**D.A:** The World Games in Duisburg were a very impressive and well organized event. I was very enthusiastic about the Opening Ceremony in the MSV-Arena. It was an honour for me to participate in the World Games.

The Powerlifting event was well organised and here I want to say big thanks to you and your team and the German Powerlifting Federation, which supported the Organiser and the IPF at this important event.

**T.K:** Is there any information available on the next World Games in 2009, yet?

**D.A:** From 7.-9. July 2006 our Asian IPF Board member Susumu Yoshida (JPN) was at the first Technical Delegate meeting in Kaohsiung. The Powerlifting venue will be the multipurpose hall of the Yat-Sui University with over 1000 seats.

We are negotiating with the IWGA to extend the Powerlifting championship to 80 lifters and 4 groups for female and male lifters. At the moment we are allowed to

nominate 72 lifters in 3 female and male groups.

**T.K:** The next IPF Open World Championships in November in Stavanger/Norway will be a combined Men and Women event. What led to this decision and will this be the regular format in the future?

**D.A:** We have discussed the reduction of the number of World Championships and in this connection how the member federations can save money and vacation days. Furthermore I believe it is an advantage and good experience for the Women and Men to compete in the same championship. Television is more interested in such championships.

As you can see in our calendar we will have in the future these combined championships. The first combined European Women and Men Championship 2006 in Prostejov was a success and I have heard only positive statements regarding this championship.

**T.K:** The IPF follows IOC rules which include the WADA code. Is this necessary to get IOC recognition and who is financing this extensive program?

**D.A:** Yes, you are right. For the IOC-recognition it is necessary to follow the WADA Code and we signed this code on January 2004. The expenses for our doping control program burden the IPF-budget. We get no money from the WADA or other organizations to finance our doping control program.

**T.K:** Is there any news on IOC recognition process and is there a realistic chance to get Powerlifting in the Olympics?

**D.A:** We sent our application for



Detlev Albring.. from Germany

I remember you were at the German Junior Championships 1983 in Munich-Neuaubing in the same weight-class (90,0 kg) as me. I achieved fourth place and you won the class and got a ticket to the European Junior Championship.

I never was a good lifter and when I started studying communications engineering I didn't abandon training but didn't compete in championships anymore.

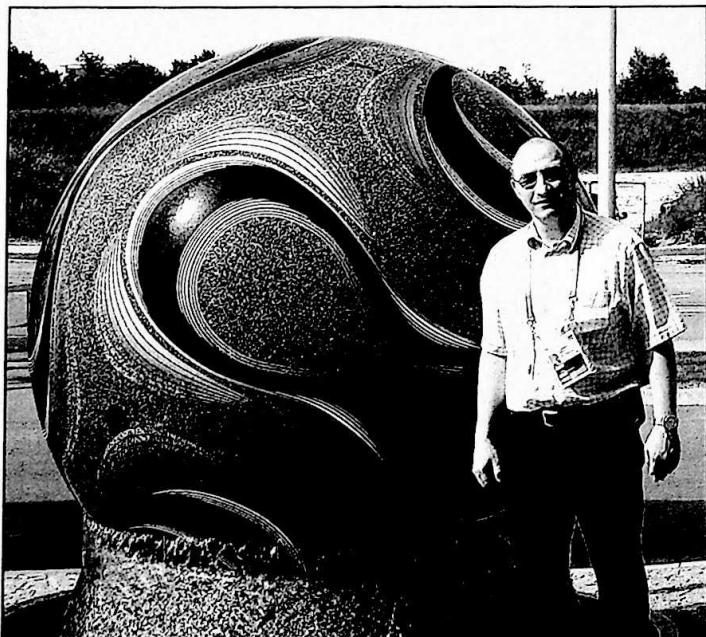
In the meantime I was involved in Powerlifting as referee, national and international. In 1988 I was asked to take over the Chairmanship of Powerlifting in Germany within the German Weightlifting Federation. With a one year pause I was Chairman until 2000. In 2000 we founded the German Powerlifting Federation and I was its President for four years.

During this time I was also a member of the IPF Technical Committee, EPF Finance Secretary and then the IPF Disciplinary Committee Chairman. In 2003 the IPF-Executive asked me to take over the IPF General Secretary, because Heiner Köberich had resigned.

In summary, I've now been involved in Powerlifting for 27 years.

**T.K:** Give our readers some personal information, please.

**D.A:** I'm 45 years old, divorced, and working in the



Detlev .. beside the IBC Fussball .. he and his associates at German Telekom helped bring coverage of the World Cup of Soccer to the world

IOC-recognition in August 2004 to the IOC Sports department.

The reason we are still waiting for a decision is that the IOC, ASOIF (Association of Summer Olympic International Federations), AIOWF (Association of the International Olympic Winter Sports Federations), ARISF (Association of the IOC Recognised International Sports Federation), GAISF etc. consort their membership application procedures. We hope that we get an answer about our application for IOC-recognition this year.

The IOC is discussing the organization of Summer Olympics. One important topic is the question of how many sports shall be participating. Concerning the next few Olympics (2008 / 2012 / 2016) including Powerlifting isn't an item for discussion by the IOC.

In my opinion the World Games are an adequate platform to present Powerlifting. But, never say never, - the future will show us the way.

**T.K:** Recently the WADA testing led to many positive tests for Russian and Ukrainian athletes. Both federations will be banned for a certain period. What exactly happened?

**D.A:** Because of an incredible amount of positive lifters in the past, the IPF-Executive Committee decided to send Doping Agencies to the national championships of Russia and Ukraine.

We mandated the International Doping Tests & Management (IDTM) and the Hungarian Sport Science Association (MSTT) to carry out doping tests at the Russian and Ukrainian nationals.

We were quite astonished about the results of the analyses.

Quote of our Press Release (see IPF-Homepage): "The suspension which is according to the IPF Anti-Doping Rules 12.6/12.6.1 has become necessary in the light of an extremely high number of positive doping cases from lifters of these two countries at International and European Championships and Out-of-Competition tests run by independent anti-doping agencies at the Russian and Ukrainian National Powerlifting Championships in 2006."

The IPF's big concern on this regard was enhanced by the fact that in November 2005 in Miami an agreement has been negotiated with the Presidents of the two Powerlifting Federations to enforce the Anti-Doping Rules in their countries but no sign of compliance with this agreement was ever received."



Part of the Job... of an IPF Official, presiding at Opening Ceremonies

**T.K:** Who made the decision to ban both federations?

**D.A:** The IPF-Executive Committee according to our Anti-Doping Rules.

**T.K:** There is a huge fine involved that has to be paid by those two federations.

What is the exact amount?

**D.A:** As you can see on our IPF-Homepage the fine for every positive lifter is Euro 1.500,00, and Euro 2.000,00 respectively.

**T.K:** I can imagine that such an amount is a major burden for any federation to cover.

What are the options if a party has difficulty to pay?

**D.A:** They get the opportunity to pay the sums in rates. Or the concerned federations must inform us about a detailed finance plan as to how they want to pay their fines.

**T.K:** Do you or the IPF see a risk to lose members due to the above situation? Could this probably strengthen other federations?

**D.A:** Sure, it is a risk to lose federations. But life is never without risk. We aren't a toothless federation and therefore we must improve our fight against doping and we know the consequences on our way to reach this goal.

**T.K:** How many member nations are part of the IPF?

**D.A:** At the moment we have 108 member federations.

**T.K:** Is there a number available how many athletes are participating in IPF Powerlifting worldwide?

**D.A:** For our application to get IOC-recognition we have made a survey among our member federations. We counted 255.000 active powerlifters, but a lot of powerlifters compete on the local level only. Therefore, the total number of powerlifters should be even higher.

**T.K:** The USAPL has been the IPF affiliate for close to 10 years. What has improved in comparison to the former affiliate?

**D.A:** I'm sorry, but I can't answer this question, because I wasn't a member of the IPF Executive at

has an influence on the lifter's results.

**T.K:** The approved list of support equipment is very extensive. Will there be any limits in the near future?

**D.A:** First, we have introduced an approval procedure so that we decide only every two years about new gear.

Second, we want to discuss the equipment questions with the manufacturers to come to a solution with which both parties can be satisfied.

**T.K:** How is the exchange with the gear manufacturers working out?

**D.A:** Our Technical Chairman John Stephenson manages all matters with the gear manufacturers and sends a report to the Technical Committee members and the IPF-Executive for decision. Furthermore we have meetings with the gear manufacturers and discuss ideas and the future of Powerlifting regarding gear.

**T.K:** Will the IPF consider including a second division of Powerlifting in terms of support equipment? I am speaking of unequipped divisions that have started to come up within some affiliated countries.

**D.A:** The IPF shall consider this item, but we haven't done it at the moment.

**T.K:** What are your personal future plans in life, especially as an official of the IPF?

**D.A:** I'm happy with the honorary job as IPF General Secretary. I hope my service for our member federations is acceptable and I can also support powerlifters in future with my work.

It is a dream of mine to achieve IOC-recognition, because this is a big advantage for the member federations and the IPF.

**T.K:** Thank you very much, Detlev for taking the time to answer my questions. Are there any final comments from your side?

**D.A:** Thank you very much, Thomas for this interview.

I wish all athletes of Powerlifting will achieve their goals and I hope the IPF and their officials can support them on their way.



Jury Duty .. another part of Detlev's responsibilities within the IPF.

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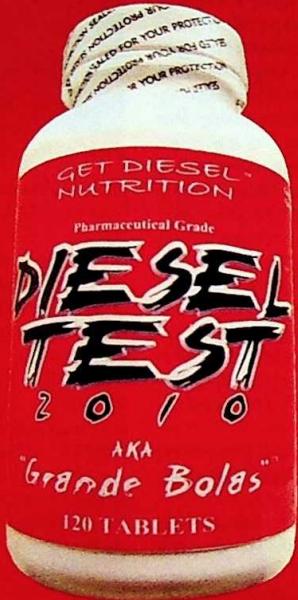
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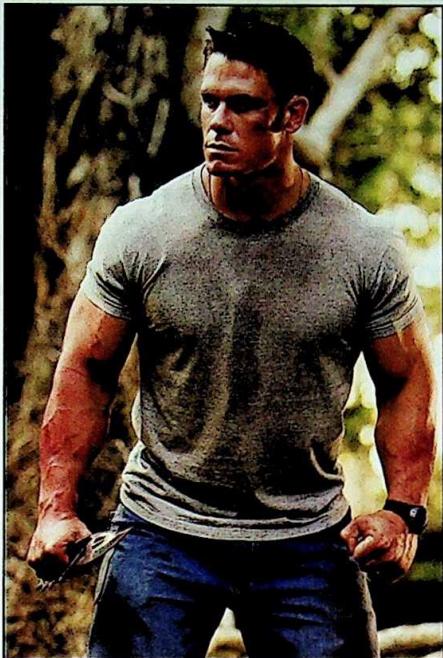
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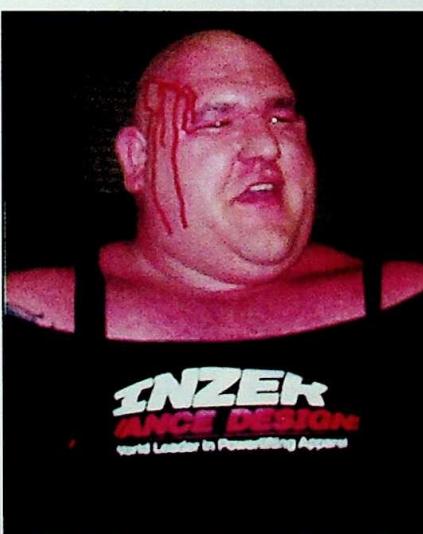
First, there was Sly, then came Arnold, and then "The Rock", and now get ready to meet the next great action star - **WWE Superstar JOHN CENA** will make his big screen debut in the new 20th Century Fox film "MARINE" due to open nationwide on Oct. 13th. Cena plays John Titan, an "heroic Marine who returns home from Iraq after being discharged, against his will". Stateside, but he's back in action as his wife (Kelly Carlson) is kidnapped by a murderous gang led by Rome (Robert Patrick). With everything on the line, the Marine stops at nothing to accomplish his most important mission.



**Brian "The Crusher" Phillips** passed away on July 30, 2006 in Las Vegas, Nevada, as a result of respiratory failure during his comeback from an extended illness and heart surgery. He was a long time subscriber to POWERLIFTING USA, and a 2003 WABDL World Champion, he was only 51 years of age. According to his friend, Robert W. Harris, "Never a tears and flowers kind of guy, I'm sure he would want your memorial of him to be to Live Well, Be Healthy, and LIFT BIG! YOU WILL BE MISSED, BUDDY!"



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**Shawn Lattimer** is BACK! Hitting an 865 bench press at Sandi McCaslin's APF Backyard Bench Press Championship meet on August 5th. (thanks to Sandi for this news and the photograph)

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# POWER - RESEARCH

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

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

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

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

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

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

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

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

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



Scot Mendelson is a big endorser of BodyQUICK

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

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

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

As a sample of the former, researchers and scientists at the University of Connecticut have demonstrated that high-intensity training, defined as resistance training at a minimum of 90% Maximum Heart Rate (MHR), can increase the number of branches that extend from the end of a given motor neuron.

In this manner, broader connectivity increases the number of motor units reachable by multiple motor neurons, resulting in greater muscle fiber recruitment and strength output. This is of particular value within larger

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

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

Thomas 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 1008 lbs., now has 9 world records to his credit and states: "BodyQUICK [the only acetylcholine-based neural accelerator currently on

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

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

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

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

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

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

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

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

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

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

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

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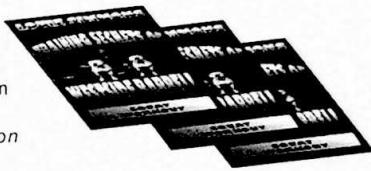


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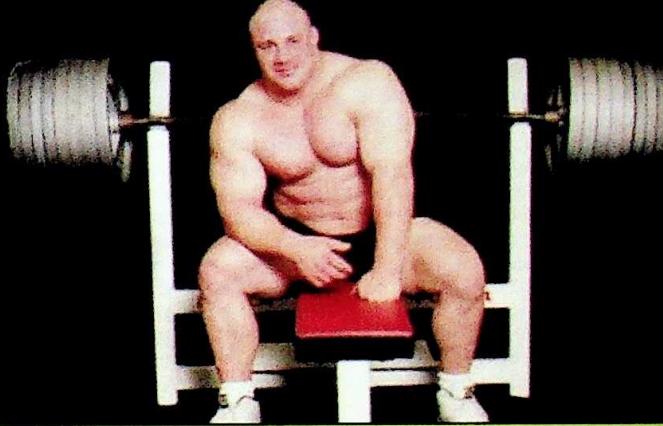
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**Q:** Hey, Anthony, how are you? I just love your column. I really liked all the valuable info that you gave us on olive oil in the last issue. I knew it was supposed to be good for you, but I didn't know that it was that good. Now one thing that I wish you would give us is more info on women lifters or what you termed "Power Vixens". I like that, very nice if I say so myself. Anyways on to my question since I seem to babble on and on, at least that's what my husband always says. I used to be a 148 pound lifter, but my weight just seems to keep going up. I now am a full fledged 165 pound lifter and I am interested in going back down. My question isn't about how to lose the weight, but how to lose my appetite. You see I eat a lot of food, most of it not very healthy especially by your standards. I seem to munch on food all day long, most of it junk. I will start off with nibbling on some crackers or trail mix and by the end of the day I ate a whole box. I know this is causing me to take in way too many calories which are definitely leading to my weight gain. The thing is my appetite is ravenous and if it keeps up like this I will be a superheavyweight within another year. Can you give me some tips to help feel fuller so that I can subdue the hunger beast within? Thanks a lot for the info and please keep up the good work. Sincerely,

Carla Firotini

**A:** Hey Carla its good to hear from you. To all the women lifters out there, e-mail me more often since I really don't get a ton of e-mails from our power vixens. Let me know what you would like to know more about in this column and I will help you all out. So, you are hungry are ya? No problem. I will make sure that I take good care of you. Hunger is caused by many different variables and not just a single one when it comes to most people. When I am dealing with an athlete or fitness model or competitive bodybuilder that must go on a calorie restricted diet to get ready for a competition, then I have to make sure that I attack the root causes from all angles to properly get the job done. Since you are a powerlifter and looking to go down a weight class this will be a lot easier than someone preparing for a physique competition. You haven't included a nutrition outline of what you consume daily so I won't be able to pick out specific problems that relate to you, but I will give you some very good points that you most likely are not aware of. Since you are suffering from this famished feeling all the time then I can

# NUTRITION

## Power Nutrition Q & A

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

guarantee these points will make a night and day difference in taming your hunger. Try your best to follow all the points I have put together for you below as they will work synergistically to give you the best results.

### 1. Eat 6 times per Day

I have mentioned this before in some of my past articles, but the fact remains except for my athletes working with me directly, I doubt there are a lot of powerlifters following this advice. Eating at least 6 times per day is very important for many different reasons, but it will be of major importance for your goal of reducing your appetite. Since you are always hungry wouldn't the best thing to do be to satisfy it? You can bet your groove briefs on that one. You are not going to get fat by eating several times per day but I guarantee you will get fat by eating three solid meals per day as many of you used to believe to be the right thing to do. Not only will eating 6 times per day make your metabolism kick into overdrive to burn more calories so that you lose fat, but also it will have you eating every 2-3 hours thereby keeping your stomach happy and not grouchy.

Let's say that you get up at 7:00 AM to start your day. You should get your first meal within half an hour of being awake. Then from there on every 2-3 hours you should be having something to eat. Here is a time chart for you:

**7:00 AM-** Get your butt out of bed!

**7:30AM-** Eat your breakfast

**10:00AM-** Eat your Morning Snack or Meal 2

**1:00 PM-** Eat your Lunch or Meal 3

**3:30 PM-** Eat Your Afternoon Snack or Meal 4

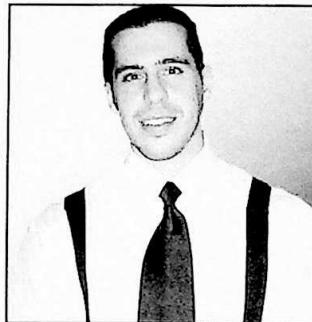
**6:30 PM-** Eat your Dinner or Meal 5

**10:00PM-** Eat your Pre Bedtime Meal or Meal 6

As you can see you will be eating all day long with no longer than 3 hours between your feedings. This will keep you satisfied and, even better, you won't have to feel guilty about eating so many times because the "Nutrition Guy" said it was ok.

### 2. Drink your Water

That is right, it is time to drink



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

another glass of water. Just last month I went through why drinking water was so important for the strength athlete and here it is in your face again. The reason ... it works! If you are trying to get your hunger under control nothing will help take care of that better than drinking water. Have a glass 30 minutes before each of your meals as this will help fill your stomach and you won't want to eat as much. You should also be drinking a total of at least 1 gallon of clean water per day. This may sound like a lot but if you want optimal health and results ... drink the darn water! Like I mentioned before if you are one of those gym camels that drinks a glass or two every other day, don't go and try and get in 1 gallon off the bat. First off you will run to the bathroom every 10 minutes and then on top of it you will be cursing me out non stop. Start off slowly and go for 2 liters per day. Then after a week or so try and bump it to 3 liters. After another week or two then try and get it up to a full 4 liters or 1 gallon for our non-metric folks. This way getting in all that water will be easy and will allow your body to adjust to the increased volume of fluids that you are taking in. Don't be an idiot and try and drink 2 liters at one sitting. This is just stupid. Like I said earlier, have a glass before each meal and by doing that you are already up to 6 glasses or 1.5 liters right there. Next you should be drinking about 1 liter or more just during your training. You should always keep yourself well hydrated when training to prevent strength output loss. Then you can have yourself 1 glass of water with each meal while you are eating. This will give you another 1.5 liters of water. This

totals 4 liters of water and gets you dead on with your target of reaching optimal water intake.

### 3. Eat your Veggies

This one will have all the tuff guys on the forums slamming me for sure. No real tuff powerlifter eats veggies right! Heck, that would make you a wimp! How is that going to help your bench press or your deadlift lockout? Well, let all the big mouths knock me for this, but you should all know that all my clients and that includes Garry Frank, Travis Mash, Chuck Vogelpohl, Gerry McNamara, Phil Harrington, Ron Palmer and about another 70 world class lifters all eat their veggies and, yes, in abundance. If these top lifters eat their veggies, so should you, especially since the large majority of you reading this aren't even close to being in the same lifting realm as these phenomenal lifters. The reasons for the increased amount of veggies are many but the main one for purposes of this question is the fact that the increased fiber will provide satiety. When you consume vegetables with your meal you will feel full sooner and this will last longer as well. There are numerous other benefits to eating plenty of vegetables and I won't go through them all here as that would be an article in itself.

### 4. Avoid those High GI Carbohydrates

If you are looking to reduce your hunger, then you must stay away from all high Glycemic Index carbs. This is a must. For those of you who don't know what a high GI carb is then you should know that it is any food that scores above 65 on the GI index. I have included a GI chart here (see below) for you so that you can take a look at some of the different choices that you have to stay away from. To understand what the Glycemic Index chart is all about you have to know what it means. The higher the number on the chart refers to how quickly when you eat a carbohydrate source that it turns to blood sugar. Along with the quick conversion to blood sugar, High GI carbs also have a pronounced effect on insulin release. This jacked up level of insulin is not what you want because it will shuttle these nutrients into your fat cells, thus making you fatter. To add more fuel to the fire it will also make you hungrier. By taming the Insulin Beast you will not be as hungry and have reduced cravings for junk foods. Low GI carbs are the way to go to prevent fat gain, maintain stable blood sugar levels, and provide better satiety.

### 5. Eat Plenty of Protein

You have heard me say this time and time again, but still many

lifters still don't have a clue in regards to how many grams of protein they take in per day. Even though they ignore something as crucial as this is to their performance and recovery, they have to make sure that they get the right socks to squat in because it may just give them that little extra something. Oh yeah, that sounds like priorities in the right place ... NOT! Protein isn't only important for keeping your metabolism elevated and increasing lean tissue, but it also takes longer to digest than carbs so, again, it will keep you feeling fuller longer. Eating more protein in your diet will make you feel less hungry. Now don't just eat six times per day, and then do something stupid like consuming protein with only three of those meals. No way, don't do that! Make sure that you are getting in a proper amount of protein according to your weight and personal specs with each of those six meals so that you will build muscle, drop fat, keep that metabolism on fire and also keep yourself full and satisfied!

## 6. Eat more Healthy Fats

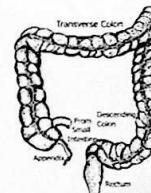
You know I love fat! Healthy fats not only will help increase your testosterone levels, lower your cholesterol, reduce joint and tendon inflammation among numerous other benefits, but they will also lower insulin production and increase satiety as well. I recommend more monounsaturated fat as well as Omega 3's as these have the most benefit to the lifter, not only in terms of performance but health as well. Fats take the longest to digest so by eating more fat in your diet you will feel less hungry and much more satisfied even when eating less total food volume. Don't take what I just said out of context and start wolfing down mega burritos and buckets of ice cream in the hopes of what I said was a-ok! In regards to the good fats start consuming more foods like salmon, trout, sardines, olives, natural peanut butter, almond butter, avocado, almonds, cashews, olive oil, fish oil, and walnuts. Remember I said healthy fats, not the fats that would be eaten by circus help!

## 7. Eliminate Sugars from your Diet

Oh boy, this one will just about kill every powerlifter this side of the hemisphere. Well, hopefully not, because as an athlete your diet shouldn't be high in sugar. Don't get me wrong here. I don't suggest any of my athletes try to live off berries and grass as some would like to tarnish my image with. The fact is I do like my lifters to eat very clean, but I do allow periods for them to cheat as well. Like I have said numerous times before, the problem isn't with powerlifters having 1-3 cheat meals per week. It's the fact that with the horrible ways most lifters eat, getting them to eat 1-3 healthy meals per week would kill most of them. This is the problem that I am talking about. Back to the sugar part of this equation. It can easily cause you to put on fat, but it will also increase your hunger like crazy. Think about it. The last time that you ate a candy bar or had some high sugar junk, most likely it didn't fill you unless you ate 6 candy bars. You can be sure that less than an hour or so later you are hungry again, actually you will be hungrier than before you ate the candy bar. The point is all this sugar will stimulate your appetite and it won't be for healthy foods that are going to fuel your performance. It will increase your hunger for more sugars and bad fats and that is where the problem arises. What happens is that this becomes a vicious circle that ends up with you fat and out of shape with Type II Diabetes. Believe you me, this scenario I have seen dozens of times with powerlifters as this seems to be an epidemic with strength athletes for some reason. What you need to do is stop the cycle and you will notice that you don't get those crazy junk food and sweet cravings like you once did. After even only a couple weeks you will find your cravings are almost nonexistent and then even when you might want something sweet you will feel satisfied with a very small amount when compared to before. No longer will you have to down a couple of pints of Ben and Jerry's just to get your daily fix. Stop the sugar cycle before it stops you with a nice case of daily Insulin injections!

## 8. Use a Fiber Supplement

How many of you reading this use a fiber supplement at least once daily? Yeah, exactly what I thought. The answer is most likely a very small percentage of you do. Is that because you already eat enough fiber in your current nutrition plan or is it that you are just down right lazy and truly don't care for your future health? Whatever your excuse, the fact remains that most lifters don't eat enough fiber and they are also so lazy they don't even take in a fiber supplement to at least try and balance some things out. I guess the fact that over 50,000 Americans die of colon cancer each year wouldn't make you get off your ass and do something as easy as taking a fiber supplement? In the United States one American dies every 9 minutes from colon cancer. Doesn't that make you think ... "I better eat my fiber"? Oh yeah, I forgot, powerlifters have colons made from reinforced steel so they couldn't end up with a bout of cancer, could they? Sorry to burst your bubble! I won't curse at you fiber avoiding lifters anymore, as all I can do is try and help you. I guess when you are ox strong you don't think about the cells in your colon that are mutating into cancer? That would be really stupid, to think about something like that.



**Take care of your Colon and it will take care of You!**

Anyways, that is enough of my ranting on this one. The reason why, Carla, you are going to need to get the fiber in at an increased dose is the fact that it will stabilize your blood sugar better, help eliminate bound fecal matter, and it will help you eat less at each meal. The fiber

### Low GLYCEMIC INDEX FOODS (14-55)

**Table 1-Low GI Foods**

Food	Gl
Roasted and salted peanuts	14
Low-fat yoghurt with sweetener	14
Cherries	22
Grapefruit	25
Pearl barley	25
Red lentils	26
Whole milk	27
Dried apricots	31
Butter beans	31
Fettuccine pasta	32
Skimmed milk	32
Low-fat fruit yoghurt	33
Whole meal spaghetti	37
Apples	38
Pears	38
Tomato soup, canned	38
Apple juice, unsweetened	40
Noodles	40
White spaghetti	41
All Bran	42
Chick peas, canned	42
Peaches	42
Porridge made with water	42
Lentil soup	44
Oranges	44
Macaroni	45
Green grapes	46
Orange juice	46

### Peas

Baked beans in tomato sauce	48
Carrots, boiled	49
Milk chocolate	49
Kiwi fruit	52
Stone-ground whole meal bread	53
Crisps	54
Special K	54
Banana	55
Raw oat bran	55
Sweet corn	55

### MEDIUM GLYCEMIC INDEX FOODS (56 TO 69)

**Table 2 - Moderate GI Foods**

Muesli, non toasted	56
Boiled potatoes	56
Sultanas	56
Pita bread	57
Basmati Rice	58
Honey	58
Digestive biscuit	59
Cheese and tomato pizza	60
Ice cream	61
New potatoes	62
Coca cola	63
Apricots, canned in syrup	64
Raisins	64
Shortbread biscuit	64
Couscous	65
Rye bread	65

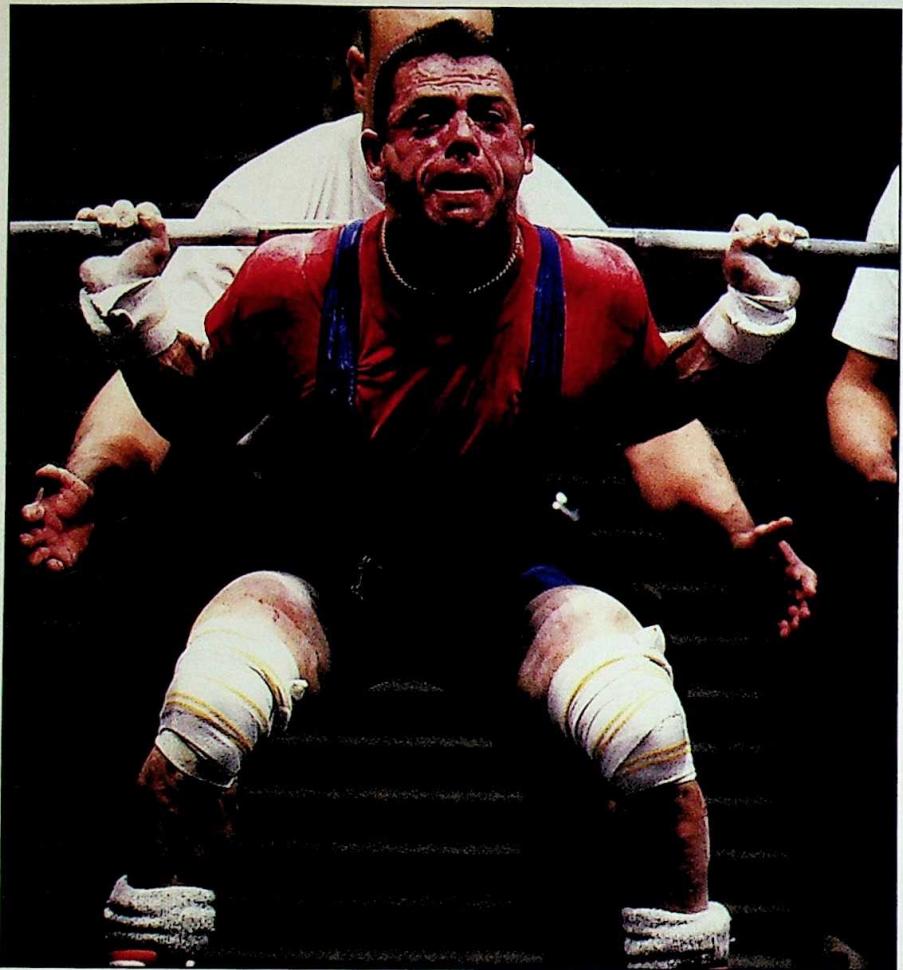
### Pineapple, fresh

Cantaloupe melon	67
Croissant	67
Shredded wheat	67
Mars bar	68
Ryvita	69
Crumpet, toasted	69
Weetabix	69
Whole meal bread	69

### HIGH GLYCEMIC INDEX FOODS (70 OR MORE)

**Table 3 - High GI Foods**

Mashed potato	70
White bread	70
Watermelon	72
Swede	72
Bagel	72
Bran flakes	74
Cheerios	74
French fries	75
Coco Pops	77
Jelly beans	80
Rice cakes	82
Rice Krispies	82
Cornflakes	84
Jacket potato	85
Puffed wheat	89
Baguette	95
Parsnips, boiled	97
White rice, steamed	98



Gerry McNamara of Ireland, a Nutrition XP3 client, pays strict attention to his appetite.

will actually fill your stomach so that you will be less hungry when it is time to sit down for a meal. I would recommend that you take 1-2 tablespoons of Psyllium powder twice per day about 30 minutes before your breakfast and dinner with 2 glasses of water. This will drastically help to increase your daily fiber intake and help bring your appetite under control. In the end, get in the fiber, and your colon may just thank you in ten years when you don't end up with cancer!

#### 9. Avoid Processed Foods

Here is another trademark food choice for most lifters. Processed foods are anything that is not straight from nature, in my opinion. Let's see what that could entail. How about potato chips, white bread, crackers, candy bars, white flour, cakes, pies, sugar loaded breakfast cereals, white bagels, so called Nature or Breakfast bars and way too many other things than I can imagine to mention in this section. Processed foods contain too many additives and preservatives among other chemicals used to either make it taste better or last longer in your cupboard. One of the problems with processed foods (among many) is the fact that many of the processing practices causes many of the foods to increase hunger. Many of you don't know this, but the scientists that are hired on to design your food are not just there to help make it more scrumptious. That would be the least of your worries. Instead they study how different chemicals and agents can increase hunger so that you (unknowing of these tactics) consume more of their products. Think about this for a

second. The last time you bought some snacks whether it was potato chips, mini candy bars, or ice cream bars did you notice that you never just had one? Maybe you hoped that you would only have maybe a few little chocolates or just one ice cream bar, but did that really happen? You are darn right, it didn't happen, and it's not because you are a gluttonous slob, but because that food source was designed with the hopes of you inhaling as much as possible due to the added ingredients or lack of others to trick your brain into thinking that you are still hungry and want more. I am sure that most of you reading this didn't know that, but believe me there is a lot of trickery in the food industry to snatch dollars from your wallet. This is so, even if it means that you will suffer from different health ailments like Diabetes or Heart Disease down the road and will ultimately take years off your life. I could go on and on with this topic and do an actual series of articles on this topic alone, but I just wanted to scrape the surface here to give you a brief understanding of what processed foods can do to you.

#### 10. Keep a Food Journal

Here is something that most lifter don't do, which in my understanding is totally stupid. They will write down what they did in training, their volume, the PRs that they hit, etc., but yet they never think to write down what they eat. Why could this be important? Well, since your nutrition and supplementation plan plays such a big role in your performance it would leave you not knowing how what you ate affected your performance. Did you ever go in the gym

and just have a horrible workout? Everything just felt heavy, there was no explosion and all your joints just ached right from the get go? Many would just look to this as a training problem. Maybe you did too much last workout, or maybe you need to de-load? What about what you eat? You never think that your nutrition plan would play a huge role in how good or bad your workout was. Why is that? Why are powerlifters not paying attention to optimal sports specific nutrition to help them attain their true level of performance? Why is it when I talk with athletes of all different sports whether they run track, play basketball, are long distance cyclists, or just about any sport you can think of, their sports nutrition plan is a key to their success and they focus on it just as much as training. With powerlifters it's almost as if you are someone who eats clean and dials in your nutrition plan you are some sort of wuss. Why is that mentality a part of our sport? Is it just ignorance, laziness, or just an excuse to eat garbage day in and day out. Some lifters come off with a tuff guy image when they eat junk all day, like eating that extra pint of ice cream makes them a bad ass or something. Well, at least the tide is turning with the large majority of the top level lifters, since I seem to add a new world champion to my list of clients every other week. I have worked with a lot of doubters out there and had to prove myself on many occasions, but I can honestly say that once they saw what an optimal nutrition plan did for their performance, not one has gone back to eating like a couch potato! Keeping a journal will make you accountable for what you put in your mouth. Then, when you review it weekly or your nutrition coach does, you will then see what works and doesn't. Another plus is that when you write things down it makes you want to improve what you are doing because if you see that you are eating heaping loads of junk, you will want to make that change for a better plan not only for your powerlifting performance, but also your health. Remember what good it is to deadlift 800 pounds if your body is decayed on the inside from years of horrible eating. To be a complete power athlete your nutrition plan must be a major focus in your overall game plan because if you don't your competition will, and you no doubt won't be happy with the major advantage you gave him when it is time to step up on the platform!

#### Conclusion

There you have it, Carla. I hope that you take this information and don't just read it, but apply it to your new nutrition plan. Try your best not to just follow one or two points that I have described above, but incorporate all ten points and you will see some very noticeable changes even within 14 days. Controlling a beast like appetite is not just altering your calories and cutting out junk food. Remember, it is mainly hormonal, so we need to understand how to control these hormones that can increase it as well as take advantage of other hormones that can reduce it, so that you can reach your goals. Until next month eat clean, train hard, and take care of your health, because it is much too important to just hope that you will stay healthy, you have to make it happen!

For more information about the Nutrition XP3 System, feel free to e-mail me at :

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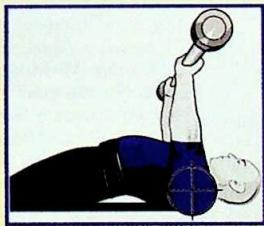
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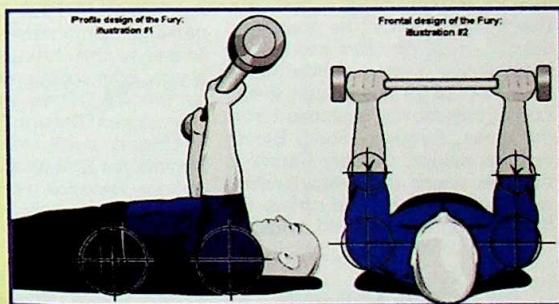


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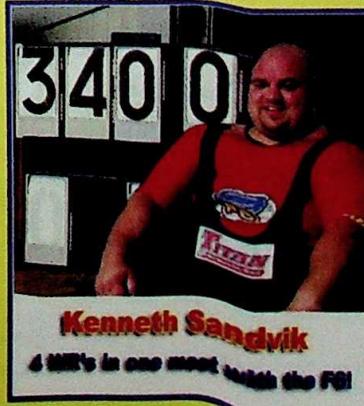
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**THE FACTS**  
**TELL**  
**THE STORY:**  
**63 MEDALS WERE**  
**PRESENTED AT**  
**THE 2005**  
**IPF BENCH**  
**PRESS WORLDS**

**51**  
**WENT TO**  
**TITAN**  
**BENCH SHIRT**  
**WEARERS!**

# A.D.F.P.F. Nationals

## as told to PL USA by Judy Gedney



**Kathy Barkley pulled 187 @ 122**

The A.D.F.P.F. hosted their first sanctioned competition in mid-August, 2005. Eleven months later A.D.F.P.F. Members were invited to participate in the A.D.F.P.F.'s first-ever Powerlifting National Championships. On the evening of July 7<sup>th</sup>, meet directors and helpers representing 3 states arrived to set up the venue for this exciting event. Lots of trips moving equipment from the trailer, through South Bend's very impressive Century Center to the suits where the championships were held. Glitches did surface but the situation was resolved thanks to

the devotion of Meet Director Dick Van Eck who with wife Jan made another long drive to pick up and deliver more equipment. A long night of driving for Jan & Dick with very little sleep.

Saturday morning the lifters, some groggy-eyed, arrived for registration then lined up for the start of the official weigh-in. While that work was in progress, the trophy display was arranged and the finishing touches made for the warm-up and competition areas. Weighing the lifters was soon completed, warm-ups were in progress and the Rules Briefing was presented. Only 10 minutes before the bar would be loaded and the first competitor officially called to the platform. Tension mounted, the noise level escalated and blood pressures were elevated. The lifters in this meet would begin setting the A.D.F.P.F. National Powerlifting Record and perhaps also reset the A.D.F.P.F. American Records.

The competition started with the UNEQUIPPED Division where personal supportive equipment is limited to the lifting belt and wrist wraps. Four states were represented by the 23 lifters entered in the Unequipped Division (Illinois, Indiana, Michigan and Massachusetts). Exceptional lifting took place as 100 National Records were set and many American Records broken.

Each athlete approached the

platform with determination; totally focused to exert their best effort. There were disappointments as lifts were missed but this is not unusual at National Championships. In spite of mistakes the athletes demonstrated composure as they left the platform to calculate their next attempt strategy.

Only 2 women lifted in this Nationals Championships, both from Illinois and both in the Unequipped Division. Kathleen Barclay, 19 years of age reset her Personal Records while setting 8 National Records and 6 American Records. Kathleen won the 55.5 Kilo weight class. Junior lifter Ann Buren won her weight class establishing all new "personal records" while setting 8 National Records and 8 American Records. Their coaches were very proud as they cheered them on.

In the 56 kg class 15 yr old Jacob Wallace of Newburgh, IN gave Dano Hall, Evansville, IN a battle for the top total in this weight class holding a lead up to the deadlift when Jacob lost his edge by 7.5 kilos. Jacob set 5 National & American Records, Dano set 3 National & American Records.

Jerry N. Parkinson was the sole lifter in the 60 kilo class setting 8 National & 8 American Records.

In the 75 kg class 19 yr old Austin M. Ulrich, Evansville, IN, was 10 kilos ahead of open lifter Michael P. Evans, Edwardsburg, MI for the top score. The bench event changed the tide as Michael pulled into the lead by 45 kilos. Austin aggressively battled to close the gap in the deadlift event falling short by only 27.5 kilos. Michael set 2 National & 3 American Records; Austin set 6 National & 5 American Records. In the T-2



**Jake Wallace exults after a 137 BP**

Category 16 year old Caleb Wallace performed well as usual winning with a 452.5 kilo total; setting 4 National & 3 American records.

Nathan M. Morris, Newburgh, IN, was the top teen in the 82.5 kg. Class with Joshua Scott, Newburg, IN placing 2<sup>nd</sup> and 64 yr old Jack N. Culp, Kalamazoo, MI setting 4 National & 4 American Records for the Masters' 5 Category. Nathan set 8 National Records & 4 American Records.

(continued on page 68)

ADPF Nationals - 8 JUL 06 - South Bend, IN											
Equipped MALE	SQ1	SQ2	SQ3	BP1	BP2	BP3	DL1	DL2	DL3	TOT	
165 lbs. Open/Master I											
C. Siders	407	407	429	231	259	253	374	396	429	1080	
Master II (45-49)											
R. Fricke	154	176	209	176	209	226	253	308	325	727	
Master VI (65-69)											
L. McCrary	226	270	314	99	115	—	319	363	402	749	
181 lbs. Master VI (65-69)											
J. Waters	253	281	303	192	203	209	380	413	—	870	
198 lbs. Open/Police/Fire/Military											
B. Cannon	551	573	584	374	391	402	440	479	496	1471	
J. Whiteman	431	463	463	275	325	358	451	485	498	1273	
220 lbs. Master III/Open											
P. Berrio	369	—	—	237	259	—	402	47	—	1096	
242 lbs. Master III/Open											
D. Lawrence	407	440	474	303	325	344	374	402	435	1201	
Master IV (55-59)											
S. Cohle	391	418	435	325	347	363	501	551	—	1333	
R. Donati	314	—	—	556	556	—	—	—	—	—	
Unequipped FEMALE											
123 lbs. Teen III/Open											
K. Barkley	181	192	192	104	115	124	159	176	187	485	
198 lbs. Junior/Open											
A. Buren	220	231	242	132	143	159	209	220	242	617	
MALE											
123 lbs. Open											
D. Hall	209	214	231	110	121	132	24	270	281	633	
Teen I (14-15) J. Wallace	181	220	237	115	132	137	231	248	259	617	
132 lbs. Teen II (16-17)											
J. Parkinson	226	237	248	159	170	181	242	264	281	694	
165 lbs.											

(Thanks to Judy Gedney for providing these contest results to POWERLIFTING USA)

# INTERVIEW

## WADE HOOPER

*interviewed for PLUSA by Greg Stott*

Multi-National Champion & Record Holder, Two time Open IPF World Champion, IWGA World Games Medalist, 12 x USAPL National Champion **Age:** 35 **Height:** 5'3" **Weight off Season:** 172 lb. **Weight Class:** 165. **Federations:** USAPL & IPF



*Wade Hooper demonstrating great form & focus with 755 lbs. (Christy Newman photos)*

**GS:** First off, Congratulations on your huge 755 lb. Squat As well as your 534 lb. Bench, both IPF World Records.

**WH:** Thanks Greg!

**GS:** Wade, tell us about your lifts & records set at this years Nationals. **WH:** It was really exciting.. Setting one world record in a meet is tough enough, but to set two, it felt great! Hopefully I'll be able to set a World Record in the Total, in November, at the Worlds being held in Norway.

**GS:** Many reading this may not know that you're a High School Algebra Teacher. How do you're students react to both your strength & success in Powerlifting?

**WH:** They react in the same way most high school kids do. Some days it can be tough getting through a lesson because all they want to know is "what did you do in your last meet or work-out." I am constantly getting bombarded with questions. I think my favorite is "if you're a world champion and you have world records, why are you working here?" It's hard for them to understand that not every sport makes money like football or baseball. I get a lot of satisfaction in the summer, because I do all the strength training for all the sports at our school. The kids work hard and are very receptive, because they know that I can both teach & show them.

**GS:** In your last TEAM iXL interview, you mentioned that the Squat is your favorite lift, please take a minute and share with us why?

**WH:** If I only were allowed, to pick one lift to work, it would be the SQUAT!! I don't think there is any other lift that is as mentally

**GS:** Please describe for us a Squat workout, say mid competition cycle.

**WH:** Since my workouts are integrated with the other two lifts, to just describe the squat, would not paint an accurate picture. So here are my training weights and percentages on week 4 leading up to the Nationals. (See chart)

**GS:** Who are your current workout partners?

**WH:** I train with LSU's powerlifting team on most days. Some days I train with whoever is in the gym. I am fortunate to have a gym that is full of tremendous national and international level powerlifters at the Fletcher House of Power.

**GS:** Wade you've shown that you can lift huge weights drug free! What advice do you have for athletes & coaches reading this interview in regards to why they should stay the drug free course?

**WH:** It is just not worth it ... why jeopardize your health, career, and possibly your freedom for something that will not last. By training drug free, you will not lose what you have gained and you will have done it the old fashioned way ... hard work. I just think that is more satisfying.

**GS:** What supplements are you using?

**WH:** I take all Quest Nutrition products: Jack Stack II, Hardcore, Synergy, JSF 5000, Ana-Pro Protein and a multivitamin.

**GS:** Tell us a little bit about your diet, describe for the readers, what a typical day of food consumption looks like for you as you try to maintain 165 lbs.

**WH:** I would love to say that I eat very clean, but that would not be true. The food is just too good in 'Cajun Country.' In the off-season I literally eat what won't eat me first. When I am training for a

**GS:** Being as the squat, especially when you are on your third or fourth set and you are physically exhausted (to the point of puking) knowing that you have another set or rep to do. That's when you really find out what you're made of.

**GS:** How long is your training cycle to prepare for a competition?

**WH:** I know Boris Sheiko's training principles, which I have modified for my needs. My competition training cycle is 9 weeks long, which is broken down into 2 phases: a base preparation and a peaking phase.

competition, I clean it up and keep my protein intake high, but I have an affinity for chocolate chip cookies, especially from Subway.

**GS:** What are some of the new goals you've set for yourself in Powerlifting?

**WH:** My immediate goals are to win another world title and to break the World Record Total. I would also like both our Men's and Women's Team to win the World Team Title as well.

**GS:** What is your vision for the sport of Powerlifting?

**WH:** I would love for our sport to become mainstream, for powerlifters & other strength athletes to be as recognized as football & baseball players.

**GS:** How has the sport of powerlifting affected your everyday life?

**WH:** Powerlifting has given me some lifelong friends from all over the globe who have had a tremendous impact on my life. Of course, I have an every day reminder from this sport, because I met my wife, Kim, at a powerlifting meet. Who could ask for anything better?

**GS:** Do you feel Powerlifting should be an Olympic Sport and why?

**WH:** Yes, this is a tremendously popular

(continued on page 90)

	REPS	SETS	%	WEIGHT
<b>1. SQUAT</b>	5	1	50%	380
	4	1	60%	456
	3	2	70%	532
	2	3	80%	608
	1	3	90%	675
<b>2. BENCH PRESS-CHAINS</b>	5	1	50%	228
MEDIUM GRIP	5	1	60%	273
	5	2	70%	319
	4	5	75%	341
<b>3. SQUAT - RAW</b>	5	1	50%	305
	5	1	60%	366
	3	4	75%	458
<b>DAY 2 (TUESDAY)</b>				
<b>1. DEADLIFT WITH 35's</b>	3	1	50%	315
	3	2	60%	315
	2	4	70%	441
<b>2. BENCH PRESS - RAW</b>	5	1	50%	228
	4	1	60%	273
	3	2	70%	319
	3	6	80%	364
<b>3. DB FILES</b>	10	5		
<b>4. DEADLIFT</b>	4	1	50%	315
	4	1	60%	378
	3	2	70%	441
	3	3	80%	504
	2	3	85%	536
<b>5. GOODMORNINGS (STANDING)</b>	5	5		
<b>DAY 3 (THURSDAY)</b>				
<b>1. SQUAT</b>	5	1	50%	380
	4	1	60%	456
	3	2	70%	532
	3	6	80%	608
<b>2. BENCH PRESS - SHIRT</b>	5	1	50%	265
	4	1	60%	318
	3	2	70%	371
	2	2	85%	451
	1	3	90%	477
	1	3	95%	504
	2	2	85%	451
<b>3. DIPS</b>	6	5		
<b>4. DB BENCH</b>	10	5		
<b>5. ABS</b>	10	5		
<b>DAY 4 (FRIDAY)</b>				
<b>1. DEADLIFT TO THE KNEES</b>	4	1	50%	315
	4	1	60%	378
	3	2	70%	441
	2	4	80%	504
<b>2. MILITARY PRESS</b>	5	5		
<b>3. INCLINE BENCH PRESS-BANDS</b>	4	6		
<b>4. DEADLIFT-OFF BOXES</b>	4	1	60%	378
	4	1	70%	441
	3	2	80%	504
	3	4	90%	567
<b>5. GOODMORNINGS (SEATED)</b>	5	5		



*Wade Hooper setting a new IPF BP Record*

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HILTS - 1855 ALL-TIME RECORD DEADLIFT - GEARMAN

## ASK THE DOCTOR

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

**Q:** First of all I want to thank you for all the work you have put in over the years, especially on nutrition, but also on just about anything to do with training and competition. I've been reading PL USA for many years and I always read your column first.

I've been on your diet now for a few weeks and I'm already seeing results. However, I'm a bit confused about what to take while training and what to eat after I train. I'm considering using some of your supplements that you recommend during training and competition and I'm not sure what to start with. I was thinking of starting with Power Drink one of the products that's part of your Exersol package but I'm not sure if it can also be used after training.

If not, what can I use after training? I see from your book that you don't recommend the usual carbs after training, although I'm not exactly sure why. I always thought that taking in carbs after a workout was the right thing to do. Maybe you can let me know why or point me in the right direction.

Right now since Sausage or steak doesn't sound like the best post workout meal I'm not sure what to take that would work best and that's economical. Any suggestions would be greatly appreciated. Thanks again. Scott

**A:** Of the Exersol trio the one that I would get as soon as I could would be the Power Drink since this can be used right from the start of exercise to the very end of your session. This will also set you up for the post exercise meal.

