

POWERLIFTING USA

VOL.24 NO.12

JUL/2001 \$3.50

\$4.50 in Canada

BILL

CRAWFORD
INTERVIEW

WOMEN'S
WORLDS

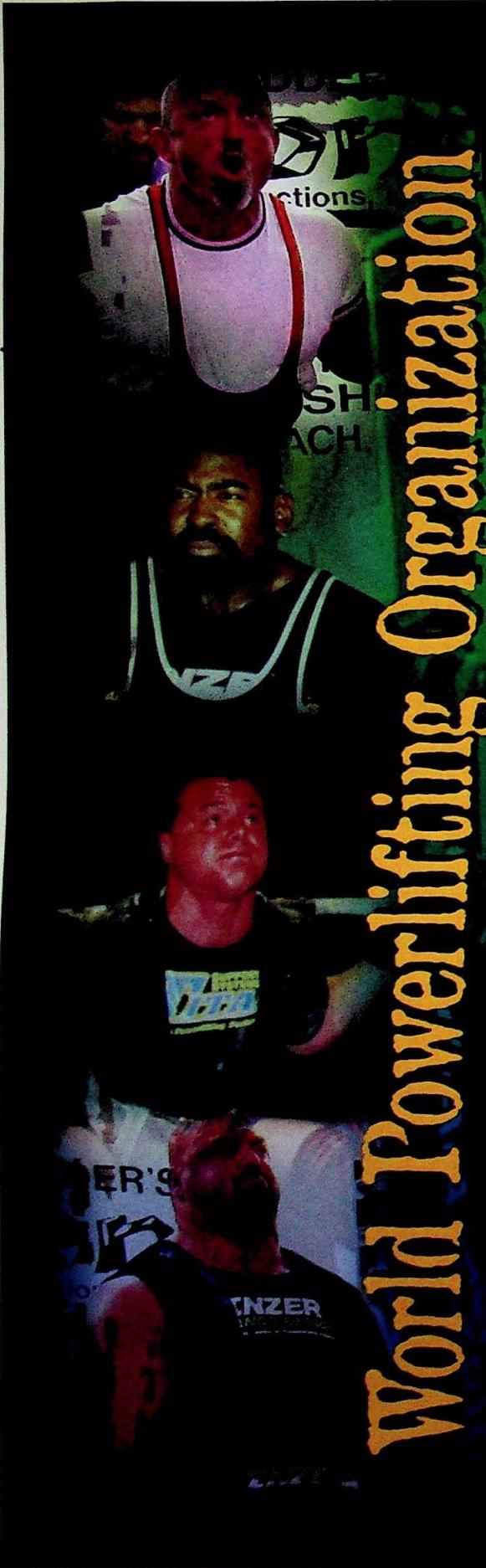
750@275

A.P.F.
NATIONALS



06

0 74470 76692 6



World Powerlifting Organization

NEW PROFESSIONAL POWERLIFTING FEDERATION

\$WPOS Semi-Finals August 12th, 2001



PRIZE MONEY PER WEIGHT CLASS

- | | |
|-----|----------|
| 1st | \$10,000 |
| 2nd | \$5,000 |
| 3rd | \$1,000 |

Top 4 Lifters In Each Weight Class Advances To The Finals Nov. 2001

Meet Location:
Hard Rock Live
City Walk At Universal Studios, FL

Qualifying Totals:

Wt. Class	Qlfy Total	Wt. Class	Qlfy Total
0-132	1159	220	1752
148	1322	242	1810
165	1450	275	1856
181	1581	308	1898
198	1664	SWH	1912

Call 877-HUG-IRON
To Get An Entry Form. Deadline Is Aug. 5th



Huge Iron Fitness Center
910 S. Atlantic Ave.
Ormond Beach, FL 32176
904-677-4000
877-HUG-IRON
www.hugeiron.com



No Added Sugar. No Aspartame. No FTC Food Colors.

Your Body Is One Great Masterpiece Of Bio-Engineering.

Meet the Second.

The innovative, bio-engineered formula for Nitro Glycerol™ has broken new ground in power activation drink technology.