As far as the post exercise meal, again people on my phase shift diets are subject to a different macronutrient and metabolic environment than those who are carb adapted. With those that are carb adapted the intake of fat can interfere with the absorption of both carbs and protein. The absorption of carbs isn't a bad thing in this case as it will actually prolong the period of insulin sensitivity in those people, however, the slow down in the absorption of protein can be somewhat counter productive.

In people who are fat adapted taking in a mixed meal consisting of both fat and protein doesn't result in the slowdown of absorption of the protein, regardless of the fat content of the meal. Interestingly enough it also doesn't slow down the post exercise increase in the use of fatty acids as the primary fuel.

In this instance the intake of a meal containing both fat and protein is beneficial since it keeps the fat burning machinery going in high gear while the energy from this burning of fat is used for protein synthesis. As well, protein synthesis, which leads to an increase in muscle mass, is augmented by the post exercise anabolism that occurs secondary to both the increase in insulin (via the amino acids and protein), testosterone, GH and IGF-I (an advantage of using amino acids and proteins is that there's an elevation of both insulin and GH rather than the situation that exists with the use of carbs where insulin levels rise but there a concomitant decrease in GH and IGF-I both systemically and locally - for example as in the increase in mechano growth factor (MGF), an isoform of IGF-I that is produced locally in skeletal muscle and has potent anabolic effects).

You also have to keep in mind that when you're fat adapted insulin doesn't do exactly the same things as when you're carb adapted. For example insulin has less of an effect on lipogenesis and on decreasing lipolysis when you're fat adapted than if you're carb dependant. Which of course is ideal for our purposes - maximizing body composition and performance. That's because while muscles are still exquisitely insulin sensitive, thus allowing for storage of protein, IMTG, and eventually glycogen, leading to muscle hypertrophy, adipose tissue is relatively

insulin resistant, leading to a decrease in nutrients being partitioned into body fat.

This is one of the reasons I formulated MRP LoCarb, which is much more than a meal replacement and in fact is ideal as a post exercise supplement. It's combination of proteins, combined with some essential and other fats, and with minimal levels of carbs results in a post workout environment along the lines that I've described in the above paragraphs.

Since the presence of fat combined with protein and limited carbs does not decrease the insulin response or the absorption of amino acids and protein as it does with those who are carb adapted, MRP LoCarb is the perfect post workout meal supplement for those who are fat adapted and are on a lower carb diet.

Also as I've discussed, the use of amino acids and fat, with a minimum of carbs post workout, in someone who is fat adapted, besides leading to an increase in insulin (without as much of an adverse effect on fat metabolism - at least for our purposes) and not affecting the absorption of protein and amino acids from the GI tract, it also dramatically increases intramuscular triacylglycerol levels, which, as I've mentioned before, is the fat that is first used up with exercise, before blood levels of FFA. IMTG levels increase in people who are fat adapted and provide instantaneous fuel when exercising.

In fact IMTG and glycogen are both used in skeletal muscle regardless of whether the person is fat or carb adapted. The difference in the amount of IMTG (greater in fat adapted) and glycogen (greater in carb adapted but also greater in those using my phase shift diets compared to straight low carb dieting) depends on the macronutrient orientation and on fiber type. Type 1 fibers (more oxidative) and type IIa and IIx (more glycolytic) use IMTG and glycogen differently although this also depends on the macronutrient orientation.

When you're fat adapted and use MRP LoCarb (or a meal with minimal carbs, although the MRP is more efficient) post workout you'll see a replenishment of IMTG fairly quickly. At the same time there is also some increase in glycogen levels, both hepatic and muscular, first of all through the small amounts of carbs that are part of the MRP LoCarb, and more importantly through the gluconeogenic process in which the body forms only the carbs it needs by making glucose mainly from fats (the glycerol portion) and protein (various amino acids). This process takes much longer and results in lower levels of both muscle and hepatic glycogen levels.

The slow increase in glycogen levels initiated by MRP LoCarb actually serves to keep insulin sensitivity high for long periods of time and thus increases amino acid transport and protein synthesis for several hours after training. The special blend of proteins in MRP LoCarb, similar to the one that's in the Myosin Protein blend, maximizes protein synthesis and minimizes protein breakdown for several hours, thus making efficient use of the increased protein synthesis that occurs up to 48 hours after training.

And as far as economy, one package of MRP LoCarb, which provides everything you need as far as a post workout meal, including a combination of fast, intermediate and slow proteins, EFAs, other beneficial fats, as well as other ingredients, including ones that help partition the macronutrients to muscle from fat, comes in at less than \$3.40 for you. Each packet of MRP LoCarb costs me around \$1.50 per packet to manufacture just for the ingredients. Then there's the packaging, transport, and dozens of other expenses in manufacturing, storing and distributing the product so you can see that I'm not in this to rake in the money. Compare that with all the other meal replacements on the market (that are into it for the money) that I could manufacture for about 25-50 cents a packet, depending on the brand and you'll get an idea of just how much of a bargain MRP LoCarb really is. You won't get this kind of value anywhere else.

Getting back to your question about what you can eat post workout, you can in fact make good use of sausages, eggs, steak, etc. as your metabolism will make the most out of it. You can combine this with whey protein and amino acids for a fast protein effect.

Again there's more here than you asked but each of your questions are more complex than they initially seem. BTW I didn't quote any references this time as this info is straight off the top of my head. However, I'm working on the manual for the MDNCC seminars and this some of this will be in the manual, along with numerous references to the literature. Best regards, **Mauro DiPasquale**

# THE RAGE

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



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## RAGE X

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



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

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- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
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- Made from the exclusive HardCore material which will provide you with the most incredible rebound power available in the powerlifting world. HardCore material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
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- The material of the Phenom has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

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- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

## ULTIMATE DENIM

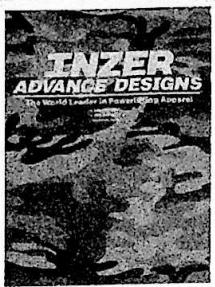
- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
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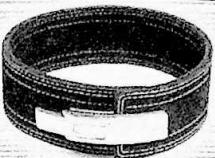
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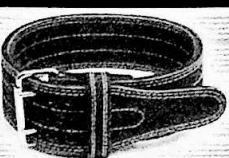
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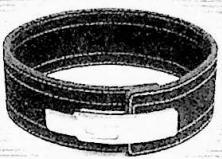
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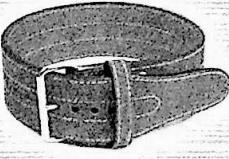
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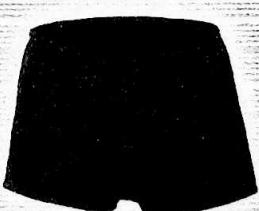
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# DR. JUDD

## A FEW WORDS WITH GOD as told by Judd Biasiotto Ph.D.

**Love and kindness is a language that the deaf can hear and the blind can see.**

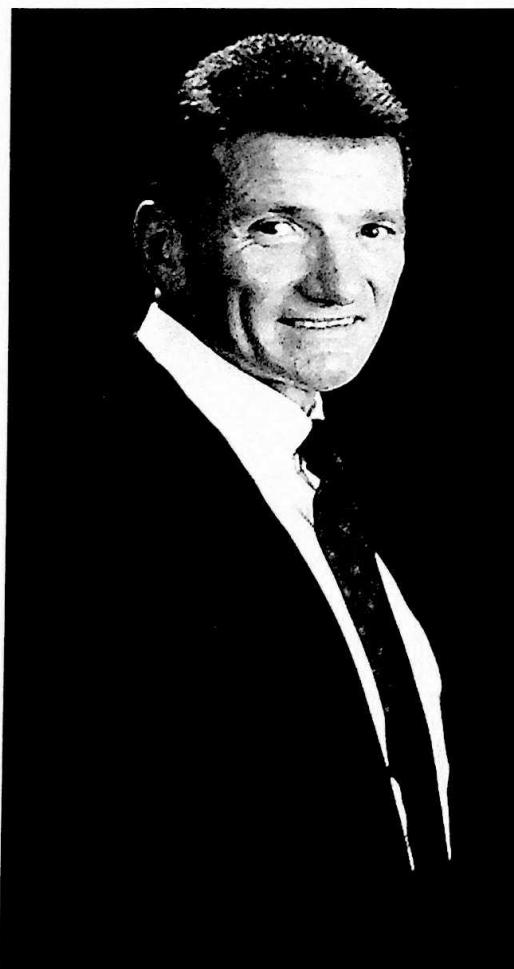
MARK TWAIN

You know what I'm really concerned about is what's happening to us socially. Think about these statistics for a second. Every year in America twenty-five thousand people kill themselves. It breaks my heart just to think about that. There are approximately thirty thousand murders each year, sixty thousand rapes, sixty thousand incidents of spousal abuse, nine hundred thousand kids who run away from home, and sixty thousand men and women who seek psychiatric help. And would you believe this, the average relationship in America lasts only three months, and one out of every two marriages ends in divorce. And of the marriages that remain intact, eighty-four percent of these individuals are not happy. In fact, when most of these individuals were surveyed, they said that if they had it to do all over again, they would never have gotten married. It gets worse. A recent mental health survey revealed that only twenty percent of the people in America who were interviewed said they were happy and enjoyed life. The other eighty percent felt that life was a real drag. Is that sad or what? George Leonard says, "We can orbit the earth; we can touch the moon, but this society has not yet devised a way for two people to live together in harmony for seven straight days without wanting to strangle each other."

Obviously, we are missing something when it comes to the basic concept of being human. We don't reach out and care anymore. And we don't love anymore, either. We have forgotten that we are our brother's keeper. We are in this I-me generation. Everyone is worried about themselves, and what they can get out of a situation. I

hear it all the time, "What's in it for me? What can you do for me?" We have become so selfish and self-centered. No wonder we have lost the aptitude for happiness. Maslov says, "If the only tool you have is a hammer, you tend to treat everything as if it were a nail." I'm afraid we are becoming a society of sledge hammers. Leo Rosten says a very perceptive thing. He says, "It is the weak who are cruel; gentleness is to be expected only from the strong." Rosten is right—weak, insecure people, they are always the ones to cast the first stones.

We are all in need of community, but what we have is stressed individuality. This is not right. We need each other. We need other people to engage us,



Judd Biasiotto Ph.D. of World Class Enterprises.

comfort us, and accept us. No man is a rock. We all need love and compassion. Norman Vincent Peale says that there is no substitute for the human touch. We know this to be a fact, yet we continue to push people away from us. It seems we lack the courage to reach out to each other. We are afraid to reveal ourselves to others. We are afraid to show our vulnerability. We get cold feet when we really should say, "This is who I really am. I'm not perfect; I have shortcomings, but I am also unique and I have extraordinary things to share."

For the life of me, I don't understand why we don't reach out to each other. We all need to be touched and loved. What's wrong with bringing a little happiness to people? What's wrong with telling someone how intelligent they are or how beautiful they look or that you love them? What's so difficult about that?

Like my mother would say, "That's nice!"

A couple of days ago I was searching the internet, just trying to entertain myself when I came across a limerick the title of which really threw me. The name of the verse was *An Interview with God*. That just jumped right out at me and smacked me in the face. And I thought, "WOW! How clever, an interview with God. I wish I would have thought of that." I opened it up and I discovered that it was written by a young woman who didn't sign her name. I recited it aloud and before I knew it I found myself reading it over and over. I would like to close by sharing it with you. In a very special way it says all the things that I want to tell you but in a more magical and wondrous way. Obviously, there is no way I can compete with God's words. This is what it said:

*I dreamed I had an interview with God.  
"So you would like to interview me?"  
God asked.*

*"If you have the time," I said.*

*God smiled. "My time is eternity."*

*"What questions do you have in mind for me?"*

*"What surprises you most about humankind?"*

*God answered...*

*"That they get bored with childhood, they rush to grow up, and then long to be children again."*

*"That they lose their health to make money...and then lose their money to restore their health."*

*"That by thinking anxiously about the future, they forget the present, such that they live in neither the present nor the future."*

*"That they live as if they will never die, and die as though they had never lived."*

I love that entire section. It says so much about what we are and how we live, and more importantly how we should live.

*God's hand took mine and we were silent for a while.*

*And then I asked...*

*"As a parent, what are some of life's lessons you want your children to learn?"*

Think of this in terms of yourself ... a child of God.

*"To learn they cannot make anyone love them. All they can do is let themselves be loved."*

*"To learn that it is not good to compare themselves to others."*

*"To learn to forgive by practicing forgiveness."*

*"To learn that it only takes a few seconds to open profound wounds in those they love, and it can take many years to heal them."*

This is so true.

*"To learn that a rich person is not one who has the most, but is one who needs the least."*

*"To learn that there are people who love them dearly, but simply have not yet learned how to express or show their feelings."*

*"To learn that two people can look at the same thing and see it differently."*

*"To learn that it is not enough that they forgive one another, but they must also forgive themselves."*

*"Thank you for your time," I said humbly.*

*"Is there anything else you would like your children to know?"*

God smiled and said,

*"Just know that I am here ... always."*

There you have it...words to live by... right from the burning bush.

It has been said that God's gift to us is life, and how we live it is our gift to God. Life is in our hands. We can choose joy and happiness, or we can find misery and hopelessness in everything we experience. We have the power... it is God's gift to us. Make your gift to God a fabulous one.

# HARD CORE GYM #57 SPARTAN GYM

as told to PLUSA by Rick Brewer, House of Pain

Last month, I mentioned that weightlifters are dumb. Even though I included myself, a lot of brain surgeons took offense. A few sent in well-written complaints that went something like this:

Were dumb, huh? Im so smart to be insluttled like that. What the h\*ll do you even no about strong gys anymay? Who dide and made you king? Im the strongest gy on my cell-black and I can kick ur ass on the diangle if u don't bleeve me! I trid to send In a picher of me holding agy in a bad hedlock, but cooden make it werk rite. Im the smartrest 1 in my fambly, and almostr got a GED until they throwmed me in jail & messt up my studys.

**Joe-Ray 'The Reel Strawng BEAR' Snogden**

**Response to Joe-Ray:** keep up your studies, and good luck to your wife/sister on that pregnancy. No offense was intended; it is obvious that you are a very intelligent man. All the best to everyone on your cell block. Read on, because we are sending you a little gift.

On another problematic note - my request for photos of naked lifters seem to draw only pictures of nekkid guys. The horror of it all has made me rethink asking y'all for ANYTHING ever again. I'll need years of expensive therapy to get over this. Send no more photos of anything without clothes. Don't even send in pictures of a naked dog - I don't trust any of y'all.

But, we decided to forgive Dan Sylvest and write about his Spartan Room gym for two main reasons:

(a) he also sent pics of himself fully clothed,  
(b) his gym has the lowest membership that I've ever heard of (1).

I'll let Dan tell us more:

As far as gyms go, I have been a member of quite a few over the past 25 years- Roman, Olympic, Genesis, SPAR, McNeese State, U., "The Barn", Health Connection and some I cannot even remember the name of. Several of them I have held memberships to multiple times as I have moved in search of facilities and environments that best fit my needs at the time.

Currently I work out at a private establishment informally called the Spartan Room located in Southwest Louisiana. (Ed note: glad it escaped hurricane damage!) There is no air conditioning, heater or machines- only free weights (standard and olympic), chains, dumbbells, power bars, an adjustable bench and a power rack. Hence the name Spartan Room due to its lack of "modern" equipment and "ancient" atmosphere. Lack of space and funds can cause one to be creative with exercises and equipment. There are many positives, however; such as 24 hour access, no noise restraints for music or yelling, chalk

is not only welcome but mandatory, sweat is inevitable, it is close to my home, membership is free, and never a crowd. This list of positives is what many look for in a gym and far outweigh the negatives such as limited equipment.

At the Spartan Room raw lifting takes on a dual meaning- only belts are used and occasionally no clothes are worn during the hot and humid summer month workouts. The early Olympians trained and competed in the raw so if it was good enough for them...

As was previously mentioned the Spartan Room is located in Southwest LA so in September 2005 workouts were interrupted by Hurricane Rita. Dangerous conditions, no electricity, lack of food and water caused mandatory evacuations. The Spartan Room was closed for about a month. Thankfully the facility and equipment was not damaged by the storm and the only thing lost was time and strength. (Ed note: Cool.)

In the months following Hurricane Rita things have become more normal in the community, lifts are up and the Spartan Room has returned to its full membership- one. Unlike other gyms you have featured in the Hardcore Gyms section I don't have allot of impressive numbers to brag about- X number of championships, trophies, state national or world records, elite lifters or totals. My Spartan Room is my storage area and represents what I like most about powerlifting- me vs. the bar and sweaty fun.

**Dan A. Sylvest**

Thanks Dan - we love it! And yes, faithful readers - his membership is topped out at one. He lifts alone, and uses his personality as a birth control method when training naked. Actually, I first misunderstood his e-mail and asked him for pictures of the naked FEMALE members. His

response quickly clarified the matter:

You seem to keep forgetting, I am the only member of my gym. However, I am thinking that pics of the only member working out might consist of me in the raw doing a stiff leg deadlift. It just might make the centerfold of Texas Prison magazine.

**NOTE TO DAN:** OK, Dan thanks for that clarification - and no more photos are needed. Please, no more. But we are forwarding the

"At the Spartan Room raw lifting takes on a dual meaning - only belts are used and occasionally no clothes are worn during the hot and humid summer month workouts. The early Olympians trained and competed in the raw so if it was good enough for them..."

naked stiff-legged deadlift photo to Joe-Ray Snogden who wrote the great letter at the beginning of the article.

**NOTE TO JOE-RAY:** Joe-Ray, please accept this photo of Dan Sylvest doing a Stiff-Legged Deadlift in the Raw as a token of our appreciation. You may share it with all of your shower-buddies. If it makes the centerfold of any prison magazines, please let us know. If you decide to get an image of Dan (or the Spartan Room logo) tattooed on your butt, please keep that info to yourself, and do not send us any photos.

**NOTE TO HARD-CORE Gym-Owners:** if your gym has already appeared in this HardCore Gym series, and you have a gym logo - please send the logo to me at one of the addresses below. We will post the logo along with a printable version of the pastarticle, referencing the PLUSA Magazine issue (so that your members can purchase the PLUSA issue if desired).

**NOTE TO PLUSA READERS:** no prisoners were harmed in the writing of this column. Next month, we'll visit a real-live ferrous-sporting-gym establishment. With actual fully-clothed power-lifting members and everything! Until then, keep lifting heavy.

**Comments:**

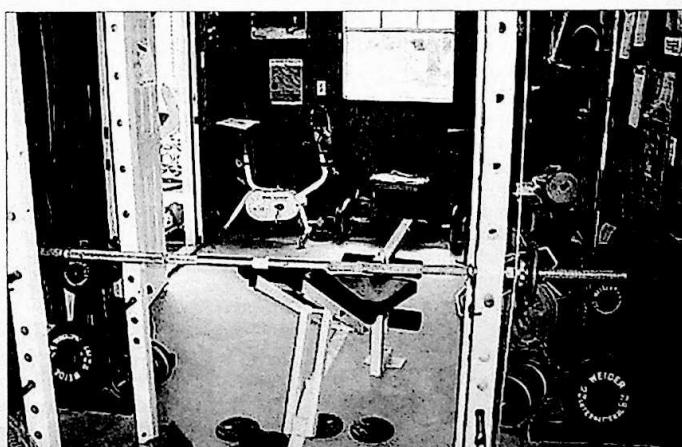
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## STARTIN' OUT

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## OFF SEASON

as told by Doug Daniels

Most major sports have an off-season, which is usually the period of time after that sport's championship is played such as the Super Bowl and NBA Finals and before the start of the preseason. For the Chicago Cubs, the off-season usually starts around mid May. For most athletes, the off-season does not mean that training stops. Most professional teams conduct off-season training programs where athletes work on strength and speed as well spend time in the tape room reviewing past performances, looking for ways to get an edge for next season. For powerlifting, the off-season is not as clearly defined since contests take place year round at all levels of competition. So, what is a powerlifter's off-season and what is its' purpose and how should a powerlifter train during that period?

Let's begin with the first question. I define the off-season as the period of time when you are not specifically training for a contest. That would be the time just after a meet, 8-10 weeks prior the next one. Off-season training is rather different than training for a contest.

There are three goals for an off-season program. The first is to improve on weaknesses, whether they are in a specific lift or a part of the lift. The second is to further improve on strengths. The third is to rest your mind and body from heavy training. Contest training with max lifts really adds up over time. The mind tires from continually pushing the body. Contest-type training, if continued for too long, can result in a drop in strength and motivation and it could even result in injury.

Exercise selection and training methods, as mentioned earlier, can vary dramatically from contest training. I recommend lifters concentrate on exercises outside of the 3 powerlifts during the off-season, but with an emphasis on exercises that resemble the 3 lifts for the most positive transfer of strength. You should not concentrate on performing the actual powerlifts in competition style at this time.

Narrow stance squats should be your exercise of choice for the squat. Place your legs at shoulder width and keep your back as upright and flat as possible. I suggest avoiding use of a belt, squat suit, or wraps during the off-season. Leg presses can be worked on light days and can provide stimulus to the thighs and hips, while allowing the lower back to rest and recover. Throw in a few sets of leg curls to balance out frontal thigh strength. Calf work is important for better stability when backing in and out of the rack. That is all that's needed for the squat during the off-season. Other exercises like leg extensions and such are marginally effective and are unnecessary fluff.

Bench work should consist of wide grip benches to emphasize pec power and close grip benches to emphasize the triceps. Barbell or dumbbell presses work the delts. If you must include dumbbell flies and shoulder laterals, do them after the good stuff and at most, only once per week, to avoid overtraining. Lat work is important for a big bench as well as the deadlift. There are two basic types of lat exercises;

pulling the arms down and pulling the arms back. I've never been smart enough to know which of the two is best, so I suggest alternating them. One

workout could consist of rowing (pulling arms back) and the next would consist of pulldowns (pulling the arms down). There are many lat exercises to choose from. The key to lat work is to imagine your arms as 'hooks' and make the back muscles, not your biceps, do the pulling back or down. This might take a little practice to get the hang of it, and it may require using a little less weight for best results.

To work the deadlift, perform deadlifts off the block instead of regular deadlifts. Stand on a sturdy platform (about 2-3 inches high) such as a 100 lb barbell plate that allows a little extra range of movement while, of course, not letting the bar crush your feet at the lowest position. This exercise develops the pull off the floor. If the start of your deadlift is a strength, the power developed will help the bar to be pulled past any sticking point later in the lift to lockout. Shrugs are my top pick for lockout power. Get a full range of motion, shrug to your ears and hold it for a count and then lower. Relax the arms and let your traps do the shrugging, not your biceps. Use lifting straps to aid holding on to the bar during the set.

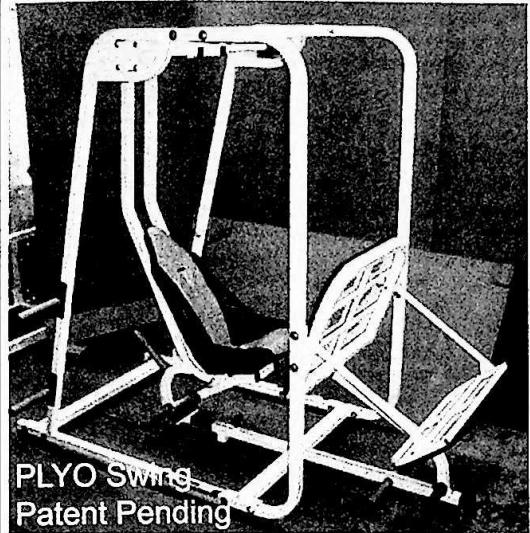
The importance of strong abs and torso muscles cannot be overlooked. Ab crunches, either manual or with a machine, should be done 2-5 times per week. Strong abs aid in the stabilization of the torso during all 3 powerlifts. Flexibility is also key. Increased flexibility, especially in the hamstrings, can help prevent injury. Combining a strong torso with enhanced flexibility will enable a lifter to achieve a more efficient leverage position which should translate to higher lifts on meet day. Keep this effort up 12 months a year. Bicep power also contributes heavily to all 3 lifts. Work your biceps twice per week for 3-8 sets. Please use a full range of motion for best results, no cheating allowed!

Repetitions should be higher, ranging between 5-15, during the off-season than what you may be accustomed to during your contest phase. Rest between sets should be much less than during the contest phase also. You may take 10-15 minutes between heavy deadlifts during contest training, but during the off-season pause only 2-5 minutes between sets. Use of lower weight and higher reps allows the shorter rest time between sets. Increase weight only when your strength allows you to use good form. I can not stress enough that a contest judge does not care how much you can cheat curl, so do not cheat yourself by using shoddy form; just to use heavier weights. Remember that you will need to lower the weights used in narrow stance squats, wide and close grip benches and deadlifts off the blocks in comparison to your normal competitive style. If you aren't sure of what weights to start at for these exercises I would suggest using 50% of your normal weight used as a starting point and gradually adjust from there.

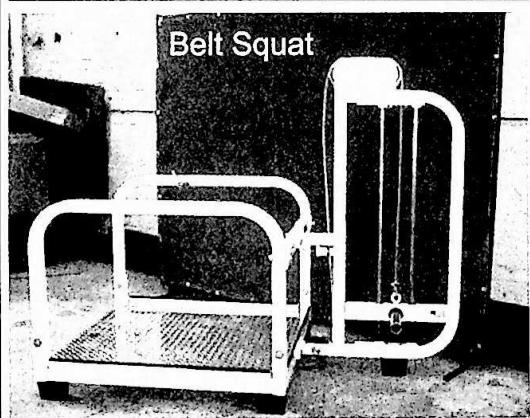
When it comes to improving athletic performance, there really is no off-season (except for the Cubs). The off-season is as critical to your progress as your contest season. Each season has its own unique goals and training methods. You can refer to some of my previous articles for more info on exercise selection, etc. If you do not have a solid off-season plan, give some of my suggestions a try.

# LOUIE SIMMONS' PRESENTS

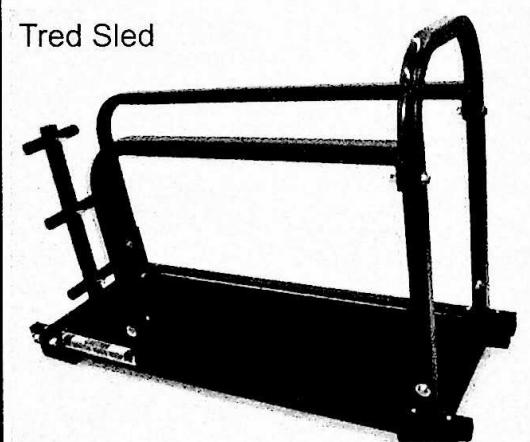
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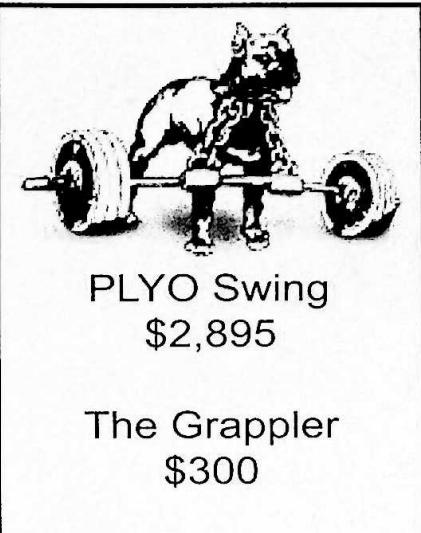
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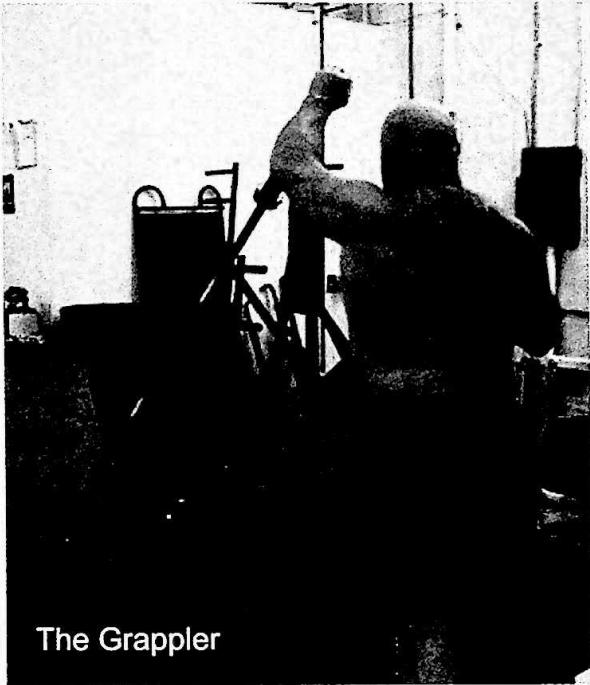
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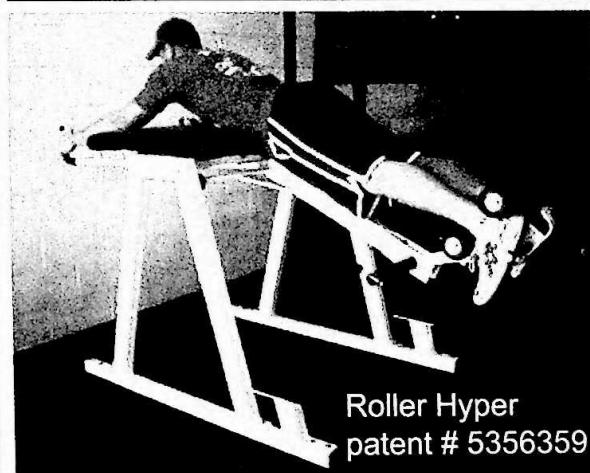
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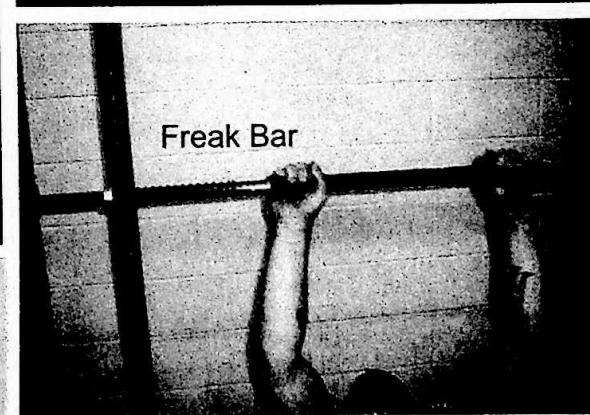
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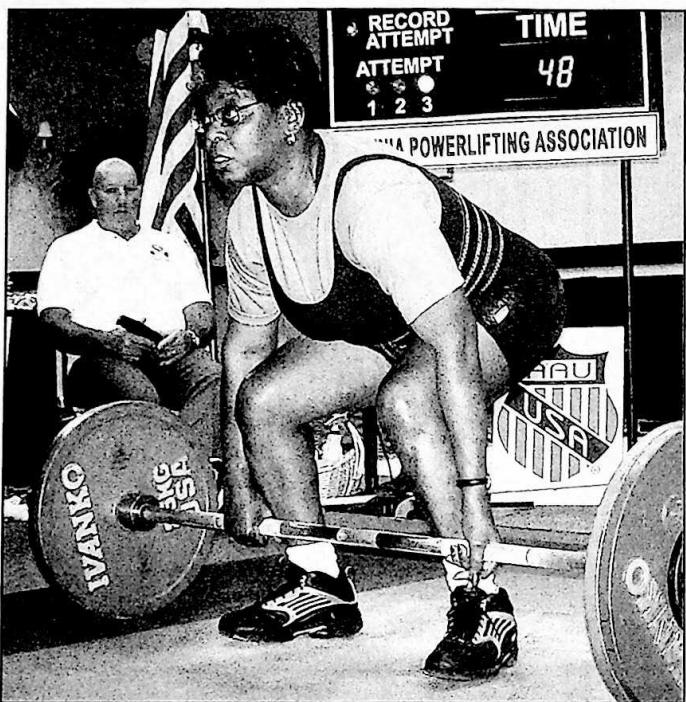
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**AAU Raw Nationals**

3-4 JUN 06 - Richmond, VA

East Coast	Teen (16-17)				
BENCH	181 lbs.				
FEMALE	S. Madrid	237			
Raw	Open				
Open	114 lbs.				
123 lbs.	J. Turner	209			
G. Benton	148				
Master (55-59)	D. Wilson	314			
181 lbs.	Master (45-49)				
A. Henderson	143				
MALE	D. Wilson	314			
Assisted	Master (50-54)				
Teen (18-19)	181 lbs.				
181 lbs.	V. Tarabay	358			
A. McDonald	264				
Open	Master (55-59)				
181 lbs.	242 lbs.				
J. Pruitt	523				
242 lbs.	G. Prue	314			
C. Felix	424				
275 lbs.	J. Newman	312			
A. Belfield	429				
Master (40-44)	D. Wilson	314			
242 lbs.	Lifetime				
C. Felix	424				
275 lbs.	242 lbs.				
A. Belfield	429				
Lifetime/Open	G. Beall	226			
275 lbs.	Lifetime				
A. Belfield	429				
Master (40-44)	148 lbs.				
275 lbs.	D. Wilson	314			
A. Belfield	429				
MALE	M. Bradley	435			
Youth (12-13)	Lifetime				
242 lbs.	Master (60-64)				
P. Collins	134				
FEMALE	SQ	BP	DL	TOT	
Raw Nationals					
Kids (10-11)					
97 lbs.					
A. Adkins	71	49	132	253	
Youth (12-13)					
123 lbs.					
A. Adkins	99	60	181	341	
Teen (14-15)					
97 lbs.					
R. Browning	132	71	170	374	
123 lbs.					
C. Buchanon	132	82	209	424	
M. Thomas	88	66	181	336	
Teen (16-17)					
123 lbs.					
K. Cates	159	110	192	463	
Teen (18-19)					



**Avis Henderson** from Virginia deadlifting at the AAU National meet.

181 lbs.	J. Deane	165	99	276	541
C. Box	248	192	303	744	
Open					
181 lbs.					
C. Clodfelter	248	137	286	672	
198+ lbs.					
J. Krantz	192	115	248	556	
Master (40-44)					
148 lbs.					
A. Richardson	165	115	231	512	
181 lbs.					
C. Clodfelter	248	137	286	672	
Master (55-59)					
181 lbs.					
A. Henderson	143	143	264	551	
Lifetime/Open					
132 lbs.					

Master (50-54)	198+ lbs.				
L. Kirby	154	132	286	573	
Master (55-59)	181 lbs.				
A. Henderson	143	143	264	551	
VA State Champs					
Raw Nationals					
Open					
123 lbs.					
H. Cutler	203	126	275	606	
Submaster (35-39)	132 lbs.				
S. Grubbs	170	99	209	479	
Master (45-49)	181 lbs.				
Washington	176	148	308	633	
Master (50-54)	198+ lbs.				
L. Kirby	154	132	286	573	
Master (55-59)	181 lbs.				
A. Henderson	143	143	264	551	
MALE					
Raw Nationals					
Kids (8-9)					
66 lbs.					
K. Adkins	66	44	104	214	
77 lbs.					
B. Griffin	121	71	148	341	
88 lbs.					
R. Nelson Jr.	88	66	121	275	
123 lbs.					
A. Compton	104	71	121	297	
148 lbs.					
N. Carter	104	77	148	330	
220 lbs.					
Z. Tackett	137	77	148	341	
Kids (10-11)					
132 lbs.					
M. Hughes	192	112	220	525	
Youth (12-13)					
77 lbs.					
J. Tipton	132	77	165	374	
114 lbs.					
C. Dantzler	93	66	143	303	
198 lbs.					
B. Ferrell	209	148	275	633	
242 lbs.					
P. Collins	233	134	242	610	
Teen (14-15)					
105 lbs.					
T. Donnelly	148	82	198	429	
148 lbs.					
T. Browning	264	165	325	755	
A. Hale	237	181	325	744	
Teen (16-17)					
148 lbs.					
M. Parsons	237	220	352	810	
J. Nelson	214	176	303	694	
181 lbs.					
S. Madrid	314	237	407	959	
220 lbs.					
D. Wooten	248	270	330	848	
242 lbs.					
T. Riggins	352	292	429	1074	
Open					
148 lbs.					
D. Wilson	341	314	501	1157	
R. Houle	325	220	429	975	
181 lbs.					
T. Phillips	385	264	512	1162	
198 lbs.					
T. Williams	352	253	600	1207	
220 lbs.					
J. Riley	468	369	534	1372	
J. Fuller	352	226	474	1052	
242 lbs.					
R. Strange	358	330	468	1157	
308 lbs.					
K. Barnard	485	385	600	1471	
Master (45-49)					
148 lbs.					
D. Wilson	341	314	501	1157	
R. Houle	325	220	429	975	
165 lbs.					
R. Herbst	286	281	413	981	
181 lbs.					
R. Patterson	253	209	380	843	
198 lbs.					
T. Williams	352	253	600	1207	
Master (50-54)					
132 lbs.					
J. Marchio	253	203	413	870	
242 lbs.					
F. Panaro	474	275	622	1372	
Master (55-59)					
242 lbs.					
G. Prue	281	314	407	1003	
Master (70-74)					
181 lbs.					
D. Levesque	264	154	402	821	

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**Frank Panaro** is a Master Deadlifter from NY. (photographs provided by the courtesy of Judy Wood)

	RECORD ATTEMPT	ATTEMPT	1	2	3
<b>Lifetime/Master (50-54)</b>					
198 lbs.					
D. Newcomb	418	292	424	1135	
275 lbs.					
D. Thomas	220	303	407	931	
Triple Crown Classic Raw					
Youth (12-13)					
114 lbs.					
C. Dantzler	93	66	143	303	
242 lbs.					
P. Collins	233	134	242	610	
Teen (14-15)					
114 lbs.					
J. Grubbs	205	121	275	601	
Teen (16-17)					
181 lbs.					
S. Madrid	314	237	407	959	
275 lbs.					
B. Willis	435	226	451	1113	
Open					
148 lbs.					
D. Wilson	341	314	501	1157	
Master (45-49)					
148 lbs.					
D. Wilson	341	314	501	1157	
181 lbs.					
R. Patterson	253	209	380	843	
Master (55-59)					
242 lbs.					
G. Prue	281	314	407	1003	
Lifetime/Open					
148 lbs.					
D. Wilson	341	314	501	1157	
198 lbs.					
M. Hanley	407	275	518	1201	
220 lbs.					
M. Rowe	451	281	93	1267	
Lifetime/Master (40-44)					
242 lbs.					
G. Beall	154	226	303	683	
Lifetime/Master (45-49)					
148 lbs.					
D. Wilson	341	314	501	1157	
R. Houle	325	220	429	975	
165 lbs.					
R. Herbst	286	281	413	981	
181 lbs.					
T. Phillips	385	264	512	1162	
198 lbs.					
M. Hanley	407	275	518	1201	
220 lbs.					
M. Rowe	451	281	534	1267	
Lifetime/Master (40-44)					
242 lbs.					
G. Beall	154	226	303	683	
Lifetime/Master (45-49)					
148 lbs.					
D. Wilson	341	314	501	1157	
R. Houle	325	220	429	975	
Lifetime/Master (50-54)					
242 lbs.					
F. Panaro	474	275	622	1372	
Lifetime/Master (55-59)					
181 lbs.					
L. Emerson	374	231	485	1091	
Lifetime/Master (60-64)					
198 lbs.					
B. Lindsey	352	325	402	1080	
Lifetime/Master (70-74)					
181 lbs.					
D. Levesque	264	154	402	821	
J. Lynn	137	187	242	567	
Military/Open					
220 lbs.					
M. Rowe	451	281	534	1267	
Triple Crown Classic Assisted					
Teen (16-17)					
308 lbs.					
M. Baslin	507	341	573	1422	
Open					
181 lbs.					
J. Pruitt	463	402	523	1388	
Master (45-49)					
181 lbs.					
D. Kiefer	507	132	132	771	
Master (50-54)					
275 lbs.					
D. Thomas	220	303	407	931	
Lifetime/Open					
181 lbs.					
D. Kiefer	507	132	132	771	
Lifetime/Master (45-49)					
181 lbs.					
D. Kiefer	507	132	132	771	
220 lbs.					
T. Holland	556	391	556	1504	

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Portsmouth, Virginia, on July 29th and 30th at Norcom High School. Military National Full Power and Bench Press Championships will be held on Friday, July 28th in Portsmouth, Virginia, at Norcom High School. The 2006 AAU World Powerlifting Championships and International Single Lift/Push Pull Championships will be held October 20 thru October 22, 2006 at the Crowne Plaza Hotel in Richmond Virginia. Jill, Judy, and Steve would like to thank all our referees for donating their weekend and time and especially for those who drove in from Florida and other parts of Virginia. We would also like to thank our spotters and loaders as well as our table help which without them a meet would not be possible. It is always a pleasure to see our returning lifters and friends and we look forward to meeting new lifters and developing a new friendship. We look forward to seeing you at one of the upcoming meets. For information pertaining to the upcoming meets please go to [www.aausports.org](http://www.aausports.org) and click on powerlifting for more meet information.

USAPL St. Xavier Qualifier  
25 MAY 06 - Louisville, KY

	MEN	SQ	BP	DL	TOT
114 lbs.					
Teen 1					
J. Severs	200	135	250	585	

(Thanks to USAPL for providing results)



Marshall Bastin (17) represented North Carolina at the AAU Nationals

# USAPL Bench Press Nationals as told to PL USA by Steve Petrencak



Maura Shuttleworth just missed a new personal record in the 105s.

With the IPF changing its calendar, the World Bench Press Championships were moved from the traditional spot of the first week of December to the last week in May beginning this year. The USAPL Bench Press Nationals is the steppingstone to these World Championships, so there was a need felt to move the Bench Press Nationals as well, which have been normally held in late August to early September. This had some unfortunate ramifications for Meet Director Dan Gaudreau. Dan had won two bids for 2006; the Women's Nationals, which are held each February and the aforementioned Bench Press Nationals. Dan now had to put on two National Meets within two months of each other as it was decided by the organization to now hold Bench Nationals in March. From what I heard Dan put on a fantastic meet for the Women in February. I'm sure that Dan felt the pressure to follow up with the same caliber of meet for Bench Nationals. The other problem Dan would face would be the extreme drop in competitors for a meet that can draw as many as 200 or more lifters over the two day event. This year saw a 60% decrease from last year's attendance of 181 lifters. One of the major reasons for this drop was that the IPF Masters Bench Press World meet was held in Miami this year, and most of the top Master lifters would skip the Bench Press Nationals in favor of staying in their training mode to peak for that meet in April instead of going off course and incurring another financial burden in a short time period as well.

The other reason was that Women's National competitors who also lift at Bench Nationals, may have not been ready physically or financially to make the trip back to Denver. Dan and his crew still came up big for this meet. In fact the most common response I received when polling the lifters about what they took away most from the meet, was not so much their lifting, as it was for the praise of Dan, Jennifer Rey and the RMLC (Rocky Mountain Lifting Club) for putting on such a great meet. Saturday March 25th, 2006: Women 105-After taking last year off, 2004 National ChamRhoon Maura Shuttleworth returned to try and get a spot on the World Team. Shuttleworth's main goal was achieved on her opener and she would go on to set the National Meet Record with best bench of 160 lbs. She would miss a PR of 187 lbs. due to some slight daylight. Shuttleworth's Words: "On my third attempt, I went for 187, which would have been a new PR for me. I did the weight but was DQed for my butt coming off the bench. It barely came off the bench, but according to my handlers, Steve Howard (one of the side refs for my flight) was down on his knees looking at my butt. So, the way I like to tell the story is that my lift was DQed because Steve Howard was looking at my butt. Not sure you want to put that in the article though". Actually, Maura, I do want to put that in the article. 50-year-old Karen Poyer would finish her day with an impressive 127 lbs. raw lift and set the M3 National Meet Record in the process. 114-Heena

Patel was the lone lifter in the 114s, but the lack of competition did not stop her from putting up a strong performance as she pressed out 182 lbs. 123-The 123 Open battle was a close one with Elizabeth Anderson finishing just ahead of Krysti Hughes. Anderson who only achieved her opening lift of 187, was able to hold off 2 attempts by Hughes who tried to tie her and win on bodyweight on her second and third attempts. In the process both women achieved National Meet records in their respective age groups, 43-year-old Anderson for the M1 class and 45-year-old Hughes in the M2 class. Hughes also set the American Single Lift record in the M2 class as well. Hopefully we will see these two battle it out again in the near future. 53 year old Jeanne Harms came through with a nice lift of 160. Even better was that as of this writing, I noticed that Jeanne went on to earn her first World Medal (a Silver) after 4 previous misses at the Master's Bench Worlds. Way to go Jeanne! 132-She's Baaack! After taking a year off for motherhood, Jennifer Thompson was back to earn her usual spot on the World Team. Her strategy was a simple one, which was to open up raw and make sure she achieved her spot on the team, and then maybe see what the shirt would do. She opened up with an easy 248 sans the bench shirt and then missed 264, which is usually a fairly easy lift for her without the shirt, but this one was a little too heavy on this day. She tried 303 with her shirt on but again fell short. Thompson's words: "Lifting wasn't that great. I had a baby on Dec. 29th and only had eight weeks of training after being off for one year. Getting back down to my weight class was an accomplishment in itself". She was pretty bummed out about her lifting but with two children in tow and just having delivered recently, I think she deserved a break. Look for her to bounce back at Worlds, the two time Gold Medal winner and current World Record holder will be back with a vengeance. Jennifer Rey, who was competing at her first Bench Nationals Meet, will also be representing the ladies this year at Worlds. She was pulling double duty, as she was also one of the organizers and member of the RMLC. She pulled it off nicely as she was the only woman to hit all three attempts at the meet, finishing with 220 lbs. Rey's words: "After struggling with the new shirts over the past year and a half I feel like my bench is finally on the upswing again. It was not my best bench ever but I was only 15 lbs. off. In my first Bench Nationals I went 3 for 3 with all white lights so I can't complain. It was great to be able to see Jennifer Thompson, Christy Newman, Priscilla Ribic, and Deb Ferrell (the bench queens) do their thing. What amazing strength these ladies have and they are such an inspiration. It will just make me work harder to get ready for Hungary". Mary Cencich, will also be making the World team as an alternate. She will drop down to the 123s since the Jennifers will be taking the two maximum



New Mom Jennifer Thompson.