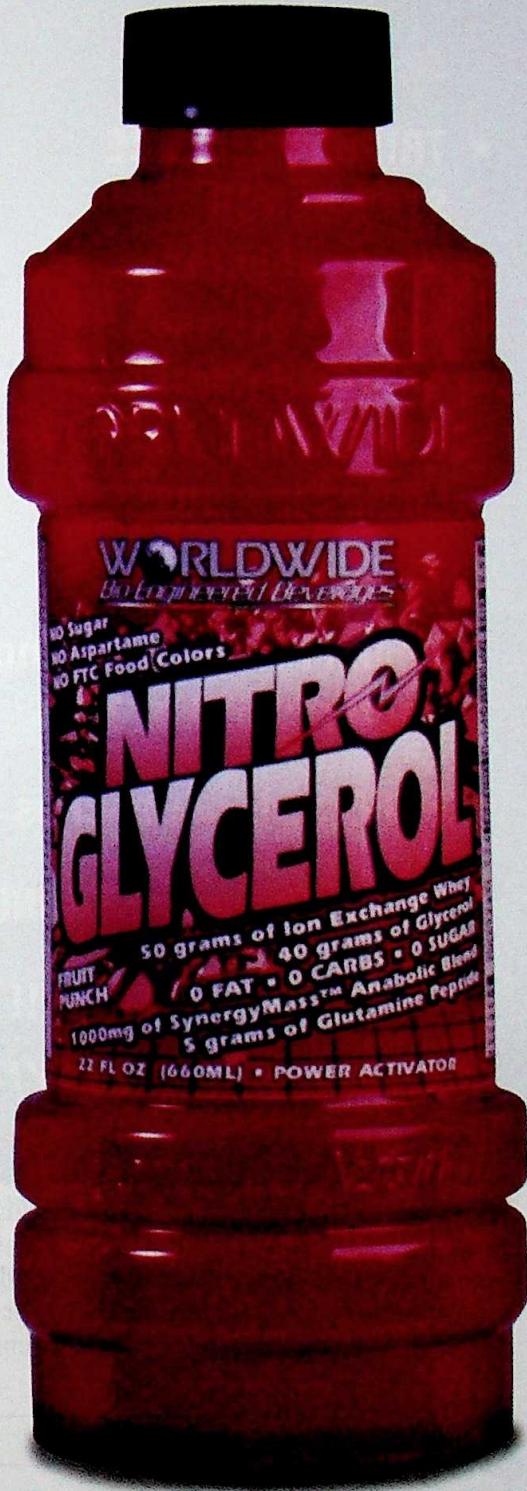
Our extreme power activator starts with an astounding 50g of select ion-exchange whey protein. Then we supersaturate it with 40 g of glycerol to help you hydrate your muscles and give you a serious pump. Next we fortify it with 5g of anti-catabolic glutamine peptide to help boost your muscle recovery. Then we add 1000mg of our special anabolic blend SynergyMass™ for some bulk-building power and 200mg of Ma Huang for a little energy-cranking dynamite.

The result: *nothing else even comes close.*

So if you wouldn't settle for last year's work-out, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

Nitro Glycerol™—*Anything Else is Ancient History.*™



Available at select **GNC** LiveWell gyms and healthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

POW!ERLIFTER VIDEO

OUR HOT NEW ISSUE:

★ **TRIPLE WESTSIDE
STAR BENCH**

Workout with:

**Kenny Patterson,
George Halbert and
Rob Fusner. Hosted by
Louie Simmons**

★ **ARNOLD CLASSIC!**

**Bench Press Action including
Halbert's 683 at 198!**

★ **Bill Crawford Benches 750 at 275!!**

★ **Willie Wessel's STRONGMAN TRAINING**

+ **MUCH, MUCH MORE!!!**

SUBSCRIBE TODAY!



George Halbert
at the 2001
Arnold Classic

POW!ERLIFTER
VIDEO MAGAZINE

CALL 1-800-227-2355

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

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

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

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

Powerlifting USA

Post Office Box 467
Camarillo, CA 93011

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

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

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

PRINTED IN THE USA

SUBSCRIPTION RATES: (US funds)
USA addresses, 1 yr.....\$31.95
USA addresses, 2 yr.....\$58.95
First Class Mail, USA, 1 yr\$54.00
Outside USA, surface mail ..\$42.00
US Outside USA, air mail ..\$84.00 US

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

POWERLIFTING USA advertising rates available upon your request.

MUSCLE MENU

- Volume 24, Number 12 - July 2001 -

IPF WOMEN'S WORLDS	Leslie Look.....	6
BILL CRAWFORD INTERVIEW.....	Ned Low.....	12
APF NATIONALS.....	Herb Glossbrenner.....	14
ACHES AND PAINS.....	Doug Daniels.....	16
POWER SCENE.....	Ned Low.....	17
THE FACTOR OF TIME.....	Louie Simmons.....	18
IPF DOUBLE INTERVIEW.....	Dr. Larry Miller.....	22
SHANE HAMMAN INTERVIEW.....	Fred Rice.....	25
WORKOUT OF THE MONTH.....	Leslie Look.....	32
FIXING THE LOCKOUT.....	J.M. Blakley.....	34
UNCLASSIFIED ADS.....		37
HARD CORE GYM #5	Rick Brewer.....	38
WPO GUTCHECK.....	Kieran Kidder.....	40
WPO DIFFERENCE #5	Russ Barlow.....	41
DR. JUDD	Judd Biasiotto Ph.D.....	42
ASK THE DOCTOR.....	Mauro Di Pasquale M.D.....	43
IMPROVING WHEY PROTEIN.....	Jeffrey Stout Ph.D.....	44
COMING EVENTS.....	Mike Lambert.....	53
BACK ISSUE LISTING.....		74
TOP 100 114s.....	Mike Lambert.....	95

ON THE COVER.... Bill Crawford, who recently bench pressed 750 lbs. in the 275 lb. class. (photograph courtesy J. Graube)

Copyright 2001 Powerlifting USA

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

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

Name _____

Address _____

City _____ State _____ Zip _____

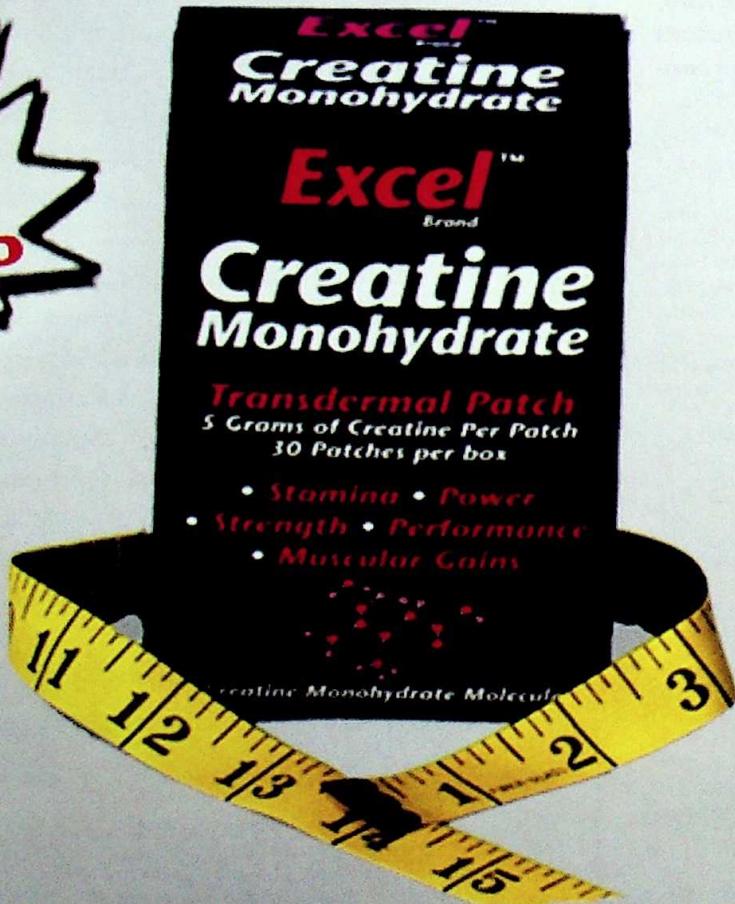
YES! SIGN ME UP!
Check one:

- NEW
 RENEWAL
 Address Change
(indicate previous address)

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

MUSCULAR SIZE and/or STRENGTH WITHIN 7 DAYS. MONEY BACK GUARANTEED!