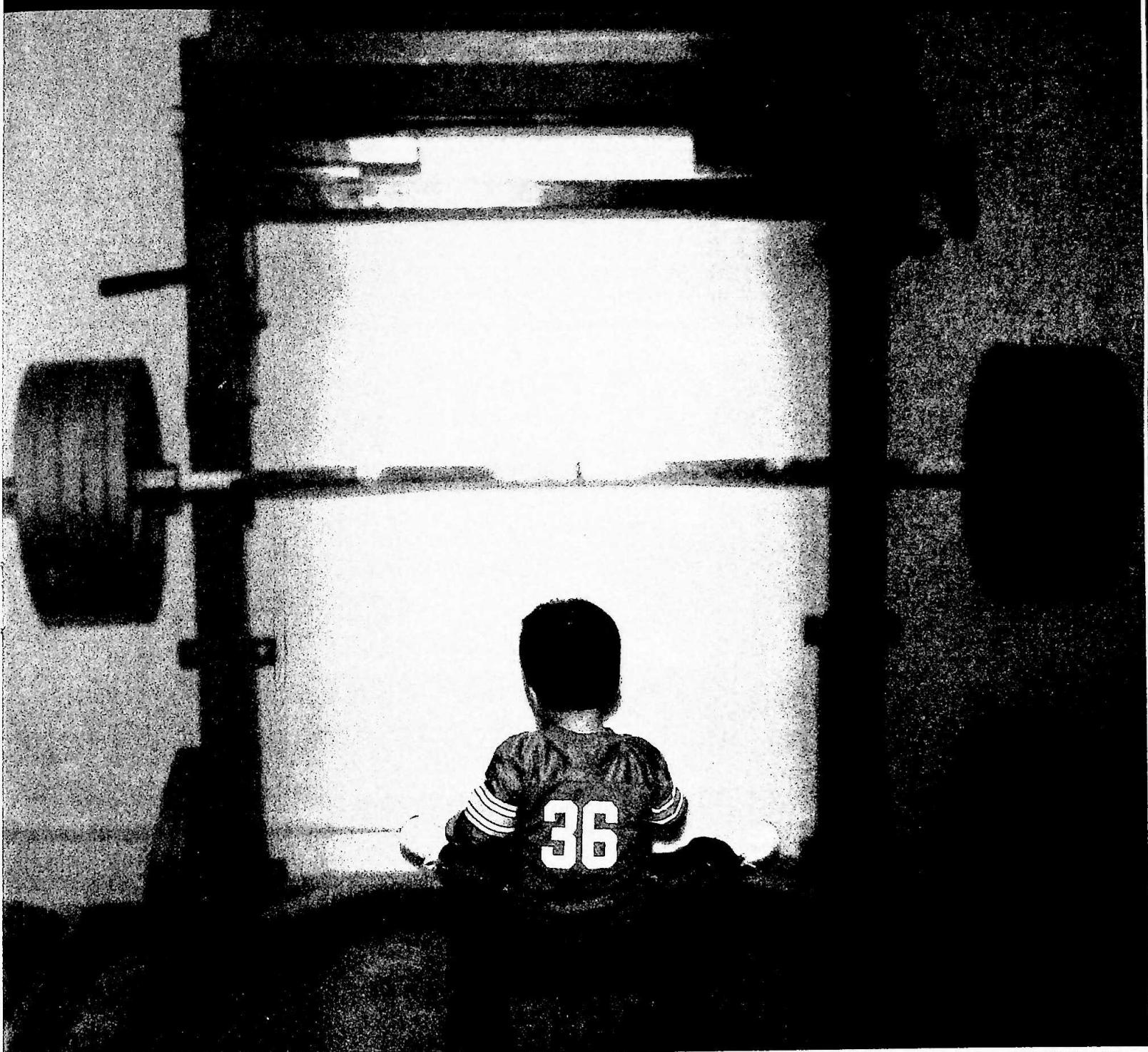
Priscilla Ribic with Coach Maile.

allotted spots for one country at Worlds. Mary held her own in the M1 class with a PR of 182 lbs. 53 year old Rita Carlsson took home a new M3 National Meet record with a best lift of 127 lbs. 148-2004 Powerlifting and 2004 Bench Press World Champion, Priscilla Ribic, once again held

(continued on page 46)

USAPL Bench Press Nationals 25-26 MAR 06 - Denver, CO					
WOMEN	D. Marts	209	Open	S. Hazelton	385
105 lbs.	165 lbs.		Master V	Klostergaard	407
Open	C. Newman	314	B. Beamer	Master V	Master I
Shuttleworth	159	187	J. Helms	303	R. Roberto
K. Poyer	126	Master I	Master II	Master II	325
114 lbs.	B. Bovlana	159	J. Vincent	Z. Chapman	M. Miniella
Open	Master II		Junior	Teen I	303
H. Patel	181	C. York	154	J. Bardsley III	253
123 lbs.	181 lbs.	L. Pruneda	176	286	Master VI
Open	Open	148 lbs.	T. Rickett	Open	R. Sturman
E. Anderson	187	M. Sora	198	M. Ruelan Jr.	424
K. Hughes	181	UNL	A. Cross	Teen II	R. Martinez
J. Harms	159	Open	Wisckowski	363	Master IX
132 lbs.	D. Ferrell	385	181 lbs.	Master III	Master III
Open	J. McInish	181	J. Mouzon	A. Reel Jr.	259
J. Thompson	248	Master II	T. Zintsmaster	104	S. Harms
J. Rey	220	P. Calhoun	308	Teen I	363
M. Cencich	181	MEN	J. Polakovic	Master V	242 lbs.
R. Carlsson	126	123 lbs.	Teen III	G. Johnson	606
148 lbs.	Teen I	Open	Teen II	286	Master VI
Open	J. Rein	176	181 lbs.	R. Hemenway	600
P. Ribic	308	132 lbs.	Open	363	S. Carradine
			B. Hanselman	J. Polakovic	485
			479	264	M. Skelton
			424	Teen II	479
			424	A. Meixueiro	440
			424	R. Kitani	UNL
			424	Master I	Open
			424	A. Knight	650
			424	Master III	429
			424	T. Anderson	479
			424	T. Lehrer	567
			424	198 lbs.	523
			424	C. Poore	407
			424	C. Ford	512
			424	T. Shroshine	457
			424	M. Newton	440
			424	B. Shalkowski	429
			424	J. Whitcomb	429
			424	R. Garofalo	391
			424	R. Rosenzweig	424
			424	T. Ruppert	369
			424	P. Carroll	347
			424	B. Clayton	248
			424	B. Burritt	220
			424	J. Cardinal	275 lbs.
			424	Open	402

# Someday I will...



EQUIPMENT

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(continued from page 44)



**Christy Newman...quest for gold**

court in the 148s. Ribic, as always, looked focused on that task at hand as she fired through 297 and 309 respectively before stalling out on an attempt to break her own World Record with an attempt of 333. Ribic, who passed on her World Team spot, will surely be missed in Hungary. 45-year-old Donna Marts went 2 for 3 finishing with a strong 209 lbs. 165-2004 BP World Champ and current World Record Holder, Christy Newman, expressed to me her drive to take back her Gold Medal and her first stepping-stone would come at Nationals. Christy, along with many other ladies, had a tough day with her lift offs, but still put up a tremendous lift of 314 lbs. before taking a stab, but missing at 353 lbs. 27 year old Kelli Carlsson, tied for being our youngest competitor, forced out an opener of 187 lbs, but was unable to get 204 lbs. on her second or third attempts. Five years separated M1 lifter Barbara Bovlana and M2 lifter Cindy York, and 5 lbs. separated the difference between their best lifts with the younger Bovlana finishing with 160 lbs. and York with 155 lbs. Each won their respective divisions with York also taking the raw class. 181-49 year old Michelle Sora will also be making her Open World Team debut by earning her spot lifting a new Masters National Meet Record of 198.41. SHW-Deborah Ferrell had a mission this year after last year's worlds left a bad taste in her mouth. Deb could not get a lift passed at last year's World meet, her only World meet where she never medalled. Well Deb started this year out right by not only finishing with a lift of 386, but as of this writing she would go on to take Gold in the World Masters Bench Press Championships, setting the World Record with a lift of 419 in the process. It looks like the anchor to our Women's Open team is back, as the two time Open Gold medalist will look for the early year trifecta in Hungary. Ferrell's Words: "I was more than nervous about my lifting since I had bombed at Bench Worlds in December. That little cloud was just hanging over my head but my coach, Larry Maile, was not about to let that hinder my success. Marvin Coleman and Dave Doan were great at keeping me laughing and distracted before I lifted. After nailing my opening attempt, the nervousness left and I had fun for the remainder of the competition. Although I missed my 3rd attempt, 403, due to a technical difficulty on my end, I was pleased with my performance". Paulette Calhoun, who came in second to Deb at Nationals with a Police and Fire National Meet record of 215, also took Silver at the same aforementioned Masters World Meet. Jessica McInish, who finished the her opener of 182 will drop down to the 198 class and represent the U.S. at her first Open Worlds. The women that I spoke with all had the greatest appreciation for Dan and the RMLC for running a top-notch

meet. But I would be remiss if I also didn't mention that many were very unhappy with their lift-off man. In all IPF World qualifiers, each session has one lift-off person appointed to do all the lift-offs for that session. Many of the women felt it affected their performance. The lift-off man was replaced for the next session starting with the lightweight men's session, but the women were still feeling the sting. Men: 123-As the lone lifter in the 123, 15-year-old Joey Rein made small conservative jumps with his attempts; making very strong lifts of 171 and 176, before finally missing at 182. 132-This was my class and my mission was to get back to Worlds and represent my country for a 6th time. It wasn't an easy day, but my mission was accomplished. My Words: "About a week before the meet I was still having enough problems with the bench shirt that my training partner, Gary Reale, made me put one of his shirts on. It was a huge turning point as I actually felt some great support, so I opened with this shirt at Nationals. I should have known better, but when I made weight the shirt was now too loose; so loose that I basically was

benching raw for my opener and 2nd attempt of 331 and 342 respectively. I hit both lifts but I struggled mightily to press them both out. On one hand I was happy that my training paid off as far as being strong, but this was a meet that uses gear. I put on a 2nd shirt that Gary had given me which was tighter in the chest and sleeves, but I learned lesson number two, which was never have a local tailor tighten up a bench shirt unless they understand the stress it will be under. Gary's tailor had used a straight stitch and regular thread. I jumped up to take a shot at 375 and it actually felt lighter in my hands than the 342. About half way down I felt that I was going to nail this lift, when all of a sudden the weight accelerated to my chest; both arm seams had blown out. Oh well, back to the drawing board". 48 year old John Vincent broke the M2 National Meet record with a solid lift of 254 on his third attempt. M1 winner, Jay Helms, also completed a lift of 254, missing 276 on his final attempt. 20 year old Josh Rein and 16-year-old Lalo Prunenda showed how it's done, each going three for three, and finishing with

209 and 176 respectively. 148-Last year's returning champ, Joe Smith, would be without Trey Collins, his biggest competitor. Trey not only was going to move up to 165 this year, but he was also still recovering from a slight pectoral tear. Even so, there were 3 other Open lifters who were waiting in the wings if Joe stumbled to take his World Team spot. Tom Albano, Jeffrey Hadad and David Bracken would all come out strong each hitting their Openers of 325, 353, and 386 respectively. Another thing that needs to be mentioned is that all three were Masters 1 lifters. Joe Smith would end hopes of a falter by hitting his opener of 430 and securing the Open class. Joe went on to hit 441, and missed on a monster attempt of 463, which would have broken his own record. Smith's words: "As far as my lifting goes, I wasn't completely disappointed. If I could do it over, I would have stayed with the same bench shirt. I didn't give myself a chance when I tried wearing too tight of a shirt. Overall I guess 440 at 147 isn't all that bad, though 465 was what I was looking for. I thought the meet was done very well, and I'm glad

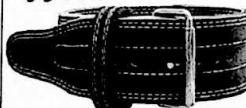
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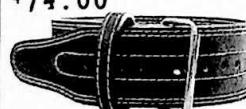
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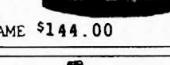
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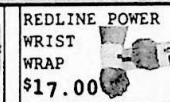
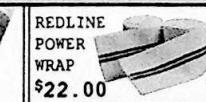
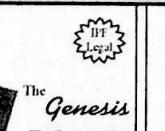
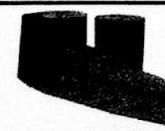
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I went. Just wish I could be lifting with you guys in Hungary. The deadline was so soon I didn't have enough time to get sponsorship". Joe will be missed in Hungary, but I understand his dilemma; most of us have a hard time getting finances together for these trips, yours truly included. They are not cheap! I guess that's what credit cards are for. Meanwhile there was still a battle between the three aforementioned Master 1 lifters. Albano would go on to attempt 402, missing it twice, while Hadad stayed just ahead of Bracken finishing with 364 to Bracken's 353. All three would actually end up above the National Meet record that was set back in 1993, but the record would now have Albano's name on it. Teenagers Vince Scavuzzo and Michael Carter, like their young counterparts in the 132s, would also each go 3 for 3 in their attempts. 17-year-old Scavuzzo would finish with 204, while 16-year-old Carter would end the day with 160. 165-For the first time in a long time there would be no Larry Miller or Mike Hara who have been dominating this class since I can remember. Both lifters were focused on Masters

Worlds. This year's favorites would be Miguel Ruelan, Jon Mouzon and Luke Hanifen. Ruelan, the 148 lbs. 2003 National champ, came in with a new set-up supported by an extreme arch, which made my own spine hurt just by watching it. I needed him about it, but the elite Japanese lifters would have been proud. He admitted that it has reduced his bench stroke by 4 inches, so it would be interesting to see how this class would unfold. All three lifters would open up in the low 400s and all three would miss those openers. Hanifen would make his second attempt; and get on the board with 418. Unfortunately, that was not the case for Mouzon and Ruelan. Ruelan seemed to be having the hardest time, as he could not keep his arms locked out to get the start signal, even missing a lift by getting timed out during the struggle just to start. All three would miss their final attempts and Hanifen would be left standing with the only passed lift of the 9. With that lift, the 24 year old Hanifen will be representing the U.S. on his first World team. Hanifen's words: "My lifting at Bench Press Nationals was OK I hit my opening lift on the

second attempt, which was eventually good enough for first place. I just got the shirt three weeks before the meet so the bench shirt was not really broke in and I was still trying to get into the groove of the titan fury bench shirt. I will lift better next time". Scott Hazelton finished 2nd overall and first in the Masters 1 class with a best lift of 385. Bob Beamer threw up a very impressive 303 lbs. at 63 years old, which also broke the National Meet record! Beamer's words: "This was my first bench national contest. My first two lifts were successful with the second one being a new USAPL national bench press contest record. I felt good about this but would have liked to get that third lift. Overall, I really enjoyed this meet. I survived it, lifted okay, and especially enjoyed lifting with and meeting some great benchers. Also, my wife/coach was impressed too, and actually talked to and got autographs from some of the lifters and USAPL officials. I almost did not enter this contest though. For various reasons I had convinced myself that the USAPL Bench Press Nationals is the really big show and it is only for the big time lifters. I keep in email



**Deb Ferrell - veteran SHW champ**

contact with Steve and Jeanne Harms here in Colorado who have competed at national and world meets. They talked me into entering with the reasoning that I should treat it as a local contest, Denver is only 60 miles from home, and that once I lay down on the bench it is just me and the weights like any other contest. Their reasoning worked and I look forward to another bench contest someday". Bob may not know it, but his lifting belongs in the really, really big show as on a World Platform, because he already has world-class strength for his age and weight class. With a little push, we should expect to see him on a Masters World Bench medal stand in the near future. 18 year old James Bardsley III finished the day with a solid lift of 286, while 15-year-old Zachary Chapman finished with 254, both winning their age groups in the process. Last year's 165 lbs. Masters Champion, Timothy Rickett, had a tough day and also could not get a lift in. I was informed by Tom Cencich that Tim has been battling cancer for the past few years; and even though he had Chemo treatments just weeks before Nationals, that he was very upbeat. I'm sure Tim's determination will have him back at full strength again in September! 181-Even though this meet did not have its normal turnout, the 181s were 18 deep with former World record holder and favorite Lance Kirchner leading the way. Lance wasn't messing around either, as he put in and stuck with his 529 lbs. opener. This opener was 50 lbs. higher than the 479 lbs. openers of Bill Hanselman and Danny Thurman. Lance had no intentions on making the trip to Hungary and decided to go big. Lance is mechanically sound and has the strength, but he just didn't seem to have it on this day and he would unfortunately miss all three attempts. Hanselman and Thurman would get in their openers, but miss on their next two and Hanselman would win on bodyweight earning his automatic spot on the World team. Thurman has also made the team as one of the top alternates. Like Hanifen before them, both of these lifters will also be making their world team debuts. Hanselman's words: "I have been to many meets in my eight years of coaching and competing and I have to say that Dan's meet in Denver was one of the smoothest running and best setups I have seen. As far as my lifting goes, I hit a PR with only my opener; technicalities on 2nd and 3rd. No records yet; hopefully soon". Thurman's words: "I found out last minute that I was going to be able to lift. I'm a district sales manager for 24 Hour Fitness; I had an awards banquet that conflicted with the meet, as my attendance was

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Cunningham 99	J. Alvarado 529
Teen	220 lbs.
Cunningham 99	Junior
High School	A. Cantu —
Cunningham 99	J. Hoffman 424
Junior	S. Kirkpatrick 402
Cunningham 99	Novice
123 lbs.	J. Hoffman 424
Submaster I	Open
T. Adelmann 237	J. Thompson 622
132 lbs.	Teen
Master I	J. Hoffman 424
D. Siveny 192	242 lbs.
Master II	Junior
T. Ishimatsu 115	R. Achenbach 374
148 lbs.	Master III
Master I	D. Smith III 374
D. Manno 159	G. Wilkerson 314
Master Pure	J. Jones 435
D. Manno 159	Master Pure
165 lbs.	J. Jones 435
Master II	Novice
C. McLennan 99	J. Gibson 512
198+ lbs.	Open
Master Pure	G. Alvarado 385
S. Calloway 237	Police/Fire
MEN	D. Smith III 374
132 lbs.	Submaster I
Junior	G. Alvarado 385
N. Lenhart 270	J. Gibson 512
Novice	Submaster Pure
N. Lenhart 270	J. Gibson 512
Teen	275 lbs.
N. Lenhart 270	Master I
148 lbs.	B. Wilson 485
Master I	L. Elliff 567
D. Edmondson 332	Pure
Master Pure	R. Kahle 573
A. Olsen 341	S. Hoekstra 628
D. Edmondson 332	Submaster Pure
Open	S. Hoekstra 628
A. Olsen 341	308 lbs.
D. Edmondson 332	Master Pure
Pure	N. Feliciano 633
D. Edmondson 332	SHW
Submaster Pure	Master I
S. Goldberg 242	C. Spurrison —
181 lbs.	D. Smith —
Master I	Open
Cunningham 391	C. Spurrison —
198 lbs.	P. Willis 501
Intermediate	Submaster Pure
	P.N. Willis 501



Nikki Lanson of California represented the USPF in this competition

Master I	MEN
Cunningham 391	165 lbs.
T. Hendron 220	Master I
Master Pure	H. Kellins 385
T. Hendron 220	181 lbs.
198 lbs.	Master I
Master II	T. Hendron 319
N. Lambert 253	Master Pure
Novice	T. Hendron 319
D. Garish 369	198 lbs.
Submaster Pure	Master II
D. Garish 369	N. Lambert 496
220 lbs.	220 lbs.
Intermediate	Master II
C. Ford 451	G. Clock 556
242 lbs.	242 lbs.
Master I	Master I
B. White 391	B. White 661
Master II	DEADLIFT RAW
K. Tawzer —	WOMEN
275 lbs.	114 lbs.
Master I	Submaster Pure
R. Summers 330	N. Owen 275
R. Snowton 418	165 lbs.
SHW	Master II
Junior	C. McLennan 253
C. Tawzer —	198+ lbs.
PS CURL	Master I
WOMEN	N. Lanson 341
165 lbs.	MEN
Master II	132 lbs.
C. McLennan 71	Youth
MEN	C. Elwardt 192
132 lbs.	198 lbs.
Teen	Master III
N. Lenhart 97	J. Bandy 451
198 lbs.	220 lbs.
Master II	Open
N. Lambert —	DiBartolomeo 573
275 lbs.	Pure
Master I	DiBartolomeo 573
R. Summers 143	275 lbs.
Open	Master I
R. Summers 143	R. Newton 424
PS DEADLIFT	
Push Pull	BP DL TOT
MEN	
114 lbs.	
Open	
J. Hood	99 159 259
Submaster Pure	
J. Hood	99 159 259
132 lbs.	
Junior	
N. Lenhart 270	418 688
Novice	
N. Lenhart 270	418 688
Pure	
N. Lenhart 270	418 688
Teen	
N. Lenhart 270	418 688

## PL USA BACK ISSUES

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

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

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

**Jan/94...** IPF Men/Women Worlds, IPF Jr/Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 18W.

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

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

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

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

100 242s, ADFPA TOP 20 148s

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

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

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

**Sep/94...** ADFPA Men's, USPF Men/Women's 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/Womens United We Stand, TOP 100 165s.

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

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

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

**Mar/95...** Women's TOP 20, Don Reinhoudt, Ethics of Ergogenics, Karwoski Squats, Tamara Rainwater-Grimwood 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 Nats, Overtraining or Adaptation?, Greg Warr Interview, Curt Leslie BP Workout, TOP 100 SHW

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

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

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

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

**Jan/96...** IPF/WPC/WDFPF Worlds, Master I

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. Nats., "Ban All Equipment", Rest Pause Revisited, Specializing in the DL by Louie S., FIBO Show, TOP 100 123s.

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

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

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

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

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

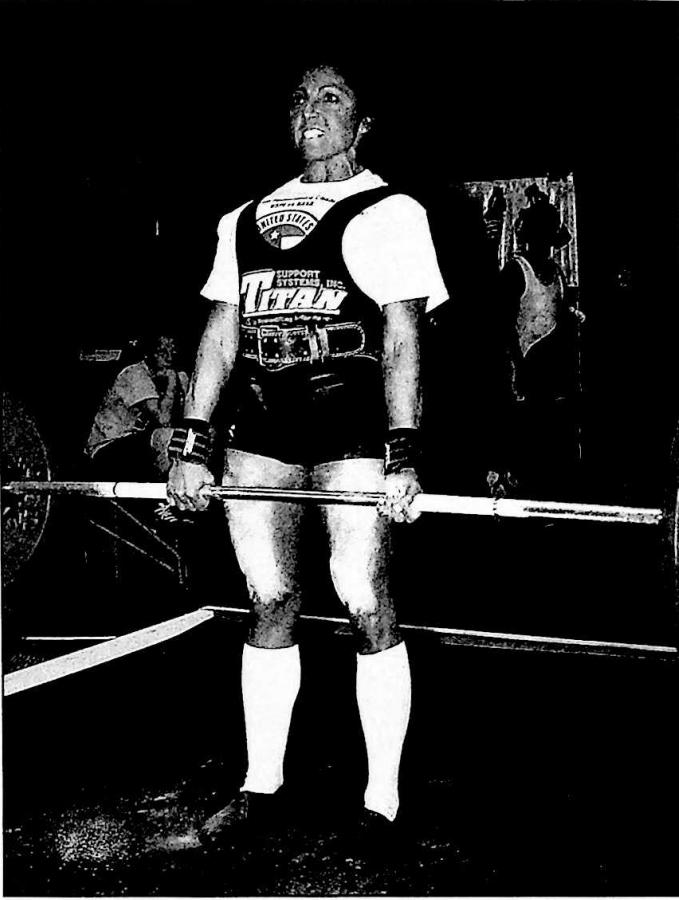
**Jun/97...** J.M. Blakley, Dream Team Pt.

148 lbs. Master I		R. Castro	429	650	1080
D. Edmondson	332	512	845	Novice	429
Master Pure		R. Castro	650	1080	
D. Edmondson	332	512	845	Open	429
Open		R. Castro	650	1080	
S. Layman	385	534	920	Pure	429
D. Edmondson	332	512	845	Police/Fire	650
Pure		T. Allred	1069		1080
D. Edmondson	332	512	845	SHW	
165 lbs.		Master I			
Master III		D. Oyler	429	595	1025
R. Carr	203	330	534	WOMEN	
181 lbs.		97 lbs.			
Master IV		Open			
R. Mitchell	220	341	562	M. Carey	71
220 lbs.		Submaster II	203	275	
Master I		M. Carey	71	203	275
B. Beckett	303	275	578	114 lbs.	
Master II		Youth			
G. Clock	437	556	994	T. Manno	71
Master Pure		123 lbs.	159	231	
B. Beckett Novice	303	275	578	Submaster I	
B. Beckett Open	303	275	578	T. Adelmann	237
J. Thompson Police/Fire	622	705	1328	132 lbs.	336
B. Beckett Submaster I	303	275	578	Master II	573
C. Drogemeier Submaster II	374	501	876	T. Ishimatsu	115
D. Diehl 242 lbs.	380	633	1014	148 lbs.	220
Master I		Master I	237	396	
J. Dentice Novice	385	534	920	D. Manno	159
J. Gibson Open	512	672	1185	Master Pure	237
G. Alvarado Pure	385	474	859	D. Manno	159
J. Gibson J. Dentice Submaster I	512	672	1185	165 lbs.	396
G. Alvarado 275 lbs.	385	474	859	Intermediate	
Intermediate B. Brunner Master I	440	683	1124	D. James	165
B. Shuman Master Pure	—	—	—	198+ lbs.	319
P. Diggins Open	—	—	—	Submaster I	485
B. Brunner B. Shuman Pure	440	683	1124	N. Malloy	170
R. Kahle Submaster Pure	573	733	1306	Power Sports CR	BP
R. Nash 308 lbs. Junior	303	440	744	MEN	341
			114 lbs.	512	TOT
			Open		
			J. Hood	93	187
			Pure	275	556
			J. Phillips	44	66
			Teen	154	512
			G. Ballengee	275	942
			132	512	942
			181 lbs.		
			Submaster Pure		
			C. Bair	165	
			198 lbs.	347	
			Master II	435	
			N. Lambert	948	
			Master Pure		

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

Worlds, Jerry Tancil, TOP 100 198s. **Feb/99...** WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s  
**Apr/99...** The ED COAN Book, Why Whey?, Gordon Sante, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.  
**May/99...** LA Tech Program, "Sir Guggulot", Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.  
**Jun/99...** Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL Collegiates, Louie S. on Pre-Meet Training, "Choking", TOP 100 SHWs.  
**Aug/99...** the Rubber Band Man, the "Muscleton USA" book, Beauty & the Beast, IGF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s  
**Sep/99...** USAPL Men's, APF SRs. Pt. 1, Mike Bridges Workout, Special Olympics World Games, Zenith = Triac, York Spectacular, TOP 100 132s  
**Oct/99...** USPF Seniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s  
**Nov/99...** Muscle Beach Lives, East German Breakthrough, DL Details, Walk Away From Death, Dynamic Duo by Louie S., TOP 100 165s.  
**Jan/99...** WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF

Management, Maximal Resistance Method by Louis S. TOP 100 181s  
**Jan/00...** IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Strongman II, TOP 100 198s  
**Feb/00...** WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nats, Best Lifters of the Century, Big BPs by Louie S., TOP 100 220s  
**Mar/00...** USAPL Women's, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons  
**Apr/00...** Arnold Classic, WPF Worlds, Mike Danforth, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s  
**May/00...** Dennis Cieri, J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.  
**Jun/00...** Gary Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, BP by Larry Miller, Fred Peterson, TOP 100 SHWs.  
**Jul/00...** WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 114s  
**Aug/00...** USAPL Men's, APF Srs. Pt. I, AAPF/APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, TOP 100 123s  
**Sep/00...** USPF Srs., IPA Worlds, WABDL



Denice Dinger of Nevada totaled 628 in the 114s. (G. Davies photos)

T. Kerbs	110	242	369	722	Master I
220 lbs.					B. White
Intermediate					Submaster I
C. Ford	170	451	303	925	R. Bair
Junior					275 lbs.
P. Hughes	110	264	402	777	Master I
Open					R. Snowton
T. Prati	165	385	512	1063	YOUTH
242 lbs.					55 lbs.

S. Hou-seye	22	38	71	132	Intermediate	A. Maddox	292	137	264	694	N. Ianson	297	181	341	821	J. Gibson	352	165	314	832	
105 lbs.					Master I	L. Elwardl	66	77	165	308	S. Calloway	275	237	341	854	198 lbs.					
K. Ishimatsu	33	49	143	226	Master Pure	M. Hetzel	352	187	341	881	N. Ianson	297	181	341	821	High School					
C. Hood	44	71	121	237	Pure	M. Hetzel	352	187	341	881	Submaster I	N. Malloy	303	170	341	815	K. Laster	523	325	523	1372
<b>WOMEN</b>					Intermediate	D. James	308	165	319	793	N. Malloy	303	170	341	815	Master I					
132 lbs.					Junior	181 lbs.	T. Walter	426	248	380	1054	T. Walter	426	248	380	1054	F. Millan	545	-226	0	319
Master II					Novice	M. Pollock	418	187	369	975	MEN	114 lbs.				Master III					
T. Ishimatsu	60	115	220	396	Submaster II	S. Bennett	402	187	402	992	Junior	J. Hood	104	99	159	363	R. Taylor	281	187	446	914
165 lbs.					A. Hubbard	286	154	352	793	Submaster Pure	J. Hood	192	187	275	655	G. Green	628	396	551	1576	
Master II					Pure	H. Block	305	187	303	795	High School	C. Dipple	396	253	440	1091	P. Harrity	490	341	451	1284
C. McLennan	71	99	253	424	Teen	H. Gibson	308	203	270	782	Master I	D. Edmondson	562	332	512	1407	Open				
198 lbs.					H. Block	305	187	303	795	D. Edmondson	562	332	512	1407	G. Green	628	396	551	1576		
Master I					198 lbs.	J. Springer	341	264	463	1069	Master II	J. Johnson	220	176	336	733	B. Rowe	639	374	529	1543
M. Gailey	99	176	463	738	Pure	N. Ianson	297	181	341	821	Master III	L. Janhunen	253	181	380	815	J. Hernandez	518	352	501	1372
Powerlifting	SQ	BP	DL	TOT	Submaster Pure	S. Calloway	275	237	341	854	Master Pure	D. Edmondson	562	332	512	1407	Pure				
<b>WOMEN</b>					Open	J. Springer	341	264	463	1069	Open	J. Thompson	694	622	705	2022	B. Rowe	639	374	529	1543
114 lbs.					T. Walter	426	248	380	1054	Submaster Pure	C. Smith	688	479	600	1769	C. Droege	573	374	501	1449	
123 lbs.					M. Gailey	275	176	463	914	Intermediate	G. Rundell	501	303	451	1256	G. Rundell	501	303	451	1256	
Teen										Submaster I	R. Lazowski	655	424	650	1730	Submaster I	501	303	451	1256	
B. Block	126	71	181	380						Droege	J. Carlile	711	435	644	1791	Droege	573	374	501	1449	
Submaster I										Master II	T. Larson	628	402	573	1603	Master II	573	374	501	1449	
T. Adelmann	369	237	336	942						Master III	J. Dentice	468	385	534	1388	Master III	573	374	501	1449	
132 lbs.										Novice	J. Gibson	771	512	672	1956	Novice	573	374	501	1449	
Master I										Submaster II	R. Lazowski	655	424	650	1730	Submaster II	573	374	501	1449	
D. Siveny	303	192	325	821						Submaster Pure	J. Halverson	628	385	650	1664	Submaster II	573	374	501	1449	
Master Pure										165 lbs.	G. Rundell	501	303	451	1256	165 lbs.					
H. Hughes	297	170	336	804						Intermediate	T. Meyers	749	501	677	1929	Intermediate					
Open										Submaster Pure	R. Lazowski	655	424	650	1730	Submaster Pure					
D. Siveny	303	192	325	821						Master I	J. Carlile	711	435	644	1791	Master I					
148 lbs.										Master II	T. Larson	628	402	573	1603	Master II					



Mark Woodworth is one of the greatest competitors in NASA history

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 Natsl, Westside Deadlifting, WPC Worlds Pt. II/BP Apr/01 ... Arnold Classic, Frank Goes 2535, Bill Crawford BPs 750, Daisuke Midote, Jeremy Arias, Extra Workouts by Louie, TOP 100 242s May/01 ... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain

Weight by J.M. Blakley, Top 100 275's Jun/01 ... Siouz-Z Hartwig, Russian Squat Cycle, Big Boys Menu Plan by J.M., Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs Jul/01 ... IPF Women's Worlds, Bill Crawford, APF Nationals,, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit., TOP 100 123s Sep/01 ... WPO Semis, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s Oct/01 ... World Games, TomManno, Jamie Harris Interview, John Corsello Jr. Interview700 BP Club, Speed Cycling by Louie S., TOP 100 148s. Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie S., TOP 100 165s Dec/01 ... IPF World Masters, WPC Can Ams, Halbert Video, WPO BP for Cash, Westside Success , Jill Mills, Rich Salvagni, TOP 181s Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Training the Lockout, TOP 100 198s Feb/02 ... WABDL DL Worlds, IPF BP

Worlds, WNPW Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time SQs, TOP 100 220s Mar/02 ... USAPL Women's Natsl, TOP 20 Teen/Women/Masters, Russ Barlow, Becca Swanson, 850 DLs, Louie on "the Repetition Method" Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Turtiainen, Louie on DL Training, Jennifer Thompson, Back Up Your BP, TOP 242s Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on Volume, Dan Austin Interview, TOP 100 SHWs. Jul/02 ... Kennelly Benches 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s. Aug/02 ... APF Seniors, USAPL Men's Natsl, USPF Srs/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 Natsl, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues, TOP 100 148s Nov/02 ... Sivokon Speaks, IPF Jr. Worlds, Serious Mass Pt. 1, Priscilla Ribic Interview, Willie Wessels

Interview, Ed Coan DL, TOP 100 165s Dec/02 ... WPO Semis (931 DL), Bench Bash for Cash, WPC Worlds, IPF SubJr. Worlds, Fred Hatfield, Louie on Explosive Strength, TOP 100 181 Jan/03 ... IPF Men's Worlds, WABDL BP Worlds, IPF Masters Worlds, Becca Swanson Squats 705, Intensity Zone Loading Pt. 1 by Louie, TOP 100 198s. Feb/03 ... IPF BP Worlds, WABDL DL Worlds, Steve Goggins Interview, "Lessons Learned", All Time 308 & SHW rankings, Ken Patera, TOP 100 220s. Mar/03 ... Brad Gillingham Comeback, Men's 300 kg &Women's 300 lb. BP lists, Controlled Chaos BP, The Tendo Unit, TOP 20 Women/Master/Teen lists Apr/03 ... WPO Finals & Bench Bash for Cash, Crawford Benches 785, Jamie Harris Pt.1, Equipment, Never Looking Back by Louie, TOP 100 242s. May/03 ... Bill Crawford's Road Back, Odd Haugen, Virtual Force by Louie, Bill Kazmaier Profile Pt. 1, Women's 500 lb. SQs & DLs, TOP 100 275s. Aug/03 ... Mendelson Benches 804, 821, 825, 832, 875 ... APF Seniors, Mikesell Squats 1107, Louie on The Bench Press Shirt, Vince Anello Deadlift Workout, Team PL, TOP 100 SHWs SEP/03 ... USAPL Men's Natsl, Bench America, Keeping Iron in the Blood, 1000 lb. Squat Club, What You Need in Your Gym, TOP 100 114s



**Mike and Teale Adelmann** are the principals behind LiftingLarge.com

#### Intermediate

B. Brunner	650	440	683	1774
Master I				
B. Wilson	688	435	600	1725
B. Shuman	705	—	—	—
Master Pure				
B. Wilson	688	485	600	1774
P. Diggins	551	—	—	—
Pure				
R. Kahle	804	573	733	2110
308 lbs.				
Junior				
R. Castro	705	429	650	1785
Master I				
M. Adelmann	826	556	694	2077
Master Pure				
N. Feliciano	749	633	639	2022
Novice				
R. Spento	722	507	606	1835
R. Castro	705	429	650	1785
Open				
R. Spento	722	507	606	1835
R. Castro	705	429	650	1785
Pure				
R. Castro	705	429	650	1785
Police/Fire				

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

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

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

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

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

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

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

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

**Aug/04** ... IPF Women's Worlds, USAPL Men's Nationals, World Powers by Louie Simmons, Luke Iams, Women's All Tim

T. Allred	661	485	584	1730
SHW				
High School				
C. Berke	451	352	380	1185
Master I				
D. Oyler	705	429	595	1730
Master Pure				
D. Oyler	705	429	595	1730
Teen				
D. Walter	457	330	501	1289
Special Thanks to these great individuals without whose help this event and the Team Competition would not have been possible: Terry & Robbin Hedrick, Job & Wendy Houseye, Steve Denison (USPF), Dave Edmondson, Bo Casto, Mark Woodworth, Walt Sword, Domonique Dightmon, Carlos Mundo, Bobby Warren, Todd Heather Hughes, Jeff Phillips, Tom & Diane Mann, Nicole Owen, Marty Einstein, Scott Layman, Jerry Halverson, Lance Janhunen, Earl Evertt, Meagan Pollock, Michelle Gailey, The Dallas Diamond Women's Football Team, Inzer Advanced Designs, Mrs. Fowler, Joe Dentice, Bobby & Silvia Wilson, David Oyler, Joe Dentice, and Teale Adelmann. (courtesy Rich Peters)				

#### APF GA Summer Bench Bash 17 JUN 06 - Kennesaw, GA

BENCH	S. Richards	606
WOMEN	Anderson-Dre	501
Open	308 lbs.	
165 lbs.	G. Johnston	551
K. Bohigian	418	SHW
MEN	R. Hodge	628
Open	E. Russ	573
198 lbs.	Unequipped	
M. Gunter	485	275 lbs.
B. Conner	314	C. Castile
220 lbs.	Masters (40-44)	462
R. Hicks	50 I	C. Leslie
242 lbs.	Master (45-49)	700
M. Schupp	407	R. Flynn
275 lbs.	606	

The North Georgia Barbell hosted APF Georgia Bench Bash was a huge success for the 3rd straight year with 15 powerful strength athletes hoisting prodigious poundages in search of white light success. Bench press superstar Kara "prison grind" Bohigian decided to support the meet while sick; she drove up a smooth 418 opener and sat back to enjoy the other lifting. WPO lifter Clay Castile decided to lift in at shirt@ 2561bs and pressed an easy 462 raw. 4 lifters exceeded the 600 barrier: Steve Richards barely missed 600 in Las Vegas at the APF Seniors so he opened @

SQ/TOT, TOP 100 SHWs

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

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

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

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

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

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

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

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

**Jun/05** ... Anthony Clark Passes, USAPL Men's & Masters, Beau Moore & Brad

606 here and vaporized his first 600 pound barbell. Congratulations, Steve! Former APF Junior and Senior National Champion as well a multiple time WPC World Champion Curtis Leslie entered to "test" his bench and did just that with a well executed 700 pound lift on his 3rd attempt. Curtis is 44 with massive muscular hypertrophy and isn't done with powerlifting yet. Thanks to SHW Ed Russ (1008 SQ in LA, APF Seniors 2003), 308 Gary Johnston and Matt Schupp for coming over to lift and support the APF in Georgia. Thanks also to Dr. Patrick Anderson for keeping things organized and allowing this to be a top caliber contest as well as a great time for all involved!! (results provided by Jon Grove, APF State Chair & Owner NGBB)

242 lbs.  
R. Nielson 617 529 551 1697  
Juniors  
242 lbs.  
Tyler Nelson 463 374 551 1388  
Submasters  
220 lbs.  
J. Drechsel 358 — 507 1543  
Best Lifter Bench Women: Hedy Miller.  
Best Lifter Bench Teen: Eric Milburn. Best Lifter Bench Open: Eric Milburn. Best Lifter Bench Master: Ralph Branning. (Thanks to David Edmondson for results)

#### Dungeon Gym Memorial BP 15 JUL 06 - Galt, CA

BENCH	K. Harrison	425*
MEN	242 lbs.	
Youth (8-10)	M. Knight	675*
132 lbs.	Master (45-49)	
D. Knight	70*	242 lbs.
Teen (13-15)	M. Knight	675*
148 lbs.		

#### AAFP Utah Open 1 APR 06 - Willard, UT

BENCH	N. Lenhart	275
WOMEN	198 lbs.	
Open	E. Milburn	501
114 lbs.	Junior (20-23)	
H. Miller	165	242 lbs.
Submaster (33-39)	T. Nelson	374
132 lbs.	SHW	
L. Hofheins	137	N. Baptist
Master III	Submasters	429
114 lbs.	242 lbs.	
H. Miller	165	R. Nielson
MEN	309 lbs.	
Open	M. Wattles	479
132 lbs.	Masters I	
N. Lenhart	275	165 lbs.
165 lbs.	J. Anest	369
I. Anest	198 lbs.	Masters II
198 lbs.	M. Mari	369
E. Milburn	292	275 lbs.
J. Lareaux	275 lbs.	R. Branning
C. Johnson	501	Masters III
Teen (18-19)	220 lbs.	R. Marchant
132 lbs.	R. Marchant	396
WOMEN	SQ	BP DL TOT
Open	132 lbs.	
L. Hofheins	259	137 308 705
Submaster	132 lbs.	
L. Hofheins	259	137 308 705
MEN		
Open	198 lbs.	
T. Erickson	562	418 540 1521
J. Lareaux	352	292 413 1058
220 lbs.		
S. Mecham	683	501 573 1758

Kelley Interviews, John Black Recollections Pt. 1, TOP 100 242s.

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

**Oct/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 Benchings Westside Style, Brian Schwab Squat Workout, World Top 20 lists, AWPC Words, TOP 123s.

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

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

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

**Feb/06** ... WABDL Worlds, WDFP Worlds, IPF World BP, Good Mornings, Old School DL, Becca Swanson's Quest

for the 2000 Total, TOP 100 181s.

**Mar/06** ... Mendelson BPs 1008,

Westside BP Routine, 'One Car Garage Training', IPF Men's Worlds, Jeff Lewis Interview, WNPF Worlds, TOP 100 198

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

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

**Jun/06** ... Kennelly's Path to Power, Kara Bohigian BP program, Things Louie S. Thinks You Should Know, Running A Successful Meet, TOP 100 242s.

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

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

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

**WABDL Iron Gladiators**  
25 MAR 06 - Pasco, WA

BENCH	G. Langmead	325	4th-611	MEN	4th-371
WOMEN	220 lbs.		Master (61-67)	Class I	
Law/Fire/Open	D. Haripersand		181 lbs.	148 lbs.	
199+ lbs.	402		R. White	203	D. Higgins
VanAmeronge	C. Wu	777	220 lbs.		468
270	H. Higgins	314	S. Nummi	303	G. Langmead
Master (40-46)	242 lbs.		P. Goucher	248	198 lbs.
181 lbs.	S. Whitefoot	—	Master (68-74)	242 lbs.	C. Walchli
D. Backiel	P. Arroyo	473	J. Gladson	270	534
4th-172	259 lbs.		4th-275	220 lbs.	4th-557
199+ lbs.	B. Gilman	292	R. Saenz	602	
S. Jackson	275 lbs.		Open	165 lbs.	H. Higgins
4th-289	J. Garcia	402	J. Luther	480	Harpersand
Master (47-53)	Junior (20-25)		181 lbs.	242 lbs.	462
132 lbs.	242 lbs.		T. Furusho	485	C. Mudge
P. Jenkins	J. Linnell	578	Keawe'aiko	451	429
148 lbs.	4th-600		220 lbs.	275 lbs.	
N. Huxley	309+ lbs.		S. Boyle	529	J. Garcia
214	J. Langi	352	T. Martin	485	534
181 lbs.	Law/Fire		309+ lbs.	309+ lbs.	
Michaels-Ols	Master (48+)		242 lbs.	220 lbs.	
143	220 lbs.		S. Mathis	501	Disabled
199+ lbs.	C. Erickson	303	J. Mickelson	534	220 lbs.
K. Cash	Master (48+)		309+ lbs.	Junior (20-25)	
M. Huston	220 lbs.		Crawford III	688	242 lbs.
C. Erickson	Peratovich	303	E. Aleaga	672	J. Linnell
Master (54-60)	Law/Fire/Open		Submaster (34-39)	644	644
114 lbs.	220 lbs.		4th-651	181 lbs.	
I. Pantilat	S. Boyle	529	T. Furusho	485	Law/Fire
176	R. Wells	308	220 lbs.	Master (48+)	
B. Heriford	Master (40-46)		T. Martin	485	220 lbs.
242	220 lbs.		R. Saenz	402	L. Peratovich
Master (61-67)	R. Garza	363	440	242 lbs.	
181 lbs.	P. Robey	203	A. Frazier	468	Law/Fire/Open
242 lbs.	P. Arroyo	473	308 lbs.	220 lbs.	
Open	259 lbs.		V. Aleaga	705	R. Wells
114 lbs.	I. Pantilat	176	Teen (12-13)	205	446
Christensen	540		J. Bierce	104	Master (40-46)
132 lbs.	M. Hobbs	211	4th-105	132 lbs.	220 lbs.
181 lbs.	R. West	462	R. West	523	Teen (14-15)
B. Heriford	308 lbs.		J. Roth	126	600
242	F. Sua	501	Master (47-53)	148 lbs.	Master (47-53)
199+ lbs.	309+ lbs.		J. Brown	220	488
K. Cash	P. Ratscho	672	T. Clendaniel	181	220 lbs.
192	E. Aleaga	672	J. Lyman	159	D. Rodgers
Submaster	J. Place	600	181 lbs.	259 lbs.	523
148 lbs.	R. Johnston	275	J. Denham	176	S. Smith
R. Unson	Master (47-53)		Teen (16-19)	132 lbs.	617
181 lbs.	148 lbs.		R. Segura	203	4th-633
T. Jacobs	D. Higgins	248	148		308 lbs.
203	181 lbs.		J. Mickelson	601	J. Mickelson
4th-220	P. Plush	—	Master (54-60)	181 lbs.	601
181 lbs.	R. Johnston	275	D. Tienda	248	Master (54-60)
K. Mahoney	198 lbs.		J. Radezy	231	242 lbs.
259	F. Curliss	203	J. Davis	203	C. Sandberg
198 lbs.	220 lbs.		220	198 lbs.	622
J. Wooldridge	242 lbs.		B. Litalien	341	259 lbs.
226	D. Rodgers	—	DEADLIFT		M. Magruder
Teen 12-13	G. Harris	475	D. Rodgers	523	562
97	4th-292		WOMEN		Master (61-67)
K. Cade	4th-479		J. Rankin	435	181 lbs.
82	E. Bierce	110	J. Davis	203	R. White
4th	4th-479	111	220	198 lbs.	286
Teen 14-15	242 lbs.		B. Scott	281	220 lbs.
132	S. Mathis	501	DEADLIFT		C. Sandberg
E. Bierce	308 lbs.		PERATOVICH	440	622
4th	J. Mickelson	308	WOMEN		259 lbs.
Teen 16-19	Master (54-60)		J. Holzinger	473	M. Magruder
123	198 lbs.		220 lbs.	181 lbs.	562
A. Cade	G. Holzinger	336	P. Radezy	231	Master (61-67)
104	220 lbs.		WOMEN		181 lbs.
4th	J. Mickelson	308	J. Rankin	435	R. White
105	Master (54-60)		J. Davis	203	286
181	198 lbs.		220 lbs.	198 lbs.	286
J. Otto	L. Peratovich	363	B. Scott	281	C. Sandberg
165	303		DEADLIFT		622
199+	S. Sylvester	181	PERATOVICH	440	259 lbs.
MEN	259 lbs.		WOMEN		M. Magruder
Class I	M. Magruder	462	J. Davis	363	562
148 lbs.	275 lbs.		220 lbs.	181 lbs.	Master (61-67)
B. Dooley	600		B. Scott	281	181 lbs.



Jeff Place BP'd and DLed 600 lbs.

4th-611	MEN	4th-371
Master (61-67)	Class I	
181 lbs.	148 lbs.	
R. White	203	D. Higgins
220 lbs.	148 lbs.	468
S. Nummi	303	G. Langmead
P. Goucher	248	198 lbs.
Master (68-74)	242 lbs.	C. Walchli
J. Gladson	270	534
4th-275	220 lbs.	4th-557
R. Saenz	602	
Open	165 lbs.	
J. Luther	480	Harpersand
181 lbs.	181 lbs.	462
T. Furusho	485	C. Mudge
Keawe'aiko	451	429
220 lbs.	275 lbs.	
S. Boyle	529	J. Garcia
T. Martin	485	534
309+ lbs.	309+ lbs.	
242 lbs.	220 lbs.	
S. Mathis	501	Disabled
J. Mickelson	534	220 lbs.
309+ lbs.	Junior (20-25)	
Crawford III	688	242 lbs.
E. Aleaga	672	J. Linnell
Submaster (34-39)	644	644
4th-651	181 lbs.	
T. Furusho	485	Law/Fire
220 lbs.	Master (48+)	
T. Martin	485	220 lbs.
R. Saenz	402	L. Peratovich
440	242 lbs.	
A. Frazier	468	Law/Fire/Open
308 lbs.	220 lbs.	
V. Aleaga	705	R. Wells
Teen (12-13)	205	446
J. Bierce	104	Master (40-46)
4th-105	132 lbs.	220 lbs.
R. West	523	Teen (14-15)
J. Roth	126	600
Master (47-53)	148 lbs.	Master (47-53)
J. Brown	220	488
T. Clendaniel	181	220 lbs.
J. Lyman	159	D. Rodgers
181 lbs.	259 lbs.	523
J. Denham	176	S. Smith
Teen (16-19)	132 lbs.	4th-633
R. Segura	203	308 lbs.
148		J. Mickelson
J. Mickelson	601	601
Master (54-60)		Master (54-60)
D. Tienda	248	181 lbs.
J. Radezy	231	259 lbs.
J. Davis	203	198 lbs.
220		G. Holzinger
B. Litalien	341	473
242		220 lbs.
P. Radezy	231	PERATOVICH
WOMEN		440
Law/Fire/Open		WOMEN
199+ lbs.		J. Rankin
VanAmeronge	363	435
Master (40-46)		J. Davis
181 lbs.		203
J. Otto	303	B. Scott
165		DEADLIFT
199+		PERATOVICH
S. Sylvester	181	WOMEN
MEN	259 lbs.	J. Rankin
Class I	M. Magruder	462
148 lbs.	275 lbs.	622
B. Dooley	600	259 lbs.

Over 100 lifters showed up for this event, which has one of the best ballrooms in the Northwest. Better than anything in the Seattle or Portland area. In the deadlift, David Higgins, of Washington, set a state record 468.2 in class I at 148 lbs., and he also set the state record in master (47-53). At 198, Cody Walchli set an Oregon record with 651.3. At 275, Joe Garcia set an Oregon record with 534.5. In law/fire open women, Krista Van Amerongen set a world record 363.7 at 198+ lbs. In master men (47-53)/259 lbs., Steve Smith set a Washington record 633.7. At 308, Joe Mickelson set a Washington record 601.8. In master men (61-67)/181 lbs., Ron White, who was in a wheel chair for seven months with Lou Gehrigs-type nerve degeneration disease, is now walking with a slight limp, and set a Washington state record 286.5. At 220 lbs., Sonny Nummi set an Idaho record 380.2. At (61-69)/259, Robby Dodd set a Washington record 429.7. Bobby has come back from an illness and injuries to carry on the fight to hold back father time. In master (40-46)/198+ lbs. women, Susan Jackson set a Washington record 374.7. In master (47-53)/148 lbs., Nadine Huxley set a Washington record 336. In women's master (54-60)/181 lbs., Betty Heriford set a world record 371.4, weighing less than 166. She's a phenomenal master lifter and has set at least seven world records in the last year and a half. In master (61-67)/181, Pat Roby set a Washington record 270. In open women 165 lbs., Teresa Jacobs set a Washington record of 402.2 and a world record 402.2 in submaster. Betty Heriford set an Oregon open record of 371.4. At submaster 198, Jane Woodbridge set a Washington record 375.8. In teen men (14-15)/148 lbs., Joseph Brown set a Washington record 418.7. In teen (16-19)/132, Ray Segura set a Washington record 400, and in (16-19)/198, Cody Walchli set a Washington record 557.6. In teen women (12-13)/97 lbs., Katherine Cade set a Washington record 159.7. At (12-13)/123 lbs., Janae Jackson set a world record 236.7. Moving on to the bench press, in class I/242 lbs., Phillip Arroyo set a Washington record 473.7. In junior 242 lbs., Jerome Linnell set an Oregon record 600.7. In law/fire open 220 lbs., Sean Boyle set a Washington record 529. In law/fire open women 198+ lbs., Krista Van Amerongen set a world record 270, her second world record of the day. In master men (40-46) SHW, three guys benched 600 lbs. Jeffrey Place, who played offensive tackle for the New England Patriots for two years, and is 6'5" and weighs 331, benched 600.7 to finish third. Eddie Aleaga, who weighs 352.8, benched 672.2 for second and Paul Ratsch, who weighs 312, benched 672.2 for first, and then to put up a strong 700.8 on an exhibition fourth. In master men (47-53)/181, David Higgins benched 240 for a Washington record. At (47-53)/198, Robbie Johnston set an Idaho record 292 and at (47-53)/220, Gene Harris set an Oregon record 479.5. In men (47-53)/308, Joe Mickelson set a Washington record 534.5 and just missed 567.5. In master (54-60)/259, Mike Magruder set a Washington record 462.7. In (54-60)/275, Bennie Dooley broke



Paul Ratsch (672 BP & 700 in exhibition) with Kelley Mahoney (259 BP).



Vic Aleaga BP'd 705 with a Kennelly handoff

George Nelson's record of 610 with 611.7, which was a record that I never thought would be broken. In (61-67)/220, Sonny Nummi set an Idaho record 303. In master (68-74)/242, Jerry Gladson set a Washington record 275.5. In master women (40-46)/181 lbs., Dee Jaye Backiel set a Washington record 172.9, and at 198+ lbs., Susan Jackson set a world record 289.8 with room to spare. In master women (47-53)/148, Nadine Huxley set a Washington record 214.7. Nadine lives on a farm and exudes farm girl type strength. At (47-53)/198, Kathy Cade set an Oregon record 192.7. In master (54-60)/114, Ita Pantilat set a world record 176.2, about 66 lbs. over her weight. In master (54-60)/181, Betty Heriford set a world record 242.5, and the world records just keep coming for Betty. In open men 165, Joe Luther set a world record 480.6. Tolan Furusho has the world record in elite open with 532. In open 220, Sean Boyle set a Washington record 529. In open women 132, Mary Ann Hobbs set a Washington state record 211.4, and at 181, Betty Heriford set an Oregon record with 242.5. In submaster men 220, Ti Martin set a Washington record 485. At submaster 308, Vic Aleaga set a Washington record 705 and passed a drug test. It was a no doubt easy lift, big time. In submaster women, Teresa Jacobs set a Washington record 220.2. In teen boys (12-13), James Bierce set a world record at 114 with 105.6. In teen (16-19)/220 lbs., Brian Litalien set an Idaho record 341.5, and in teen women (12-13)/97 lbs., Katherine Cade set a world record 83.6. I want to thank the judges, Don James, Donna Delleere, Brian Baertlein, and Gus Rethwisch. The MC was Ted Davis. The scorekeeper was Gary Thomas. On the computer was Elmia Thomas. Roger Nelson brought all the warm-up weights. Special thanks to Kelley Mahoney and Paul Ratsch for passing out trophies. Our sponsors were Kelley and LifeQuest Gym, Columbia Basin Racquet Club, Tri City Court Club, Rich Brewer from House of Pain, David Tate from Elite Fitness, Forza Strength Systems, Ivanko Barbell, Powerlifting USA, GLC Direct with Sean Madere, Brent Mikesell and Iron Gladiator, Chris Winters and AquaVibe, Keith Lemm of CSS Photos, Carl Tyler Chevrolet of Missoula, Montana, Neal Spruce and Apex Fitness Group, Gus Samuelson and Mike Rockoff of Universal Nutrition. (Thanks to Gus Rethwisch for providing the meet results)

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

**16 SEP (NEW DATE), NPA Drug Free National BP/DL, Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292, Duane Burlingame**

**16 SEP, APF Hawg Farm Open (PL/BP/DL - Evansville, IN) Larry Hoover, 8 1 2 - 3 8 5 - 9 9 3 2 , quad4hoov@peoplepc.com**

**16 SEP, 8th Sci-Fit of Georgia Bench Press Championships (Macon, GA) Joe Deverville, 478-750-7005**

**16 SEP, NASA East Texas Regional (PL/BP Only/PS/PP - Longview) Rich Peters, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**

**16 SEP, 1st APF/AAPF PowerQuest PL/BP (limited to 50 lifters - Days Inn, Fremont, OH) Rob Twining, 419-332-2 9 8 2 , rob\_at\_outlawbarbell@yahoo.com**

**16 SEP, APA Northeast Regional Championships (Wallingford, CT) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com**

**16 SEP (NEW DATE), APF/AAPF Midwest Classic (Overland Park, KS) Susan Patterson, www.midwestbarbell.com/catalog, 816-668-2005**

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

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

# COMING EVENTS

6670

**16 SEP, IPA Pennsylvania States (full power, BP - Location, TBA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823**

**16 SEP, 100% Raw Georgia State BP (Tucker, GA) Paul Bossi, pres@rawpowerlifting.com**

**16 SEP, Prairie State Classic (Savoy, IL) Jeff Douglas, 217-356-8541**

**17 SEP (DATE ASSIGNED), AAU Florida State PL/BP(Brandon YMCA), Vincent Lombardi, 1605 Cresson Ridge Lane., Brandon, FL 33510, lombardistrength@yahoo.com, 813-391-8719**

**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, 100% Raw Pennsylvania State & Mid Atlantic Powerlifting Championships, Dave Lhota, lhota@fmg@shol.com**

**23 SEP, Bartlesville Classic (Osage Hills H.S., OK) Jim Duree, jduree7086@aol.com, 913-626-1 1 1 4 2 , www.lenexastrengthandfitness.com**

**23 SEP, USAPL Chuck Peterson Memorial BP/DL, Sonny Runyon, 3421 W. Armitage Rd., Muncie, IN 47302, Day 765-836-4000, Evening 7 6 5 - 2 8 2 - 2 1 5 2 , powerhouse@aol.com**

**23 SEP, WABDL Washington State Championships (BP/DL - Aberdeen, WA) Dr. Don Bell, 360-581-5118**

**23 SEP, Southern Kentucky Push Pull Fall Championships (Cave City, KY) Wade Johnson, 615-782-4036, supersquat800@yahoo.com**

**23 SEP, USAPL Twin Cities Open, Aaron Welborn, 12593 Eden Ct., Apple Valley, MN 55124, 952-322-5598**

**23 SEP, APA Louisiana Record Breakers (PL, PP, BP, DL, SC - Natchitoches, LA) Ryan Cidzik, 318-663-0077, rcidzik@yahoo.com, www.apa-wpa.com**

**24 SEP, 100% Raw Illinois Raw Power Open (Elgin, IL) Kevin Beveridge, beveridge@dds.net**

**24 SEP, USAPL Colorado Mile High Push Pull, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366**

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

**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**

**30 SEP, NASA Northeastern States Regional (PL/BP/PS/PP - Pittsburgh, PA) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com**

**30 SEP, WNPF Southern States (Warren Robins, GA) Troy Ford, Box 142347, Fayetteville, GA 30214, 678-817-4743, http://members.aol.com/**

wnpf

**30 SEP, USAPL Autumn Open, Mark Daniel, 6621 Carlinda Ave., Columbia, MD 21046, 410-997-1122**

**30 SEP, APA Northwestern States Championships (Yuba City, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.com**

**30 SEP, APF/AAPF First State Power Frenzy (PL/BP/PP/Police/Fire, Raw/Equipped - The Training Center, New Castle, DE) Broderick Chavez, 302-858-7465, isquat700@mchsi.com, www.DE-APF.com**

**30 SEP, WABDL Hawaii State Championships (BP/DL - Bellows AFB, Waimanalo, HI) Keith Ward, 808-375-8700**

**30 SEP, WABDL Night of the Champions (BP/DL - All American Gym, Lakeland, FL) Ken Snell & Louis Balts, 863-687-6268**

**30 SEP, ADPFF Open Michigan State & Can-Am Powerlifting & Single Event Championships (equipped, unequipped - Lansing, MI) Jeff buchin, Meet Director, www.adpff.org**

**30 SEP, AAU National High School**

## APF/AAPF/WPO Schedule

**16 SEP, APF/AAPF Midwest Classic**

**16 SEP, APF/AAPF Power Quest**

**16 SEP, APF Hawg Farm Open**

**30 SEP, 1st State Power Frenzy**

**7 OCT, APF New England Open Bench**

**14 OCT, APF/AAPF Mississippi State**

**14 OCT, APF/AAPF Asylum Power**

**28 OCT, South Dakota Metal Massacre Push Pull**

**4 NOV, APF Texas Cup**

**11 NOV, APF Iron Playground Classic**

**11 NOV, APF/AAPF Illinois Record Breakers**

**18 NOV, AAPF Southern States**

**NOV, APF Galaxy Gym Invitational**

**2 DEC, APF Pine Tree State Open**

**9 DEC, APF Rio Grande Valley Championships**

**9,10 DEC, APF Southern States**

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

**7 FEB, APF/AAPF Illinois State**

**7 MAR, APF Junior Open Nationals & Windy City Open**

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

Dates subject to change Call 386-734-3128 for info.  
(worldpowerlifting.org) (worldpowerliftingcongress)

**APC 53rd Iron Man Open  
Powerlifting & Bench Press Challenge  
(open, masters, teenage, women, junior)**

**Mr. Iron Man, Ms. Iron Woman**

**Over 40 Mr. Iron Man**

**A.P.C. National Qualifier**

**December 9th, 2006**

**(Fresno, CA) Bob & Kim Packer**

**559-322-6805, 559-323-3892**

Championship (Pittsburgh, PA)  
Zeke Wilson, 514-334-5896,  
[zeke@bigzekefitness.com](mailto:zeke@bigzekefitness.com)  
SEP, 100% Raw Illinois Ironman Championship (Palatine, IL) Shawn Lyte, rawlifting@bmfsports.com  
7 OCT, NASA Kansas City Regional (PL/BP Only/PS/PP - Kansas City, KS) Jim Duree, [jduree7086@aol.com](mailto:jduree7086@aol.com)  
7 OCT, SLP Alabama Push/Pull (Northport, AL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

7 OCT, 100% Raw southern Open BP & Arm Wrestling Championships (Jarvisburg, NC) Gene Berry, [dberry90@mchsi.com](mailto:dberry90@mchsi.com)

7 OCT, AAU New Jersey BP/DL (Sports University, Fairfield, NJ) Joe Carini, 973-808-1717

7 OCT, APF New England Open Bench Press Championship (Ramada Inn Conference Center, Manchester, NH) Jamie Fellows, Dave Follansbee, c/o USA Bodybuilding.com, 865 Second St., Manchester, NH 03102, 603-626-5489, [nhbodybuilding@yahoo.com](mailto:nhbodybuilding@yahoo.com) or [www.usabodybuilding.com](http://www.usabodybuilding.com)

7 OCT, USPF Central California Open PL/BP/DL (Modesto, CA) Dave Cummerow & Steve Denison, [pwrfltrs@msn.com](mailto:pwrfltrs@msn.com), 661-333-9800

7 OCT, NASA Ohio Regional (PL/BP Only/PS/PP - Springfield, OH) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpd@aol.com](mailto:sqbpd@aol.com)

7 OCT, IBP Carolina Classic Powerlifting Championships (Shelby, NC) Keith Payne 336-766-3347, [keith@ironboypowerlifting.net](mailto:keith@ironboypowerlifting.net)

7 OCT, Ashtabula (OH) YMCA BP, Lonnie Anderson, 440-964-3013, [anderson142@yahoo.com](mailto:anderson142@yahoo.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](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

14 OCT, NASA KY Regional (PL/BP/PS/PP - Louisville, KY) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, [www.hewpower.com](http://www.hewpower.com)

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

14 OCT, AAU Crain Bench Press & Deadlift Open (Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, [rccrain@charter.net](mailto:rccrain@charter.net)

14 OCT, APF/AAPF Asylum Power (full power, single lift - Iron Asylum Gym, Tribes Hill, NY) Sandi or Zane McCaslin, 518-858-7002, [candyazz@ironasylumgym.com](mailto:candyazz@ironasylumgym.com), [www.ironasylumgym.com](http://www.ironasylumgym.com)

14 OCT, SPF/WBPLA Worlds: Open/Raw P/P, BP, DL (Riverview Terrace Hotel, Gatlinburg, TN, turn right at red light #6) [www.southernpowerlifting.com](http://www.southernpowerlifting.com) or call Jesse Rodgers, 423-876-8410

14 OCT, APF/AAPF Mississippi State (PL/BP - Hattiesburg, MS) Joe Ladnier, [personalj@bellsouth.net](mailto:personalj@bellsouth.net)

14 OCT, Iron House Push Pull (Zanesville, OH) Mike 740-704-4747, [www.ironhousezanesville.com](http://www.ironhousezanesville.com)

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

# Powerlifting Federation

## World Powerlifting Championships

December 9, 2006  
Burlington, VT

## World Bench Press Championships

November 18, 2006  
Currituck, NC

## Ironman Nationals

October 14, 2006  
Topeka, KS

## RawPowerlifting.com

Contact: Paul Bossi - 252-336-4188 / Shawn Lyte - 312-498-4043

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

14 OCT, NASA Colorado Regional Championships (PL/BP Only/PS/PP - CO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpd@aol.com](mailto:sqbpd@aol.com)

14 OCT, USAFL Florida Collegiate State (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, [rhk@verizon.net](mailto:rhk@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

14 OCT, Eastern USA Open (Dover, DE) Scott Taylor, APA President, 941-626-4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

14 OCT, South Jersey Bench Press (Broadway Theatre, Pittman, NJ) Mike Chamik, Almonesson Rd., Dept Ford, NJ 08096, 856-228-7180

14 OCT, USAFL South Florida Open Bench Press Championships (Ft. Lauderdale, FL) Robert Keller, 954-790-

2249, [rhk@verizon.net](mailto:rhk@verizon.net), [www.geocities.com/floridausapl](http://www.geocities.com/floridausapl)

14-15 OCT, Practical Nutrition Tactical Strength, a Total Performance Sports Seminar with CJ Murphy, MFS, at Nazareth Barbell Powertraining, 181 South Whitfield St., Nazareth, PA 18064, 610-365-8776 or 617-387-5998, [deb@nazbar.com](mailto:deb@nazbar.com), [www.nazbar.com](http://www.nazbar.com)

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](mailto:mccase@yahoo.com)

15 OCT, SLP Missouri State BP/DL (Springfield, MO) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429,

## UPCOMING SLP COMPETITIONS

23 SEP, SLP National PL Championships

24 SEP, SLP Genesis Gym Open BP/DL (Celina, OH)

7 OCT, SLP Alabama Push/Pull (Northport, AL)

8 OCT, SLP Big Bench at the French III BP/DL (Hickory Hills, TN)

### Son Light Power

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[sonlight@netcare-il.com](mailto:sonlight@netcare-il.com),  
[www.sonlightpower.com](http://www.sonlightpower.com)

18-20 OCT, NAPF Regional Bench Press Championships (San Jose, Costa Rica) Robert Keller, 954-790-2249, [rhk@verizon.net](mailto:rhk@verizon.net)

20-22 OCT, AAU World Powerlifting, International Push/Pull & Single Lift (Richmond, VA) after 7PM EST 804-559-4624, [VAPowerlifting@aol.com](mailto:VAPowerlifting@aol.com), [www.aausports.org](http://www.aausports.org)

20-22 OCT (NEW DATE), WDFFP Single Lift Worlds (John Clow, Bendigo, Australia) [jmgdedney@wiu.edu](mailto:jmgdedney@wiu.edu)

21 OCT, Kentucky Muscle Push Pull Championships (Louisville, KY) Scott Taylor, APA President, 941-626-4247, [scott@apa-wpa.com](mailto:scott@apa-wpa.com)

21 OCT, Pennsylvania Power Challenge X (BP, DL - Leesport, PA) Gene Rycklak Jr., 143 Second Ave., Roversford, PA 19468, 610-948-7823

21 OCT, 4th Tom Foley Bench & Deadlift Classic (Applications must be submitted with fee by 14 October, Nanuet, NY) Premier Fitness, 430 Nanuet Mall South, Nanuet, NY, 10594, 845-920-0501

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](mailto:pythongym@aol.com), [www.hometown.aol.com/pythongym](http://www.hometown.aol.com/pythongym)

21 OCT, USPF Monster Bench & Night of the Living Deadlift (Chatsworth, CA) Kevin Meskew, 818-899-7555, [warrior01@earthlink.net](mailto:warrior01@earthlink.net)

21 OCT, 100% Raw Virginia State Bench Press/Curl Championships (Stanardsville, VA) John Shifflett, [valifting@aol.com](mailto:valifting@aol.com)

21 OCT, PPL Drug Free Nationals, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806

21 OCT, SLP Ultimate Body Fitness Chicago Open BP/DL (Chicago, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

21 OCT, 100% Raw Virginia State BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, [valifting@aol.com](mailto:valifting@aol.com)

21,22 OCT, NASA 2nd "Genuine" Unequipped Nationals (PL/BP Only/PS/PP - Oklahoma City, OK) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, [sqbpd@aol.com](mailto:sqbpd@aol.com)

21-22 OCT, USAFL Pacific Open, Richard Schuller, 12916 47th Ave. SE, North Bend, WA 98045, 206-280-8122

22 OCT, Indian Summer BP/DL (Granger, IN) Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, [jjrcsmoker@hotmail.com](mailto:jjrcsmoker@hotmail.com)

22 OCT (NEW DATE), SLP Fall BP/DL Classic (Mattoon, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, [sonlight@netcare-il.com](mailto:sonlight@netcare-il.com), [www.sonlightpower.com](http://www.sonlightpower.com)

27-29 OCT, 15th WNPF World PL & 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, AAU 9th annual Fred Rogers Paul Smart Classic (NY), Steve Rogers, 315-365-3377, seepser67@tds.net**  
**28 OCT, ANPPC National PL Championships, SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**  
**28 OCT, IBP SC State Bench Press (Seneca, SC) Keith Payne, 336-766-3347**

**28 OCT, Night of the Living Dead III, Professional Deadlift Meet, Alex Campbell, 615 Swimming Pool Rd., Hampton, TN 37658, 423-725-2415, abcampbell69@hotmail.com**

**28 OCT, USAPL Central PA "Halloween Havoc", Richard Davis, Box A Route 26, Bellefonte, PA 16823, 814-355-4874 x229**

**28 OCT, APA Fall Classic Full Power (Total Fitness, Piedmont, SC) Kate Taillon, 864-286-0532, kathryn264@charter.net**  
**28 OCT, 2nd annual Open BP, Scott Bixler, 11 Longwell Ave., Westminster, MD 21158, 443-789-9452**

**28 OCT (corrected phone number), ADAU 24th Raw "Central PA Open" (Drug Free - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com**

**28 OCT, NASA Iowa Regional Championships (PL/BP Only/PS/PP - Des Moines, IA) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com**

**28 OCT, Indiana Open (PL/BP/PP/DL - Greenwood, IN)**

**28 OCT, USAPL Hudson Natural Open (WI) Shawn Cain, 1040 192nd Ave., New Richmond, WI 54017, 715-246-3560**

**28 OCT, APF South Dakota Metal Massacre Push Pull, josh Law, 1801 Summit St., Yankton, SD 57075, 605-660-3392, lawmercia@hotmail.com, www.apfsd.com**

**29 OCT, SLP Southern Illinois Open BP/DL (Anna, IL) SLP, 122 W. Sale, Tuscola, IL 61953, (217) 253-5429, sonlight@netcare-il.com, www.sonlightpower.com**

**29 OCT, The Power Gym Halloween Havoc BP (50 entries, all wts/divs - Taylor, PA) Joe Moe 570-562-3642, moceyuni@neiu.org**

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

**OCT, USAPL Florida Collegiate BP & PL and Southeastern USA Regional BP/PL (Ft. Myers, FL) Robert Keller, 954-790-2249, r\_h\_k@verizon.net, www.geocities.com/floridausapl**  
**OCT/NOV, AAU World PL (Virginia) 804-559-4624 after 7PM (EST), www.aausports.org**

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

**3-4 NOV, USAPL Dakota Open, Nicole Craig, 4716 Trail Dr., Rapid City, SD 57703, 605-393-211**

**4 NOV, NASA WV Regional (PL/BP/PS/PP - Ravenswood, WV) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com**

**4 NOV, NASA Kansas City Regional**

**gedney@wiu.edu**  
**11 NOV, APF/AAPF Illinois Record Breakers - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-0594**  
**thestone@chicagopowerlifting.com**  
**11 NOV, NASA Southeastern States Regional (PL/BP/PS/PP - Bristol, VA) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com**

**11 NOV, 13th Berkshire Nautilus Memorial Push Pull (Berkshire Nautilus, 42 Summer St., Pittsfield, MA 01201) Glenn McBurney, 413-499-1217**

**11 NOV, APF Iron Playground Classic, Sam Byrd, www.ironplaygrond.net, 423-877-1440**

**11 NOV, IBP NC State Bench Press Championships (Henderson, NC) Keith Payne, 336-766-3347**

**11 NOV, NASA Veteran's Memorial Meet, Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com**

**11 NOV, APA Best in the West Championship (Sacramento, CA) Scott Taylor, 6097 Boca Colony Dr. #1615, Boca Raton, FL 33433, scott@apa-wpa.com, http://apa-wpa.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**

**12 NOV, 1st annual SLP Doreen M. Chapman Memorial BP (Antioch, IL - men, women, teen, submaster, master) Leroy Chapman, 847-731-3769**

**15-20 NOV, WABDL World Championships (BP/DL - Las Vegas, NV) Gus Rehwisch, 763-545-8654**

**18 NOV, USAPL Ohio PL/BP (Men's, women's, open, raw, master, teen, police/fire) Ed or Frank 440-439-5464, www.kingsgymohio.com (corrected website address)**

**18 NOV, AAPF Southern States (Lake City, FL) 386-734-3128, worldpowerlifting.org**

**18 NOV, 100% Raw World Bench Press Championships (Currituck, NC) Paul Bossi, rawlifting@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**

**18 NOV, USAPL 16th ID State/Open PL Championships & Bill's Bad Ass BP, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035**

**18 NOV, USAPL MA/RI State Open, Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714**

**18 NOV, North Bergen PAL Powerlifting Championships (North Bergen, NJ) Jim Onderdonk, after 7:00 201-803-4750**

**18-19 NOV, USAPL Southeastern USA Regional Championships (BP, PL - Port St. Lucie, FL) Robert Keller, 954-790-2249, rk@verizon.net, www.geocities.com/floridausapl**

**18-19 NOV (NEW DATE), WNPF USA vs. The World Record Breakers Championships (Daytona Beach, FL) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.com**

**19 NOV, ADAU Connecticut State (PL/BP - Brookfield, CT) Rob De La Vega, 71 Commerce Dr., Brookfield, CT 06804, 203-775-8548, phgbrookfield@sbcglobal.net**

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

**30 SEP, WNP Southern States**

**27-29 OCT, WNP Worlds**

**27-29 OCT, WNP Championships**

**18-18 NOV, World Record Breakers**

**WNP, PO Box 142347,**

**Fayetteville, GA 30214**

**678-817-4743 or wnpf@aol.com**

**website - members.aol.com/wnpf**

(PL/BP Only/PS/PP - Kansas City, KS) Jim Duree, jduree7086@aol.com, 913-626-1442, www.lenexastrengthandfitness.com

**4 NOV (NEW DATE), WNP Southern States Powerlifting (BP, DL, PC) & USSA Southern Strongman Championships (Atlanta, GA) Troy Ford, WNP, PO Box 142347, Fayetteville, GA 30214, 678-817-4743, wnpf@aol.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**

**4 NOV (NEW DATE), NASA Arizona Regional (PL/BP Only/PS/PP/Mesa, AZ) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513,**

**sqbpdl@aol.com**

**4 NOV, NOVA Raw PL/BP (Sterling, VA) John James, (703) 475-9885, www.northernvirginiarawpower.com**

**4 NOV, APF Texas Cup (Dallas, TX) Garry Pendergrass, 1-800-378-6460, www.seguinfitness.com**

**4 NOV, APA Battle on the Bay (Bay City, MI) www.apa-wpa.com**

**4-5 NOV, WPA World Powerlifting Championships (Newport, ME) ajhstork@earthlink.net, www.apa-wpa.com**

**5-11 NOV, IPF World Championships (women, men - Stavanger, Norway) Robert Keller, 954-790-2249, rk@verizon.net, www.powerlifting-ipf.com**

**10-12 NOV, WDFPF World PL Championships and WDFPF Congress (Barry & Marie Crowley, Kinsale, Ireland) jmc-**

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**19 NOV**, ISS Bench Press Championship, Mike Strom, KAC, 4211 Green Bay Rd., Kenosha, WI 53144, (262) 654-6020, mikesbench@hotmail.com  
**25 NOV**, Southern USA Championship (Tunica, MS) www.apa-wpa.com  
**25 NOV**, NASA Kansas Regional Championships (PL/BP Only/PS/PP - Salina, KS) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

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

**NOV**, APF Galaxy Gym Invitational Powerlifting & Bench Press Championships, J. Fellows, 17 Circle Dr., Meredith, NH 03253

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

**2 DEC**, NASA Missouri Regional Championships (PL/BP Only/PS/PP - Joplin, MO) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**2 DEC**, APF Pine Tree State Open (PL/BP) Chris Wiers, 14 Fern St., Auburn, ME 04210, 207-777-3393 or 207-212-6453

**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 DEC**, NASA Push it - Lift it Championships (Rio Rancho, NM) Mike or Teale Adelmann, mike@liftinglarge.com, 505-891-1237

**2 DEC** (added phone number), 6th Pocket Samson's Christmas Bench Press & Deadlift (men, women, all wt. divisions, sculptured trophies, team clock trophy, Toys for Tots silent auction) Westminster YMCA, 1719 Sykesville Rd., Westminster, MD 21157, Jeff Sprinkle, 410-848-3660 EXT 223, or call Samson, 410-634-9195 xt 5978

**2 DEC**, U.S.A. Power Open BP & DL (separate contests - teen, women, masters, men's open) B&R Family Fitness, 1040 Mill Creek Dr., Feasterville, PA 19053, Dave West 3:10PM EST, 215-355-2700 XT 130

**2 DEC**, NASA Upper Midwest (BP/PS/PP - Springfield, OH) Greg Van Hoose, RR 1, Box 166, Ravenswood, WV 26164, www.vhepower.com

**2 DEC**, Walker's Gym Deadlift Classic (Raw/open, men, women, teen, masters, military, police/fire - Walker's Gym, Hopewell, VA) Barry Walker 804-458-7918

**2 DEC (Tentative)**, APA Clash of the Iron Barbarians (Pawtuxent, MD) www.apa-wpa.com  
**2 DEC**, 19th Elkhart Bench Press Classic, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com

**2-3 DEC**, USAPL Colorado State PL/BP Championships (??) Dan Gaudreau, 155 S. Dearborn circle, Aurora, CA 80012, 303-475-3366

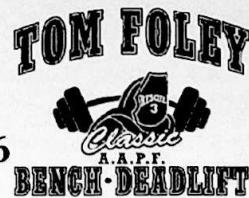
**3 DEC**, APA Holiday Classic VII (Goodlettsville, TN) Wade Johnson, 6 1 5 - 7 8 2 - 4 0 3 6 . supersquat800@yahoo.com

**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



**4<sup>th</sup> Annual  
Tom Foley  
Bench & Deadlift Classic  
Saturday, October 21, 2006  
Drug Free**

**@ 10:00 a.m.**



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Masters (35-45 Yrs. Old + 45 & Up)**

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\*Drug Testing Will Be Performed the Day of the Meet\*  
 \*Applications Must Be Submitted w/Entry Fee by Saturday, October 14, 2006\*  
 \*Spectator Admission is \$5.00 @ the Door\*



**9 DEC**, AAU Maryland State BP (Residents only) & Eastern DL Open (Dumbarton H.S., Towson, MD) Brian Washington, 410-265-8264, Brian@usbf.net

**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**, NASA West Texas Regional (PL/BP Only/PS/PP - Hereford, TX) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com

**9 DEC**, USAPL Midwest Senior State, Tim Anderson, 2181 Hwy 77, Lyons, NE 68038, 402-687-4182

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

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

**9 DEC**, 100% Raw World Championships (Burlington, VT) Paul Bossi, pres@rawpowerlifting.com, Bret Kernoff, VT@rawpowerlifting.com

**9 DEC**, APF Rio Grande Valley Championships (Harlingen, TX) Garry Pendergrass, 1-800-378-6460, www.seguinfitness.com

**9 DEC**, APC Green Mountain Regionals (Fairhaven, VT) [www.apa-wpa.com](http://www.apa-wpa.com)

**9 DEC**, IPA Christmas Carnage (full power, BP - Leesport, PA) Gene Rychlak Jr., 143 Second Ave., Royersford, PA 19468, 610-948-7823

**9-10 DEC**, USAPL Northeastern USA Regional Championships (BP, PL - Scranton or King of Prussia, PA)

Robert Keller, rhk@verizon.net, 954-7 9 0 - 2 2 4 9 , [www.purepowerlifting.com](http://www.purepowerlifting.com)

**9,10 DEC**, APC 53rd California Iron

Man (Fresno, CA) Bob Packer (559) 322-6805 or (559) 658-5437

**9,10 DEC**, APF Southern States (Jacksonville, FL) 386-734-3128, [worldpowerlifting.org](http://worldpowerlifting.org)

**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

**10 DEC (corrected phone number)**, ADAU 14th Raw "Coal Country" Classic (SQ/BP/DL/Open/All ages - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

**16 DEC (NEW DATE)**, Iron Chamber Gym BP/DL (East Canton H.S., Canton, OH) Jeff Begue, 330-844-1011.

**16 DEC**, 4th Bench Press & Deadlift Classic (Lehighton, PA) Rob Eckhart,



*The APC is the only American Federation that truly exists for the lifters. The proceeds from all membership card sales goes into the Athlete's Fund to help pay for travel to the GPC World Powerlifting Championships. Come and join us this year in Gent, Belgium.*

**September 16, 2006 APC Northern California Open & Novie PL and BP John Ford 650-303-7518**

**November 1-5, 2006 GPC World Championships 2006, Gent, Belgium, Promoter GPC-Belgium.**

**December 9, 2006 APC 53rd. California IronMan, Fresno, Ca. Bob Packer 559-322-6805**

**April 14, 2007 APC Georgia State PL & BP Championships**

**July 2007 APC National and America's Cup PL & BP Championships August 2006**

**L B Baker 770-713-3080**

*For more information; [www.americanpowerliftingcommittee.com](http://www.americanpowerliftingcommittee.com)  
IronDawg Power; [www.irondawg.com](http://www.irondawg.com)*

610-377-5852, eckhart1@ptd.net

**16 DEC, APA Grand Floridian Classic (location TBA, FL) [www.apa-wpa.com](http://www.apa-wpa.com)**

**16 DEC, NASA Illinois "Christmas" Regional (PL/BP Only/PS/PP-Flora, IL) Rich Peters, P.O. Box 735, Noble, OK 73068, 405-527-8513, sqbpd@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**

**16 DEC, 100% Raw Bowie-Robinson Memorial Cup (Chicago, IL) Shawn Lyte, rawlifting@bmfsports.com**

**16 DEC, 100% Raw Christmas Classic BP/Curl, John Shifflett, Box 941, Stanardsville, VA 22973, 434-985-3932, valifting@aol.com**

**16,17 DEC, AAU World BP, DL, PP (Plaza Hotel, Las Vegas, NV) Martin Drake, Box 108, Nuevo, CA 92567, [naturalpower@earthlink.net](mailto:naturalpower@earthlink.net)**

**17 DEC, 8th Deadlift on the River, Jon Smoker, 30907 CR 16, Elkhart, IN 46516, 574-674-6683, jjrcsmoker@hotmail.com**

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

**20 JAN, APF Michigan State Bench Press Championship/Bench for Cash, Jim Harbourne, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019**

**3 FEB, AAU Sooner State Games Winter Festival (BP/DL - Shawnee, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, [rccrain@charter.net](mailto:rccrain@charter.net)**

**3 FEB, NASA Arizona State (Un/Equipped, PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK**

**73068, 405-527-8513, sqbpd@aol.com**

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

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

**17 FEB, Valentine Strongman & Wife Carrying Contest (Woodlands, TX) donpbaker@gmail.com, <http://sports.groups.yahoo.com/group/LoneStarPowerlifters>**

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

**Spring Ln., Tuscon, AZ 85748, 520-321-2110**

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

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

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

**VA) Barry Walker 804-458-7918**

**17 MAR, NASA Tennessee State (PS/PL/Unequipped, BP/PP - Pickwick St. Park, TN) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpd@aol.com**

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

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

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MAR, APF Junior Open Nationals & Windy City Open - Velocity Sports, Willowbrook, IL, Eric Stone 630-794-0594, thestone@chicagopowerlifting.com  
MAR, NASA Power Sports Nationals & Unequipped PL (PL/BP/PS/PP - Russellville, AR) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

MAR, USAPL Florida State Powerlifting Championships (Miami or Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

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

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

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

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

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

27,28 APR, WDFPF European Single Event Championships (Horgen, SWI) [www.wdfpf.cc](http://www.wdfpf.cc)

4-6 MAY, USAPL Master Nationals, Bruce Sullivan, 1545 4 1/2 Mile Rd., Racine, WI 53402, 262-639-3210

5 MAY, NASA Bartlesville Push Pull (Bartlesville, OK) Jim Duree, jduree7086@aol.com

5 MAY, NASA Western States (Equipped, Unequipped PL/PS/PP/BP Only - Mesa, AZ) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

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

MAY, USAPL Florida State Championships (BP, PL - Ft. Lauderdale, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

9 JUN, ADFPF Open Powerlifting (single, strongman, unequipped - Washington Square Mall Evans-

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ville, IN) Dick Conner, Meet Director, [www.adfpf.org](http://www.adfpf.org)  
9 JUN, NASA Kansas City Push Pull (Kansas City, KS) Jim Duree, jduree7086@aol.com

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

JUN, NASA USA Nationals, (PL, BP, PS, PP - Las Vegas, NV) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

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

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

14-17 JUL, AAU National Powerlifting Championships & Sooner State Summer Games (Oklahoma City, OK) Rickey Dale Crain, 405-275-3689, 800-272-0051, rcrain@charter.net

21 JUL, NASA Grand Nationals (Un/equipped, PL/PS/PP/BP Only - Pickwick St. Park, TN) JUL, APC Nationals & America's Cup PL/BP, L.B. Baker, 770-713-3080, [www.irondawg.com](http://www.irondawg.com)

JUL, USAPL/USOC West Palm Beach Sports Commission Youth Fitness Festival (West Palm Beach, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

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

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

20 OCT, NASA Unequipped Nationals & Power Sports Championships (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513, sqbpdl@aol.com

OCT, WDFPF Single Event World Championship (Montesilvajo, Italy) [www.wdfpf.cc](http://www.wdfpf.cc)

3 NOV, NASA Kansas City Regional (Kansas City, KS) Jim Duree, jduree7086@aol.com

NOV, USAPL Southeastern USA Regional Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

NOV, USAPL Police & Firefighter National Championships (BP, PL - Miami, FL) Robert Keller, 954-790-2249, rhk@verizon.net, www.geocities.com/floridausapl

DEC, 6th USAPL American Open Championships (BP, PL - Philadelphia, PA) Robert Keller, rhk@verizon.net, 954-790-2249

17-19 FEB 08, USAPL Women's Nationals, Johnny Graham, 2203 Excel Dr., Killeen, TX 76542, 254-526-0779

28-30 MAR 08, USAPL High School Nationals, Tod Miller, 73 Pine Rd., Plainwell, MI 49080, 269-664-4814

5-7 MAY, APF Master, Submaster, Junior Nationals (PL/BP) Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070 or 207-754-9927

7-11 MAY 08, USAPL Master Nationals, Robert Keller, Box 291571, Davie, FL 33329, 954-790-2249

MAY '08, WDFPF European Single Event Championship (Como, Italy) [www.wdfpf.cc](http://www.wdfpf.cc)

13-14 JUN 08, USAPL Teen Junior Nationals (St. Louis, MO) Harold Gaines Sr., 2 Tristan Terrace, St. Charles, MO 63303, 314-805-2044

OCT/NOV '08, WDFPF Single Event World Championship (Belgium) [www.wdfpf.cc](http://www.wdfpf.cc)

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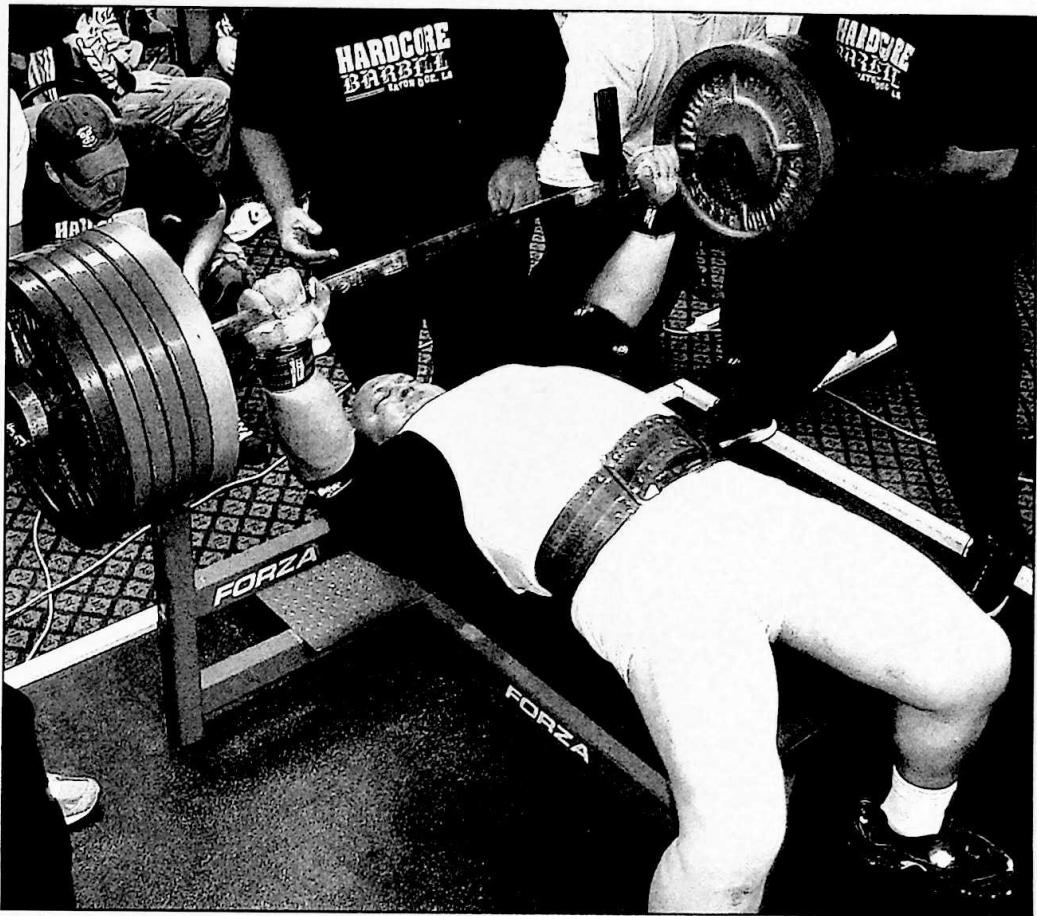
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**APF/AAPF Alabama Open**  
18 MAR 06 - Attalla, AL

	148 lbs.	SQ	BP	DL	TOT
FT/Teen (13-14)					
J. Ward	429	253	440	1124	
FP/Teen (18-19)					
R. Bunsch	226	159	237	622	
165 lbs.					
Open					
F. Klein	—	446	—	446	
FP/Teen (13-14)					
J. Ladnier	418	203	402	1025	
Guest					
K. Bohagian	—	286	—	286	
181 lbs.					
Submaster					
B. Parsley	622	270	—	892	
FP/Open					
K. Kirby	507	336	429	1273	
K. Kirby	—	352	—	352	
J. Finlayson	—	—	—	—	
FP/Submaster					
B. Parsley	529	319	507	1355	
FP/Master (45-49)					
B. White	622	270	—	892	
198 lbs.					
Natural					
Champion II	562	303	463	1328	
FP/Natural					
C. Graham	—	—	—	—	
Open					
D. Millraney	749	562	644	1956	
R. Hicks	523	319	551	1394	
Champion II	661	407	540	1609	
FP/Open					
A. Massie	—	451	—	451	
M. Luckett	—	451	—	451	
D. Millraney	—	—	—	—	
FP/Junior					
M. Christie	562	303	463	1328	
FP/Submaster					
B. Pennington	—	198	—	198	
FP/Master (45-49)					
Lichtenberger	804	523	633	1962	
B. Tracey	661	446	622	1730	
A. Massie	639	501	529	1670	
T. Buckley	—	363	—	363	
Master (55-59)					
L. McCormick	—	—	—	—	
220 lbs.					
Open					
E. Downey	—	—	—	—	
FP/Open					
A. Guice	600	429	683	1714	
K. Taylor	600	429	683	1714	
J. Ray	578	402	474	1455	
K. Champion	578	380	485	1444	
J. McCracken	—	529	—	529	
FP/Submaster					
B. Bishop	749	407	600	1758	
J. Ray	468	330	374	1173	
J. Ray	—	352	—	352	
S. Johnson	—	—	—	—	
Master (45-49)					
T. Womack	600	429	683	1714	
FP/Master (50-54)					
R. Proctor	799	545	551	1896	
M. Shealy	—	—	—	—	
FP/Master (55-59)					



**Garry Frank** with an all time Masters Bench Press Record, for any weight class, 848 lbs. at 354 lbs. bodyweight as a guest lifter at the APF Alabama Open. (photo courtesy of Meet Director Buddy McKee)

T. Butler	600	429	683	1714	FP/Open
Master (60-64)					
M. Glasco	584	352	468	1405	G. Chathan
Submaster					523
B. Bishop	584	—	—	584	314
242 lbs.					468
Teen (16-17)					1306
D. Perry	688	501	600	1789	G. Theriot
Open					—
M. Peppers	551	402	451	1405	380
K. Millraney	—	595	—	595	380
J. Moxley	—	540	—	540	
K. Millraney	—	523	—	523	
FP/Open					
R. Tinney	—	666	—	666	C. Livingston
S. McKinney	633	418	501	1554	722
S. Radford	424	363	562	1350	611
Submaster					584
R. Groce	—	666	—	666	1918
FP/Submaster					D. Hoard
R. Groce	—	231	—	231	611
Natural					584
R. Groce	330	413	529	1273	1918
FP/Natural					
T. Ryan	661	523	—	1185	D. Davidson
R. Groce	—	413	—	413	451
W. Hamilton	—	—	—	—	551
Master (40-44)					1603
K. Millraney	766	600	600	1967	M. Harden
K. Millraney	—	523	—	523	—
FP/Master (40-44)					749
J. Flowers	—	485	—	485	V. Hartman
Master (60-64)					—
V. Breaux	688	501	600	1791	Guest
FP/Master (60-64)					
V. Breaux	—	540	—	540	D. Davidson
Guest					418
S. Byrd	—	666	—	666	J. Ladnier
Guest/Raw					369
M. Green	—	666	—	666	—
275 lbs.					369
FP/Teen (16-17)					
B. Alexander	771	507	573	1851	
Junior					
A. Harper	—	—	—	—	
Open					
B. Pickett	—	—	—	—	
D. Bowman	—	705	—	705	
Teen (13-14)					
J. Ladnier	—	—	—	771	771
The much anticipated APF/AAPF Alabama Open Powerlifting and Bench press championships was expected to have big growth after last years big first year event. But, no one expected the number and quality of both competitors and guest lifters that this meet drew! The guest lifter line-up looked like a flight from the Arnold Classic, with the presence of Garry Frank, Kara Bohagian, Joe Ladnier, Sam Byrd, and Michael 'Gunny' Green! 'Big Daddy' Garry Frank and 'Cover Girl' Kara Bohagian both broke all time bench records. It was Kara's 4th in 4 weeks! And, Garry shattered the all-time any age any weight class masters record with a humongous 848 press on a	three for three performance! Kara went 4 for 4 all over 400 and weighing only 154! Her last 2 were both all-time records of 446 and 451 for the 165 class! Sixty six individual lifters competed from eight states with 92 total entries! Numerous Alabama records and 17 American records fell here and the previously mentioned 2 all-time records! It was a packed house at all times with Rock and Metal music and cheers for outstanding lifts throughout the entire meet! Next year we will split to a two day meet due to the huge growth of this year's event. Outlaw Nutrition and House of Pain were on hand with great supplements and equipment. The Gold's gym spotter/loader crew again did a great job, headed by veterans Steve Moats, Jerome Vaughn, Leon Trammel, and Adams Hix, along with some new members. Head judge and platform manager John Ewing did a great job of keeping the platform running smoothly. Side judges were Carol Ann and Bobby Meyers. The score table was again headed up by Pam McKee, with great help from the Gold's gym staff. Gold's gym owner Stace Beachum (co-promoter) did a great job all day making sure everyone had everything they needed. Special thanks to Linda and Kenneth Nunn for a fantastic job at the table for the second year in a row. Also, thanks to Kenneth Nunn and Sandy Ellis (trophy vendor) for filling in as announcer, and Gary Silvey for helping run the music when I had to relieve on the judging rotation. I had a ball announcing and running the music most of the day. Just as last year it was one big iron party! Thanks to sponsors Gold's Gym of Rainbow City and the Attalla Econolodge and Conference Center for hosting the meet again this year. Best Lifter AAPF Full Power: Darryl Hoard. Best Lifter APF Full Power Light-weight: Brent Tracey. Best Lifter APF Full Power Heavyweight: Jason McCracken. Bench Only Best Lifter: Ken Milraney. Thanks to Meet Promoter and APF Alabama chairman, Buddy McKee, for results)				



**Joey Ladnier, 13, with his father Joe Ladnier at the APF Alabama Open. Poppa was proud of him... he locked out a 424 deadlift @ 165, but got called on a slight hitch. (photograph Joe Ladnier)**

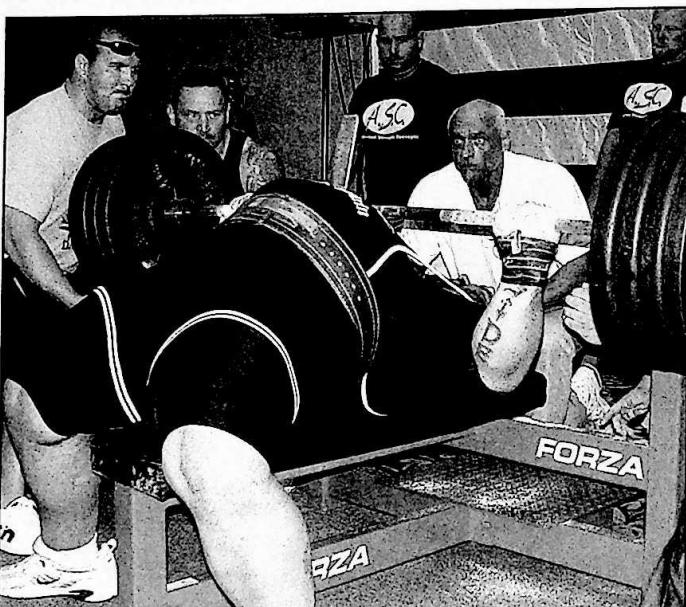
**World Gym/ASC Championship**  
**16 JUL 06 - Worthington, OH**

JUL 06 • Worthington, OH	
WOMEN	
Open (Formula)	J. Brock —
T. Rinehart	198 lbs.
L. Phelps	M. Handshue 660
C. Williams	C. Shaffer —
J. Handshue	220 lbs.
K. Wetenhall	G. Larson 705
Novice (Formula)	T. Bell 560
C. Hill	K. Elick 500
MEN	T. Boyer 495
Novice (Formula)	T. Kemble 405
D. Sledge	C. Edgar 385
J. Bailey	C. Smith —
Cummerlande	C. Dworkre —
J. Augenstein	C. Maki —
B. Wener	J. Elick —
F. Gerardo	242 lbs.
J. Jacobson	R. Luyando 755
R. Ross	S. Schaeffer 600
D. Winters	B. Carpenter —
Teen/Novice (Formula)	L. Breeding —
M. Waldman	275 lbs.
Master/Open (Formula)	J. Zenminn 835
R. Manns	T. Brock 600
T. Boyer	T. Tewell 585
D. Abbott	T. Harrison 460
C. Hoffer	P. Patterson 425
P. Aracri	J. Ritzier —
N. Carl	S. Greene —
J. Wetenhall	S. Vickory —
D. Volaw	308 lbs.
	J. Peshek 805
	D. Raines 600
	N. Sabatino 555

J. Hy — D. Weaver 330  
The competition attracted many of the top marked benchers in the country. We had three lifters with successful attempts over 800 lbs., and many more with successful attempts over 700 lbs. This competition is shaping up to be the premier meet of the year, with the exception of the Arnold Classic. I would like to thank these sponsors for their generosity and support. It's these types of companies that are helping take our sport more into mainstream society: Westside Barbell, Elite Fitness Systems, Allrage Nutrition, Inzer Advanced Designs, Swollen Knuckles Apparel, Gym Gems, Powerquest Strength Promotions, Karin's Xtreme Powerwear, BAM Healthy Cuisine, and Cameron Mitchell restaurants. (Thanks to Kenny Patterson, of Advanced Strength Concepts, for the results)

French Powerlifting  
22 APR 06 -

22 AVRIL 1962		
BENCH	R. Scholtes	231
97 lbs.	Master VI	
Senior	Camus-Mollet	165
S. Maillot	104	Master I
105 lbs.		B. Tisserand
Master I		—
S. Tissot	132	154 lbs.
Master II		Senior
N. Debail	132	F. Julien
114 lbs.		143
Master III		165 lbs.
D. Panier	126	Senior
Senior		M. Leblond
C. Laree	121	336
123 lbs.		C. Cusumano
Master III		308
A. Mougin	154	K. Fadel
Master I		303
I. Rabanal	137	P. Nadreau
138 lbs.		297
Senior		Master I
C. Reynes	203	V. Schipani
Master II		308
V. Bourdon	165	P. Metayer
Master III		259
S. Cabin	126	Master II
149 lbs.		D. Debail
Senior		275
A. Fruit	281	P. Bizon
D. Vallee	270	275
Master I		J. Deilly
D. Loquet	253	253
Junior		Master III
M. Mottet	242	A. Roucou
		286
		Master IV
		D. Delaporte
		281
		C. Rigot
		253
		Master VI
		A. Charbit
		226
		Junior
		Lessertisseur
		264
		S. Struchen
		253
		Teen II
		M. Tellier
		231
		E. Baron
		231



**COVERMAN** *Mike Wolfe* got an 835 Bench at the World Gym/A.S.C. Bench Press Championships in Worthington, Ohio (courtesy Wolfe).