NOW
ONLY
\$29.50



NO MIXING REQUIRED!

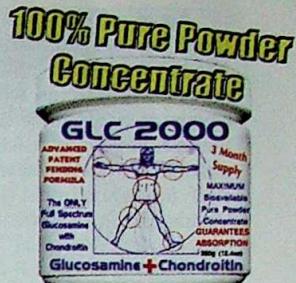
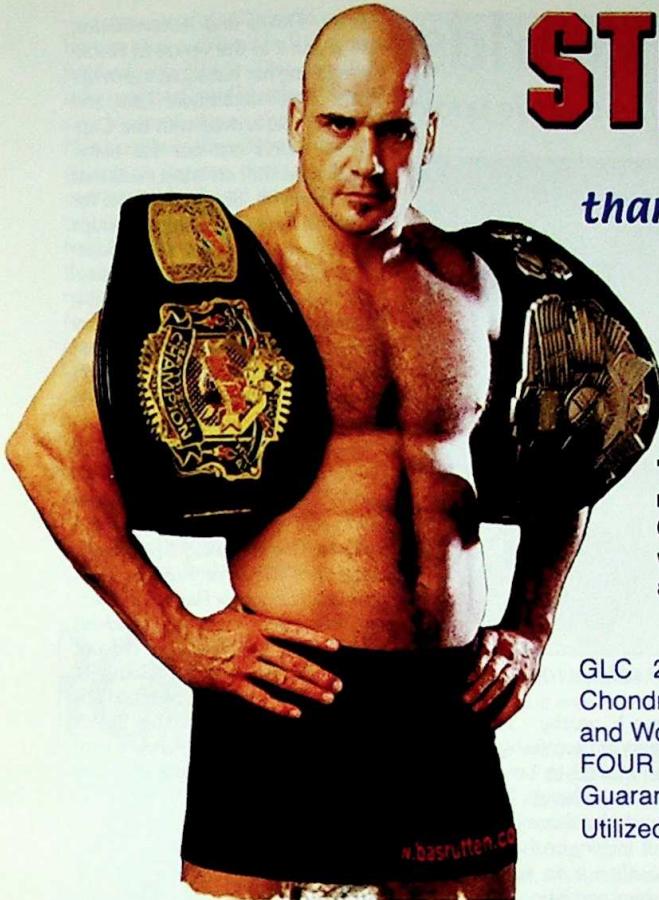
Transdermal Delivery (through the skin) is the most effective method of transporting creatine directly into the muscle cells. Each Excel™ creatine patch contains 5 grams of pure pharmaceutical creatine monohydrate. Users apply a Excel™ creatine patch every 24hrs. to any muscular part of the body. Excel™ creatine patch does not cause stomach cramps, bloating or water retention because it is not processed through the stomach.

New Technology in Creatine... Light Years
Ahead of the Rest.

1(800) 548-1556 • www.excelpatch.com

STRONGER

than Joint Pain



BAS RUTTEN

"THE WORLDS MOST DANGEROUS MARTIAL ARTIST"
UNDISPUTED UFC HEAVYWEIGHT WORLD CHAMPION
3 TIME WORLD KING OF PANCRASE

"As a Professional Athlete and World Champion I place an extreme amount of stress on my body, especially my joints. After trying many so-called joint products, I finally found GLC 2000; and trust me on this, it works! GLC 2000 helps me train longer and harder without the nagging pain. I recommend GLC 2000 for All of my friends. If you are serious about training and taking proper care of your joints, this is the product for you. GLC 2000 Really Works!"

GLC 2000 is the World's ONLY FULL SPECTRUM Glucosamine plus Chondroitin; Scientifically Engineered to Help Repair and Regenerate Damaged and Worn Articular Cartilage. The Patent Pending GLC Formula Combines ALL FOUR Bioavailable Forms of Glucosamine in a Pure Powder Concentrate. GLC Guarantees the Most Complete and Potent Joint Supplement YOU can Buy. Utilized Exclusively by Medical Doctors and Professional Athletes

GLC 2000 is Now Available to You!

Jean Mae
Cordova
Seniors
Weightlifting
Champion



"I've had arthritis since I was 15 years old. For the past 25 years I've had an on going pain in my right groin. Sometimes the pain was so bad I couldn't raise my leg more than 6 inches off the ground. After taking your product for only three weeks the pain disappeared and has never returned. I am able to do the seated press with 525 lbs, bench press 120 lbs. twice and do 30 regular push ups. The important thing is not the weight I use or the that I am 80 yrs old, but the fact that I can do all of it without the pain. What a relief to wake up in the morning without the aching and stiff joints. Thank you for such a wonderful product.....

Love Jean Mae"



Dr. Sherman G Madere
M.D. Specialist
Co-founder
C.A.P.P. Care
Arizona Preferred
Physicians Guild

"In my 38 years of practice I have seen many products come and go. I have been particularly impressed with the unique GLC formula. By combining the entire glucosamine profile, GLC 2000 optimizes cellular membrane function and facilitates nutrient ionic transfer. GLC's Full Spectrum profile contains the proper glucosamine and chondroitin ratios your body needs. And because GLC 2000 is a 100% pure product, it increases your bioavailability and absorption rates. GLC 2000 provides each individual the foundation for optimal joint health. In the world of glucosamine and chondroitin products, GLC 2000 is as good as it gets. GLC 2000 works for me, for my patients and it can work for you."



"Gary Stevens Attributes his comeback
to GLC 2000."

"Last year I was forced to retire from racing. The pain in my knees became so unbearable, my doctors told me I had run out of options. I tried ALL the other products out there, and they simply did not work. Then I found GLC 2000 and it changed my life! GLC is without a doubt the BEST joint product I have ever used. GLC 2000 eliminated the pain and increased my flexibility. Now a few short months after the hardest decision of my life, I am back in winning form, able to live my dream once again. I would not be back in the saddle today without GLC 2000. My family and I are so very grateful. GLC 2000 has Literally Given Me My Life Back! Thank you GLC"



STOP Living with Joint Pain.

Listen to the Experts. GET SERIOUS about Joint Care. Let GLC 2000 Help You Repair Damaged Cartilage, Increase Mobility and Flexibility Lubricate and Regenerate Healthy New Articular Cartilage. Start Training Longer and Harder TODAY! Join the Professionals on Team GLC 2000



Each level scoop contains 3.5g Pure GLC
Guaranteed Assay
Chondroitin Sulfate.....750mg
Glucosamine HCl.....750mg
Glucosamine Sulfate.....750mg
Glucosamine Potassium.....750mg
N-Acetyl D-Glucosamine.....225mg
Ascorbate.....225mg
Manganese Proteinate.....50mg

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to Diagnose, Treat, Cure or Prevent any Disease.

*Don't Let Injuries or
Father Time Slow YOU Down*

FIGHT BACK

with the World's ONLY Full Spectrum
Glucosamine + Chondroitin

(859) 987-0847

www.GLCdirect.com

The BEST Product the BEST Price GUARANTEED

Agrarian Frydek-Mistek, in the Czech Republic, was the host of the 22nd IPF Women's World Powerlifting Championships where 100 women merged in their quest to be the best. Meet director Jiri Vejmelka with the help of a very attentive meet staff (including meet promoter Vlastislav Precek and Technical Chairman Jiri Hofrek) worked tirelessly to see that lifters were taken care of, and the huge audience was kept abreast of the scoring. As always, Heiner Koberich and John Stephenson were critical to meet organization and flow.