J. Dumont	385	275	507	1168
Teen III				
R. L'Exact	385	275	463	1124
220 lbs.				
Master I				
D. Corre	396	314	534	1245
O. Girault	507	314	485	1306
Master II				
P. Foire	451	336	418	1207
242 lbs.				
Master II				
J. Godon	440	374	611	1427
276 lbs.				
Senior				
C. Broutin	584	374	584	1543
Referees: Veronique Bourdon, Didier Henrion, Sylvie Huet, Maurice Lambert, Mireille Lambert, Gerard Larree, Claude Rigot, Daniel Rochat, Didier Tramut, and Noel Vallee. (Thanks to Sharron Clegg, Editor BDFPA Raw Power, for these results)				

USAPL Nations Capital Cup  
20 MAY 06 - Vienna, VA

26 MARCH 1936 - Vienna, VA					
BENCH	C.	Trayers	275		
WOMEN	(45-49)				
Raw	H. Sturman		420		
K. Poyner	130	Open			
105 lbs. (50-54)		M. Hodge	405		
K. Poyner	130	220 lbs.			
MEN	Raw/(40-44)				
165 lbs.	J. Shifflett		320		
Open	242 lbs.				
M. Breen	380	(40-44)			
(45-49)		T. Donnelly	440		
T. Aselin	345	275 lbs.			
181 lbs.	Open				
Open	P. Andrich		365		
D. Maoury	475	SHW			
198 lbs.	Raw				
Raw	G. Enrich		365		
M. Hodge	405				
198 lbs.	Raw				
WOMEN	SQ	BP	DL	TOT	
105 lbs. (50-54)					
K. Poyner	200	130	250	580	
123 lbs.					
Open					
M. Morgan	140	85	175	400	
132 lbs. (50-54)					
K. Schneets	230	130	280	640	
148 lbs.					
Open					
B. Fister	225	145	265	635	
(40-44)					
P. Johnson	215	110	260	585	
181 lbs.					
Open					
H. Snyder	220	125	260	605	
198 lbs. (50-54)					
Washington	170	145	245	560	
Raw					
T. Enrich	225	115	245	585	
MEN					
165 lbs.					
Open					
M. Breen	505	380	500	1385	
(40-44)					
D. Ray	275	250	350	875	
(45-49)					
T. Aselin	135	345	405	885	
181 lbs.					
Teen (14-15)					
J. Clayton	240	140	300	680	
T. Hyatt	415	285	430	1130	
198 lbs.					
Raw					
A. Bigbee	435	350	520	1305	
J. Willis	410	275	475	1160	
I. Doiron	370	295	405	1070	
242 lbs.					

**Men: Demetriuos Maoury. Best Lifter Men: Ray Ebner. (Thanks to USAPL for results)**

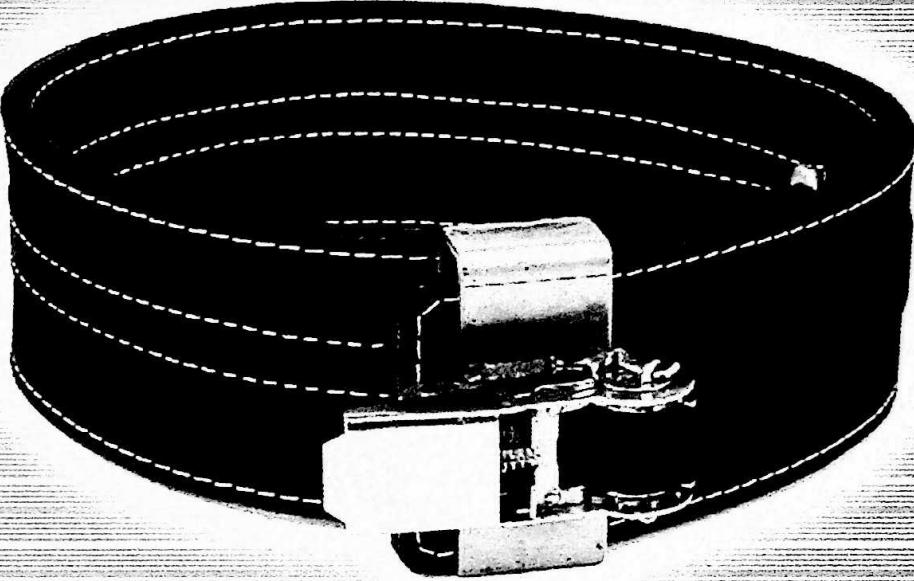
# PR BELT

*A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.*

- Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!

#### **HOW THE PR BELT IS WORN**

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.



- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

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# **INZER**

## **ADVANCE DESIGNS**

**The World Leader in Powerlifting Apparel**

USAPL Viking Classic					
3 JUN 06 - Omaha, IA					
FEMALE	SQ	BP	DL	TOT	
Master					
132 lbs.					
R. Carlson	275	132	336	744	
Open					
98 lbs.					
B. Sieps	270	148	308	727	
Teen					
165 lbs.					
K. Wellensiek	314	170	319	804	
MALE					
Master					
148 lbs.					
M. Lofing	413	259	429	1102	
220 lbs.					
D. Brown	545	363	485	1394	
J. Probasco	—	440	—	—	
242 lbs.					
D. Ottis	—	187	—	—	
Open					
181 lbs.					
S. Auxier	413	341	523	1278	
198 lbs.					
Geistlinger	—	187	—	—	
242 lbs.					
A. Bultman	402	385	584	1372	
275 lbs.					
J. Mattison	—	—	—	—	
Teen					
114 lbs.					
J. Hinkel	281	159	165	606	
148 lbs.					
D. Fink	451	203	440	1096	
220 lbs.					
J. Weers	402	203	396	1003	
242 lbs.					
C. Hoferer	540	396	540	1477	
Best Lifter: Barb Sieps. (Thanks to Tim Anderson, Meet Director, for the results)					



**Kate Wellensiek, 15, with an American Teenage Record Squat of 314 lbs. at the USAPL Viking Classic. (photograph courtesy of the Meet Director Tim Anderson)**

#### USAPL New England State

20 MAY 06 - Warwick, RI

WOMEN	SQ	BP	DL	TOT	
Teen					
A. Saccoccio	300*	140*	270	710*	
Open					
R. Creps	255	200*	365*	820*	
D. Aiminosa	190	105	250	545	
Master					
D. Crosby	210	125*	210	545	
Grandmaster					
D. Aliminosa	190	105	250	545	
MEN					
Teen I					
D. Orsi	285	180	275	740	
A. Vavosa	280	115	300	695	
M. Medina	140	115	265	520	
Teen II (Lightweight)					
J. Lewis Jr.	345*	170	390*	905*	
L. Jaimes	36	255	425	1045	
M. Srokowski	350	235	415	1000	
I. Carrillo	320	170	330	820	

#### Teen II (Middleweight)

J. Norcott	535	300	550	1385	
D. Petronio	500	225	505	1230	
R. Crowley	415	265	425	1105	
E. Minelli	340	225	505	1070	
J. Walsh	385	255	435	1075	
G. O'Brien	365	230	415	1010	
M. Carey	260	—	380	—	
Teen III					
C. Sprague	425	365	400	1190	
M. Moro	400	315	440	1155	
R. Cala	465	330	480	1275	
A. Carrillo	410	260	465	1135	
D. Braccio	500	330	470	1300	
E. Flores	400	215	410	1025	
Junior (20-23)					
F. Carrillo	550	400	550	1500	
C. Morenz	430	290	500	1220	
D. Emar	380	335	400	1115	
A. Healy	270	220	300	790	
J. Caouette	—	—	—	—	
Submaster (35-39)					
F. Juszynski	430	300	550*	1280	
M. Galicki	475	260	480	1215	
Master I (40-44)					
J. Ascani	550	295	620*	1465	
D. Fusco	500	350	540	1390	
J. Kilduff	500	365	550	1415	
K. Rossi	560	430	550	1540	

#### USA Powerlifting™ (formerly ADFPA) Membership Application • PO Box 668, Columbia City, IN 46725

(260) 248-4889 • (260) 248-4879 fax • [www.adfpa.com](http://www.adfpa.com) • [www.usapowerlifting.com](http://www.usapowerlifting.com)

**Conditions Of Membership:** As a condition of membership to USAPL, I agree to follow and obey all rules, regulations, and drug testing procedures of USAPL. I further agree that the rules, regulations, and drug testing procedures are subject to change at any time and that I agree to obey any new or changed rules, regulations, and drug testing procedures as a condition of continued membership. I agree that my membership may be revoked temporarily or permanently, suspended, and/or denied for my failure to obey USAPL rules, regulations, and drug testing procedures. I will voluntarily submit to any drug testing procedure that USAPL has approved in its rules, regulations, and drug testing procedures. If I 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) - \$30.00 • Special Olympian - \$10.00 • Youth (10-13) - \$15.00

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

**Competing Divisions:** (please circle all that apply) Open Youth (10-13 yrs.) Teen (14-19 yrs.) Junior (20-23 yrs.) Master (40 yrs. & up)  
Collegiate Military Police & Fire High School - Full Year High School Seasonal - 6 mo Dec. 1 - May31 Special Olympian

**USAPL Merchandise:** (please circle choices) • T-Shirt - \$15.00 (size \_\_\_\_ qtly. \_\_\_\_)(colors: Navy and black, gray) • Sweatshirts (Crewneck, zipper or hooded)- see e.store

• Women's T-Shirt - \$18.00 (size \_\_\_\_ qtly. \_\_\_\_)(colors: Black, gray and white) • Kids T-Shirts and hooded sweatshirts - see e.store on website

• White Referee Designation Polo - \$30.00 (size \_\_\_\_ qtly. \_\_\_\_)

• Logo Patch - \$5.00 (qtly. \_\_\_\_ ) (Shop for patch: 50%) • Tanks - see e.store on website

• Lifter Classification Patch - \$5.00 (qtly. \_\_\_\_ ) (must provide meet results) • Singlets - see e.store

• Caps and Beanies - \$15.00 (qtly. \_\_\_\_ )(colors: Navy)

Check/Money Order # \_\_\_\_\_ Credit Card: Visa-Mastercard-Discover Exp. Date: \_\_\_\_\_

Card # \_\_\_\_\_

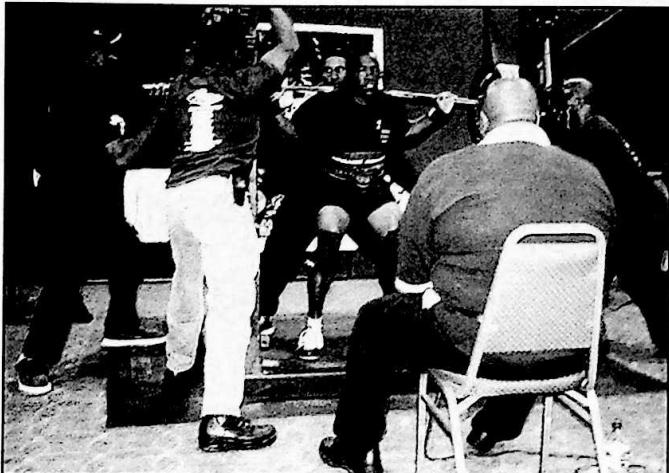
Cardholder Signature: \_\_\_\_\_

All memberships expire 12 months from date of purchase.



Membership Price: \$ \_\_\_\_\_  
Merchandise Total: \$ \_\_\_\_\_  
Merchandise Shipping: \$5.85  
Total Purchased: \$ \_\_\_\_\_  
(White Original - National Office • Yellow - Seller's Copy • Pink - Lifter's Copy)

APF Florida State							
17 Jun 06 - Ft. Lauderdale, FL							
BENCH	Churchman	424					
WOMEN	E. Fitzpatrick	385					
220 lbs.	Open						
S. Motter	248	132 lbs.					
MEN	C. Ferguson	226					
Junior/Teen	220 lbs.						
220 lbs.	G. Hayes	501					
M. Lessmann	501	242 lbs.					
Master	E. Rectenwald	633					
198 lbs.	E. DeForest	529					
R. Creevy	314	275 lbs.					
220 lbs.	J. LaComb	468					
G. Hayes	501	308 lbs.					
242 lbs.	J. Hoskinson	672					
WOMEN	SQ	BP	DL	TOT			
132 lbs.							
R. Moore	220	187	237	644			
B. Reardon	248	121	253	622			
MEN							
Master							
181 lbs.							
L. Walker	496	363	501	1361			
220 lbs.							
G. Larkins	622	429	600	1653			
275 lbs.							
T. O'Donnell	66	55	661	782			
Open							
181 lbs.							
L. Walker	496	363	501	1361	198 lbs.	220 lbs.	(40-44) UNL
G. Godwin	562	319	429	1311	(50-54) UNL	(40-44) UNL	Schmidt
T. Liberto	402	270	435	1107	Reiss	430	500
198 lbs.					(40-44) UNL	(45-49)	375
C. Rekas	705	424	562	1692	220 lbs.	242 lbs.	Tillman
J. Williams	628	418	540	1587	(45-49) Raw	(45-49) Raw	545
B. Ellers	562	402	562	1526	Schmidt	565	320
T. Walyus	606	352	529	1488	Reiss	540	525
N. Pomerantz	451	341	501	1295	242 lbs.	Lifetime Raw	1390
242 lbs.					SHW	Tatum	1440
L. Mosley	727	606	639	1973	242 lbs.	Open	450
C. Hendrix	633	429	600	1664	(45-49) Raw	Mosley	340
Guests					Tondo	Wilson	530
165 lbs.					SHW	POWER CURL	1320
B. Schwab	771	551	584	1907	Open	Open	455
242 lbs.					114 lbs.	Wilson	1285
C. Simmons	1003	733	666	2403	Open	600*	425*
AAFP					1580*	555*	
Master					Wilson	600*	
220 lbs.					555	425*	
D. Broverman	529	402	440	1372	SQUAT	Brown	575
Out					181 lbs.	75*	1310
181 lbs.					(40-49)	Brown	1=Best Lifters. * =National Records. We
T. Ivanov	—	—	—	—	Wilcox	75*	ended up with 33 lifters from Florida,
242 lbs.					465*	242 lbs.	Puerto Rico, and Canada. Start time was
M. Hummel	—	—	—	—	400*	(80-89)	10:25am and we finished up with lifting
275 lbs.					255*	Brandt	and awards by 2:15pm. For the first time
M. Stuchiner	—	—	—	—	400	90	we had a repetition contest in which the
P. Thomas	—	—	—	—	255*	Reiss	ladies lifted half of their bodyweight and
308 lbs.					400*	475	the men lifted their bodyweight for as
J. Vaughn	942	—	—	942	255*	BENCH REPS	many reps as possible. These will be new
(Thanks to Pamela Clayton for results)					400	lbs.	records in the WNPF for all four lifters.
					255*	Reps	Kathy Brown is the energizer bunny, she
					400*	Schneidmill	got to the 100 rep. mark and just kept
					400*	475	going until she got to 200 reps. I doubt if
					400*	475	anyone will ever break this record.
					400*	475	Annette Schneidmill one of the top judges
					400*	475	in the WNPF hit 32 reps. for a new record.
					400*	475	Duane Drisdom did 22 reps and Phil
					400*	475	Rincon did 21 reps. Mike Wilcox lifted
					400*	475	superbly and he also set a new national
					400*	475	total record in the 148 lb. (13-16) age
					400*	475	group. Greg Wright made everything
					400*	475	look easy and he's lifting in a new weight
					220 lbs.		



Greg Wright.. 181 lb. WNPF Pan-Am Champion. (from Troy Ford)

class. Greg is one of the top master lifters in the WNPF and he proved that by winning the best lifter award today. Shawn O'Malley was on especially in the squat and deadlift where he went 6 for 6. Tillman and Schmidt lifted in the 220 masters and both did well. Nick Tatum squatted 450 and this guy had a long way to go being so tall. He ended his day with a 530 state record deadlift. Kareem Mosley did well in his first meet with a 1285 total he is coached by Moses Battles. Moses came to the meet helped his guy, back spotted for us for several lifters and did an excellent job. Moses recently lost his son, but he is doing well. For those of you that know him try and get in touch with him I'm sure he will like that. Marlin "The Eclipse" Nelson, 21 rack height and 6'5" tall, totaled 1310 in his first meet. Tom Wilson got the crowd going by yelling and just having a good time and that is what this sport is all about. Tom posted a 1580 total I believe that was the highest total he has posted in the WNPF, a personal best. Al Reiss the most improved lifter in WNPF Florida did a 1235 total and went 3 for 3 in the deadlift. On to Team Wilcox or Merritt Island Power Team the bench press team champs, Head coach Clarence Wilcox took home the best lifter award in the raw division with a 315 lb. bench. His son and daughter Nick and Rachel both set new records. Mike also did well with a 255 bench at 148 lbs. raw and Ms. Mondragon also hit 75 lbs. in the 105 class. Lichile has some injuries but did well in the bench press and lifted in his first deadlift meet. Rincon and Skinner both did well in their first meet. Drisdom won the equipped best lifter award competing for the first time in 3 years. Mike Churchman had to go to his final attempt to stay in the meet. Oyler went two for three and ended up with a 205 bench in the 132's raw. Joel Berry came back strong this year and hit a 425 lb. bench in the 300 pound class. Pedro Tondo came all the way from Canada and squatted well and also deadlifted well to win his divisions. Carlos Rijos representing Puerto Rico hit a P.R. 640 deadlift to win the best lifter award. Menissa Rijos, Carlos daughter made a 210 deadlift in the youth 11-12 division. Misty Leis did 225 lbs. in the deadlift. Herb Brandt 80 yrs. young and Ray Romero 77 yrs. young, both in the 242 class. Herb did 180 lbs. on the bench and Ray did 185 lbs. on the bench. They both tried over 200 lbs. but didn't make it. Thanks to all of the lifters, spectators and meet staff for a job well done. We will be back in Orlando on November 18-19. (Thanks to the WNPF for the meet results)

WNPF Pan-Am Championships							
13 MAY 06 - Orlando, FL							
BENCH	(40-44) UNL						
WOMEN	Schmidt	375					
105 lbs.	(40-44)						
(45-49) Raw	Drisdom!	410					
Mondragon	75	242 lbs.					
114 lbs.	(45-49) Raw						
(45-49) Raw	Skinner	315					
Brown!	125	(60-64) UNL					
Open Raw	Churchman	400					
Brown	125	(75-79) Raw					
132 lbs.	Romero	185					
(13-16) Raw	(80-84) Raw						
Wilcox	115*	Brandt	180				
MEN	300 lbs.						
60 lbs.	Subs UNL						
(11-12) Raw	Berry	425*					
Wilcox	60*	SHW					
132 lbs.	Open						
(45-49) Raw	Wilson	425*					
Oyler	215*	DEADLIFT					
148 lbs.	WOMEN						
(13-16) Raw	123 lbs.						
Wilcox	255	(11-12) Raw					
165 lbs.	Rijos	210*					
Open	148 lbs.						
Lichtle	265*	Lifetime Raw					
(60-64)	Leis	225					
Lichtle	265*	MEN					
181 lbs.	165 lbs.						
(45-49) Raw	(60-64) Raw						
Wilcox	315	Lichtle	260*				
220 lbs.	181 lbs.						
Lifetime Raw	Lifetime Raw						
Rincon	345	Rijos	640*				

### World Natural Powerlifting Federation (WNPF) Membership Registration

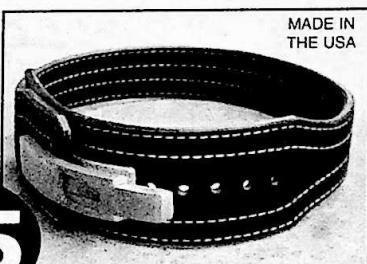
LAST NAME _____	FIRST NAME _____	INT. _____
STREET _____	ADDRESS _____	
CITY, _____	STATE, _____	ZIP _____
AREA CODE, TELEPHONE: _____	DATE OF BIRTH: _____	
AGE: _____	SEX: _____	CHECK ONE: LIFETIME DRUGFREE: _____ 5 YRS. MIN. _____
REGISTRATION FEE \$10.00 SPECIAL OLYMPICS \$20.00 HIGH SCHOOL \$40.00 ADULTS		
FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO: WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214 (770) 996-3418		
DATE: _____	(memberships are valid for one 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.		
SIGNATURE /	PARENTS	SIGNATURE
IF	UNDER	18

9th Central Wisconsin BP 2006  
22 APR 06 - Adams-Friendship, WI

BENCH	C. Winstone	225	
WOMEN	D. Stickney	225	
114 lbs.	165 lbs.		
Open/Raw	Teen/Raw		
T. Gillessen	70	M. Dewan	225
123 lbs.		W. Forster	215
Teen		B. Courser	200
K. VanPusen	175	Open	
Teen/Raw		D. Draeger	360
K. VanPusen	175	N. Buck	300
Open		Open/Raw	
R. Frank	210	J. Beversdorf	285
B. Brown	125	N. Buck	280
Master II		181 lbs.	
R. Frank	210	Teen/Raw	
148 lbs.		J. Pollock	300
Teen		L. Haarsma	265
E. Parker	135	J. Walek	200
Teen/Raw		C. Neal	415
J. Parrot	115	Open	
Open/Raw		D. Jacobs	305
P. Miller	140	N. Hamholm	315
181 lbs.		M. Rahim	205
Open		J. Camp	140
D. Doan	310	Submaster	
SHW		E. Jacobs	385
Teen/Raw		Submaster/Raw	
M. Primbble	85	E. Jacobs	305
Open/Raw		198 lbs.	
L. Taylor	155	Teen	
MEN		M. Thronson	380
114 lbs.		M. Johnson	365
Teen/Raw		J. Julson	330
P. Rotar	185	Baumgartner	—
M. Haarsma	100	Master I/Raw	215
D. White	90	C. Conner	315
S. Taylor	85	Baumgartner	280
F. Miller	75	J. Julson	240
123 lbs.		J. Olson	225
Teen/Raw		Open	
L. Tainter	55	R. Zuege	345
148 lbs.		Master I/Raw	
Teen		A. Asbel	225
J. Scarberry	315	Submaster	
N. Smieja	170	D. Weltzien	455
Teen/Raw		Fire/Police	
J. Scarberry	280	C. Armstrong	215
M. Spangler	210	M. Sias	390
M. Buck	210	T. McNinnie	310
S. Parrot	205	M. Hough	275
B. Taylor	125	Teen/Raw	
Fire/Police/Raw		C. Armstrong	215
M. Spangler	210	Open	
Open/Raw		J. Schutz	600
		Best Lifter Women: Devan Doan. Best	
		Lifter Women Raw: Katie Vandusen. Best	
		Open	
		R. Miller	215
		Lifter Teen Men: Bret Oswald. Best Lifter	
		R. Fuchs	510
		Teen Men Raw: Josh Scarberry. Best Lifter	
		Master III	

## NEW!! Bench Press Belt

This belt is designed with the serious bench press athlete in mind. The belt is the full IPF width across the abdominal area and a reduced width across the back. This allows for a greater arch and tighter belt to hold your bench shirt down.



Available in lever or 2-prong design in all colors.

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it allowed 70 people the opportunity to meet whatever their personal goals they might have set for themselves. Congratulations to the A-F High School Powerlifting Team for the first place team event. We also gave out 12 best lifter awards, we are keeping track of records for each weight class and divisions, and we are giving out record certificates to all record holders. This year, with the donation from RUAN Transportation of Adams, we gave out Outstanding Contribution Awards. This award was given to people that have made a selfless contribution to making the Central Wisconsin Bench Press a success. This year's recipients were Jim Olson, from Adams, Glen Woychik, from Independence, WI, and Steve Fronk, from Barron WI. Individual plaques were given to the recipient and a perpetual plaque will be displayed at the high school weight room. I would like to thank you again, for your help over the years to make this meet successful. This meet also could not happen without the help of our sponsors: Roseberry's Funeral Home, Pavelec Realty, Carlson's Rustic Ridge, Acuity Bank, Coldwell Banker Realty, Mid-Town Dental, Asbel-Wall Chiropractic, Grand Marsh Bank, Lamper's Lumber, RUAN Transportation, Friendship Awards, Graphic Direct, Adams Friendship School, Marquette Adams Communication, Crain's Muscle World, House of Pain, Inzer Advance Designs, Strong Arm Sports, Titan Support, Monster Muscle Mag, Powerlifting USA Magazine, and all of our volunteers. (Thanks to John Easterly for providing the results)

### Allentown YMCA Sports Fest

8 JUL 06 - Allentown, PA

BENCH		Master I
FEMALE		Steinhausen 300
114 lbs.		242 lbs.
Master		Junior
C. Cocco	70	R. Seyfried 415
148 lbs.		275 lbs.
Junior		Junior
A. Nelson	105	F. Ruch 515
275 lbs.		Master I
Junior		A. McDonald 365
L. Haak	155	SHW Open
MALE		P. Mejias 580
114 lbs.		DEADLIFT
M. Pierce	200	FEMALE
132 lbs.		148 lbs.
Teen I		Junior
D. Brensinger	185	A. Nelson 215
148 lbs.		275 lbs.
Teen II		Junior
A. Allyah	190	L. Haak 290
165 lbs.		MALE
Teen II		148 lbs.
M. Peterson	225	Teen II
D. Stickel	215	A. Atiyeh 385
Open		Master I
R. Hoffman	350	M. Gallagher 440
Master III/Open		165 lbs.
B. Legg	220	Teen II
181 lbs.		M. Peterson 375
Teen I		D. Stickel 385
N. DeLuca	265	Open/Master III
Teen II		B. Legg 325
A. Turdo	205	Teen I
Junior		N. DeLuca 450
R. Hallet	250	Teen II
Master I/Open		A. Turdo 320
J. Rubio	365	Junior
Master I		R. Hallet 490
Shaughnessy	320	Master I
198 lbs.		Shaughnessy 480
Teen II		Teen II
L. Cepil	320	198 lbs.
Junior		Teen II
C. Coleman	340	L. Cepil 475
T. Summer	315	Open
Open		J. Hanlsak 490
S. Bisci	350	220 lbs.
J. Hanlsak	425	Open
Master I		S. Stewart 475
J. Schmidt	290	Master V
Master V		AJ 485
J. Mitsopoulos	300	242 lbs.
220 lbs.		Master III
Open		B. Hill 520
B. Leonard	460	308 lbs.
M. Georgiev	—	Teen II
N. Snyder	380	J. Micnicostti 430
		Thanks to Allentown YMCA for results!

### Application for Registration UNITED STATES POWERLIFTING FEDERATION

(801) 776-2300 • FAX (801) 776-4600



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

Registration Fee \$25.00

Make checks payable to and Mail to:

UNITED STATES POWERLIFTING FEDERATION  
NATIONAL HEADQUARTERS

P.O. Box 650

Roy, Utah 84067

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

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

Signature \_\_\_\_\_

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

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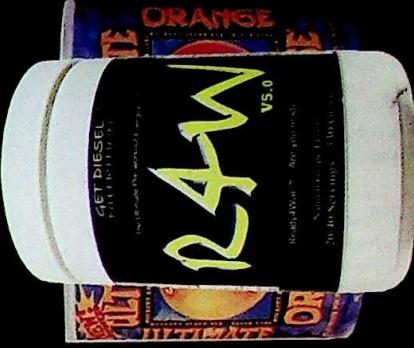
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**Team Weber YMCA**  
26 MAY 06 - Clinton, IA

BENCH		Teen (13-19)	
WOMEN		141 lbs.	
Teen (13-19)	225	A. Shaw	340
MEN		MEN	
Teen (13-19)		Teen (13-19)	
181 lbs.		L. Basset	560
M. Shaw	250	D. Phipps Jr.	611
(20-29)		(40-49)	
148 lbs.		J. Johnson	325
J. Johnson		P. Shaw	550
Open		S. Rieger	445
181 lbs.		181 lbs.	
S. Rieger		B. Nolan	480
TRAP BAR			
WOMEN			
WOMEN	BP	TR	TOT
Teen (13-19)			
141 lbs.			
A. Shaw	225	340	565
(30-39)			
132 lbs.			
H. Redmond	150	300	450
MEN			
Teen (13-19)			
220 lbs.			
D. Daniels	230	420	650
(30-39)			
198 lbs.			
K. Hook	370	600	970
(40-49)			
198 lbs.			
D. Geronzin	360	500	860
242 lbs.			
S. Murphy	585	650	1235
Bob Weber Jr., of Team Weber Power Lifting, with the help of his team, helped Clinton YMCA with their first push pull meet. As all volunteer helpers, Robin Siebel and Afton Wagoner were on the table keeping the meet running smoothly. YMCA Judy Arrand did a great job announcing and kept the crowd cheering on each lifter. Judges were Bob Weber, Jr., Jerri Weber, Kim Wagoner, and Barb			



Participants at the TEAM WEBER YMCA Push Pull competition included Robert Weber (in camo, but you can still see him!) and his daughter Robin! (photograph provided by the courtesy of TEAM WEBER)

Weber as an alternate. Weight changers Mark Mahmens and Sam Kelly did a great job of changing the weights. First time lifters Lionel Basset, Brad Nolan, and Devin Daniels. Devin is leaving for the Marines in July. Amanda Shaw, 16 years old, showed an awesome performance in her lifting. She took home three first place trophies. Steve Murphy did the heaviest bench and trap bar for an awesome total of 1,235 lbs. All proceeds of the meet went to the YMCA. A special thank you goes out to the YMCA's volunteers for the food, t-shirt sales, weight changing and setting up the meet. Steve Murphy for the use of his new bench "Godzilla" and weights. Dan Phipps Jr. for the use of his Trap Bar. (Thanks to Jerri Weber for these results)

PL BENCH	J. Raimes	457		
MALE	220 lbs.			
132 lbs.	Teen			
Teen	C. Tucker	137		
J. Dement	248			
148 lbs.	Open			
Pure	G. Garner	154		
B. Albert	385			
Submaster I	Master II			
B. Albert	E. Akins	148		
165 lbs.	275 lbs.			
High School	Teen			
B. Sloane	J. Steward	—		
Junior	308 lbs.			
B. Sloane	R. Cupples	77		
Teen	PS DEADLIFT			
B. Sloane	MALE			
220 lbs.	148 lbs.			
Master V	Teen			
D. Hoffman	C. Yates	292		
Raw	165 lbs.			
220 lbs.	Teen			
Pure	J. Overton	319		
M. Killen	181 lbs.			
275 lbs.	Junior			
Master V	R. Jerrolds	363		
J. Rose	220 lbs.			
PS BENCH	Teen			
MALE	C. Tucker	534		
220 lbs.	275 lbs.			
Teen	Teen			
C. Tucker	J. Steward	496		
308 lbs.	308 lbs.			
Junior	R. Cupples	457		
R. Cupples	PS SQUAT			
PS CURL	MALE			
MALE	165 lbs.			
148 lbs.	Master II			
Teen	R. Friedman	369		
C. Yates	Master V			
93	R. Friedman	369		
165 lbs.				
Teen				
J. Overton	77			
198 lbs.				
Teen				
J. Raimes	104			
Push Pull	BP			
MALE	DL			
198 lbs.	TOT			
Master V				
W. Agnew	391	551	942	
T. Gray	314	413	727	
SHW				
Pure				
G. Wells	297	237	534	
Power Sports CR	BP	DL	TOT	
FEMALE				
SHW				
High School				
R. Peters	71	121	237	429

**NASA Grand Nationals**  
22 JUL 06 - Pickwick, TN

PL BENCH	J. Raimes	457		
MALE	220 lbs.			
132 lbs.	Teen			
Teen	C. Tucker	137		
J. Dement	248			
148 lbs.	Open			
Pure	G. Garner	154		
B. Albert	385			
Submaster I	Master II			
B. Albert	E. Akins	148		
165 lbs.	275 lbs.			
High School	Teen			
B. Sloane	J. Steward	—		
Junior	308 lbs.			
B. Sloane	R. Cupples	77		
Teen	PS DEADLIFT			
B. Sloane	MALE			
220 lbs.	148 lbs.			
Master V	Teen			
D. Hoffman	C. Yates	292		
Raw	165 lbs.			
220 lbs.	Teen			
Pure	J. Overton	319		
M. Killen	181 lbs.			
275 lbs.	Junior			
Master V	R. Jerrolds	363		
J. Rose	220 lbs.			
PS BENCH	Teen			
MALE	C. Tucker	534		
220 lbs.	275 lbs.			
Teen	Teen			
C. Tucker	J. Steward	496		
308 lbs.	308 lbs.			
Junior	R. Cupples	457		
R. Cupples	PS SQUAT			
PS CURL	MALE			
MALE	165 lbs.			
148 lbs.	Master II			
Teen	R. Friedman	369		
C. Yates	Master V			
93	R. Friedman	369		
165 lbs.				
Teen				
J. Overton	77			
198 lbs.				
Teen				
J. Raimes	104			
Push Pull	BP			
MALE	DL			
198 lbs.	TOT			
Master V				
W. Agnew	391	551	942	
T. Gray	314	413	727	
SHW				
Pure				
G. Wells	297	237	534	
Power Sports CR	BP	DL	TOT	
FEMALE				
SHW				
High School				
R. Peters	71	121	237	429

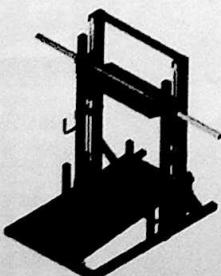
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165 lbs.				
Master II				
Vanderhorst	209	71	242	523
MALE				
165 lbs.				
Master II				
Butterworth	418	209	391	1019
181 lbs.				
Master IV				
D. Wilson	154	88	286	529
T. White	220	198	374	793
220 lbs.				
Open				
M. Killen	451	402	402	1256
242 lbs.				
Submaster I				
C. Reynolds	—	—	—	—
Master V				
T. Johnson	407	303	352	1063

(Thanks to Rich Peters for these results)

### NPA Central States 10 JUN 06 - Freeport, IL

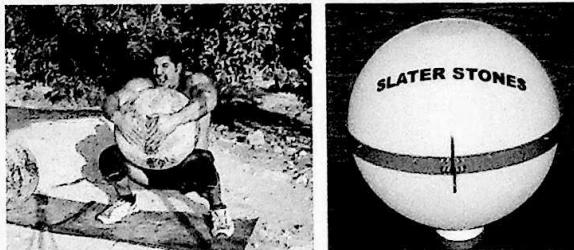
BENCH	DEADLIFT
Teen	Master
275 lbs.	165 lbs.
K. Eberle	280 R. Lee 230
Open	Open
308 lbs.	SHW
J. Miller	470 A. Miller 625

The NPA Central States Open was our smallest meet ever, with only four lifters, but, two lifters set personal records! We had four lifters call the night before and cancel due to injury and/or being sick. Many of our other lifters had just competed week's prior and are training for the worlds'. Kyle Eberle, lifting in his first meet ever, won the teenage 275 class with an easy 280 lb. bench, without gear. The kid is large with lots of potential. Joel Miller came down from Iowa and smoked 470 for a PR to win the 308 open class. Joel was on track and will be getting that big 500 soon! In the deadlift, Richard Lee pulled an easy 230 lb. lift to win the masters 165 class, at age 69 he is in great shape, and a true sportsman. Big Adam Miller played possum on his first two lifts, then pulled strong PR of 625 to win the SHW class. A big thank you to our sponsors and helpers, Powerlifting USA magazine, Titan Support Systems, the Myo Store, Spike Folgate, Paul Mercade, Mike Pettinger, Seth Spangler, and myself. Until next time, try to do something for our children and make the world a better place. (Thanks to Duane Burlingame for providing results)



**Richard Lee**, 69 years young and weighing 155, deadlifting at the NPA Central Championships (photo by courtesy of Mr. Lee)

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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
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### British Powerlifting Championships

15-16 APR 05 - Grangemouth, SCT  
Unequipped SQ BP DL TOT

97 lbs.  
Master V

P. Reeves 716 716 209 352

128 lbs.  
Senior

H. Isaac 198 148 325 672

154 lbs.  
Master II

M. Golding 242 148 341 733

176 lbs.  
Master I

K. Goulden 176 104 292 573

149 lbs.  
Master I

P. Bedford 363 286 474 1124

D. Wilson 308 231 385 925

Master II

T. Meredith 363 253 418 1036

Teen III

G. Rennie 297 187 424 909

B. Cheema 286 209 413 909

165 lbs.  
Senior

Abd-Erahman 418 264 551 1234

Junior

S. Wilkinson 418 242 507 1168

Master I

L. Constantin 330 253 451 1036

Master II

F. Awuka 407 187 507 1102

Teen II

J. Biggin 341 253 463 1058

Teen III

J. Hayes 308 176 418 903

P. Cooke 275 220 341 837

182 lbs.  
Senior

S. Baker 429 308 562 1300

M. Rowe 446 297 529 1273

C. Protheroe 451 286 529 1267

S. Jakeman 440 303 463 1207

C. Lynch 435 286 474 1196

W. Shaw 385 248 556 1190

F. Chauhan 440 253 485 1179

G. Lyon 341 303 474 1118

Junior

L. Graddon 374 231 507 1113

4th-DL-512

Senior

S. Schofield 352 275 485 1113

Master II

G. Edwards 319 297 440 1069

Teen I

L. Bradshaw 286 220 440 948

Teen III

L. Allison 308 220 396 925

198 lbs.  
Teen III

K. O'Donnell 396 253 468 1118

Junior

D. Percival 418 330 551 1300

4th-DL-562

L. Armstrong 418 275 551 1245

4th-DL-567

J. Mealey 352 2590 451 1063

Senior

S. Fisher 540 369 595 1504

J. Vowles 496 314 639 1449

S. Robathan 440 336 644 1422

M. Lowe 485 374 540 1399

R. Harris 440 297 617 1355

G. Beavers 451 330 562 1344

S. Matthews 451 319 551 1322

D. Gardner 463 314 545 1322

J. Ulldemolins 485 286 485 1256

A. Smith 418 297 518 1234

Master I

S. Spicer 429 308 562 1300

P. Golding 396 253 507 1157

Master II

A. Green 396 275 551 1223

Master III

T. Jex 518 341 639 1499

A. Bonner 507 336 573 1416

VanNiekerk 507 286 485 1278

Master IV

A. Christie, Sr 396 264 518 1179

Master V

A. Davies 391 253 501 1146

242 lbs.  
Teen III

G. Carter 418 198 451 959

Senior

C. Jones 584 418 677 1681

Master I

K. Trueman 463 330 595 1427

D. Holloway 501 308 523 1273

Master IV

R. Simpson 440 242 468 1129

276 lbs.  
Senior

G. Pilling 628 407 661 1697

B. Mitchell 463 308 573 1344

Master III

L. Pilling 573 330 617 1521

320 lbs.  
Senior

M. Haydock 650 391 722 1763

Junior

A. Varley 534 418 639 1592

Equipped

198 lbs.  
Senior

B. McKinley 330 214 352 898

149 lbs.  
Teen III

D. McKean 352 231 418 1003

165 lbs.  
Teen III

C. Bonnar 352 231 418 1003

Senior

W. Brown 518 308 562 1388

D. Mikosz 562 352 474 1388

C. Morgan 496 259 567 1322

Master I

G. Fisher 440 264 463 1168

182 lbs.  
Senior

N. Abry 529 325 496 1350

S. Cook 485 308 529 1322

Master IV

A. Campbell 407 314 418 1140

198 lbs.  
Senior

V. Sherlock 540 396 501 1438

T. Crump 485 297 518 1300

220 lbs.  
Master I

M. Norton 672 534 595 1802

Master III

L. Pilling 628 407 661 1697

B. Mitchell 463 308 573 1344

276 lbs.  
Senior

M. Saunders — — — —

242 lbs.  
Junior

J. Ramsden 496 297 44 1278

Master I

M. Norton 672 534 595 1802

Master III

L. Pilling 628 407 661 1697

B. Mitchell 463 308 573 1344

276 lbs.  
Senior

G. Pilling 705 463 705 1890

M. Starling 617 374 551 1543

R. Mackereath 518 440 501 1460

Master III

H. Davidson 485 319 485 1289

Referees: Andy Davies, Mark Haydock, Sam Haydock, Terry Jex, Ian Lynch, Rob Mackereath, Anita Mahony, Mark Norton, Les Pilling, Selby Spicer, and John Wright.

(Thanks to Sharron Clegg for the results)

### USAPL Colorado Last Chance

28 MAY 06 - Centennial, CO

MEN SQ BP DL TOT

148 lbs.  
Teen II

V. Scavuzzo 365 210 350 925

198 lbs.  
Junior

C. Singleton 440 300 525 1265

Coordinator: Ron Garofalo. (from USAPL)

(continued from page 30)

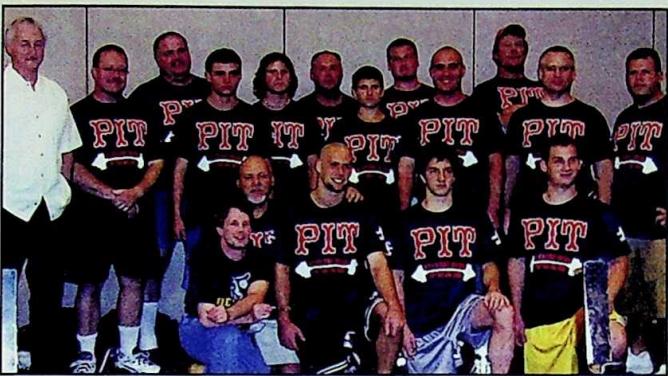
In the 90 kilo weight class, Joshua Decker posted a total of 720.0 kilos for the win setting 4 National Records & 3 American Records. CONGRATULATIONS Josh for another outstanding performance winning the UNEQUIPPED Division BEST LIFTER AWARD.

19 yr old Aaron Hancock, the Teen 3 Champion and the only Teenager in this weight class set 4 National & American Records. Derek Wallace, Newburgh, IN and Troy List, Yorkville, IL battled it out for the highest score in the 100 kilo class. Derek was ahead by 2.5 kilos after the Squat event and gained another 5 kilos in the Bench event. That put them only 7.5 kilos apart in the subtotal. By the end of the deadlift, Derek, proud father of several teenage sons lifting in the Nationals, came out on top with a 5 kg edge. Derek posted 6 National Records and 4 American Records. Troy's deadlift secured him 2 National records (M 1 & Open). Masters' lifters and Dave Morris, proud father of Nathan (82.5 kg wt class Teen 2 Champion),

set 4 National Records and 1 American Record. Phil Berrio traveling all the way from MA returned home the Masters' 3 National Champion setting 4 National & American Records.

In the 110 kg class, Pat trying of Booneville, IN won the Masters' 2 Category setting 8 National & 4 American records. Daryl Meloche, Climax, MI won the Masters' 5 Category setting 4 National & American Records. Gary Krueger, Paw Paw, MI competed unopposed in the 125 kg class, M 4 Category setting 8 National Records. Tim Mooney, Evansville, IN won the 145 kg class, M 1 & Open Categories setting 8 National & 2 American Records. Carl Schmitt, Poseyville, IN won the M 2 Category of the +145 kg class setting 8 National & American Records!

CONGRATULATIONS to the UNEQUIPPED Division lifters who qualified for the W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS held in KINSALE IRELAND on Nov. 11<sup>th</sup> & 12<sup>th</sup> are as follows: K. Barkley; A. Buren; Jacob Wallace; J. Parkinson;



ADFPF National Team Champs ... "The Pit" competing since 1974.

A. Ulrich; M. Evans; C. Wallace; N. Morris; D. Wallace; T. List; P. Trying and Tim Mooney; J. Waters

All the UNEQUIPPED Division lifters qualified for the W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS in BENDIGO AUSTRALIA on Oct. 20, 21 & 22<sup>nd</sup>.

Ten lifters entered the EQUIPPED Division representing the states of California, Illinois, Indiana, Michigan & Massachusetts.

Christopher Siders of Canton, IL took the Open Category in the 75 kg class with Robert Fricke, Bloomingdale, MI winning the Masters' 2 and Leon McCrary of Scituate, MA taking the Masters' 6 Category. Siders competing in his first national event set 8 National & 4 American Records. Fricke set 4 National records and McCrary returned home to coach Shocket with 4 National & American Records.

Jim Waters traveled all the way from Santa Clara, CA to set some National & American Records as well as to qualify for the W.D.F.P.F. World Powerlifting Championships held in Kinsale Ireland on Nov. 11 & 12<sup>th</sup>. He competed unopposed winning that weight class setting 8 National Records and reached his qualification goal.

Brian Cannon of Wataga, IL and Jeff Whiteman of Oseola, IN battled it out for the 90 kg class win with Brian coming out on top. Brian a very consistent lifter not only set 8 National Records but also won the BEST LIFTER Trophy for the EQUIPPED Division!

Philip Berrio of Weymouth, MA competed unopposed winning the 100.0 kg weight class, setting 8 National & 4 American Records. He fulfilled his goal of qualifying for a slot on the U.S. Team competing in Kinsale, Ireland.

Dave Lawrence of Kalamazoo, MI., Stephen Cohle, Byron Center, MI., and Raoul Donati, of Oseola, IN were in a battle for the 110 kg class but due to a shoulder injury, Donati had to withdraw from the meet. Lawrence had a 17.5 kg lead following the Squat. Cohle picked up 10 kgs on the Bench and the battle continued through the deadlift with Cohle taking the win by 60.0 kgs. Dave set 5 American Records; Steve walked away with 7 National & 3 American Records.

All the EQUIPPED Division lifters qualified for the W.D.F.P.F. SINGLE EVENT WORLD CHAMPIONSHIPS in BENDIGO, AUSTRALIA on Oct. 20, 21 & 22<sup>nd</sup>; CONGRATULATIONS LIFTERS!

CONGRATULATIONS to the following EQUIPPED Division lifters who qualified for the 2006 W.D.F.P.F. POWERLIFTING WORLD CHAMPIONSHIPS in KINSALE, IRELAND on Nov. 11<sup>th</sup> & 12<sup>th</sup>: C. Siders; L. McCrary; B. Cannon; J. Whiteman; P. Berrio; D.

## AMERICAN DRUG-FREE POWERLIFTING FEDERATION

[www.adfpf.org](http://www.adfpf.org)

The ADFPF is a service organization solely committed to providing competitive opportunities both nationally and internationally for Drug-Free lifters. As the U.S. Affiliate to the WORLD DRUG-FREE POWERLIFTING FEDERATION, Inc. ADFPF members are provided the opportunity to participate in International competition against like-minded athletes committed to training and competing without the use of strength enhancing drugs or prescription drugs used to make weight class constraints.

The ADFPF is currently filling U.S. teams entering the following 2006 WDFPF events: **2006 SINGLE EVENT WORLD CHAMPIONSHIPS in BENDIGO AUSTRALIA** on October 20 (Squat event Unequipped followed by Equipped), 21 (Bench Press) & 22<sup>nd</sup> (Deadlift). **2006 WDFPF POWERLIFTING WORLD CHAMPIONSHIPS in KINSALE IRELAND** on November 11<sup>th</sup> (UNEQUIPPED Division) & 12<sup>th</sup> (EQUIPPED Division). Go to the ADFPF website for specific Meet Information. If interested in applying for membership on a U.S. Team, complete the ADFPF Membership form; download and complete the Application for Membership on U.S. Teams form; send materials to the National Office (address provided below). ADFPF & WDFPF rules allow up to 3 athletes per weight class in each of the competitive categories listed below.

Take the time to check out other benefits offered to drug-free lifters via ADFPF membership: \*UNEQUIPPED and \*\*EQUIPPED Divisions for National and International competition. Competition in 12 weight classes for men and in 11 weight classes specifically designed for women. Competition in the following categories: (age determined on day of competition): OPEN, TEEN 1 (14-15); TEEN 2 (16-17); TEEN 3 (18-19); JUNIOR (20-23); MASTERS' 1 (age 40-44); M 2 (45-49); M 3 (50-54) and so on in 5 year increments. POLICE/FIRE/MILITARY (full time employment). Records in both Divisions not only for POWERLIFTING but also in each of the SINGLE EVENTS. 10% MINIMUM DRUG TESTING in all meets. In-Competition and Out-of competition drug testing; Target international testing Therapeutic Use Exemption application for lifters taking prescription medications. Lifetime BAN for positive drug test results indicating anabolic steroids. **Note:** All equipment worn on the platform must meet measurement specifications as listed in the WDFPF & ADFPF rulebooks. Specific name brands are NOT and issue. \*UNEQUIPPED Division limits supportive equipment to: BELT and WRIST WRAPS (if so desired). \*\*EQUIPPED Division limits supportive equipment to SINGLE PLY knee & wrist wraps, squat & deadlift suits and Bench shirts. The Bench Shirt must NOT be made of canvas, may NOT have fasteners, must fit like a T-shirt covering chest and shoulders with all seams closed. Supportive shirts may only be worn in the Bench Press event.

The ADFPF is looking for local and state level Meet Directors throughout the U.S. Please know that the ADFPF Board of Directors will help organize meets. Competitions can be in POWERLIFTING and/or in each of the 3 SINGLE EVENTS. Our Sanction fee is the same as our membership fee: \$20.00. The sanction fee for National and International Championships is \$100.00.

The ADFPF is currently accepting bids for the following 2007, 2008 & 2009 Championships: ADFPF POWERLIFTING NATIONAL CHAMPIONSHIPS; ADFPF SINGLE EVENT NATIONAL CHAMPIONSHIPS; WDFPF PAN-AMERICAN CHAMPIONSHIPS (Spring); WDFPF POWERLIFTING WORLD CHAMPIONSHIPS (November); WDFPF SINGLE EVENT WORLD CHAMPIONSHIPS (October, 2009). Contact the National Office for Bid Specification and Sanction Forms: ADFPF NATIONAL OFFICE, 27 ELMO DRIVE, MACOMB, IL; 61455; Gedney@macomb.com OR jm-gedney@wiu.edu Phone: 309-837-2111 (becomes fax after 6<sup>th</sup> ring). A.D.F.P.F. Board of Directors: Dennis Brady: dennisBwgym@aol.com; Gedney@macomb.com; Judith M. Gedney: jm-gedney@wiu.edu; Richard VanEck: dickvaneck@MooreElectrical.com

Lawrence; and S. Cohle.

Winning FIRST PLACE as a TEAM in the A.D.F.P.F. 1<sup>st</sup> NATIONAL CHAMPIONSHIPS was The PIT TEAM from Evansville, Indiana, exceptionally well coached by Dick Connor. CONGRATULATIONS to each member of this very deserving team: Joshua Childers, Dano Hall, Aaron Hancock, David Morris, Tim Mooney, Nathan Morris, Jerry Parkinson, Patrick Tyrine, Austin Ulrich, Caleb Wallace, Derek Wallace & Jacob Wallace with alternate Ryan Frey.

A review of the results will show that every Category option of competition was represented. 3 entries gave up their lifting for the day to help with spotting/loading and officiating.

Many thanks to everyone who helped run this event for the athletes; that includes: Championships Announcer Carol Smoker; Scoring Table official and past W.D.F.P.F. World Champion, Naomi E. Prince; spotter/loaders Steven Sandefur (a nationally ranked wrestler), Trenton Reinoehl (another wrestler), Jon Smoker (withdrew from competing to help spot), Tim J. Piper (WIU Professor, author of strength training books, Olympic lifter, Highland

Games participant & Powerlifter, coach, referee, meet director and all-around jack of all trades); and of course the Referees: Dennis Brady, Judith M. Gedney and Richard Van Eck.

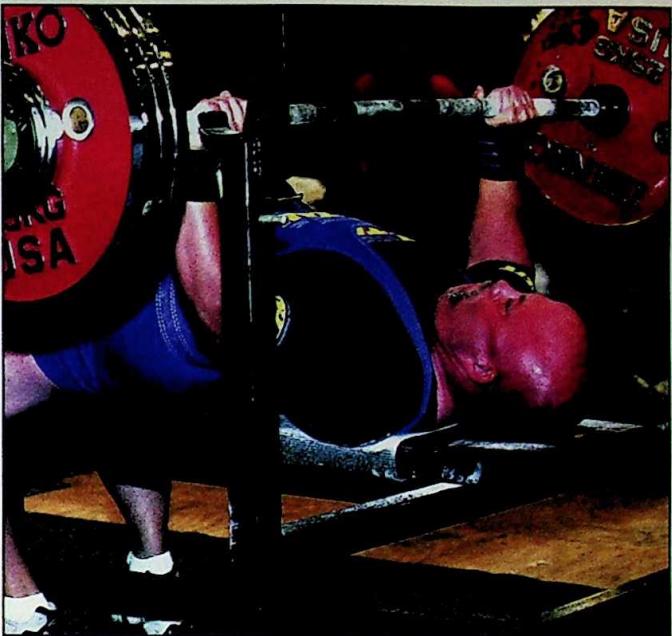
Our ADFPF Official Photographer, John (Jack) Stevens and his lovely wife Violy flew from FL to South Bend IN to cover the A.D.F.P.F. 1<sup>st</sup> National Championships. We were blessed to have them with us. Jack must have taken 600 photos of the lifters warming up, competing, accepting awards & socializing. Those of you who would like to see more of the National Championship photos of your lifting July 8<sup>th</sup>, contact our OFFICIAL ADFPF PHOTOGRAPHER at: k7kjack@yahoo.com

Jack and Violy are the proud parents of 3 sons who were all athletes. John, the oldest was a teenage powerlifter who competed for the ADFPA, representing the U.S. on the W.D.F.P.F. platform. He set all sorts of Teenage World Records. Rumor has it that he is back in training and will soon grace our ADFPF platform. John is one of the pastors of The Bridge Christian Church located in Ohio; he and his wife have 2 young daughters.

John's dad had so much fun at the meet that I asked him to write up the highlights from the perspective of proud parents of a Teenage World Champion; here's what Jack had to share with us:

Violy and I were excited to have the opportunity to watch the first ADFPF POWERLIFTING National Championships. It had been 9 years since our son John competed in his last powerlifting meet. We realized we missed the powerlifting atmosphere and wanted to be a part of that experience again.

I missed watching the lifters prepare for the competition with their own pre-lift rituals prior to taking their turn on the platform. Even though I didn't personally know the lifters I found myself getting knots in my stomach, just as I did when my son



Brian Cannon - the Best Equipped Lifter. (Jack Stevens photographs)

competed.

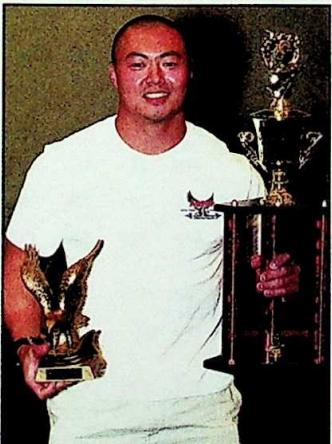
What I had forgotten were the sounds and smells of powerlifting competitions. Focusing on the platform one notices the lifter's concentration while attempting their best efforts. Does that lifter even notice the background noise of the audience and warm up room? The audience is providing encouragement while in the warm-up area, plates are banging together with the lifters making what appears to be as much noise as possible. With all this going on, you're on edge because you know there are many big lifts coming. That is exciting.

During the meet there were times when I thought I could hear things from past meets, like Big Frank cheering, in Lakeland Florida; my son asking me what his next attempt should be and me knowing that I have less than a minute to turn in that decision; many great flash-backs. I know that these things were not

really happening but they all came flooding back into my mind. So many really great, exciting memories. I also enjoyed the aroma of the meet; the smell of baby powder, chalk, the leather belts and the equipment each with its distinct aroma. Blended together these things all make up the experience of being part of a powerlifting championships. Until arriving at the South Bend venue, and viewing the comaraderie of the athletes, I had not realized how much I enjoyed the entire experience.

We did not get much sleep that weekend, but we gladly gave up rest to see life-long friends, make new friends and experience anew the world of powerlifting. It is always nice to add new memories to old. Once powerlifting is in your blood, it's always there. You might be away from the sport for a time but neither your mind nor your heart forgets.

Thanks for this opportunity,  
**Jack and Violy Stevens**



Best Unequipped - Josh Decker

## 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](http://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 \_\_\_\_\_

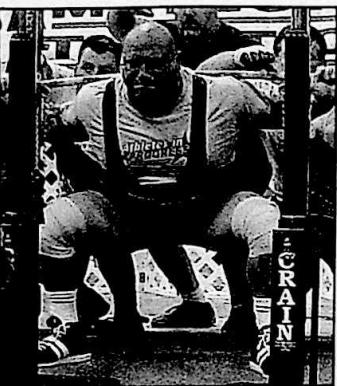
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

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.



**Jack Pugh, 49, took 10 years off, yet came back to make this 801 squat at the AAU Nationals. (photo provided by Rickey Dale Crain)**

**AAU National Championships**

15-16 JUL 06 - Okla. City, OK

	FEMALE	SQ	BP	DL	TOT
114 lbs.					
Open					
A. Harris	—	125	231	358	
Teen					
A. Harris	—	125	231	358	
MALE					
114 lbs.					
Teen					
K. Brownfield	154*	99*	169*	424*	
Teen/Raw					
K. Brownfield	154	99	169	424	
123 lbs.					
Master II					
B. Lamb	363*	213*	368*	948*	
Teen					
C. Kinard	324	187	330	837	
C. Tran	319	176	401	898	
Teen/Raw					
C. Tran	319	176	401	898	
148 lbs.					
Teen					
R. Savell	324	220	324	870	
165 lbs.					
Master II					
D. Newcomer	374	242	401	1019	
Woodworth	544*	346*	529	1422	
Open					
D. Newcomer	374	242	401	1019	
S??					



- > This is a membership application form. Complete all areas and return Part One to the address shown.
- > For information on registration and program, call 1-800-AAU-4USA.

> AAU membership provides each member with an opportunity to participate in AAU events. Membership benefits include accident insurance (which is secondary and is applicable after any primary coverage) for all properly sanctioned AAU events and supervised practices of member clubs.

Specific details on coverage can be obtained from your local AAU Association.

**ANNUAL MEMBERSHIP DUES**

Regular Fee      \*AB\* Fee

Youth Athlete      10.00      12.00

Coach      12.00      14.00

Volunteer or Official      12.00      Not Available

Adult Athletes in the Following Sports: 10.00

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

12.00

Adult Athletes in the Following Sports: Not Available

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

Rugby, Soccer, Water Polo and Wrestling

Adult Athletes in the Following Sports: Not Available

Chinese Martial Arts, Judo, Jujitsu, and Karate

Adult Tae Kwon Do Athletes

Adult Powerlifting Athletes

20.00      Not Available

30.00      35.00

25.00

**APF/AAPF East Long Island**  
15 JUL 06 - Riverhead, NY

BENCH	T. Kokell	240
WOMEN	242 lbs.	
APF	D. Valente	390
Open	S. McGrath	315
181 lbs.	DEADLIFT	
K. Goliszek	MEN	
MEN	APF	
APF	Open	
Open	220 lbs.	
132 lbs.	V. Preuninger	500
S. Tepper	SHW	
198 lbs.	M. Swatling	800
S. Scoppe	Submaster	
242 lbs.	D. Ingemi	625
L. Gonzalez	AAPF	
308 lbs.	Open	
Z. McCaslin	165 lbs.	
P. Charland	W. Torres	450
Submaster	220 lbs.	
308 lbs.	F. Tumminello	620
P. Kurdziel	275 lbs.	
Open	C. Newins	550
SHW	Junior	
J. Tornazo	220 lbs.	
AAPF	C. Trusnovec	585
Open		
181 lbs.		
Ironman	BP	
WOMEN	DL	
APF	TOT	

made sure the lifters knew the order. And still, like a carnie at the fair, roasting the crowd to participate. Chris Taylor, even with all he's been through was right there for John. It appeared to me that Lenny "junk in the trunk" Spero had gone above and beyond as far as helping out goes. Chris Rodgers, Peter Gross, Evan Setzel, to mention a few. Zane even got to throw some red lights in the deadlift, and you all know how much Zane loves to throw reds. The lifting was awesome, sort of a carnival in itself. There were a selection of first timers to elite lifters on the platform. There was a lifter, who after breast feeding her four month old in the ladies room, came out to pull a 200 lb. deadlift. Dana Shealy has gone through extensive surgery for a severed foot. She hobbled up to the platform on her crutches, and pulled a easy opener of 225, went to 315 and it was smoke show. The best she ever pulled with two feet was 420, so she decided to go to 375 to see what she could do. And yes, with only one good foot, she pulled 375. These, my friends, are the epitome of Women of Power. As soon as the meet ended, there was a swarm of people grabbing brooms, mops, equipment. Everything went back normal fast, and we headed to TGI Fridays for a late dinner (Sarah got to pick). I stayed away from the Pina Coladas and tried to maintain a respectable demeanor. We laughed so hard my ribs hurt. Zane was relentless with Joel all day, and Joel still managed to bench 800. Maybe he benched to spite Zane, but none the less, his 800 and Zane's 710 really made my day. Both great guys and incredible representatives to the sport. We got to meet great people from the boards, and that's always cool. I have found very funny that in this "forum era" you have to introduce yourself as two people, your given name and your screen name. But I really do love to get out and meet the people I talk to on a daily basis. This was such an incredible meet. We have lots of photos and videos to share at [www.ironasylumgym.com](http://www.ironasylumgym.com). Thanks to all the crew at East End Barbell and especially to John Bernor for always making us feel welcome and just for being you. You are an amazing man, and we think the world of you. John is looking to hold a full meet around the first week of December needless to say I've started squatting this week. (results courtesy Sandi McCaslin)



**Joel Tornazo** has come back from surgery to bench press 800 lbs. at the APF Eastern Long Island Push/Pull Championships. (S. McCaslin)

**APA Mass. Record Breakers**

8 JUL 06 -			
BENCH	220 lbs.	198 lbs.	A. Bianchi 165
WOMEN	E. Paskell 475	Master (45-49)	B. Rearick 125
Open	242 lbs.	220 lbs.	K. Mattson 190*
123 lbs.	P. Herrick 290	Junior (20-23)	R. Marrama 165
C. Gray 125	Master (40-44)	220 lbs.	Submaster (33-39)
Master (50-54)	220 lbs.	242 lbs.	242 lbs.
114 lbs.	E. Paskell 475	242 lbs.	B. Borovsky 138*
J. Poirier 132*	Master (45-49)	P. Herrick 140	
MEN	220 lbs.	Open	
Teen (16-17)	K. Mattson 602*	42 lbs.	
198 lbs.	Master (55-59)		
B. Rearick 300	275 lbs.		
Junior (20-23)	B. Borovsky 370!		
220 lbs.	CURL		
R. Marrama 550*	MEN		
Open	Teen		
181 lbs.	148 lbs.		
M. Limbaugh 325	P. Comors 120		

\*=World Records, !=State Records. The meet was held at John Romanos Gym. Many state and world records were set. A big thanks to John Romano and Jim Crowley. Both give a lot of time to help support powerlifting. Great job by Jorden as MC. And, thanks to all our spotters and loaders. (Thanks to Ken Mattson, APA State Chairperson, for providing PL USA with results)

**APF/AAPF Membership Application**

Check the box that applies below



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PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES

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STREET ADDRESS		
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AREA CODE	TELEPHONE NUMBER	DATE OF BIRTH
		MO DATE YEAR
REGISTRATION FEE (CIRCLE APPROPRIATE FEE)	REGISTRATION NUMBER	E-MAIL ADDRESS
APF \$30	AAPF \$30	APF & AAPF \$40

ATHLETES, fill out card completely, make check payable to and mail with fee to: APF/AAPF

ARE YOU A PREVIOUS APF OR AAPF MEMBER?  YES  NO

505 Westgate Drive  
Aurora, IL 60506

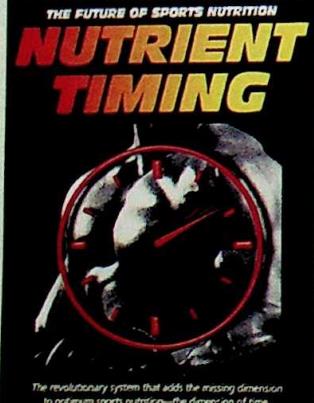
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IF UNDER 18,  
HAVE PARENT  
INITIAL \_\_\_\_\_  
I CERTIFY THAT THE ABOVE ANSWERS ARE  
CORRECT AND THAT I AM ELIGIBLE IN  
ACCORDANCE WITH THE RULES OF THE  
APF OR AAPF

SIGNATURE X \_\_\_\_\_

USAPL Teen Junior Nationals 17-18 JUN 06 - Racine, WI									
Teen I	SQ	BP	DL	TOT	F. Rodriguez	352	226	429	1008
114 lbs.					V. Scavuzzo	363	214	352	931
C. Messimer	205	508	292	800	K. Markwell	—	—	—	—
N. Steinmetz	143	363	275	639	Hollenbeck	512	319	518	1350
J. Severs	—	—	—	—	E. Grundy	418	248	424	1091
123 lbs.					I. Amburgy	363	231	385	981
J. Rein	176	501	347	848	A. Hare	463	—	—	—
S. Audis	203	474	363	837	S. Devlyn	—	—	—	—
132 lbs.					D. Ryan	485	330	457	170
D. Brester	148	435	330	766	M. Tullis	429	292	534	1256
A. Wax	259	165	303	727	A. Pence	418	314	440	1173
B. Floyd	—	—	—	—	J. Mullins	424	286	418	1129
148 lbs.					A. Littell	407	270	424	1102
L. Schmidt	407	181	385	975	J. Polakovic	507	—	—	—
J. Ford	374	214	352	942	J. Pollock	—	—	—	—
M. Fauth	341	154	380	876	J. Norcott	551	297	523	1372
R. Hadley	275	176	352	804	D. Eckman	468	286	485	1240
165 lbs.					J. Hill	435	259	507	1201
L. Hoffman	407	2221	440	1085	M. Meyer	402	319	—	—
J. Post	369	231	429	1030	C. Hermann	407	248	457	1113
181 lbs.					242 lbs.				
A. Cross	341	259	374	975	A. Oliva	457	286	457	1201
D. Gustinis	363	198	374	937	T. Cahill	407	308	451	1168
198 lbs.					J. Correa	407	325	474	1207
J. Winston	485	297	567	1350	J. Clark	606	424	512	1543
S. leary	440	253	496	1190	275 lbs.				
220 lbs.					R. Bachorz	363	220	369	953
R. Duvall	440	358	440	1240	C. Williams	—	—	—	—
242 lbs.					T. Baines	374	270	424	1069
J. Carpenter	551	303	435	1289	T. Ballard	380	259	413	1052
Teen II					R. Castillo	352	181	396	931
114 lbs.					148 lbs.				
R. Maestas	303	181	325	810	C. Cooke	—	—	—	—
J. Bridges	319	165	314	799	C. Fuller	468	270	523	1262
123 lbs.					C. Reid	424	259	468	1151
D. Miller	314	165	396	876	F. Jones	418	281	413	1113
N. Norwood	325	242	303	870	The revolutionary system that adds the missing dimension to optimum sports nutrition—the dimension of time.				
132 lbs.					John Ivy, Ph.D. & Robert Portman, Ph.D. Foreword by William Kraemer, Ph.D.				
N. Boutte	490	259	474	1223	Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. 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.				
Hendrickson	369	242	397	126	<b>NUTRIENT TIMING</b>				
Spiekermann	363	187	402	953	<i>The future of sports nutrition</i>				
L. Pruneda	330	176	374	881	<i>The revolutionary system that adds the missing dimension to optimum sports nutrition—the dimension of time.</i>				
148 lbs.					<i>John Ivy, Ph.D. &amp; Robert Portman, Ph.D. Foreword by William Kraemer, Ph.D.</i>				
R. Horn	391	248	418	1058					

(Thanks to USAPL for providing results)



**NUTRIENT  
TIMING**

The revolutionary system that adds the missing dimension to optimum sports nutrition—the dimension of time.

John Ivy, Ph.D. & Robert Portman, Ph.D.  
Foreword by William Kraemer, Ph.D.

Poor gains? Hit a training plateau? You might not need a new exercise program, and you might not even need to increase your calorie intake. Even if you know a lot about what to eat, you could be missing out on the "t" dimension (as in time) ... like WHEN to take in those nutrients. That's what is revealed by two totally credible scientists - John Ivy Ph.D. and Rob Portman Ph.D. in their new book NUTRIENT TIMING. 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.

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## USAPL NorCal Summer Bench 17 JUN 06 - Napa, CA

BENCH	J. Arnold	303
MEN	D> praveen	66
Master I	220 lbs.	
148 lbs.	J. Emmick	424
S. Bloomer	253	Tremblay Jr. 391
275 lbs.	J. Rakes	—
M. Goodwin	462	242 lbs.
Master III	J. Hunter	—
181 lbs.	UNL	
E. Martinez	358	M. Womack 699
UNL	B. Alex	518
L. Contreras	429	Contreras II 429
Master IV	Teen I	
242 lbs.	148 lbs.	
D. Marba	429	J. Laija
Master VI	Teen III	
220 lbs.	148 lbs.	
R. Urrea	270	T. Bloomer 231
275 lbs.	165 lbs.	
M. Bonifield	336	D. Sanders 297
Open	220 lbs.	
148 lbs.	A. Contreras	286

The 2006 First NorCal Summer Classic Bench Press Contest went smoothly and, to everyone's delight, quickly! This Father's Day weekend meet featured a couple of father and son teams in Leo and Adam Contreras, and Scott and Travis Bloomer. We also saw Jerry Tremblay Sr. come out to root for Jerry Tremblay, Jr. What a great way to spend the day, bench pressing with your son. In the Men's Master I division we saw Scott Bloomer hit a nice 253 lbs. bench, weighing only 139 lbs. Mel Goodwin pressed a big 462. Basic's Gyms own Edgar Martinez set a state record with a 358 Master III 181. In the Master III 275+ lbs., Leo Contreras pushed up a 429. It took Dave Marba all three tries to get his opener, but he walked out with the new State record at Master IV 242. That one good attempt got him the Master best lifter award! Dr. Robert Urrea hit a nice 270 lb bench press at age 65 for a new state record and, also at age 65, Napa's own Mike Bonifield hit a huge 336. Mike put a scare in us by taking all three attempts to get one in today. In the men's Open bench press, Jason Arnold put up 303. Daniel Praveen,



**SPECTACULAR DEADLIFT TRAINING DVD ... 2 time IPF World Champion Brad Gillingham lays out the program that has produced over 40 competitive deadlifts of 800 lbs. or better .. PLUS .. the "5x5" squat program that lets you move both lifts up at the same time! \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call 1-800-448-7693 to use Visa or MasterCard.**

in his first meet, had some problems adjusting to competition lifting but got his 3rd attempt to stay in the meet. Jason Enmick, also in his first meet, put up a very strong 424 lb attempt. Jerry Tremblay hit 391 and just missed 424 going for the win on bodyweight. Joseph Rakes and James Hunter went a little too heavy this time out but will be back for more. Both men have strong benches but were just a bit off. In the supers Big Bill Alex hit a huge 518 and missed a 540. This guy is built to bench. He's got muscles on top of muscles. However, another big boy came out to play today. Mike Womack destroyed the state record with 699 lbs. He had some trouble with his first two attempts but corrected them for the third and pressed it up nicely. This guy is a true technician. He was also best lifter in the Open by a large margin. A big thanks to all the help that came out. Our referees: Mike Koufos, Lance Slaughter and Joe Randazzo kept things strict but fair. Our spotters did a great job and saved quite a few lifters - Manu, Rob, Scott, Buff, Boingy, Mondo. Our table crew kept the meet running smoothly: Aaron Pete, "The Legend" Dave VanBrocklin, Bear, Rob, and Ed the Weasel. A special thanks to Betty Lee, who got out of the hospital a few days before the meet but showed up to run the scoring computer! I have to thank Basic's gym for welcoming us back over and over to take over the gym for our meets. Their support is a big help for powerlifting in NorCal. Last, but certainly not least, I have to thank John Inzer and Inzer Advance Designs for their steadfast support of USAPL California. (USAPL)

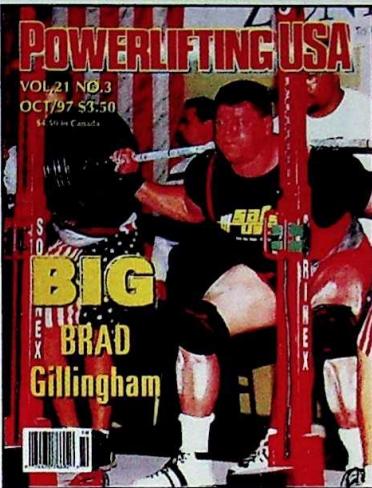
## BACK ISSUE OF THE MONTH

OCTOBER 1997 ... **Big Brad Gillingham** is on the cover and inside he's profiled in depth by Marty Gallagher. We also had an interview with Kit Price, the developer of "The Rope", a unique portable training device. We have the John Inzer squat routine, and Rick Brunner of Atlekita describes the 'missing element' in sports nutrition, which he discovered by attending a Russian sports biomechanics symposium in 1988. Louie Simmons talks about the best way to develop strength. Herb Grossbrenner had his chronology of champions for the AAU/

USPF Senior National Championships, Part I, 114 lbs. through 181 lbs. He also covered the 20th Senior National Championships held in Dayton, Ohio, 1984, where the winners included Chuck Dunbar at 114, Lamar Gant at 123, Doug

Heath at 132, Dan Austin at 148, Gene Bell at 165, Ed Coan at 181, Dennis Wright at 198,

down his feelings about unification of the USPF and the ADFPA. We had an open letter from the WDFPF President Andrew Cominos, also about prospects for unification in the US. Greg Page was interviewed by Larry Miller. On the Top 100 list for the 148 lb. class, number one lifters included Wade Hooper with a 666 squat, Greg Warr with a 473 bench press, and Tony Conyers with a 656 deadlift and a 1702 total. Elsewhere on the list was Sam Alduenda - 90th in the squat with a 446, Lloyd Weinstein with a 325 bench press that was 95th, John Gengo with a 475 deadlift that was number 100, and Mariah Liggett with a 1223 total. You can find this edition and dozens of other back issues of Powerlifting USA that are still available on pages 48-51. Make sure you check out the special price breaks you get if you order multiple copies.



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January 20, 2007

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Contact: Bill Carpenter 563-599-1390

Leningrad Bench Press  
28 APR 06 - Leningrad, RUS

BENCH		165 lbs.
FEMALE		Master I
Unequipped	A. Kogan	303
97 lbs.	Senior	
Senior	A. Logunov	297
N. Vasiljeva 49	D. Amosov	275
111 lbs.	Junior	
Junior	D. Axelrod	259
H. Alekseyev 66	A. Franchuk	242
116 lbs.	S. Semykin	231
Senior	Teen III	
A. Kochetova 88	Akhmedkhano	220
Junior	Teen II	
E. Bogdanovs 71	S. Kljuchev	209
123 lbs.	Teen III	
Senior	V. Chutes	165
J. Weaver 93	Teen I	
128 lbs.	N. Kavitsin	143
Senior	181 lbs.	
N. Romanov 77	Senior	
138 lbs.	Novozhilov	242
Master I	Junior	
M. Sychikova 115	M. Mihajlin	242
154 lbs.	198 lbs.	
Senior	Senior	
E. Sotnikova 93	S. Sparrows	347
E. Smirnova 77	Master I	
MALE	N. Mulin	341
Unequipped	S. Frosts	319
14 lbs.	Junior	
Teen 1	C. Gurov	286
O. Mitrofanov 55	Teen III	
23 lbs.	V. Karpenko	248
Teen II	Master II	
E. Franchuk 126	V. Shutov	242
32 lbs.	220 lbs.	
Teen 1	Junior	
Z. Zabavin 165	V. Zakatimov	352
49 lbs.	Senior	
Junior	V. Rogovtsev	319
E. Minakov 226	242 lbs.	
A. Aksenov 198	Senior	
Master III	A. Bobrikov	352
N. Nadezhdin 187	P. Borovkov	264
Teen 1	276 lbs.	
Majors 154	Teen III	
Junior	O. Titmouse	264
Frosts 154		

USAPL Richmond Open		
15 APR 06 - Mechanicsville, VA		
48 lbs.	A. Smith	302
teen (14-15)	Master (60-64)	
haughnnessy 225	B. Linsey	375
81 lbs.	220 lbs.	
Open	Junior	
S. Santimire 341	I. Thiam	313
S. Columbo —	Master (65-69)	
98 lbs.	T. Amiss	187
Open/Military	242 lbs.	

**APPLICATION FOR REGISTRATION**  
**American Powerlifting Association      World Powerlifting Alliance**



First Name	Last Name	Middle Initial	Today's Date
Street Address	City	State	Zip Code
Telephone Number	E-Mail address	Date of Birth	
Social Security Number	Signature (Parent if under 18 years old)		

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<b>Junior</b>		<b>275 lbs.</b>		<b>G. Faulkner</b>	<b>616</b>	<b>456</b>	<b>610</b>	<b>1683</b>
T. Keim	363	Open/Military	—	Master (5-054)				
<b>Submaster</b>		A. Davie	—	P. Sulphin	473	330	550	1353
J. Bates Jr.	352	SHW	—	242 lbs.				
<b>Master (60-64)</b>		Junior	—	Teen (16-17)				
M. Nickols	291	E. Cline	550	B. Gillespie	335	308	352	995
<b>Open</b>		Open	—	T. Durrett	610	451	583	1644
T. Durrett	451	SQ	BP	J. Besche	—	—	—	—
<b>MEN</b>			DL	Master (40-44)				
148 lbs.			TOT	E. Shrader	500	401	5006	1408
<b>Junior</b>				Master (45-49)				
D. Scalo	324	253	352	W. VanSickle	440	302	466	1204
165 lbs.			929	Master (55-59)				
<b>Teen (16-17)</b>				L. Buckyanne	313	242	462	1017
J. Noble	269	154	297	Master (60-64)				
G. Smith	187	137	253	R. Coppins	—	—	—	—
181 lbs.			577	275 lbs.				
<b>Teen (18-19)</b>				Open				
J. Carter	423	269	473	P. Johnson	698	473	621	1793
<b>Master (40-44)</b>			1155	W. Droessor	561	456	638	1655
M. Cacheine	242	225	330	S. Slaughter	577	478	500	1556
W. Mouton	506	302	467	Master (55-59)				
<b>Master (50-54)</b>			1276	E. Stine	—	—	—	—
D. Smith	—	—	—	Open				
<b>Open</b>				M. Warren	—	506	632	1138
M. Ciupinski	—	—	—	S. W...				
M. ...	—	—	—					

Garrett Walters, of Richmond, VA, won the Paul Jones Overall Best Lifter award, with a coefficient of 486.315. The Paul Jones Memorial Best Lifter is in education to Paul Jones, who passed away in 2003. He did a lot for powerlifting as well as the community. Special thanks goes out to Will Morris, Bettina Altizer, Belinda Hayes, Gary and Tricia Enrick, Bonnie Armstrong, Will Thacker, Myron, Hawk, and Johnny Plum. Also, a real big thanks to our sponsors, VA Cap, Graffiti's Ink Gallery, US Marines, Matt Hanslick's Powerlifting Supremacy, Mason Insurance Agency, APT Pro Wrist Straps, Mike's Olympic Gym, and The Weight Room." Thanks to USAF/Phil Battle for the results and meet report!

APA Great Lakes Open  
27 MAY 06 - Bay City, MI

BENCH		220 lbs.	
MEN		W. Lamb	155
Master I		DEADLIFT	
D. Militello	225	WOMEN	
Junior		132 lbs.	
Z. Geeting	435	L. Kuznicki	290
T. Neymeijer	415	MEN	
A. Niederer	280	(16-17)	
Open		T. Jakubezak	345
198 lbs.		Junior	
Z. Geeting	435	M. Anderson	440
220 lbs.		Master I	
J. Johnston	500	J. Mumaw	535
J. Caporosso	605	Open	
CURL		198 lbs.	
MEN		Guntermann	625
Open			
WOMEN		RP DL TOT	

	B.	D.L.	T.O.
132 lbs.			
E. Redondo	85	225	310
148 lbs.			
G. Redondo	85	230	315
198 lbs.			
R. Foot	100	240	340
MEN			
(13-15)			
N. Everson	315	455	770
(18-19)			
C. Schmidt	325	500	825
A. Militello	265	475	740
Junior			
D. Schuch	335	525	860
Master I			
K. Krzyzaniak	290	470	760
V. Redondo	140	310	450
Master III			
R. Batko	215	500	715
Open			
181 lbs.			
J. Mumaw	275	535	810
242 lbs.			
R. Blaski	315	470	785
308 lbs.			

**300 lbs.**  
**C. Ewold**            580    715    1295  
**C. Cole**            515    685    1200  
I would especially like to especially thank the spotters and referee's for doing an outstanding job. The event was well attended with beautiful swords mounted on plaques and swords mounted on skull stands. Special thanks to Old Town Gym for providing a great meet site. We look forward to the next event at Old Town Gym which will be held November 4th. (Thanks to Scott Taylor, APA President, for results)

ADAU "We Don't-Stinkin' Drugs"

4 JUN 06 - Erie, PA

BENCH	Michalegko	255	
WOMEN	198 lbs.		
165 lbs.	Open		
Master (50-54)	J. Baker	370	
D. Grimm	Tonkovich Sr.	350	
4th-127	E. Betza	300	
Heavyweight	Master (45-49)		
Open	D. Heintzel	275	
V. Muscalo	155	220 lbs.	
Master (50-54)	Open		
B. Zelina	110	A. Barrett	345
4th-115	M. Costa	320	
MEN	D. Fuchs	320	
66 lbs.	Teen (14-15)		
Youth (8)	T. Yarrington	185	
A. Barrett	Master (50-54)		
4th-52	A. Mangini	245	
105 lbs.	242 lbs.		
Youth (12-13)	Open		
T. Tebaldi	110	C. McDonald	440
132 lbs.	Master (45-49)		
Open	C. McDonald	440	
G. Teeter	240	275 lbs.	
Master (40-44)	Open		
G. Teeter	240	G. Thomas	—
165 lbs.	Submaster		
Master (45-49)	G. Thomas	—	
F. Popeski	245	319 lbs.	
181 lbs.	Open		
Open	J. Medvan	390	
M. Tonkovich	305	Master (60-64)	
Master (50-54)	T. Wallick	—	
Repetition DEADLIFT			
Place	2x bwt.	REPS	
J. Boyd	310	25	
J. Orengeia	305	25	
J. Martucci	305	21	
J. Stazer	330	19	
D. Heintzel	360	19	
M. Schneider	305	17	
E. Betza	385	—	

Champion of Champions Women: Debbie Grimm. Champion of Champions Men: Charles McDonald. A big thanks to the A.D.A.U. and the Joe's Gym staff and members for their help at the first contest to be held at the new facility. As usual it was good to see my dear friends, Al and Brenda Seigel. Even with physical problems, they still manage to show up to help out. My loving, gorgeous wife, Sondralee, and Dave Grandinetti. Both are healing from non-lifting related injuries, but there they were helping out as usual. We couldn't hold any contest without the help of all these volunteers. The women all had a great day, going 3 for 3 and even 4 for 4, with 2 American records being set. Debbie Grimm won Champion of Champions, in her first contest by benching 127.5 for a new masters American record, while Beth Zelina won the heavy weight masters and also set a masters record. Val Muscalo won the open heavy weight division while increasing her bench press another 5 pounds, and she was good for more. Eight year old, Allen Barrett set a youth American record in the 66 pound class with his 4th attempt of 52.5. He was also capable of more and we hope to see him at the Nationals in July. Tony Tebaldi's first contest proved to be a huge success when he set a teen. American record with 110 pounds, which qualified him for the Nationals. Gary Teeter dropped down a weight class to set a new masters American record and it paid off when he benched 240 in the 132 pound class. At 165, Fred Popeski, also a first timer, benched 240 to win the masters division, while Mike Tonkovich Jr. won the 181 open, with 305 and Steve Michalegko won the masters (50-54) with 255. In the 198 class, James Baker ran away with the title on his opening lift with 370 and two near misses with 390. Master lifter Mike Tonkovich Sr. took the silver with his 350, while Ed Betza, who dropped all the way down from 242, placed third. Masters champion, Dave Heintzel benched 275 for the 45-49 gold. The top three had a great battle at 220. AJ. Barrett won Gold with 345 and Marier Costa and David Fuchs went silver and bronze with both lifting a "raw" 320. Tom Yarrington won teens and Al Mangini won masters. Charles McDonald was the lone 242 pounder, but he didn't need any competition. His 440 opener was all he needed to win Champion of Champions and pass the drug test with no problems. Way

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to go, Charles. Joe Medvan finished off the contest by winning the 319 class with a beautiful 390 pounds. The repetition deadlift contest was something new we decided to try and it was such a success we will definitely do it again. The plan was to use double bodyweight with the masters getting a one percent reduction for each year over forty. It had to be a legitimate, locked out deadlift with the head referee giving a down signal at the completion of each repetition. The gold went to 49 year old JB Boyd with 310 pound for 25 repetitions. Silver went to 59 year old Joe Orengeia, yours truly, with 305 pounds for 25 repetitions and bronze went to 152 pounder, Joe Martucci with 305 for 21 repetitions. Drug-free and proud, "Sup-

pose you were an idiot. And suppose you were a member of a powerlifting organization that doesn't drug test. But I repeat myself." (results courtesy of Joe Orengeia)

## 100% Raw Teen Ironman 4 MAR 06 - Currituck, NC

Teen	BP	DL	TOT
105 lbs.			
J. Martin	308	584	892
114 lbs.			
E. O'Neil	308	584	892
123 lbs.			
Orengia, yours truly,	286	363	650
25 repetitions			
D. Mignogna	264	628	892
132 lbs.			
A. Sanderson	451	892	1344

(Thanks to Paul Bossi for the meet 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: \_\_\_\_\_

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

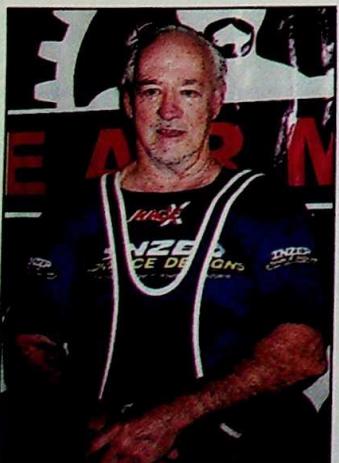
LIFTER'S SIGNATURE: \_\_\_\_\_ PARENTS SIGNATURE IF UNDER 18 YRS. OLD

DATE OF APPLICATION: \_\_\_\_\_ (*This Will Be Your Renewal Date*)

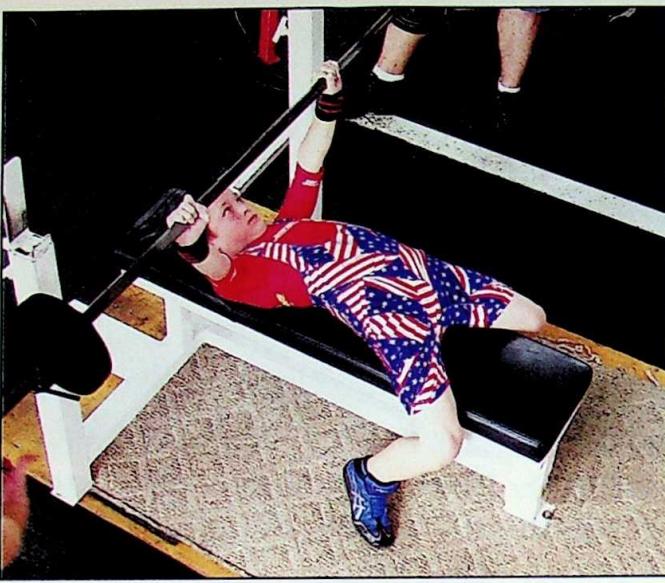
By signing this application I agree to submit or give permission for my son/daughter to submit to any drug testing procedures during or after a competition by Officials of 100% RAW. I hereby also agree to accept the results of such testing and will not challenge the results in anyway. I further agree 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.

**WABDL Florida State BP/DL  
22 APR 06 - Lakeland, FL**

BENCH	242 lbs.
FEMALE	G. Slate 410
Teen (14-15)	D. Brown 410
132 lbs.	4th-415
B. Rains	130 259 lbs.
Teen (16-19)	L. Widener 385
148 lbs.	275 lbs.
M. Calhoun	70 J. French 400
Submaster	Master (47-53)
132 lbs.	123 lbs.
M. Lucas	115 K. Snell 260
198+ lbs.	181 lbs.
A. Silk	160 C. Mortimer 305
MALE	198 lbs.
Teen (12-13)	K. Conaway 370
97 lbs.	220 lbs.
A. Padgett	115 T. Lang 440
105 lbs.	Master (54-60)
C. Nava	85 M. Williams 280
J. Sundey	60 T. Jenkins 410
114 lbs.	G. Policastro 345
B. Silk	95 242 lbs.
148 lbs.	P. Kinser 355
S. Knapp	195 Master (61-67)
J. Szparaga	190 181 lbs.
4th-200	M. Williams 280
Teen (14-15)	T. Langlais 290
114 lbs.	E. Striz 110 242 lbs.
Teen (16-19)	R. Zareck 415
181 lbs.	Master (68-74)
J. Hodapp	225 220 lbs.
B. Silk Jr.	210 T. Trevorah 285
220 lbs.	242 lbs.
T. Brown	335 J. Yong 415
Class I	Master (75-79)
114 lbs.	181 lbs.
S. Beasley	130 W. Smith 200
198 lbs.	198 lbs.
T. Lassiter	300 B. Remley 310
Open	Open
114 lbs.	Law/Fire
S. Beasley	10 198 lbs.
123 lbs.	J. Evans 280
K. Snell	260 242 lbs.
181 lbs.	R. Whitacre 305
R. Biet	440 Submaster
198 lbs.	Law/Fire
R. Kelly	460 220 lbs.
J. Evans	280 C. Davis 300
242 lbs.	242 lbs.
E. Donald	470 G. Shrank 340
W. Slepinski	390 Master (48+)
275 lbs.	Law/Fire
Wetherington	505 220 lbs.
T. Nash	350 T. Lang 440
Submaster	G. Policastro 345
181 lbs.	DEADLIFT
R. Biet	440 FEMALE
220 lbs.	Teen (14-15)
C. Davis	300 132 lbs.
242 lbs.	B. Rains 205
E. Donald	470 Teen (16-19)
G. Schrank	340 148 lbs.
R. Suk	305 N. Guzman 275
275 lbs.	M. Calhoun 165
T. Nash	350 Submaster
Master (40-46)	132 lbs.

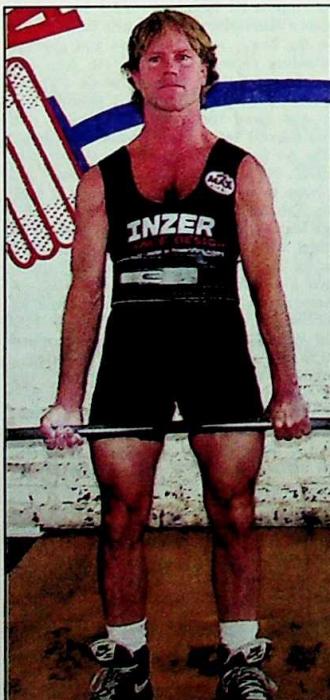


**Bill Remley is a World Record holder at age 75 (photograph courtesy Gearman Nutrition)**



**Austin Padgett** got a World Record 115 lb. bench press in the 97 lb. class., and he pulled a WR 185 at the Florida State Meet (Snell)

Kincer set a state record with 355 lbs. in the 242 lb. class. In the (61-67) age group, Marvin Williams benched 280 lbs. to win the 181 lb. class. Ted Langlais pushed up a state record 290 lbs. to win the 148 lb. class and Richard Zareck benched 415 lbs. to win the 242 lb. class. Tommy Trevorah set a state record with 285 lbs. in the (68-74)/220 lb. class. Johnny Yong rammed up an impressive 415 lbs. to set a state record in the 242 lb. class. Wendell Smith set a state record in the (75-79) age group with 200 lbs., and Bill "The Legend" Ramley benched yet another world record with 310 lbs. in the 198 lb. class. The Law/Fire division witnessed Jason Evans and Robert Whitacre setting state records in their respective weight classes. Chris Davis locked out 300 lbs. to win the submaster 220s. Gordon Shrank and Tim Lang also set state records in their weight classes. Gary Policastro finished with 345 to take second place in the 220 lb. (48+) age group. The deadlift started out with Brittany Rains setting a state record with 205 lbs. in the (14-15)/132 lb. class. Nelly Guzman pulled a strong 275 lb. deadlift to win the 148 lb. weight class in the (16-19) age group. It was also a new state record. Maren Calhoun placed second in her first meet with a respectable 165 lb. deadlift. Michelle Lucas also was lifting in her first meet and pulled an impressive 240 lbs. to set a state record in the submaster 132 lb. class. Ann Silk won the 198+ submaster with a nice 295 lb. deadlift. In the (12-13) year old division, Austin Padgett pulled a world record 185 lbs. at only 90 lbs. bodyweight! Carlos Nava also deadlifted a world record with an impressive 200 lb. lift in the 105 lb. weight class. It was also Carlos' first contest. Jacob Sundey placed second with 160 lbs. Jon Szparaga took first place in the 148 lbs. class with a fourth attempt pull of 305 lbs., which set a new world record. Skyler Knopp came very close with a 302.5 lb. deadlift. Ethan Striz pulled a solid 275 lbs. to set a state record with a nice 360 lb. deadlift in the 148 lb. class. Ray Lynch deadlifted a state record with 410 lbs. to win the 165 lb. class over Asher Collier's 367.5 pull. It was Asher's first contest. Robert Dodds 280 lb. lift won the 181 lb. class. Robert Martin's 315 lb. lift was a state record and also won him first place in the 198 lb. class over Davis Durham who deadlifted 300 lbs. Joe Fowler won the 220 lbs. class with a state record 370 lb. lift. Miles Hickman



**Ken Snell** pulled 465 @123 (Snell)



**The Money Girl - Michelle Lucas**  
got a state record in both the  
bench and deadlift (Gearman)

came in second with 305 lbs. In the (16-19) age group, James Dodds won the 165 lb. class with a 320 lb. deadlift. Brian Silk Jr. took first in the 181 lb. class with an 380 lb. lift over Jonathan Hodapp's 320 lb. lift. Logan Skjeite won the 198s with 425 lbs. and Gary Smith pulled an impressive 540 lbs. for a new state record. Scott Beasley pulled a solid 230 lb. to make first in the Class 1/114 lbs. Tim Calhoun beat out John Marsh by 5 lbs., to win the 198 lb. class. John Light came in third with 460. Ken Snell won the 123 lb. open class with 465, and Carson Brawley deadlifted over triple bodyweight to win the 198s, while Jason Evans pulled 380 lbs. to take second. Swan Strickland, who was lifting in his first meet, pulled a nice 480 lbs. to win the submaster 198 lb. class. Rick Padgett pulled the most weight of the meet (625 lbs.) To win the 220s. Robert Suk took first over Gordon Schenck with 435 lbs. to Gordon's 410 lbs. The masters (40-46) age group had Kenneth Mitchell pulling 600 lbs. for a state record in the 198s over Tim Calhoun's 505 lbs. Dave Brown set a new state record with an impressive 605 lbs.

deadlift in the 242 lbs. class. Lawrence Widener pulled a nice 555 lbs. in the 259 lbs. weight class. Ken Snell pulled a world record 465 lbs. in the (47-53) age group, 123 lb. weight class which earned him Best Lifter of the meet. In the (54-60) age group, Kurt Manchen lifted a state record 385 lbs. in the 165 lbs. class. Greg Policastro won the 220 lb. class with 380 lbs., and Palmer Kinser won the 242 lb. class with 480 lbs. Ted Langlais deadlifted a state record in the (61-67) age group 198 lb. class with a 365 lbs. pull, and Tommy Trevorah set a state record with 400 lbs. in the (68-74)/220 lb. class. Wendell Smith pulled a state record 280 lbs. in the (75-79)/181 lbs. class, and Bill "Break Another Record" Remley hoisted 415 lbs. for another world record in the 198s class. Florida state records were set by all lifters competing in the Law/Fire division. Congratulations to the men in uniform: Jason Evans, Gary Smith, Robert Whitacre, Gordon Schrank, and Greg Policastro. A special thanks to Louis Baltz and the All American Gym, junkyard Dogg, Dan "The Man" Jonas, Anna and Brian Silk, Tim Calhoun, Ellen Trevorah, BJ Stigall, Steve Beck, and all the loaders, spotters, judges, spectators, and lifters who make these meets possible. Thank you, Gus Rethwisch! (Results Ken Snell)

#### AAU Sooner State

15 JUL 06 - Oklahoma City, OK

	BENCH	DEADLIFT
MALE	FEMALE	
148 lbs.	148 lbs.	
B. Jeffries	T. Simpson	248
181 lbs.	MALE	
J. Parsons	G. Tignor	440
220 lbs.	242 lbs.	
J. Gorrell	B. Chambers	551
B. Nebergall	275 lbs.	
242 lbs.	D. Davies	424
B. Chambers	S??	
MALE	A. Tanner	418
198 lbs.	SQ BP DL TOT	
J. Dotson	474 335 451 1262	
220 lbs.		