The U.S. team is especially grateful to Head Coach Larry Maile, who is ALWAYS dependable and organized and more dedicated to Women's Powerlifting in the U.S. than anyone else I've ever met. Returning for the 4th time to coach was Captain Kirk Karwoski who is always vivacious and an extremely hard worker (despite the extra energy those out-of-country long nights take out

IPF Women's Worlds as told to PL USA by TEAM USA's Leslie Look



Sioux-z Hartwig (left) lifted at 114 and **Jenn Maile** at 105 (Hartwig)



Raija Koskinen
(photo courtesy of Miroslav Vacek)

of you). Mike Overdeer, USAPL President, was essential to game day flow and did an awesome job tracking essential information. Newcomer to the Women's World scene was former Junior competitor Mike O'Donnell. He was eager to help out and tirelessly coached every session as well as made sure lifter's transportation and other needs were met. Kick butt at the Seniors, Mike! P.J. Couvillion made the difference in the U.S. team placing with his attendance as referee. We moved up from 5th to 4th place, out-seating Finland as they had no judge. Thank you P.J.! Ruth Welding (who has some great old-school stories and is absolutely funny) also coached and doubled as a referee which was extremely helpful to both us, and the IPF. These people pay their own way to support powerlifting athletes because they genuinely love powerlifting. The U.S team could not ask for a better support staff or group of people. Thank you!

Competitors stayed at the Hotel Centrum, which was approximately a fifteen-minute scenic walk from the venue. In typical European taste, this area was kept immaculate and nature-iffic. This little jaunt was also the location of several "key" trip moments. For example, once Lizzy and I were innocently crossing the footbridge when we casually noticed several speedo-outfitted gentlemen. Yes, one was Vladimir Bogachev! First a photo of Grahame Fong and Zindy Coss, and now this! My infamous picture file is growing! Of course, Kirk and I had to try out the park see-saws, if you read this article closely you'll SEE that we SAW quite a bit. We also learned how to read Czechia road signs and discovered

there was a Y nearby. Thankfully enough, also in Euro-fashion, there was a bar located in between the meet site and the hotel. This came in very handy for those celebrating the thrill of victory or the agony of defeat. Suffice it to say that on Sunday when our hero, Liz Willet, and the rest of Team USA descended upon that watering hole along with some thirsty Brits, their well went a little dry. We were LUCKY, girls got in free.

Kirk's arrival to the country was anything but free. His plane out of JFK was cancelled and he was told that making the trip on time would be a near impossibility. Kirk even looked into Concorde tickets to make the contest before Sioux-z lifted. As it were, after a minor run-in with airport security, a few fibs about coaching "Olympic Powerlifters", and an almost exact play by play of

Planes, Trains and Automobiles, Kirk made it to the venue as Sioux-z was taking her last squat warm up. Yeah! That's dedication! Lizzy and Priscilla Ribic arrived with the Captain to round out our full team. Priscilla tied Kirk on 'most dedicated team member'. She had trained for the North American Championships which, we are all aware, didn't materialize, and got that last minute alternate call ... two weeks before the contest. Talk about someone who was willing to make it happen! These two people got tough even though the odds weren't in their favor. Hats off to Priscilla and Kirk.

44 kilos (97 lbs.) - After brief opening ceremonies, the lifting began. The 44 kilo class was larger than usual, perhaps due to the absence of 10x bodyweight performer Svetlana Tesleva of Russia. This opened the door for Raija Koskinen, who has been tenaciously seeking gold for many years. She did not pass up this opportunity. Going 9/9 Raija squatted 170.5, benched 65, and pulled 162.5 to earn her 397.5 kilo victory. Raija's squat style is very unique: she clears the rack by about a nanometer, then folds herself in half. I'm thinking you MUST be 4'9" or shorter for this to work. Well, work it did. She went back to Finland with the gold and a new WR in the squat. Securing a strong silver was Wei-Ling Chen of Chinese Taipei with a 7/9 152.5, 62.5, and 165 for 380. Bronze went to Benedicte Lepanese of France who went 5/9 and totaled 317.5. As a side note, she was second place in the 'longest locks' contest to USA's Kara Bohigian. 4th, and 5th places were awarded to Junko Kitamura of Japan and Aneta Rutka of Poland. Kitamura attempted a 125 deadlift for bronze, but failed. Rutka, with the weaker subtotal, pulled the 125, which she needed to maintain 5th over Germany's Marion Friedrich who ended up in 6th, on body-weight, by .1 kilo. The U.S.A.'s Cathy Solan had some difficulty with 3rd attempts, but finished 7th with a strong 110, 55, 135, for 300. Following in 8th was Eva Svajtekova of Slovakia who had the strongest bench of the class with 90 kilos. Can you imagine benching 10 kilos less than you squat? (We all know I can't!).

48 kilos (105 lbs.) - Young Junior Lifter Natalia Shapovala of Russia was victorious in this class with a flawless 9/9 performance. Her Junior World Record squat of 165, combined with an 85 kilo bench and 167.5 kilo deadlift gave her the body-weight victory over the elder Kuan-Ting Chen of Chinese Taipei who was 6/9 with 162.5, 95, and personal record 160. Yukoko Fukushima of Japan attempted a World Record bench of 117.5 but

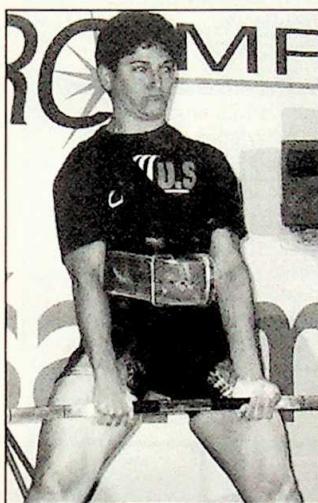


Cathy Solan won a bronze in the deadlift competition. (C. Solan)



Michele Amsden at 123 (Hartwig)

was unsuccessful. She received the bronze after a difficult 3/9 day and finished with 392.5. This class was laden with technical blunders. I must say I was nervous and relieved. Nervous about these screw-ups continuing to happen throughout the contest, and relieved there was still time to fix them before I had to lift (selfish but true). Most effected by this was Vuokko Viitasari of Finland who was miscalled to the platform for her squats TWICE. Clearly, these errors should NOT happen at the World Championships. Despite this, she was able to make all three squats and end the day 4th with 140, 75, and 162.5 for 377.5 and the body-weight victory over USA's Junior phenomenon, Jenn Maile. Of course, when there is a miscall to the platform the effect ripples through the line up. Jenn had to sit in her wraps



Angie Overdeer at 132 (Hartwig)



Waiting to Lift... Kara Bohigian (left, in a photo provided courtesy of Kara) says switching from Olympic lifting to powerlifting was the best move she ever made, and Priscilla Ribic (photograph provided by Leslie Look)

for a long while before her third squat. Despite this, she came out for 160 (a new American Record) and squatted that sucker like a champ. Despite the white light from my audience chair, she was turned down. This squat would have given Jenn the bronze overall. Disappointing, but I understand that Jenn was taking names and will be back to kick some ass. She was followed by France teammates Sabine Guillaume and Christian Guingal who took 6th and 7th respectively. It must be mentioned that 8th place finisher, Great Britain's Heather Hampson, had the phattest old-school Adidas

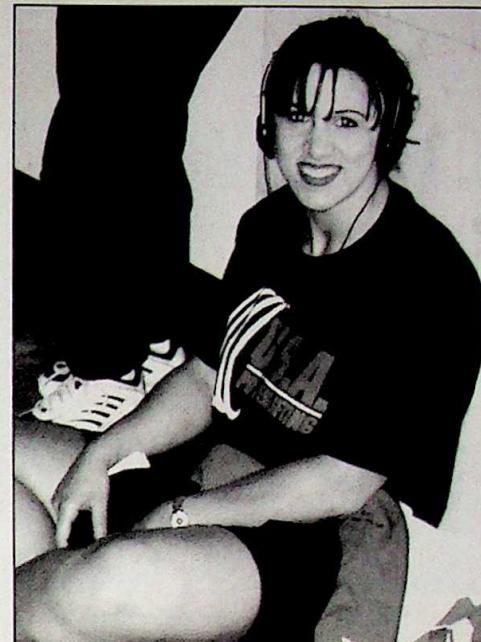
squat shoes of the meet.