	Open	T. Kolb	423	540	964
309 lbs.	Master				
R. Lepley	SHW	650*	440*	606*	1697
J. Brown	Open	577	363	463	1405
!=World Records. *American Records.					
Team 1st-Caputo's Gym, 2nd-Crain. Outstanding Men Squat: Ray Lepley. Outstanding Men Bench: Bryan Chambers. Outstanding Men Deadlift: Ray Lepley. Outstanding Men Total: Ray Lepley. Outstanding Women Deadlift: Teresa Simpson. (Thanks to Rickey Dale Crain for results)					

	B. Limmatora	352	220 lbs.
A. Ciccarello	330	B. Limmatola	551
V. Puorro	330	D. Ferrara	352
D. Morgera	264	SQUAT	
F. Sudano	330	WOMEN	
H. Klatte	507	111 lbs.	
DEADLIFT		M. DiNapoli	154
WOMEN		122 lbs.	
111 lbs.		DiBartolomeo	187
M. DiNapoli	209	138 lbs.	
124 lbs.		S. DiRocca	187
I. Broloomeo	242	A. Barbieri	187
138 lbs.		D. Garofalo	198
S. DiRocca	242	G. Coppola	154
A. Barbieri	242	E. Pisano	231
C. D'Aostino	143	G. Daino	176
138+ lbs.		G. Chinese	154
D. Garofalo	231	M. Leucoio	242
MEN		U. Villani	374
G. Chianese	286	A. Morra	352
G. Daino	259	G. Basile	363
E. Pisano	264	A. Duran	253
M. Leucoio	297	D. Girasole	275
U. Vilani	440	123 lbs.	
A. Morra	507	C. Aisler	253
C. Venditto	496	132 lbs.	
G. Sinno	253	G. Veroese	281
R. Turco	242	S. Marro	275
L. Settenbre	214	123 lbs.	
N. Lungaro	297	148 lbs.	
G. Greco	270	C. Aisler	341
S. Asi	253	G. Cuccanti	363
M. Natale	220	P. Rossignoli	3836
G. Bellardita	264	E. Ceccanti	286
F. D'Oriano	198	L. Settembre	297
C. Cucciniello	474	P. Rossignoli	303
F. D'Oriano	198	E. Ceccanti	297
M. Cosmai	440	F. D'Oriano	264
L. Settembre	391	N. Zecchella	462
C. Ricci	214	M. Cosmai	330
G. Maurelli	220	A. Coletta	451
M. Vincentzo	198	V. Loiacono	440
G. Petagna	242	C. Ricci	231
V. Loloacomo	275	Impagliazzo	418
Mastrapasque	253	F. D'Oriano	330
C. Ricci	214	A. Coletta	518
G. Maurelli	220	V. Loiacono	507
M. Vincentzo	198	DeCostanzo	474
G. Serra	231	A. Coletta	424
G. Venditto	286	G. Stinga	385
A. Duran	192	C. Ricci	308
G. Stinga	286	D. DelDeo	385
A. Morra	231	C. DelDeo	457
123 lbs.		G. Mancusi	507
L. Vaira	292	(results courtesy of Sharron Clegg, BDFPA)	

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Your Author ... Steve Petrenak.

required in Las Vegas the same weekend. So what I did was fly from Omaha to Las Vegas on Friday so that I could attend my company's awards banquet and then flew from Vegas to Denver the morning of the meet and back to Vegas after the meet". 26-year-old Mike Ciupinski held off the rest of the pack to finish 3rd overall with his opener of 424 lbs. The Dig Deep award of this class had to go to Tom Cencich who, after missing 364 lbs. on his first two attempts, not only dodged the bullet of the bombout, but he increased his final attempt to a PR of 419 lbs. and nailed it. The humble Masters 2 champ was eager to compliment his competitors, showing the camaraderie in our sport. Cencich's words: "I was honored to lift against Ron Garofalo who was the best lifter at the IPF Masters Worlds Powerlifting Championships last year; and thankful that this was not a full PL meet. Also in my M2 class was James Bardsley who lifted a PR; 50 lbs. better than in St Louis". Garofalo and Bardsley Jr. finished with 391 lbs. and 375 lbs. respectively. The always solid, Jim Klostergaard, finished with his opener of 408 lbs. and won the M4 class with a new National Meet record. He passed on his third after missing 430 lbs. on his second. Jim must have been saving his strength for Masters Worlds where he ended up with a Bronze medal. Johnnie Martinez took the Armed Forces class with his opener of 386 lbs. 66 year old Rudy Lozano won the Masters 6 class with an impressive lift of 363 lbs. Like Klostergaard, Lozano would go on to finish with a Bronze Medal at the Masters Worlds; he also took a shot at the world record on his third attempt that would have won him the Gold. Tom Zintmaster set the Teen 2 National Meet record with a solid 308 lbs. raw lift. 63 year old Michael Minietta cracked the 300-barrier with a final lift of 303 to win the Masters 5 class. Joe Polakovic went three for three to take 2nd in the Teen 2 class. Rounding out the class were winners of their respective classes Andrew Cross (265), Bill Clayton who was injured on his opener and could not continue (248), and Greg Johnson (171). Crowd favorite and one of the lifters that I look forward to seeing every year is 86 years young, Dr. Anton Reel Jr. Dr. Reel and his son, Anton, the III, who accompanies the Doc, are always a pleasure to talk to. Dr. Reel is the epitome of the longevity one can have in this sport. The Doc went three for three finishing with a 105 lbs. best in the M9s. Jeff Zick had an off day and missed all three attempts of 402. 198-The star of the weekend, hands down, was Dennis Cieri, who opened up with 501 lbs. without a bench shirt! Dennis definitely doesn't need his ego pumped up, but with a 2-hour weigh-in at 198 lbs. and a 501 lbs. opener sans bench shirt, there wasn't anyone at the meet who wasn't impressed. Dennis didn't stop there, however; he put

on the shirt and hit 562 and a new World Record of 591 lbs. to finish the day 100 lbs. ahead of the rest of the field. Dennis, who looks more ready than ever, will look to capture his first Gold Medal in Hungary. Tim Stroshine, who was only able to get his opener of 491, still moves up one spot from last year. Tim's lifting has steadily improved over the last few years to the point where this young 27 year old could be a force to be reckoned with in the near future. Bill Shalkowski was also only able to get in his opener of 474. This was Shalkowski's home turf and you could tell that he was disappointed with his performance. Even so Shalkowski still won the Masters 1 class by a decent margin. Shalkowski's words: "While the 474 lbs. press I completed was enough to win the M1, I was not satisfied with that. I missed 507 lbs. on the 2nd and 3rd attempts. I had handled that weight in my training easily. Looking back, I believe that I was using a Titan shirt that was too loose. No sweat, there will be other days". Joe Whitcomb trailed the top three but finished the day with a 2 for 3 performance and a 430 in the books. A nice battle ensued in the

Masters 2 class between Dana Rosenzweig and Howard Sturman. Both missed their openers and second attempts, they both pushed the weight up on their third attempts and matched each other with clutch lifts of 424 lbs. Unfortunately for Rosenzweig, was the fact that Sturman weighed in 26 lbs. lighter; taking the top spot in the M2s. Rosenzweig is also off the heels of Masters Bench Worlds and is already focusing on September. Rosenzweig's words: "I've been trying to forget the contest and look forward to Charlotte. The only thing that comes to mind was the performance of the guy who beat me, Howard Sturman. His previous best was 407 and he did 424 at the Nationals after missing both 385 and 418. I was actually happy for him. He said he was coming off 3 shoulder surgeries! The highlight of the meet for me was spending time with Dr. Anton Reel who at age 86 takes almost no medication and celebrates victory in the lounge with a cold beer. He is a testimony to clean living and life-long exercise. Every time he departs he references where the next Nationals will be held and reminds me he'll see me

there... priceless". Like others before and after him, Sturman was gracious in his victory. Sturman's words: "I was up against the 2-time champ in the M2 90 kgs, Dana Rosenzweig. Both of us missed our first two lifts to put our backs against the wall. For my last attempt I had chosen 190 kgs. Dana had chosen 192 kgs. Knowing that I was lighter, I upped the attempt to 192 kgs. also. My first two lifts were met with a total of 6 reds. Not a very good start. My lifetime best is 186 kgs. The 192 kgs. went up solidly for 3 whites. Dana then nailed his 192 and I won by virtue of the lighter bodyweight. He congratulated me backstage like the champ that he is". 16 Year Old Alex Meixueiro impressed with a 391 best lift to win the Teen 2s. 65 year old Ronald Hemenway and 53 year old Steve Harms each put up best lifts of 364 to their respective age groups. Richard Martinez also finished the day with a 364 lift in the M2s. Patrick Carroll is another favorite on hand every year. Carroll, like most of us always shows that the camaraderie is sometimes more important than the lifting. Carroll, who weighed in at a meager 7 pounds over the

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previous weight class limit, finished the day with a best lift of 347 lbs. Carroll's words: "I lifted in the 198 Class; heavier than my 181 regular class. The best part of all these meets is the lifters; it's always been like a big family reunion". Rounding out the class were Robert Roberto with his best lift of 325 and 62 year old Bobby Wischkowski with a best of 287. Brian Burritt had a tough day missing all three attempts of 463. Sunday March 26th, 2006: Men: 220-This class was my favorite of the weekend. This class is also usually deep with talented lifters every year as witnessed by 4 different champions in the last 5 years. I usually try and handle at least one lifter in each class; and sometimes, like this one, I end up trying to pull double duty. I handled two of the top Contenders, Tim Anderson and Clint Poore. Believe me when I say that I would have liked to have helped Troy Lehrer and Kevin Farley as well; but they seemed to be in good hands with Dennis Cieri (new World Record Holder) and Donovan Thompson (World Team Coach) respectively. These are 4 of the really good guys in the sport; and you just want

to see them all do well. Anderson made it easy on me and opened up big. He wanted to be back on the world team where he finished 5th last year. Anderson's lift also set a statement to the rest of the field, as he had no problem firing up 551 lbs. on his opener. No one else would put in an attempt close to it for the rest of the flight. Anderson would go on to hit a conservative second lift of 568 before stalling out on his 3rd attempt, which would have broke the American Record. Anderson definitely looks ready for his return to Worlds. Farley had a different strategy, which was to open super light; and get in the meet with an easy lift for the judges. He would then take a big jump to get into the mix with the rest of the group. Farley had no problem with his opener of 429, but his second attempt would not be so pleasant. Meanwhile, 50-year-old Mike Berteaux came out with a solid opener of 441 and would be in the lead in this year's M3 class over the 2004 Overall Champion, Charlie Turco, as Turco missed his opener of 469. Poore would hit an effortless 485 to squeeze in behind Anderson for second as Lehrer missed his opener of

507. Second attempts would see Cyrus Ford jump into the mix; after opening raw with 419, he moved up in the standings with a 441 second attempt (this may also have been without a shirt; I'm not sure). Berteaux would try to match Turco's failed first attempt, but he would also miss 469. Turco, however, would hit the 469 on his second and move himself into the M3 lead as well as 3rd overall. Farley would try to take over the 2nd spot with his big jump to 490. This attempt almost proved to be catastrophic as the 490 came out of the groove and almost scalped Farley. He actually had some knurling scrapes on his forehead which I'm sure the adrenalin helped blow off. Meanwhile, Poore again nailed another lift this time 512; and he looked like he was well on his way to taking second this year. He finished 4th last year as one of the lightest lifters in his class. This year he was not only lighter, but he was the lightest of the class. Apparently this did not stop him from moving more weight a year later. Lehrer moved up to 518; and missed again. This did not look like it was going to be his day and he looked destined to



*Dr. Anton Reel Jr. ... (181) is 86!*

bomb out of the meet. He just didn't seem to have the strength. On the third attempt, Matt Newton took a big jump from his second attempt of 408 to hit 441 and finish off a fine 3 for 3 day. Ford also went 3 for 3 finishing with 457, which again, may or may not have been without a bench shirt. Berteaux who had the bodyweight on Turco went for 480 to hopefully match Turco and win on bodyweight, but his attempt failed. Turco did hit the 480 for new M3 National Meet record. Farley would shake off the cobwebs and go after Poore's second spot with an attempt of 518, but just didn't have it. Farley's words: "Well lets see, I remember dropping the bar on my head with 490 lbs, but everything gets fuzzy after that! In all honesty, I had a trade show the week leading up to the meet, and the extra weight from too many good meals in Las Vegas effected how the shirt fit me, which as a good coach I should have accounted for, but as a lifter I often ignore my own advice and try to bulk my way through things. Lesson learned for September, get a new shirt or lose 10lbs!" Poore would match Lehrer's final attempt at 524. Lehrer would go first as Poore had the better lot number. Honestly I wasn't sure that Lehrer was going to get it after two previous missed attempts at lighter weights. Well Troy gutted out an amazing come from behind lift to put all the pressure on Poore. I can also honestly say that both Poore and myself were extremely happy for Lehrer who avoided the bomb-out. But now it was Poore's turn. He had finished tied with Lehrer last year and won on bodyweight. This year's strategy would be the same. Poore had all the power and pressed the weight out, but the lift was turned down for not having the bar motionless on his chest before pressing it out. That error left Poore in third and helped create a great friendly rivalry between these two lifters, which will hopefully be just as exciting in September. Poore's words: "In lifting, as in life, you can be a big fish in a small pond or a small fish in the ocean; I choose the latter. The journey to make Team USA and compete in the IPF Worlds is a fight for survival, you have to do your absolute best to be the National Champion and represent the USA at the IPF Worlds. Just



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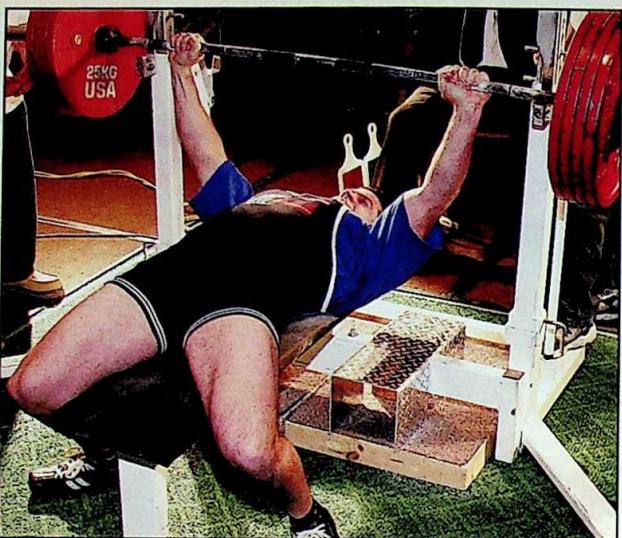
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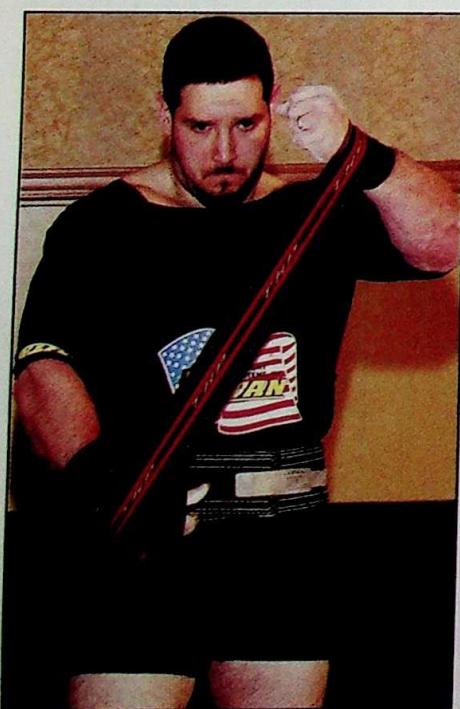
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like the small fish in the ocean you have to fight for everything you get and work to get better so you can make TEAM USA! Will I make it, only time will tell, but I am gonna fight like the small fish in the ocean. As for my lifting, I did real well, I flew in a day early to rest and get some extra sleep. I opened with 484 and then 51; both went easy. Then I went for a lifetime P.R. of 523 and pressed it easily, but was turned down 2 to 1 due to a bobble at the chest. I knew I had made a mistake and it cost me. I would have gotten second place in the 220 open and 1st in the lifetime drug free but I made the mistake. The problem was I got really excited and was like a cannon about to fire. This small mistake allowed my friend Troy Lehrer to beat me in the Lifetime drug free division. I beat him in Saint Louis and he beat me in Denver. Charlotte will be round 3. Also let me compliment the 220 Open Bench Press National Champion and Team USA member Tim Anderson, he is one incredible lifter who will be a strong force at the IPF Bench Press World Championships. Rounding out the class were Todd Rupert, who won the M1s with a 369 lbs. best lift, 17-year-old Scott Edwards, with 260 lbs, and Jeff Cardinal with 220, 242. This class would be a two-man battle for the top spot. Veteran and returning champion, David Doan would be the odds on favorite but one had to wonder where he might be in his training cycle, since he too like many others was going to be competing in Miami at the Masters Worlds BP Championships. Like Deb Ferrell, Doan did not get a lift in at last year's worlds; and he needed this win to get his spot back on the world team. The one lifter that Doan was most concerned about was last year's 3rd place finisher Marty Mills. Marty has been putting up some solid numbers of late and had the potential to overtake Doan at this meet. Not to be forgotten, and I know that Mills and Doan did not, was veteran and last year's 4th place finisher, Russell Kitani, who could make things interesting if one of these two faltered. Kitani would miss his opener of 562 lbs, while Mills would come out and have no problem with his opener of 584 lbs. Doan would try and lead the pack with his opener of 600 lbs, which he had no problem with but it looked to be quick off the chest and the lift was turned down. This had last year's Worlds written all over it, as Dave manhandled the weight, but was turned down on technicalities. Kitani would miss again on his second of 573; while Doan would redeem himself and take the lead with a successful retry at 600. Mills, however hit another strong lift of 606 to keep his lead. Kitani would miss his final attempt of 595 and bomb out of the meet. Doan who weighed less than Mills, upped the ante to 617, but unfortunately stalled out on his attempt. Mills who captured his first National Title and the automatic spot on the World Team went for 623 on his third, but he too would miss his final attempt. Mills' words: "I was very excited to win my first USAPL



Dennis Cieri ... got a new World Record of 591 in the 198 class

National Bench Press championship. Being on the National Team and competing at Worlds has been one of my goals. It is something I have been working on for quite a few years. I felt that the 242 class was one of the toughest weight classes with 3 of the top 4 place-winners returning from the 2005 national championships". Doan was able to make the Open team, as an alternate with his strong performance. Doan also went on to capture the Silver Medal at the Masters Worlds in Miami. Stan Carradine and Mike Skelton had a nice battle for 3rd and 4th as they hit 5 of their combined 6 attempts. Carradine edged out Skelton 485 to 480. Erik Hoskinson had a nice 3 for 3 day hitting 441, setting the National Meet Record for Armed Forces; and Anthony Knight was right behind him with 430. Another great battle was happening in the M5 class with the favorite Clifford Tallman and Jerry Jones. Like David Doan, Tallman was most likely in the middle of a training cycle for Masters BP Worlds. Jones missed his opener of 397 lbs, while Tallman hit his with 408 lbs. Jones recovered on his second to tie Tallman's 408, but was still behind on bodyweight. Tallman missed at 419. The two 62 year olds both took their final attempts with Tallman missing again and Jones making his to take the win. Jones also took a shot at the World Record, but came up short on the 453 lbs. attempt. This looks like the making of another nice battle in September. Tallman would, however, go on to win Gold at the Masters Worlds in Miami! Tom Zintmaster took the M3 class with a 407 lbs. best lift on a 3 for 3 day; and 71 year old Charlie Doggett took the M7 class with a best lift of 308 lbs. Like Kitani before him, Howard Blackmon had a rough day, missing all three of his attempts. 275-This was yet another class where I had a rooting interest in multiple lifters. The entertaining Collin Rhodes, who I had the honor of handling, the cool customer Geoff Plante, and the veteran coach and lifter Patrick Anderson would all do battle for what would be someone's first Open Bench Press Championship victory. Rhodes had won Bronze at the 2001 World Championships going in as an alternate and wanted back in a bad way. He has had a bad run at Nationals the past three years, bombing out at each one. Rhodes had been having a great training cycle; and thought that this year would be his best chance of returning to the World Stage. Anderson had the same thoughts; knowing this would be a great year for him to make his first World Bench Team. Plante fresh off his first World Meet just 6 months ago, as an alternate, knew he had what it would take; and was a solid contender in this fight as well. All three opened up very close to each other; Rhodes and Plante making openers of 579 lbs. with Anderson missing 584 lbs. Anderson did not look good as he walked off the platform after his opener; he almost looked agitated at himself for missing the lift. He would need to shake it off to get back in the game. He did just that as he would grind out his second attempt of the same weight and momentarily take the lead. Plante would one-up him with 606 to take the lead away from him, but it was Rhodes who would open up the pace by hitting 623 on his second to create some distance between himself and the rest of the group. Anderson admitted later that he just didn't have it on this day, and just moved up enough on his third to try and take a shot at second on bodyweight. His 606 stalled out and he would finish 3rd. Anderson's Words: "I just had an off day, my training hadn't gone great so I knew that I was down a little bit. I missed my opener at 584 badly. Tony Cardella gave a great hand off but the weight felt very heavy for an opener and for the first time in my nearly 20 years of competing I missed an opening bench on strength. I don't know how lifters are able to come back from missed openers time after time because I don't ever want to go



Troy Lehrer ... faced off a bombout at 220.

through that again. I brought my grip in a little and modified the shirt some and hit 584 on my 2nd but it was not easy. I went for 2nd place on my 3rd with 606 and actually it felt better than the 584 and I almost got it. Collin Rhodes and Geoff Plante deserve credit for making their lifts and I have some work to do to catch those guys". The heavier Plante moved up a strategic 5 pounds on his third to take over the lead and hope that a Rhodes' miss would follow. He too fell short on his attempt and would finish second. After the Plante miss, Rhodes had it won and we pushed his attempt to 661. He too would come up short, but still earn his first Open Bench Championship and the automatic World Team Spot. Rhodes' Words: "My performance was not up to standard, but I had an excuse (for what that's worth). I had walking pneumonia and whooping cough. I think that the playing field was somewhat leveled for me though because the meet was at Denver altitude, and I train at the same altitude. So me being sick sort of balanced out with the other guys having to come up to Denver. I also got very lucky. I'm very happy to have finally won a spot on the USA World team as a first vs. an alternate". Rick Geller avoided a bomb-out by shaking off two misses at 502 to finally get it on his third and take 4th in the Open and 1st in the M2 class. Murray Marsh was yet another lifter who shows that there is no age barrier in this sport as he went 2 for 3 finishing with a strong 424 to win the M6 class and set the Nationals Meet and American Records in the process. He didn't stop there as he used the meet as a stepping-stone to a Bronze Medal just a month later in Miami at the Masters World BP Championships. David Wolf and Frank Mi Baja hit lifts of 380 and 276 respectively to go 1-2 in the M3 class. Pat Holland couldn't match Geller's last chance; and he ended up bombing out with 523 on the bar. SHW-The Meet Director, The Coach, and finally in the final flight of the weekend, Dan Gaudreau would be the lifter. This would be a two-man race between Gaudreau and E.C. Stumpf. Behind these two behemoths are two great women lifters who were pushing their men to take this last title of the day. I think 132 lbs. Jennifer Rey (for Dan) and 123 lbs. Maria (nee Sarris) Stumpf (for E.C.) looked more intense at times than their respective lifters. Gaudreau opened up a lot of distance between the two as he hit his opener of 650 to Stumpf's conservative 578. Stumpf would miss on his second attempt of 606, while Gaudreau went right for 705 on his second attempt, but missed as well. This gave Stumpf the opportunity he needed, as he would take a shot at 656 for the lead and hopefully the win. As amped up as he was for the lift, Stumpf could not drive it up to completion and would finish second. Stumpf's Words: "As far as lifting went, I am very happy with how things went. I opened light with 578 to get the nerves out, jumped to 606 and it was very easy (I got red lights for touching to low). After seeing that Dan missed his second attempt at 705 I said to my wife Maria and training partner Sean lets go for it. My



Tim Anderson ... won the 220s with a 567.



Marty Mills prevailed in the 242s

third attempt was 655 and I will tell you what to be in that situation was unbelievable. I had a shot at winning the Bench Nationals, which is a big dream of mine. If I make 655 and Dan misses 705 I would win, emotion ran high and I gave it a good ride. I had never had 655 in my hands before and to get it that close was just awesome! I can't wait until September where hopefully Maria will be back on the platform and we can both come home with some good stories". Gaudreau's final attempt would fall short as well, but his 655 would take the top spot in the Open and the M2 Class. Dan still had to wait to find out if he would take one of the final alternate spots for the World Team. The reason behind this was that SHW Bill Gillespie, who was not in attendance, already had a qualifying lift for the World Team by virtue of his 727 lbs. performance at last year's Worlds; and was going to accept his spot. Due to the short time span that was mentioned at the beginning of this article, anyone who won their class at last year's Nationals Meet and was able to get a lift in at Worlds, would be allowed to use that lift as a qualifier provided they did not enter this year's Nationals. This was a one-time deal that only Gillespie ended up taking advantage of. After two years as an assistant coach to the Open World Bench Team, Gaudreau ended up earning one of the alternate spots to represent the U.S Team. Gaudreau, like many others in this meet, first had a date in Miami. And like Ferrell and Tallman before him, Gaudreau would earn a Gold Medal at the Masters Bench Worlds. What a way to start off the year! Gaudreau's Words: "I felt that if I got my opener I would be in a good position to win and thus go for a 705 PR. Being the meet director and coaching over a dozen lifters took more out of me than I had anticipated and the 705 will have to wait for another day. I was honored to be Best Lifter in both Men's Heavyweight Open and Masters divisions. I hope to put together a good performance in Hungary at the BP World Championships". Bruce Edwards steadied through 502 and 518 before stalling at a 540 lbs. 3rd attempt to finish 2nd in the M2 Class with the third best lift of the SHW class. McKinley Windom and Michael Ricker each took shots at 507 on their 2nd and 3rd attempts but could not get one on the board. Windom finished with 485 to win the Police and Fire class and take 3rd in the Open, while Ricker finished with 463 to win the M1 Class and finish 4th in the Open. 61-Year-old Gip Duggan claimed the M5 Class with a 402 effort and Peter Hendt grabbed the M4 Class with a best lift of 397 lbs. Battle Of The States: Three years ago, Brad Klinger and I were following discussions on the forum about what state had the best benchers; and we

thought it would be great to have a friendly competition. I decided to talk to Al Siegel (<http://www.siegleengraving.com/>) about creating a traveling plaque that the winning state would be able to take back home from Bench Nationals each year. Al donated both the Men's, and a year later, the Women's plaques, each with 25 nameplates, free of charge. We used the IPF scoring method of only taking points from the top 6 lifters of each state. All lifters are lumped into their respective weight class regardless of division(s) entered. After my State of Ohio took the Men's title for the first two years, Colorado stepped up this year and prevented our three-peat. Ohio finished in second, and New York and New Jersey tied for third. The Women's plaque was created last year; but like the men, last year's winner Texas, would have to rescind the plaque to Colorado as well. The Texas ladies finished second and the Nebraska ladies finished third. Full Results of the Yearly Battle of the States can be found here: ([http://www.usapl.org/com/usapl\\_other\\_meet\\_results.htm](http://www.usapl.org/com/usapl_other_meet_results.htm)) I'd usu-

ally summarize the meet, but I figured I'd let the lifters themselves describe the well-run meet. The following is just a small portion of what the lifters had to say about Dan and his crew: "As always, Dan put on a great meet, excellent warm up area and facilities for all the lifters." "We had a good time and Dan did a fantastic job with the meet." "The facility, event staff, judging, and warm-up area were first rate." "The meet itself was run excellent. I thought the venue was one of the best." "I have been to many meets in my eight years of coaching and competing and I have to say that Dan's meet in Denver was one of the smoothest running and best setups I have seen." "I thought that the meet was run in a first class manner." "The meet itself was great; Dan Gaudreau and his crew should be applauded for a top-notch national meet." "Dan Gaudreau and the crew from Colorado did a great job running the meet." "The warm-up room and equipment were first class." "Dan Gaudreau did a fantastic job; the meet venue was awesome." "I thought Bench Nationals was one of the most professional meets I've been to."



Collin Rhodes ... the 275 winner.

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18 FEB 06 - Arlington, TX

BENCH	4th-286*	4th-534*	W. Smith	418	198 lbs.	Law/Fire
MEN	165 lbs.	220 lbs.	Disabled	M. Gillette	369	Master (40-47)
Class I	132 lbs.	198 lbs.	C. Martinez	J. Perez	341	242 lbs.
	198 lbs.	220 lbs.	A. Sasser	H. Montoya	396	242 lbs.
M. DeLaCruz	261	259 lbs.	325	C. Montero	380	242 lbs.
B. Ramsey	523	259 lbs.	R. Womack	446	308 lbs.	D. Gibbs

B. Woods Jr.	336	198 lbs.	G. Bowen	435	198 lbs.	Law/Fire
C. Martinez	—	242 lbs.	C. Colchado	446	242 lbs.	Master (40-47)
A. Sasser	325	242 lbs.	C. Colchado	446	242 lbs.	Open
C. Montero	380	242 lbs.	C. Colchado	446	242 lbs.	Open
R. Womack	446	242 lbs.	C. Colchado	446	242 lbs.	Open
		Junior (20-25)	J. Nindorf	584*	198 lbs.	Open

J. Vega	385	Teen (14-15)
Law/Fire	132 lbs.	M. DeLaCruz
Submaster	4th-286*	281
198 lbs.	181 lbs.	C. Rayner
B. Stone	358	369*
Master (40-46)	181 lbs.	D. Simmons
181 lbs.	148 lbs.	DEADLIFT
D. Simmons	259	WOMEN
198 lbs.	148 lbs.	A. Yakolis
A. Yakolis	314	Master (40-46)
220 lbs.	148 lbs.	R. Womack
R. Womack	435	203
242 lbs.	Open	G. Bowen
G. Bowen	435	165 lbs.
C. Colchado	446	G. Damron
Master (47-53)	165 lbs.	T. McKinney
165 lbs.	UL	165 lbs.
M. Mosley	—	M. Meyer
198 lbs.	Submaster	314*
H. Montoya	396	165 lbs.
Master (54-60)	165 lbs.	G. Damron
181 lbs.	Teen (16-19)	358*
R. Contreras	336	165 lbs.
Master (61-67)	165 lbs.	T. McKinney
220 lbs.	MEN	369*
T. Lancaster	424	Class I
Master (68-74)	181 lbs.	181 lbs.
220 lbs.	D. Garcia	440
B. Bassman	391*!198 lbs.	198 lbs.
Open	G. Perez	496
181 lbs.	220 lbs.	181 lbs.
C. Bell	407	O. George
D. Garcia	451	C. Montero
C. Rayner	369	259 lbs.
198 lbs.	W. Smith	473
E. Masters	462	Disabled
B. Ramsey	523	242 lbs.
4th-534*	C. Colchado	551
C. Washburn	501	Junior (20-25)
220 lbs.	148 lbs.	148 lbs.
J. Guerra	567	S. Dickson
259 lbs.	198 lbs.	325
B. Bell	573	M. Gillette
SHW	529	J. Perez
M. Phillips	586*	529
Submaster (34-39)	242 lbs.	D. Gibbons
165 lbs.	198 lbs.	E. Silva
D. Smith	352	540
198 lbs.	275 lbs.	R. DeLaCruz
E. Masters	462	672*
259 lbs.	Law/Fire	Law/Fire
P. Parnell	—	Open
	198 lbs.	Open

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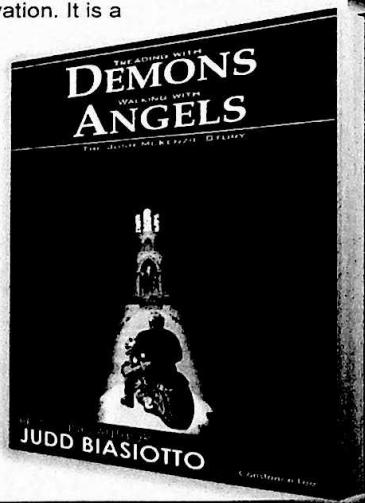
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J. Vega	523	J. Christian	462
220 lbs.		R. Contreras	540
J. Guerra	534	J. Mauldin	451
Law/Fire		275 lbs.	
Submaster		S. Cates	501*
220 lbs.		Master (61-67)	
B. Stone	512*	T. Lancaster	551
Master (40-46)		Open	
198 lbs.		242 lbs.	
A. Yakolis	501	S. Donegan	611
242 lbs.		P. Wylie	688
C. Colchado	551	4th-722*	
P. Wylie	688	275 lbs.	
4th-722*		R. DeLaCruz	672*
Master (47-53)		Submaster (34-39)	
220 lbs.		220 lbs.	
R. Garcia	628	O. George	534
4th-650*		Teen (16-19)	
Master (54-60)		198 lbs.	
181 lbs.		B. Blessing	358

\*=State Records. !=World Records. The weather was unusually cold for Dallas, with icy roads. But, the meet went on with some to the help not showing up due to the roads. Fifty two lifters competed. In the deadlift junior 275, Rendy De La Cruz set a Texas record 672 at age 21. In law/fire submaster/220, Barren Stone set a Texas record deadlift with 512.5. In master men 40-46/242, Phillip Wylie was impressive with a 722 Texas record. In master 47-53/220, Rick Garcia pulled a Texas record 650 at age 48. In master 54-60/275, Stephen Cates set an Oklahoma record 501.5. In open women 165, teen Tiffany McKinney pulled a Texas record 369 and a World Record 369 at 165 to be the more impressive female deadlifter of the meet. In the bench, Brian Ramsey set a class I 198 Texas record of 534.5. In junior 308, Jason Nindorf set a Texas record 584. In master 68-74/220, Bob Bassman set a World Record 391. In open superheavy, Mike Phillips set a Texas state record with 589.5, the highest bench of he meet. And, in teen 14-15/132, Matt De La Cruz set a World Record 286.5 bench. Brian Dobson was the meet director, and Steve Hoffman was the chief judge. Brian has another meet scheduled September 23 in Dallas. (Thanks to Gus Rethwisch for the results)

### Washington State High School 3 JUN 06 - White Salmon, WA

BOYS	SQ	BP	DL	TOT
------	----	----	----	-----

114 lbs.				
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N. Bertsch	235	165	310	710
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G. Thompson	255	180	275	710
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C. Riso	230	125	295	650
---------	-----	-----	-----	-----

K. Probst	195	115	240	550
-----------	-----	-----	-----	-----

123 lbs.				
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J. Dierick	305	195	315	815
------------	-----	-----	-----	-----

Chamberlain	285	185	310	780
-------------	-----	-----	-----	-----

B. Fredson	265	165	315	745
------------	-----	-----	-----	-----

K. Johnson	225	135	280	640
------------	-----	-----	-----	-----

H. Hernandez	220	135	270	625
--------------	-----	-----	-----	-----

R. Marr	225	140	225	590
---------	-----	-----	-----	-----

K. Johnson	—	165	275	440
------------	---	-----	-----	-----

B. Beebe	—	140	270	410
----------	---	-----	-----	-----

132 lbs.				
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J. Laux	320	210	330	860
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G. Storer	330	155	355	840
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C. Mudgett	285	195	325	805
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Z. Fenn	265	185	325	775
---------	-----	-----	-----	-----

C. Cavanaugh	—	185	330	515
--------------	---	-----	-----	-----

J. Scogin	—	145	315	460
-----------	---	-----	-----	-----

148 lbs.				
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B. Walczak	445	265	445	1155
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T. Belen	415	300	385	1100
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F. Carpenter	385	230	395	1010
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C. Matthews	405	200	405	1010
-------------	-----	-----	-----	------

J. Light	375	225	375	975
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L. Legarria	280	200	350	830
-------------	-----	-----	-----	-----

165 lbs.				
----------	--	--	--	--

Henson-Dalsa	500	330	430	1260
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T. Manley	445	285	500	1230
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C. Owen	400	285	350	1035
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A. VanDyke	385	240	390	1015
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J. Fraisure	330	195	435	960
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D. Allen	315	245	375	935
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K. Colten	335	215	365	915
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L. Deakins	305	200	395	900
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S. Andrews	350	—	360	710
------------	-----	---	-----	-----

181 lbs.				
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P. Buris	535	325	500	1360
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C. Luna	450	275	500	1225
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B. Rice	405	235	465	1105
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C. Gueller	405	265	425	1095
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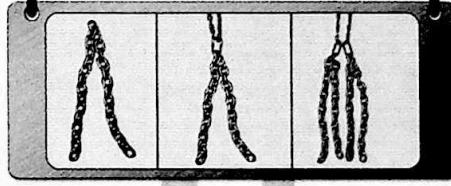
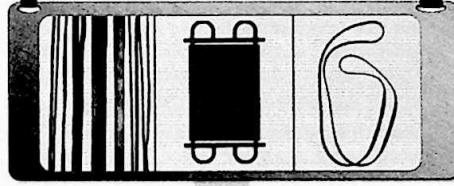
R. Krumpols	350	225	465	1040
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C. Taff	300	305	430	1035
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C. Muma	320	230	390	940	242 lbs.	T. Boyer	400	Teen
J. Spargo	330	170	405	905	308 lbs.	J. Burns	450	198 lbs.
E. Richardson	290	225	335	850	308 lbs.	M. Harden	500	259 lbs.
N. Kenoyer	340	—	350	695	Master (40-44)	DEADLIFT	242 lbs.	4th-DL-265
S. Clark	295	—	340	635	Master (40-44)	Open	220 lbs.	4th-DL-265
T. Naplontek	—	210	410	620	Master (45-49)	K. Millraney	670	220 lbs.
Meet was held at Columbia High School.					Master (45-49)	K. Millraney	670	220 lbs.
Best Squat: Jake Hanson-Daisa of Capital					Master (45-49)	M. Hood	525	259 lbs.
High School. Best Bench: Travis Belen of					Master (45-49)	C. Smith	385	259 lbs.
Shelton High School. Best Deadlift: Tyler					Master (50-54)	B. Morris	605	259 lbs.
Manley of Montesano High School. Best					Master (50-54)	D. Blackburn	585	259 lbs.
Lifter: Paul Burris of Riverside High					Push Pull	BP	275 lbs.	259 lbs.
School. Seventy lifters participated. Team					Push Pull	DL	220 lbs.	259 lbs.
Results: 1st Montesano High School, 53					Push Pull	TOT	220 lbs.	259 lbs.
points, 2nd Shelton High School, 41 points,					Push Pull	BP	220 lbs.	259 lbs.
3rd Riverside High School, 32 points.					Push Pull	DL	220 lbs.	259 lbs.
(Meet results and report submitted to					Push Pull	TOT	220 lbs.	259 lbs.
Powerlifting USA by: Kevin Eiene of					Push Pull	BP	220 lbs.	259 lbs.
Robinswood (Alternative) High School)					Push Pull	DL	220 lbs.	259 lbs.
Master (45-49)					Push Pull	TOT	220 lbs.	259 lbs.
165 lbs.					Push Pull	BP	220 lbs.	259 lbs.
C. Weber	185	350	535	4th-DL-365	Push Pull	DL	220 lbs.	259 lbs.
4th-DL-365					Push Pull	TOT	220 lbs.	259 lbs.
165 lbs.					Push Pull	BP	220 lbs.	259 lbs.
C. Weber	185	350	535	4th-DL-365	Push Pull	DL	220 lbs.	259 lbs.
4th-DL-365					Push Pull	TOT	220 lbs.	259 lbs.
MEN					Push Pull	BP	220 lbs.	259 lbs.
Raw					Push Pull	DL	220 lbs.	259 lbs.
Teen					Push Pull	TOT	220 lbs.	259 lbs.
Teen					Push Pull	BP	220 lbs.	259 lbs.
A. Oakes	—				Push Pull	DL	220 lbs.	259 lbs.
114 lbs.					Push Pull	TOT	220 lbs.	259 lbs.
123 lbs.					Push Pull	BP	220 lbs.	259 lbs.
C. Cooper	125	255	380	4th-DL-275	Push Pull	DL	220 lbs.	259 lbs.
4th-DL-275					Push Pull	TOT	220 lbs.	259 lbs.
220 lbs.					Push Pull	BP	220 lbs.	259 lbs.
Equipped					Push Pull	DL	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	TOT	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	BP	220 lbs.	259 lbs.
Equipped					Push Pull	DL	220 lbs.	259 lbs.
220 lbs.					Push Pull	TOT	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	BP	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	DL	220 lbs.	259 lbs.
Equipped					Push Pull	TOT	220 lbs.	259 lbs.
220 lbs.					Push Pull	BP	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	DL	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	TOT	220 lbs.	259 lbs.
Equipped					Push Pull	BP	220 lbs.	259 lbs.
220 lbs.					Push Pull	DL	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	TOT	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	BP	220 lbs.	259 lbs.
Equipped					Push Pull	DL	220 lbs.	259 lbs.
220 lbs.					Push Pull	TOT	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	BP	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	DL	220 lbs.	259 lbs.
Equipped					Push Pull	TOT	220 lbs.	259 lbs.
220 lbs.					Push Pull	BP	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	DL	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	TOT	220 lbs.	259 lbs.
Equipped					Push Pull	BP	220 lbs.	259 lbs.
220 lbs.					Push Pull	DL	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	TOT	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	BP	220 lbs.	259 lbs.
Equipped					Push Pull	DL	220 lbs.	259 lbs.
220 lbs.					Push Pull	TOT	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	BP	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	DL	220 lbs.	259 lbs.
Equipped					Push Pull	TOT	220 lbs.	259 lbs.
220 lbs.					Push Pull	BP	220 lbs.	259 lbs.
J. Spraker	370	530	900		Push Pull	DL	220 lbs.	259 lbs.
K. Millraney	670				Push Pull	TOT	220 lbs.	259 lbs.
Equipped		</						

**WABDL Heart of American**  
1 APR 06 - Collinsville, IL

WOMEN	Master (47-53)
Junior	181 lbs.
132 lbs.	D. Winkler 824
E. Haislar	471 4th-862
L. Brault	229 220 lbs.
Open	M. Cole 692
UL	4th-716
L. Miller	886 242 lbs.
BENCH	R. L'Huillier 886
MEN	275 lbs.
Class I	R. Ryan 1336
165 lbs.	Master (54-60)
T. Bengston	583 198 lbs.
H. Tsang	475 D. Swift 921
181 lbs.	4th-950
B. Johnson	497 242 lbs.
T. Ragusa	971 G. Chrun 1166
198 lbs.	4th-1177
S. Hedger	862 Master (68-74)
E. Mendez	777 220 lbs.
T. Perry	777 J. Bourisaw 800
220 lbs.	Open
J. Lambert	838 148 lbs.
L. Moore	850 T. Nagayama 496
A. Slagell	801 181 lbs.
242 lbs.	T. Gentry 873
G. Eiser	971 198 lbs.
G. Parquette	850 J. Carson 934
259 lbs.	W. Prose 983
M. Porter	910 220 lbs.
275 lbs.	R. Brault 800
D. Bergman	801 242 lbs.
Junior (20-25)	K. Millrany 1477
165 lbs.	259 lbs.
B. Dreger	740 M. Cole 1201
A. Kim	1059 275 lbs.
L. McMasters	680 Harrison Jr. 1591
181 lbs.	R. Ryan 1336
B. Richards	692 SHW
198 lbs.	R. Vick 1664
J. Reyes	935 Submaster (34-39)
220 lbs.	181 lbs.
M. Bell	1032 T. Pruitt 1042
L. Moore	850 275 lbs.
J. Smith	— J. Dibert 1216
K. Woley	850 Teen (14-15)
242 lbs.	132 lbs.
G. Parquette	850 G. Ebbeler 315
259 lbs.	148 lbs.
M. Cole	1201 J. Smothers 496
N. Lepine	886 181 lbs.
275 lbs.	M. Pippa 595
D. Bergman	800 198 lbs.
D. McCoy	1201 C. VanGundy 582
SHW	4th-595
L. Mateer	1492 Teen (16-19)
Law/Fire/Open	165 lbs.
198 lbs.	A. Phelps 509
W. Prose	983 D. Whittaker 460
275 lbs.	181 lbs.
Harrison Jr.	1591 S. Eriennbaugh 983
Law/Fire	4th-1018
Submaster	275 lbs.
J. Dibert	1216 J. Alwerdt 897
Master (40-46)	4th-959
198 lbs.	DEADLIFT
M. Smothers	1007 WOMEN
220 lbs.	Junior
D. Haycraft	1104 148 lbs.
242 lbs.	L. Brault 595
G. Elser	970 MEN
K. Millrany	1477 Class I
259 lbs.	105 lbs.
M. Porter	910 S. Lin 475



**Lisa Miller became the first WABDL woman to bench press over 400!**

148 lbs.	181 lbs.	M. LaMaster	1372	220 lbs.
L. Chiang	595 B. Richards	1132 Master (40-46)	R. Brault	1057
4th-619	198 lbs.	198 lbs.	242 lbs.	
T. Bengston	886 J. Reyes	1020 220 lbs.	M. Johnson	1287 B. Morris
H. Tsang	777 220 lbs.	220 lbs.	K. Long	1214 259 lbs.
181 lbs.	M. Bell	1142 242 lbs.	T. Doyle	1202
B. Johnson	898 J. Kim	826 242 lbs.	G. Eiser	1263 T. Roesch
198 lbs.	K. Woley	1105 242 lbs.	D. Silver	1190 Submaster (34-39)
S. Hedger	1251 242 lbs.	242 lbs.	H. South	1263 259 lbs.
J. Payne	1117 G. Parquette	1129 Master (47-53)	T. Roesch	1348
220 lbs.	220 lbs.	181 lbs.	181 lbs.	Teen (14-15)
K. Long	1214 M. Cole	1105 259 lbs.	D. Winkler	1239 181 lbs.
A. Slagell	777 N. Lepine	1372 275 lbs.	M. Pippa	971
242 lbs.	242 lbs.	275 lbs.	M. Maxwell	898 4th-1020
J. Boettger	1336 D. Bergman	1129 242 lbs.	242 lbs.	198 lbs.
G. Eiser	1263 D. McCoy	1166 4th-1166	R. L'Huillier	1142 C. VanGundy
C. Garrett	1146 4th-1239	259 lbs.	1142 Teen (16-19)	789
B. Morris	1329 SHW	259 lbs.	259 lbs.	
G. Parquette	1129 L. Mateer	1007 259 lbs.	E. Morgan	1460 B. Faught
S. Reynolds	— Law/Fire	259 lbs.	Master (54-60)	765
259 lbs.	Master (40-47)	259 lbs.	165 lbs.	
T. Doyle	1202 308 lbs.	259 lbs.	A. Phelps	995
275 lbs.	275 lbs.	275 lbs.	T. Morgan	1129 198 lbs.
R. Bergman	1129 Law/Fire/Open	275 lbs.	Open	1117
Junior (20-25)	198 lbs.	198 lbs.	J. Payne	1117
105 lbs.	M. Garrett	1397 165 lbs.	R. Snelling	1311 B. Bielski
S. Lin	475 242 lbs.	220 lbs.	1007	1007
4th-521	C. Garrett	1146 In the deadlift, Shih Chuan Lin, of Taiwan, set a Taiwan national record at 105 lbs.	In the deadlift, Shih Chuan Lin, of Taiwan, set a Taiwan national record at 105 lbs.	
165 lbs.	Law/Fire	1146 with 236. In Class I/148 lbs., Li-Sheng Chiang set an Illinois state record 281. At 165, Harry Tsang set a Pennsylvania record 352. Harry is the oriental version of Robin Williams at party time. It's like somebody winds him up and off he goes. Any other time, Harry is very quiet. Still in Class I, Starkey Hedger set an Illinois record 567. At 220 lbs., Kim Long set a Wisconsin record 551. At 242 lbs., John Boettger, the Missouri State Chairman, set a state record with 606. At 242 lbs., John's running mate, Gene Eiser, ripped a 573, and Cory Garrett set an Illinois record 520. In second place was Brent Morris, with a Tennessee state record 602. At 259 lbs., Tony Doyle set an Arkansas state record 545. In Junior men, Shih Chuan Lin was the first lifter from Taiwan in WABDL to set a world record. He hauled in a 236, weighing only 105 lbs. John Hudson is his coach and has pulled in the mid 700s, and benched 677 lbs., not to mention that he is working on his PhD in teaching academic writing. At 165 lbs., Andrew Kim set an Illinois record 534 to beat Laramie McMasters, both of whom lift for Team Illinois. At 181 lbs., Blake Richards set an Illinois record 513, and at 275 lbs., David McCoy set an Illinois record 562 on a hard fought 562 that I		
A. Kim	1178 Submaster	1178		
L. McMasters	1154 198 lbs.	1154		
T. Pfeifer	1069 M. Garrett	1397		
R. Snelling	1311 242 lbs.			

didn't think had anymore of a chance than George Bush beating JFK in a presidential debate. In Junior women, Lynn Brault set an Illinois record 148 lbs., with 270 lbs. In Law/Fire Master (40-47), Robin Deacon set an Illinois record 573 at 208 lbs. In both Law/Fire Open and Law/Fire Submaster, Michael Garrett set Illinois records with 633, weighing only 195 lbs. His Law/Fire Submaster was a world record that isn't likely to be broken any time soon. In Law/Fire Submaster, Marty LeMaster set a world record at 242 lbs. with a 622 lbs. pull. In Master (40-46), Mark Johnson set an Illinois record 584 at 198 lbs., and probably could have pulled 600 lbs. At 220 lbs., Kim Long set a Wisconsin record 551, and at 242 lbs., Gene Elser set a Missouri record 573. In Master (47-53) men deadlift, Duane Winkler set an Illinois record 562 at 181, a great co-efficient. At 198 lbs., Mike Maxwell set an Illinois record 407. At 242 lbs. Ron L'Huillier set a Michigan record 529 on a fourth. John Hudson credits Ron with getting him started in powerlifting. John has many great stories of Ron's prowess at not taking any stuff from anybody in various bars and the Michigan landscape was dotted with the reminders of those who tried to give Ron a bad time. At 259 lbs., Eddie Morgan, who is a "Gunslinger" deadlifter, lean and confident pulled an Arkansas state record 662. In Teen (14-15)/181 lbs., Max Pippa has great potential, 462 lbs. Illinois state record. That's a heck of a lift for that age. In Teen (16-19)/198 lbs., Jason Payne pulled a Tennessee record 507, and at (16-19)/259 lbs., Trent Silver pulled an Illinois record 473. Moving on to the bench press, in Class I, Harry Tsang set a Pennsylvania record 215 lbs. at 165. At a party at a local restaurant, Harry managed to convince a woman in full wedding dress, who was celebrating her marriage, to let him pick her up. Then, the husband took pictures. If I tried to do that the only pictures I would have gotten would be with the SWAT Team or a good profile and frontal of my face. Still in Class I/184 lbs., Tom Ragusa set an Illinois record 440 and at 259 lbs., Michael Porter set a Missouri record 413. In Junior men, Andrew Kim set a world record 480 at 165 lbs. He has the world record 513 at 181 open and Junior. He's very competitive and has been known to pass out on a DL because he won't put it down if he can't make it. Josh Reyes set an Illinois record 424 at 198 lbs., and Matt Bell set an Illinois record 468 at Junior 220 lbs. At 259 lbs., Matt Cole was impressive with an Illinois record 545, and 351 lbs. Lee Mateer got a huge 677 Illinois record at super. In Junior women 132 lbs., Erica Haislar?? set a world record 214, which is even more amazing since she was responsible for much of the organizing of this meet. She always does a great job! In Law/Fire Open, Tommy Harrison, a policeman from Chicago, was the star of the meet with an alien-like 722 at 275, for a world record. Ken Millrany put up a fantastic 670 world record in Master (40-46)/242 lbs., weighing only 234. Joe Dibert was way above average with a world record 552, in Law/Fire Submaster/275 lbs. class. Other world record that were equally impressive were Roger Ryan, (47-53)/275 lbs., with 606, and Dan Swift with a world record 431 in Master (54-60)/198 lbs. Then Lisa Miller became the first woman in WABDL to bench 400 lbs. with a world record 402 in Open 198+ lbs. Other noteworthy lifts were Greg Chrun, with a Missouri state record 534 in Master (54-60)/242 lbs., Wayne Prose set an Illinois record 446 in Open 198, and Robert Vic had the highest bench of the day with 755 for a superheavy Illinois record and a close try at 801. In Teen (16-19)/181 lbs., Steve Eilenbaugh is an up and coming with an Illinois state record 462 and Timothy Pruitt set an Illinois record in Submaster 181 lbs., with 473. John Hudson and Erica Haislar did an excellent job of organizing the meet. John got the word out to all Illinois lifters, and 86 showed up. Erica, who lives in Collinsville, organized the hotel arrangements, convention center space, and supplied the warm-up weights

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In Collinsville, Team Lockup was 1st, followed by Team Illinois, Illini Blue, Illini Orange, Mass Appeal, & Team Missouri. (courtesy Hudson)

and benches, and recruited the staff. Gus Rethwisch for Rethwisch came down from Minneapolis with a kilo set, digital scales, judging lights, and staging. Wayne Prose's team, "Lock Up Gym", won the team title. Andrew Kim's "Team Illinois" was second, Blake Richard's "Illini Blue Team" was third, and Harry Tsang's "Illini Orange Team" was fourth. Best lifters in the deadlift in Class I lightweight and heavyweight were Starkey Hedger and John Boettger. In Junior lightweight, Ryan Snelling pulled 595 at 165 for best lifter. Heavyweight Junior was Nicholas Lepine. Master was Duane Winkler. Teenage was Jason Rayne, and Law/Fire was Michael Garrett. Best lifters in the bench were Lisa Miller for women, Ken Milliany in both open and master.



Chiang Li-sheng and Shih-chuan Lin, both U of Illinois Students proudly represented Taiwan

Tommy Harrison won in Law/Fire. Steve Erlenbaugh won in Teenage. Andrew Kim won for Junior lightweight and Lee Mateer won for Junior heavyweight. Tom Ragusa won for Class I lightweight and Gene Elser won for Class I heavyweight. Illinois beat Missouri again, for bragging rights. Also, Matt Bell and Josh Reyes worked very hard in helping Erica Haislar. John Hudson was the head judge, and did a great job. The judging was fair and consistent. (Thanks to Gus providing these results)

### Swiss Single Lift Championships 25 MAR 06 - Oberrieden, SWI

BENCH	242 lbs.		242 lbs.
MALE	Master III	J. DeLuca	Senior
114 lbs.	Master VII	374*	=Swiss Records. !=World Records. Report from Switzerland: 53 athletes competed in powerlifting and bench press. Among them were members of the WDFPF Slovenia, who made a special trip in order to compete. All the lifting was done unequipped. The competition should have started at 1pm, but due to the number of lifters it actually started at 2pm. Subsequently, the exact rules were explained by Patrick Mosser within the warming up area. Two flights in bench press with a total 25 athletes. The 1st place on points
Senior	G. Kaeber	—	- My Wyss 115.713 , 2nd - Mario Limetree with 9875 and 3rd - Jimi De Luca with 91.885 points. At 6pm the Powerlifting began altogether 27 athletes, the placing in the Powerlifting were as follows: On rank 1 - Claudio Rajtmajer, with a total weight of 637.5 kg. and 344.1225 points. On rank 2 - Markus, with a pure total weight of 577.5 kg. and 323.5155 points. And, on rank 3 - Roger Studer with 572.5 kg. and 317.6230 points. In the Powerlifting a junior lifter stood out Mickael Gisclon, Teen I at 56 kg., struck with it with the total from 292.5 kg. equivalent a new national one, a European and World record. Also Florian Walti, Teen I at 67.5 kg., could secure a new national and European record with 312.5 kg. Stanislas Calderara, Teen II at 82.5 kg., could increase the national record to total 400 kg. Unfortunately he just missed a new European and World record only around 3 kg., that 500g more than the current records would have been. Jean Pierre Pelourson, junior at 75 kg., created a new national record in his class likewise with total 355 kg., congratulations. Meanwhile, it had become against 11 o'clock and the Powerlifting was to end. Due to the computer failing, all the results had to be manually done and so it was to be a late night finish. Many thanks to all those who helped out and to all the athletes that took part. (M. & T. Zumbuhl)
M. Wyss	253*	S. Coquoz	231*
Senior	276 lbs.	C. Hardmeier	209*
132 lbs.	Master I	149 lbs.	275
Senior	M. Linde	209*	413*
149 lbs.	C. Gosteli	Master V	374*
Master V	R. Aebscher	A. Trevisan	308*
165 lbs.	320 lbs.	R. Walter	242*
Senior	320 lbs.	154 lbs.	110
165 lbs.	Master II	Senior	363
Teen II	M. Zumbuhl	154 lbs.	DEADLIFT
176 lbs.	MALE	143*	363
Junior	111 lbs.	M. Aitkins	143*
L. Bally	Senior	165 lbs.	320 lbs.
4th-126*	Lasser-Walt	181 lbs.	275
181 lbs.	128 lbs.	Senior	275
Senior	Senior	S. Walter	231
Master I	149 lbs.	M. Humar	231
F. Bigger	Master I	176 lbs.	297*
198 lbs.	E. Gachet	Junior	297*
Master II	176 lbs.	H. Koch	385
H. Kohler	Junior	154 lbs.	385
Master V	D. Magnenat	Junior	209
M. Wiedmer	176 lbs.	181 lbs.	209
J. Bertolotti	Master III	181 lbs.	209
198+ lbs.	198 lbs.	Teen II	209
Senior	198+ lbs.	M. Laurent	363
C. Ortega	198+ lbs.	4th-374*	363
220 lbs.	198+ lbs.	243 lbs.	363
Master I	198+ lbs.	Senior	463
T. Wissler	198+ lbs.	M. Ortega	463
Master II	198+ lbs.	4th-474	463
F. Mack	276 lbs.	276 lbs.	463
Senior	Master I	276 lbs.	463
E. Bigger	SQUAT	C. Gosteli	451

M. Ortega 446  
242 lbs.  
Senior

=Swiss Records. !=World Records. Report from Switzerland: 53 athletes competed in powerlifting and bench press. Among them were members of the WDFPF Slovenia, who made a special trip in order to compete. All the lifting was done unequipped. The competition should have started at 1pm, but due to the number of lifters it actually started at 2pm. Subsequently, the exact rules were explained by Patrick Mosser within the warming up area. Two flights in bench press with a total 25 athletes. The 1st place on points - My Wyss 115.713 , 2nd - Mario Limetree with 9875 and 3rd - Jimi De Luca with 91.885 points. At 6pm the Powerlifting began altogether 27 athletes, the placing in the Powerlifting were as follows: On rank 1 - Claudio Rajtmajer, with a total weight of 637.5 kg. and 344.1225 points. On rank 2 - Markus, with a pure total weight of 577.5 kg. and 323.5155 points. And, on rank 3 - Roger Studer with 572.5 kg. and 317.6230 points. In the Powerlifting a junior lifter stood out Mickael Gisclon, Teen I at 56 kg., struck with it with the total from 292.5 kg. equivalent a new national one, a European and World record. Also Florian Walti, Teen I at 67.5 kg., could secure a new national and European record with 312.5 kg. Stanislas Calderara, Teen II at 82.5 kg., could increase the national record to total 400 kg. Unfortunately he just missed a new European and World record only around 3 kg., that 500g more than the current records would have been. Jean Pierre Pelourson, junior at 75 kg., created a new national record in his class likewise with total 355 kg., congratulations. Meanwhile, it had become against 11 o'clock and the Powerlifting was to end. Due to the computer failing, all the results had to be manually done and so it was to be a late night finish. Many thanks to all those who helped out and to all the athletes that took part. (M. & T. Zumbuhl)



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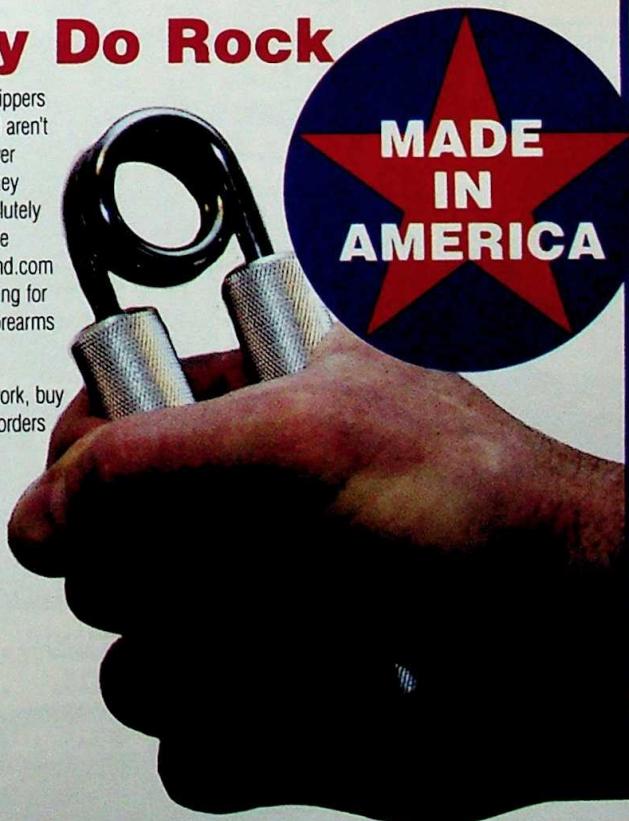
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**WABDL AquaVibe Midwest Reg.  
27MAY06 - Minneapolis, MN**

DEADLIFT		Men 85+
Class 1 Men		181
165	R. Stephan	303
B. Folgate	435	4th 308
M. Rauer	380	Women 47-53
4th	391	123
181	J. Rivet	330
S. Carr	545	Open Men
H. Chung	308	165
198	S. Friday	558
L. Cross	518	B. Mayo
220		369
M. Taylor	391	198
242	B. Title	589
J. Boettger	611	T. Eiseman
D. Schmidt	573	220
G. Elser	551	D. Burlingame
259		622
K. Kartak	600	J. Canton
275	E. Krych	600
E. Krych	655	275
4th	672	SHW
Junior Men 20-25	J. Hudson	701
181		Open Women
S. Carr	545	97
M. Talbot	462	C. Anderson
4th	473	319
198		4th 325
L. Cross	518	K. Bandaris
L/F Women 40-47	148	314
123	K. Ohlson	319
B. Gnebre	314	4th 325
4th	330	165
Law/Fire Open	R. Krotzer	352
181	Sub Men 33-39	
B. Myers	369	242
SHW	B. Graupmann	529
C. Cline	611	259
Master Men 40-46	K. Kartak	600
165		308
B. Mayo	369	D. Forstner
198		710
T. Eiseman	220	Teen Men 14-15
242	M. Walsh	297
J. Dorsher	584	4th 303
G. Elser	551	Teen Men 16-19
275		165
E. Knudsen	424	B. Folgate
SHW		435
J. Hudson	701	D. Darsow
Master Men 47-53	220	485
181	J. Johnson	551
S. Hubert	551	Teen Women 12-13
220		148
D. Burlingame	622	S. Biddle
J. Wood	584	214
R. Waldorf	501	4th 220
M. Sorenson		165
Master Men 61-67	K. Wilkes	170
165		4th 192
R. Krowech	534	BENCH PRESS
220		Class 1 Men
	148	
Haggenmiller	457	W. Vargas
		253

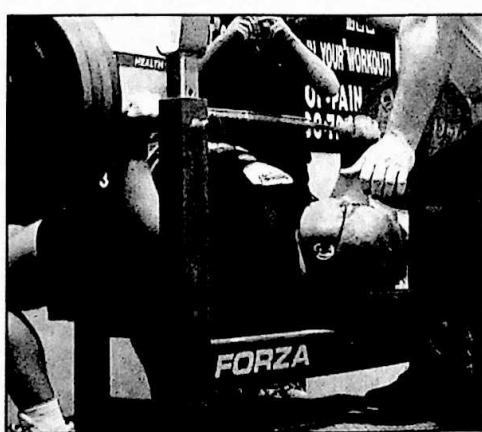


**Robert Krowech has fought off cancer to post some remarkable lifts over the age of 60. (photograph provided by courtesy of Krowech)**



**Tommy Harrison did some terrific benching .. 738! (C. Venturella)**

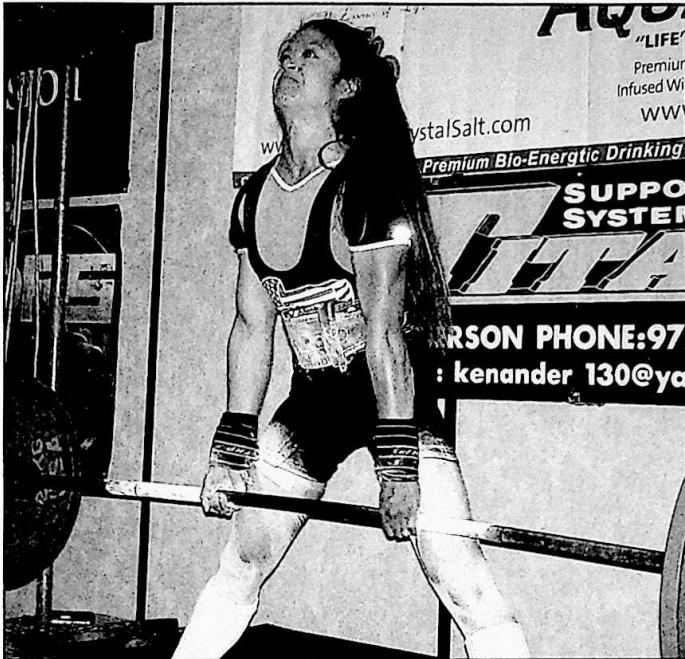
165		220	Pub called Kips. AOOut 180 people attended and 80 lifters competed from Michigan, Minnesota, Pennsylvania, Illinois, Ohio, Missouri, South Dakota, North Dakota, New Jersey, Indiana, and Wisconsin. Last year 52 competed. In Class I Deadlift, Mark Reuer set South Dakota State record with 391.2. At 181 Sean Carr set an Illinois record with a fine looking 545. At 242 John Boettger set a Missouri record 611.7 and at 275 Eric Krych set a Minnesota record with an explosive 672.2. He had 700 in him. In Junior men Deadlift Matt Talbot set a Minnesota record 473.7 on a 4th at 181, but Sean Carr beat him with an Illinois record 545. In Law/Fire Masters Women 40-47 Brenda Gnebre set a world record 330.5
E. Greenwood	285	Haggenmiller 314	
M. Rauer	270	Master Men 68-74	
181		165	
S. Carr	325	L. Dashevsky 248	
198		Women 40-46	
L. Cross	314	SHW	
S. Rickford	303	K. Franklin 369	
220		Women 47-53	
E. Molnar	391	132	
242		J. Rivet 159	
G. Elser	451	Open Men	
P. Mercado	396	165	
J. Lerch		C. Venturella 380	
Disabled Men		B. Mayo 319	
198		181	
S. Rickford	303	C. Neal 440	
Elite Open		220	
275		D. Rygh 490	
T. Harrison	705	J. Canton 374	
4th	738	242	
Junior Men 20-25		J. Boettger 540	
181		J. Lerch 507	
M. Talbot	336	308	
S. Carr	325	J. Peshek 766	
198		R. Edinger 446	
L. Cross	314	SHW	
L/F Women 40-47		J. Hudson 677	
123		Open Women	
B. Gnebre	148	132	
4th	154	L. Winters 55	
Law/Fire Open		148	
275		K. Ohlson 115	
T. Harrison	705	165	
4th	738	R. Krotzer 137	
SHW		198	
C. Cline	578	K. Hagen 270	
Master Men 40-46		SHW	
165		L. Miller 418	
C. Venturella	308	K. Franklin 369	
B. Mayo	319	Sub Men 33-39	
181		220	
D. Reiman	468	J. Steffens 352	
259		242	
G. Gulseth	490	P. Mercado 396	
275		Sub Women	
E. Knudsen	418	132	
J. Peshek	766	L. Winters 55	
198		Teen Men 14-15	
SHW		165	
J. Hudson	677	C. Anderson 203	
Master Men 47-53		220	
D. Rygh	490	M. Walsh 143	
J. Wood	435	Teen Men 16-19	
E. Molnar	391	181	
308		S. Erlenbaugh	
S. Fronk	435	198	
4th	440	J. Tanata 236	
Master Men 54-60		242	
181		220	
D. Hawkinson	358	J. Johnson 396	
198		259	
D. Swift	418	J. Jarvela 451	
220		Teen Women 12-13	
L. Anderson	462	148	
242		S. Biddle 121	
M. Anderson	330	Teen Women 16-19	
259		165	
R. Schubert	336	K. Wilkes 60	
		In Open Men at 165 Shawn Friday pulled a MN record 556.5. At	



**John Hudson benched 677 and deadlifted a WABDL World Record 701 (courtesy Hudson)**

220 Jesse Canton set a North Dakota record 600.7 and at 275, Eric Krych set a MN record 672.2 and at Super John Hudson set an Illinois record 701.9. In Open Womens Cheryl Anderson set a National record 325 at 97 lbs., only 5 1/2 lb. shy of the world record. Kimberly Bendaris set a MN record at 165. In Submasters Men Brian Graupman set a MN record 529 and Dave Forstner had the highest deadlift of the meet with 710.7. Dave is from Michigan. In Teen Mens 14-15/220 Mike Walsh set a MN record 303, and in Teen 16-19/198 Dakota Darsow set a MN record 485, and in the process I paid Mike Mitchell the scorekeeper \$5.00 because I didn't think Dakota would make it. He actually almost made 501.5. In 16-19/220 Jake Johnson set an Illinois record 551. In Teen womens 12-13/148 Sarah Biddle from Indiana set a world record 220.2. Sarah plays the harp and piano. In Teen 16-19/165 Katherine Wilkes set a Michigan record 192.7.

Moving onto the Bench Press. In Class 1 at 165 Mark Reuer set a S.D. record 270, and Gene Elser of Missouri benched 451.7 at 242. In Disabled Mens Scott Rickford set a MN record 303. In Elite Open Tommy Harrison, a Police Officer from Chicago, set a world record 738.5 on a 4th, very impressive. In Law/Fire Womens 40-47 Brenda Gnebre set a MN record 154.2 at 123. In Law/Fire Open Mens Chane Cline set an Ohio record 578.5. In Masters Mens 40-46 Chuck Venturella set a PA record 380 at 165. Chuck is the WABDL State Chair for Pennsylvania. Also, at 165 Bret Mayo was 2nd with a N.D. record 319.5. At 181 Dean Reiman was way above average with a 468.2 MN record. At 259 Gary Gulseth set a Wisconsin record 490.5 at 40-46, and at 275 Eric Knudsen keeps making steady gains and hit a 424 MN record. At 308 40-46 Jeff Peshek, who holds the world record with 801.2, had trouble with his bench shirt and had to "settle" for 766. At Super "the Professor of Deadlift", John Hudson, showed he can bench too and hit a 677, which surprised him. In Masters Men 47-53 Don Rygh hit a PR 490.5 and came within an inch of 501.5 twice. At 308 Steve Fronk set a Wisconsin record 440.7. In Masters 54-60/181 Dan Hawkkinson an ex-Vietnam vet with the 25th infantry set a MN record 358. At 220 Larry Anderson set a MN record 462.7. At 242 Michael Anderson set a MN record 330.5. At 259 Ronald Shubert set a MN record 336. In Masters 61-67 Tom Haggenmiller set a MN record 314 at 220 lbs. and in Masters 68-74/165 70 year old Leon Dashevsky set a MN record 248. In Masters Women 40-46 198+ Kelly Franklin set a world record 369.2 and in Masters Women 47-53/132 Jonnel Rivet set a MN record 159.7. In Open Mens Bench Bret Mayo set a ND record 319.5 at 165. At 181 Chris Neal set a Wisconsin record 440.7 and Don Rygh set a Minnesota record with 490.5 and also at 220, Jesse Canton was 2nd with a ND record 374.7. At 308 Attorney Richard Edinger set a North Dakota record 446.2. Rich has one of the better psyche games of



**Cheryl Anderson** broke the National WABDL deadlift record three times at this meet. She wanted to nail a PR @ 97 with 325, but after watching the video of her lifts, she feels she might have had a WABDL World Record 331.6 in her that day. (Chuck Venturella photograph)

all time. John Boettger of Missouri pushed 540. In Open Womens Kristin Ohlson set a MN record 115.5. Her and her boyfriend Eric Krych make the ultimate viking couple. At 165 Rebekah Krotzer set a MN record 137.7 and at 198 Kristy Lou Hagen set a Wisconsin record 270. At 198+ Lisa Miller set a world record 418.7 which is the highest Bench ever for a women in WABDL. She did 407 on her 2nd attempt. Some people were questioning her lockout, but the problem with the bench shirts is they dig in at the elbow. That's the way they are designed, to be extra tight in the arms and it's a different look than just a t-shirt. Nevertheless, it was a hell of a lift. In Teen Men 14-15/165 Cody Anderson set a MN record 203.7. In 16-19/198 Josh Tanata set a MN record 242.5. In Teen 16-19/220 Jake Johnson set an IL record 396. 7 and at 259, Jake Jarvela set a MN record 451.7; good lifting for teenagers. In Teen Women 12-13/148 Sarah Biddle set a world record 121.2. I want to thank Nancy Goldstein for helping set up trophies and then to help pass them out. Nancy is an accomplished artist; paints Christmas cards, portraits, etc. Also, Mike Mitchell of The Gym, was excellent as scorekeeper. The judges were Jerry Gnerre, Ken Anderson, Brad Myers, Dan Hawkinson. Chuck Venturella was the photographer, and he and Brad Myers set up the warmup room and platform. Ken Anderson helped in the weigh-in room, Teresa Rethwisch, Barb Whelan and Carolyn Whelan helped sell t-Shirts and tickets. Rebecca Whelan and Veronica Whelan did the number board. Jim Yunger and The Gym supplied the warm up weights. Ivanko supplied the Kilo Competition Set. Forza Strength Systems supplied the benches. Rick Brewer and House of Pain was a sponsor. Aguavibe with Chris & Diane Winters were the main sponsors. Other sponsors were Karl Tyler Chevrolet of Missoula, Montana, Universal Nutrition with Gus Samuelson and Mike Rockoff, Jim

Wendler and Dave Tate of Elite Fitness Systems, the distributors of the Metal Gear, Shawn Madere of GLC No Pain, the best joint formula on the planet.; Brent Mikesell of Iron Gladiators, Mike Lambert of Powerlifting USA, Neal Spruce and Odd Haugen of Apex Fitness Group and Ken Anderson and Peter Alaniz of Titan Support Systems. There were two quick and athletic spotters, both around 300 lbs., who like huge Vikings - saved many lifters from serious injury. The are Neal Heisick and Travis Bjorkstad and they will be going to Las Vegas for the WABDL World Championships in November. (by Gus Rethwisch)

#### USAPL Nebraska State 23 MAY 06 - Beemer, NE

BENCH		Teen I	J. Hinkle	160
WOMEN		132 lbs.		
114 lbs.		Teen I		
Teen II				
M. Werner	110	D. Brester	155	
123 lbs.		148 lbs.		
Open		Teen II		
T. Sedivy	—	J. Hile	290	
132 lbs.		Teen III		
Teen I				
E. Feller	110	A. Brodahl	185	
E. Meveren	95	165 lbs.		
148 lbs.		Teen II		
Teen II		C. Majerus	190	
K. Schroer	200	Open		
K. Borer	90	R. Prusa	225	
165 lbs.		181 lbs.		
Teen II		Teen I		
K. Schroer	200	E. Howard	190	
198 lbs.		198 lbs.		
Open		Master II		
K. Dodge	205	J. Hart	270	
198+ lbs.		Open		
Teen II		J. Price	235	
L. Allen	245	Teen III		
MEN		R. Hart	340	
114 lbs.		220 lbs.		
Ironman		Teen III		
WOMEN		C. Hofrer	395	
114 lbs.		BP DL TOT		
Teen II				
M. Werner	110	220	330	
132 lbs.				
Teen I				
E. Feller	110	245	355	
E. Meveren	95	250	345	
148 lbs.				
Teen II				

DON'T TRAIN ALONE -

ALWAYS USE SPOTTERS.

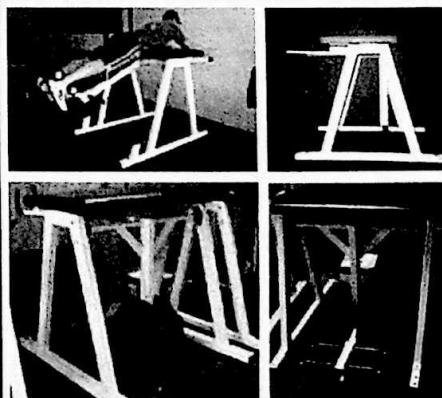
DON'T TRAIN WHEN HURT -

ALWAYS CONSULT A DOCTOR

K. Schroer	200	320	520	198 lbs.
K. Borer	90	250	340	Open
165 lbs.				K. Dodge
Teen II				198+ lbs.
K. Schroer	200	320	520	Teen II
198 lbs.				L. Allen
Open				MEN
K. Dodge	205	350	555	114 lbs.
198+ lbs.				Teen I
Teen II				J. Hinkle
L. Allen	245	330	575	132 lbs.
MEN				Teen I
114 lbs.				D. Brester
Teen I				290
J. Hinkle	160	145	305	155
132 lbs.				330
Teen I				775
D. Brester	155	330	485	R. Rochlitz
148 lbs.				205
Teen II				125
J. Hile	290	425	715	335
165 lbs.				665
Open				A. Brodahl
R. Prusa	225	375	600	235
198 lbs.				185
Master II				275
J. Hart	270	450	720	1150
Open				M. Lake
J. Price	235	335	570	320
Teen III				185
R. Hart	340	525	865	370
220 lbs.				385
Teen III				965
C. Hofrer	395	520	915	Open
WOMEN	SQ	BP	DL	R. Prusa
114 lbs.				300
Teen II				225
M. Werner	220	110	220	375
123 lbs.				160
Open				385
T. Sedivy	150	—	225	850
132 lbs.				200
Teen I				355
E. Feller	220	110	245	1095
E. Meveren	200	95	250	1465
148 lbs.				185
Teen II				1340
K. Schroer	340	200	320	1000
165 lbs.				885
Teen II				Meet Director: James C. Hart. Teams: 1st-Hart's House of Power, 2nd-West Point High school, 3rd-Bellevue East. (Thanks to USAPL for providing these meet results)
K. Schroer	325	200	320	
148 lbs.				
Teen II				

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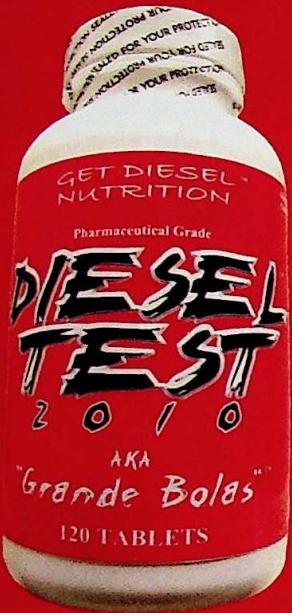


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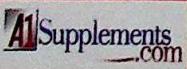
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(continued from page 31)

sport around the world and should be included in the grandest of all sporting events, the Olympics. This sport just needs to market itself better & become more mainstream.

**GS:** What advice would you give to a lifter just getting started in powerlifting?

**WH:** Find what works for you and stick with it and always be willing to put your time in the gym. Rome was not built in a day and neither will your lifts. Take your time and train smart.

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

**WH:** First, I would like to thank Kim for supporting me in everything I do and being such a great wife. I would also like to thank Sherman Ledford at Quest Nutrition for providing me with the best supplements on the planet, John Inzer at Inzer Advance Designs for providing me with the best gear, the guy and gals at Fletcher's House of Power for helping me night in and

night out to achieve my goals. Last but not least I'd like to thank TEAM iXL for all the marketing & public relations support you've provided.

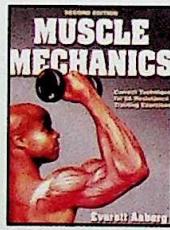
**GS:** Wade, your ability to focus and win a national title, year after year, as well as competing against yourself, breaking your own World Records is phenomenal. Congratulations, on not only this victory, but also on how you've personally helped to validate our credo that There are No Limits Drug Free!

Greg Stott is the Founder of TEAM iXL. An organization of Athletes worldwide on a mission to inform, motivate & demonstrate that There are No Limits Drug Free! For more info on Wade & other TEAM iXL SuperStars visit: [www.TEAMiXL.com](http://www.TEAMiXL.com)

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**FOR REVIEW...** *Muscle Mechanics, 2nd Edition*, which uniquely describes the correct performance techniques for 65 different resistance exercises, was written by Everett Aaberg. Mr. Aaberg has been a teacher and practitioner of resistance training for more than 15 years. Currently he is director of the Fitness Center at the Telos Center



in Dallas, Texas, as well as being an international presenter and consultant, and he continues to serve as an instructor at the Cooper Institute. He has been certified as a personal trainer through various organizations, and was a collegiate Academic All American in football. He was won several state and national powerlifting championships, as well as bodybuilding titles. The first chapter in the book, "Anatomical Design and Function", describes the functions of the body in terms of physical activity. From that base, seven additional chapters cover all sorts of movements that weight trainers of various focus would find productive and useful. The book concludes with a chapter on training program design. What makes this presentation extraordinarily effective are the visual descriptions of each exercise movement, done with excellent color photography, showing the key start, finish, and intermediate positions of each movement. Beyond that, the actual musculature involved



IRONHEAD MAFIA



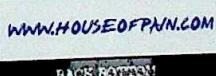
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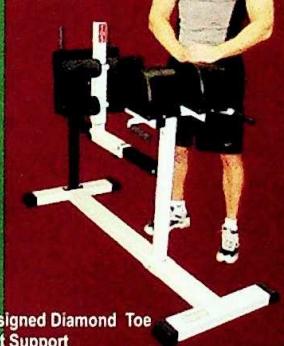


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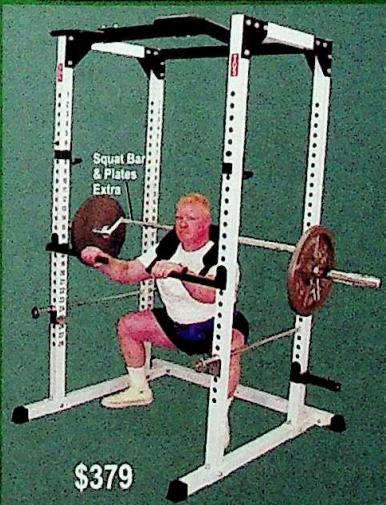
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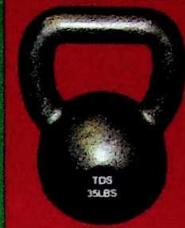


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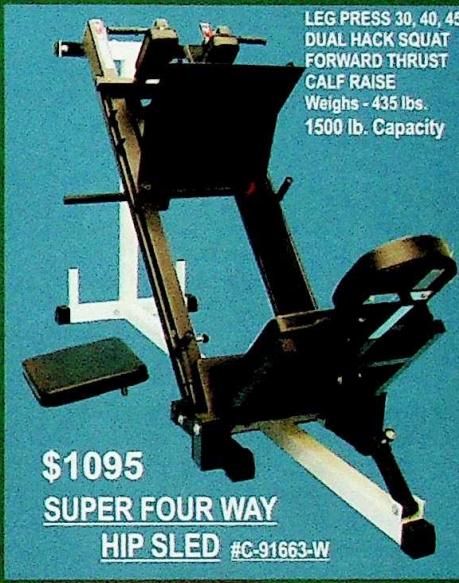


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If I am suspended from membership for any reason, including testing positive for a banned substance or doping method, I permit UAPC/AWPC to notify the state chairperson only and the president of UAPC/AWPC.

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## NASA Missouri Grand

24 JUN 06 - Joplin, MO

BENCH	242 lbs.			
165 lbs.	Submaster I			
Intermediate	J. Johnson	385		
R. Dodd	303	CURL		
198 lbs.		242 lbs.		
Master III		Master I		
W. Smith	248	J. Johnson	159	
Pure		4th-165		
W. Smith	248	DEADLIFT		
220 lbs.		242 lbs.		
Open		Master I		
J. Carter	402	J. Johnson	369	
Powerlifting	SQ	BP DL	TOT	
MEN				
198 lbs.				
Junior				
M. Kelley	463	308	501	1273
220 lbs.				
Pure				
J. Price	451	3362	529	1317
275 lbs.				
Junior				
N. Butler	611	446	578	1636
Power Sports	CR	BP	DL	TOT
MEN				
57 lbs.				
Youth				
C. Johnson	18	37	66	122
100 lbs.				
Youth				
Z. Hensley	66	110	170	347
198 lbs.				
Master I				
H. Hensley	132	286	380	799
242 lbs.				
High School				
C. Hughey	121	253	463	837
Submaster I				
J. Johnson	159	385	369	914
275 lbs.				
High School				
J. Brock	104	220	341	666
Special Thanks goes out to Art Capstick, Mike & Darla Ewoldson, John Fickle, Tom & Sabrina Bagby, Art Capstick, and the Anderson Family. This was a fun meet and we had a very good time at the Chinese Restaurant after the meet. (via Rich Peters)				

# TOP 100

For standard 114 lb./52 Kg. USA lifters in results received from JUL/2005 through JUN/06

## PL USA Top 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 7.25% tax).

## NEXT MONTH... TOP 123s

**CORRECTIONS ...** Jill Mills should have been credited with a 352 BP and 1422 on the Women's TOP 20 for 2005, rather than 374 1444. Becca Swanson has indicated to Michael Soong that she was not successful with a 694 DL on Nov/6/05, and that the actual weight was 683. Ken Millrany should have been credited with a 650 BP on the TOP 100 242s. Floyd Givens name was misspelled in the results of the USAPL Men's Masters Nationals. Tom Conklin should have been credited with a 653 4th attempt squat in the NASA Bigger One @ Masters 198. Bentz Tozer Jr. should have been listed with a 732 squat on the TOP 100 list for the 275 lb. class. If you find errors in our ranking lists or the competition results that we publish, let us know at POWERLIFTING USA Errors Department, P.O. Box 467, Camarillo, California 93011 for a proper analysis of the situation (which can take some time, depending on the situation) and an appropriate correction.

SQUAT	BENCH	DEADLIFT	TOTAL
1 435 Leoni, R..7/30/05	285 Scheldrup, T..11/5/05	451 Gainer, E..4/29/06	1129 Gainer, E..4/29/06
2 413 Gainer, E..11/8/05	275 Gainer, E..4/29/06	440 Leoni, R..7/30/05	1118 Leoni, R..7/30/05
3 402 Kirkland, M..7/9/05	264 Kraft, A..9/17/05	415 Nieto, R..3/25/06	1045 Nieto, R..3/25/06
4 390 Patterson, D..3/25/06	259 Awalt, A..9/30/05	415 Sonnier, C..3/25/06	1010 Scheldrup, T..11/5/05
5 385 Summers, D..11/5/05	255 Nieto, R..3/25/06	405 Scheldrup, T..11/5/05	1005 Summers, D..11/5/05
6 385 Sonnier, C..3/25/06	253 Cichon, D..9/25/05	400 Jones, J..3/25/06	975 Maile, J..7/16/05
7 375 Nieto, R..3/25/06	248 Hollier, J..9/17/05	390 Bachorz, R..6/17/06	965 Jones, J..3/25/06
8 370 Thomas, J..3/25/06	242 Leoni, R..7/30/05	385 Cannella, M..12/10/05	960 Patterson, D..3/25/06
9 369 Maile, J..7/16/05	240 Summers, D..11/5/05	380 Summers, D..11/5/05	953 Bachorz, R..6/17/06
10 363 Bachorz, R..6/17/06	231 Mail, J..7/16/05	375 Shelter, I..3/25/06	
11 360 Guerrero, L..3/25/06	225 Armagno, A..11/11/05	374 Maile, J..7/16/05	931 Mikeland, M..7/9/05
12 360 Gomez, A..3/25/06	225 Logsdon, H..3/25/06	370 Patterson, D..3/25/06	920 Guerrero, L..3/25/06
13 355 Jones, J..3/25/06	220 Thomas, A..3/25/06	370 Thomas, A..3/25/06	910 Gomez, A..3/25/06
14 350 Hemmes, E..3/25/06	220 Bachorz, R..6/17/06	360 Guerrero, L..3/25/06	900 Thomas, A..3/25/06
15 341 Miller, C..7/11/05	215 Qasem, S..10/29/05	355 Hemmes, E..3/25/06	895 Hemmes, E..3/25/06
16 330 Cichon, D..9/25/05	215 Gomez, A..3/25/06	352 Kirkland, M..7/9/05	890 Shelter, I..3/25/06
17 330 Qasem, S..10/29/05	214 Hartwig, S..2/10/06	350 Gonzales, J..2/25/06	885 Qasem, S..10/29/05
18 330 Hartwig, S..2/10/06	210 Sonnier, C..3/25/06	350 Palubicki, C..3/10/06	876 Miller, C..7/11/05
19 330 Palubicki, C..3/10/06	210 Jones, J..3/25/06	347 Miller, C..7/16/05	876 Hartwig, S..2/10/06
20 325 McFail, D..2/4/06	209 Turner, J..6/3/06	347 Golmond, M..4/7/06	875 Thomas, J..3/25/06
21 325 Smith, K..3/4/06	205 Desario, J..3/9/06	341 Rogers, A..7/30/05	850 McFail, D..2/4/06
22 325 Van Dusen, K..3/10/06	204 Messimer, C..6/17/06	340 Qasem, S..10/29/05	850 Palubicki, C..3/10/06
23 325 Shelter, I..3/25/06	200 Murphy, Jr., G..12/10/05	340 McFail, D..2/4/06	845 Desario, J..3/9/06
24 320 Scheldrup, T..11/5/05	200 Dussault, T..12/17/05	340 Bagby, D..2/4/06	825 Gonzales, J..2/25/06
25 319 Bridges, J..6/17/06	200 Patterson, D..3/25/06	340 Thomas, J..3/25/06	810 Maestas, R..6/17/06
26 315 Gonzales, J..2/25/06	200 Guerrero, L..3/25/06	335 Gomez, A..3/25/06	804 Van Dusen, K..2/10/06
27 315 Desario, J..3/9/06	200 Rotar, P..5/21/06	330 McGonagle, T..8/7/05	799 Bridges, J..6/17/06
28 310 Thomas, A..3/25/06	198 Pantilat, P..11/7/05	330 Dugger, Z..10/18/05	799 Messimer, C..6/17/06
29 305 Rotar, P..3/10/06	195 Patel, H..4/29/06	330 Hartwig, S..2/10/06	793 Rogers, A..7/30/05
30 303 Rogers, A..7/30/05	192 Berardesco, M..6/17/06	330 Hedman, S..3/18/06	788 Cichon, D..9/25/05
31 303 Maestas, R..6/17/06	190 Henley, A..1/28/06	325 Williams, J..2/25/06	782 Rotar, P..6/24/06
32 303 Messimer, C..6/17/06	190 Hemmes, E..3/25/06	325 Carpenter, T..2/25/06	780 Henley, A..1/28/06
33 300 Berry, K..1/7/06	190 Shelter, I..3/25/06	325 Desario, J..3/9/06	777 Douglas, K..2/10/06
34 300 Cadena, J..2/4/06	187 Jones, W..9/05	325 Maestas, R..6/17/06	775 Williams, J..2/25/06
35 300 Williams, J..2/25/06	187 Hedman, S..3/18/06	320 McBurney, D..11/12/05	770 Bagby, D..2/4/06
36 300 Bell, J..2/25/06	187 Hood, J..6/17/06	320 Van Dusen, K..3/10/06	760 Berry, K..1/7/06
37 297 Douglas, K..2/10/06	185 McFail, D..2/4/06	319 Douglas, K..2/10/06	760 Estrada, R..1/28/06
38 295 Wronski, K..2/25/06	185 Garret, T..4/29/06	319 Bowers, S..2/10/06	755 Rein, J..11/12/05
39 292 Rein, J..11/12/05	181 Shuttleworth, M..8/13/05	315 Cadenas, J..2/4/06	750 Santos, B..1/14/06
40 290 Estrada, R..1/28/06	181 Maestas, R..6/17/06	315 Butterworth, A..2/18/06	750 Carpenter, T..2/25/06
41 285 Grusendorf, T..2/4/06	180 Frank, R..12/17/05	314 Leverett, J..11/9/05	749 Golmond, M..4/4/06
42 285 Orsi, D..5/20/06	180 Estrada, R..1/28/06	314 Patel, H..3/4/06	745 Cadenas, J..2/4/06
43 281 Brown, J..2/10/06	180 Orsi, D..5/20/06	314 Bridges, J..6/17/06	745 Grusendorf, T..2/24/06
44 280 Mollica, T..11/11/05	180 Thompson, G..6/3/06	310 Kapala, S..11/12/05	744 Brown, J..2/10/06
45 280 Santos, B..1/14/06	176 Kirkland, M..7/9/05	310 Henley, A..1/28/06	740 Orsi, D..5/20/06
46 280 Henley, A..1/28/06	175 Williams, J..1/21/06	310 Bertsch, N..6/3/06	735 Jacinto, M..2/4/06
47 280 Hughes, J..2/25/06	175 Carpenter, T..2/25/06	308 Rein, J..11/12/05	730 Wronski, K..2/25/06
48 280 Hernandez, D..2/25/06	175 Tafuri, S..4/3/06	308 Brown, J..2/10/06	730 Hughes, J..2/25/06
49 275 Pavleck, C..2/2/06	170 Montgomery, M..9/25/05	308 Rotar, P..6/24/06	725 Sanders, J..1/7/06
50 275 Bagby, D..2/4/06	170 McBurney, D..11/12/05	305 Santos, B..1/14/06	722 Bowers, S..2/10/06
51 275 Jacinto, M..2/4/06	170 Salo, C..11/17/05	305 Hale, C..J..2/4/06	720 Smith, K..3/4/06
52 275 Delano, T..2/25/06	170 Castillo, D..2/2/06	303 Messimer, C..11/19/05	710 Patel, H..8/20/05
53 275 Hinkle, J..13/06	170 Putchio, T..2/4/06	303 Clough, J..5/12/06	710 Castillo, D..2/2/06
54 270 Shattloworth, M..8/13/05	170 Knight, M..2/18/06	303 Berry, K..1/7/06	710 Benoit, R..2/18/06
55 270 Scott, B..1/28/06	170 Palubicki, C..3/10/06	300 Grusendorf, T..1/21/06	710 Bertsch, N..6/3/06
56 270 Dahl, J..3/10/06	165 Wellington, D..7/9/05	300 Jacinto, M..2/4/06	710 Thompson, G..6/3/06
57 270 Mach, Z..3/10/06	165 Leverett, J..11/9/05	300 Mason, J..1/11/06	705 Shattloworth, M..8/13/05
58 265 Benoit, R..2/18/06	165 Santos, B..1/14/06	300 Benoit, R..2/18/06	705 Dugger, Z..10/18/05
59 265 Valdez, F..225/06	165 White, Z..2/4/06	300 Wronski, K..2/25/06	705 Hernandez, D..2/25/06
60 265 Wilkinson, H..3/10/06	165 VanDusen, K..2/10/06	300 Hernandez, D..2/25/06	694 Clough, J..5/12/06
61 264 Dugger, Z..10/18/05	165 Thomas, J..3/25/06	300 Garret, T..4/29/06	690 Butterworth, A..2/18/06
62 264 Askew, Jr., M..11/5/05	165 Miller, H..4/1/06	297 Sprague, Z..2/25/06	688 Metcalf, P..12/10/05
63 264 Metcalf, P..12/10/05	165 Bertsch, N..6/3/06	295 Lucas, R..1/14/06	680 Dahl, J..3/10/06
64 264 Bowers, S..2/10/06	165 Bridges, J..6/17/06	295 Regalbuto, A..3/4/06	677 Sprague, Z..2/25/06
65 264 Clough, J..5/12/06	165 Gualtieri, M..8/13/05	295 Riso, C..6/3/06	675 Scott, B..1/28/06
66 260 Novelting, D..2/11/06	160 Sullwold, K..12/17/05	290 Estrada, R..1/28/06	675 Harrison, S..2/4/06
67 260 Arumbala, Z..2/18/06	160 Berry, K..1/7/06	290 Rico, J..1/28/06	675 Mach, Z..3/10/06
68 255 Sanders, J..1/7/06	160 Jacinto, M..2/4/06	290 Castillo, D..2/2/06	672 Hairston, D..2/10/06
69 255 Harrison, S..2/4/06	160 Grusendorf, T..2/4/06	290 Hughes, J..2/25/06	670 Hale, C..2/4/06
70 255 Saucedo, M..2/11/06	160 Gonzales, J..2/25/06	285 Morales, B..2/2/06	670 Bell, J..2/25/06
71 255 Baker, M..2/18/06	160 Hughes, J..2/25/06	285 Tomlinson, A..3/4/06	670 Simonsen, J..3/10/06
72 255 Michael, C..2/25/06	160 Hinkle, J..5/13/06	285 Dahl, J..3/10/06	665 Catlin, C..2/2/06
73 255 Houston, M..2/25/06	159 Miller, C..7/11/05	285 Mach, Z..3/10/06	665 Shed, S..2/4/06
74 255 Simonsen, J..3/10/06	159 Rogers, A..7/30/05	285 Kromrey, J..3/10/06	665 Arumbala, Z..2/18/06
75 255 Thompson, G..6/3/06	159 Douglas, K..2/10/06	281 Metcalf, P..12/10/05	661 Brigham, C..9/24/05
76 253 Fry, H..8/13/05	159 Sprague, Z..2/25/06	281 Hairston, D..2/10/06	661 Beebe, S..2/10/06
77 253 Harris, A..4/7/06	155 Sanders, J..1/14/06	281 Beebe, S..10/2/06	661 Harris, A..4/7/06
78 250 Terrell, A..11/13/05	155 Villareal, A..1/28/06	280 King, M..2/2/06	660 White, Z..2/4/06
79 250 Castillo, D..2/2/06	155 Bagby, D..2/4/06	280 Arumbala, Z..2/18/06	660 Mason, J..2/11/06
80 250 Morales, B..2/2/06	155 Harrison, S..2/4/06	280 Michael, C..2/25/06	660 Noveling, D..2/11/06
81 250 Shed, S..2/4/06	155 Shed, S..2/4/06	280 Smith, K..3/4/06	660 Michael, C..2/25/06
82 250 Walston, J..2/4/06	155 Kapala, S..3/5/06	280 Simonsen, J..3/10/06	660 Houston, M..2/25/06
83 250 Butterworth, A..2/18/06	154 Fletcher, B..7/2/05	275 Orsi, D..5/20/06	660 Tomlinson, A..3/4/06
84 250 DeBoise, P..2/18/06	154 Cencich, M..7/30/05	275 Thompson, G..6/3/06	655 Fry, H..8/13/05
85 250 Carpenter, T..2/25/06	154 Brigham, C..9/24/05	275 Sanders, J..1/7/06	655 Cannella, M..12/10/05
86 248 Golmon, M..4/7/06	154 Rein, J..11/12/05	275 Sullwold, K..1/28/06	655 Hood, J..6/17/06
87 248 Willimas, M..6/24/06	154 Brown, J..2/10/06	275 Lutman, A..1/28/06	655 Lucas, R..1/14/06
88 248 Carlson, B..6/24/06	154 Hairston, D..2/10/06	275 Catlin, C..2/2/06	650 Sullwold, S..2/10/06
89 245 Myles, T..1/21/06	154 Golmon, M..4/7/06	275 Neighbors, S..2/4/06	650 Valdez, F..2/25/06
90 245 Catlin, C..2/2/06	154 Harris, A..4/7/06	275 Schroeder, A..3/10/06	650 Kapala, S..3/5/06
91 245 Hale, C..2/4/06	154 Finch, C..4/8/06	275 Striz, A..4/22/06	650 Wilkinson, H..3/10/06
92 245 Gaddy, T..2/18/06	150 Orth, A..1/21/06	275 Orsi, D..5/20/06	650 Riso, C..6/3/06
93 245 Dohr, R..3/10/06	148 Lutman, A..1/28/06	275 Thompson, G..6/3/06	640 Morales, B..2/2/06
94 240 Beebe, S..11/12/05	148 Beebe, S..2/10/06	275 Grubbs, J..6/3/06	640 Baker, M..2/18/06
95 240 White, Z..2/4/06	148 Nelson, A..8/13/05	275 Hood, J..6/17/06	640 Tafuri, S..5/21/06
96 240 Champion, C..2/4/06	145 Scott, B..1/28/06	275 Steinmetz, N..6/17/06	639 Steinmetz, N..6/17/06
97 240 Mason, J..2/11/06	145 Catlin, C..2/2/06	275 Owen, N..6/17/06	639 Williams, M..6/24/06
98 240 Tafuri, S..5/21/06	145 Benoit, R..2/18/06	275 Carlson, B..6/24/06	635 Rico, J..1/28/06
99 236 Sullwold, K..1/28/06	145 Tomlinson, A..3/4/06	271 Stefan, B..10/8/05	635 Neighbors, S..2/4/06
100 236 Hairston, D..2/10/06	143 Metcalf, P..12/10/05	270 Marianetti, A..10/29/05	635 Walston, J..2/4/06

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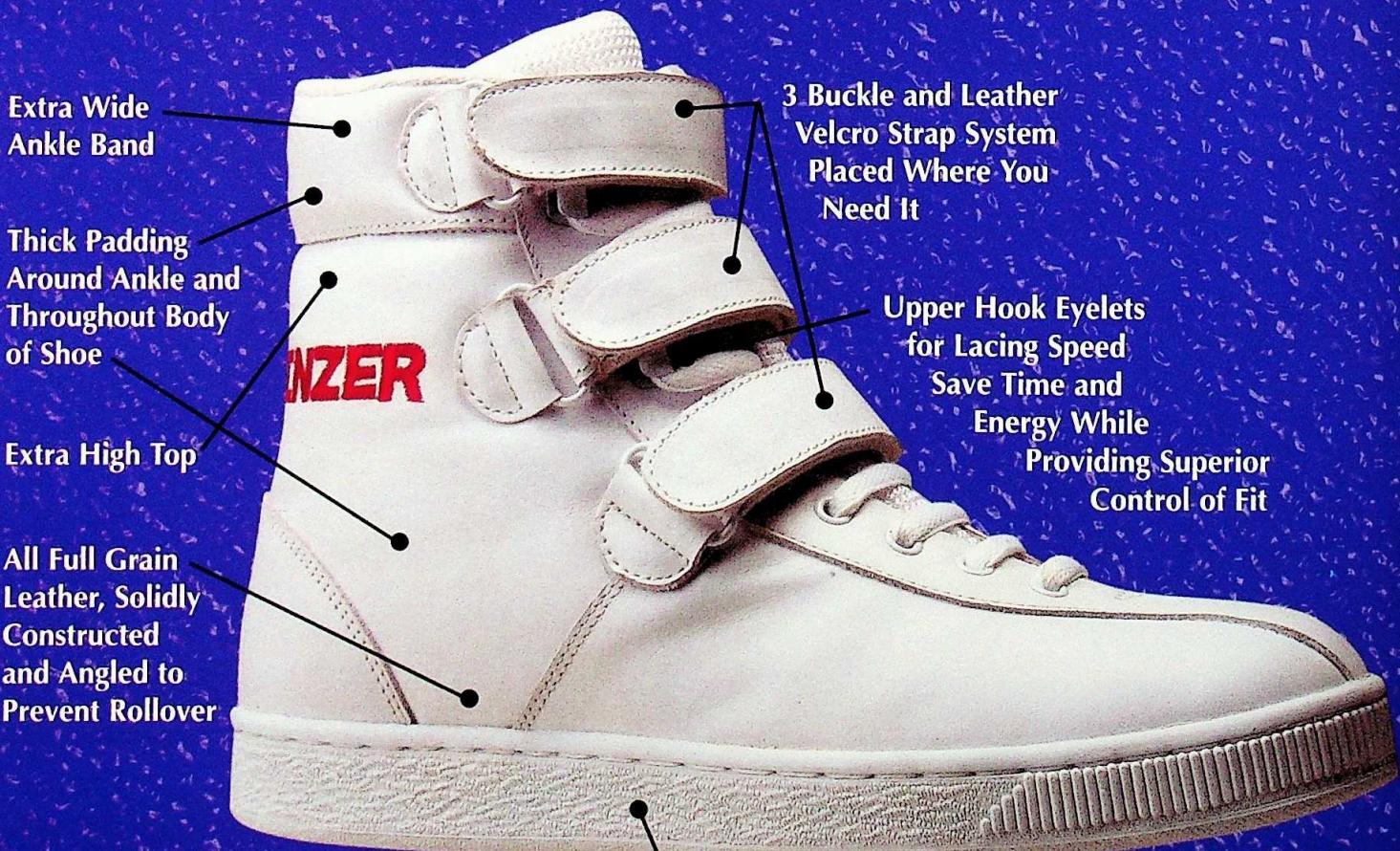
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