52 kilos / 114 lbs. - Tatiana Eltsova was the victor in this class attaining a new World Record in the squat TWICE with 183 on her second attempt and 185 on her third. She went on to bench 97.5 and pull 170 for a 9/9 452.5 total. Rita Liimatainen of Sweden secured silver with 432.5, just 2.5 kilos over Chinese Taipei's Li-Min Lin who tried for the 5 kilo win on her third deadlift. Finnish Leena Jokitalo was 4th with a personal best in the bench press of 80 kilos and a 407.5 total. Stephanie Cornette of France and Sioux-z Hartwig of the U.S.A. fol-

lowed for 5th and 6th respectively with 395. Cornette, the lighter of the two by .5 kilos, was the victor on bodyweight. Teresa Marriot of Great Britain was 7th with 345, and Mervi Sirkia of Finland bombed in the squats.

56 kilos / (123 lb. class) - Valentine Nelubova of Russia reclaimed gold, adding 20 kilos to last year's total and breaking a World Record squat in the process. She lifted 192.5, 135, and 180 to end with 507.5. Pirjo Savlova (phonetically - 'Purges-all-over') of Finland was a strong second place with 182.5, 85, and 202.5 for 470. Shu-Ting Lin of Chinese Taipei, and Nadejda Maluygina of Uzbekistan tied for 3rd with 447.5. Lin, the lighter by .1, was the champion. Vita Abdulina of the Ukraine and Laura Locatelli of Italy fought for 5th and 6th respectively with a minimal 5 kilo margin. The U.S.A.'s cutest girl in the entire world, Michelle Amsden, made her Women's World debut taking 7th. After some difficulty in the squat, Michelle was successful with PRs in the bench with 90 kilos, and deadlift with 167.5. She ended with a 400 kilo total, 2.5 kilos over 8th place finisher Irina Korchina of Uzbekistan. This was also Jeanette Gevers' class, our Australian friend who is always great fun and a pleasure to be around.

60 kilos / (132 lb. class) - The gold and silver medalists in this class have some interesting history. Both are fierce competitors from Russia with different talents. Elena Fomina, a superior bencher, was the gold medallist in this class in 1998 (and also broke a BP WR). Abramova did not lift in 1998. In 1999, Abramova won gold with world records in the



IPF Women's World Championships (lbs.)

23-27 May 01 - Frydek-Mistek, Czech Rep.

97 lb. class

Koskinen FIN	375*	143	358	876
Chen TAI	336	137	363	837
Lepanise FRA	259	154	286	699
Kilamura JPN	264	165	253	683
Rutka POL	292	110	275	677
Friedrich GER	253	176	248	677
Solan USA	242	121	297	661
Svanteckova SLO	220	198	220	639

105 lb. class

Shapovalova RUS	363	187	369	920
Chen TAI	358	209	352	920
Fukushima JPN	314	242	308	865
Vitasaari FIN	308	165	358	832
Maile USA	330	176	325	832
Guillaume FRA	275	148	341	766
Guingal FRA	308	132	319	760
Hampson GB	270	143	319	733
Sladecova SLO	253	115	281	650

114 lb. class

Eltsova RUS	407*	214	374	997
Liimatainen SWE	363	192	396	953
Lin TAI	352	220	375	947
Jokitalo FIN	341	176	380	898
Cornette FRA	347	192	330	870
Hartwig USA	330	198	341	870
Marriott GB	281	170	308	760

123 lb. class

Nelubova RUS	424*	297	396	1118
Savola FIN	402	187	446	1036
Lin TAI	380	209	396	986
Maluygina UZB	396	187	402	986
Abdulina UKR	374	214	363	953
Locatelli ITA	358	176	407	942
Amsden USA	314	198	369	881
Korchina UZB	330	192	352	876

Eriksson SWE	330	176	347	854
Cabral FRA	297	198	330	826
Gevers AUS	308	176	336	821
Szymkowiak POL	275	154	286	716

132 lb. class

Fomina RUS	462	275*	446	1184
Abramova RUS	451	248	446	1146
Vlasevska UKR	418	242	451	1113
Fischer GER	413	192	479	1085
Hsu TAI	396	248	440	1085
Haapoja FIN	407	192	424	1025
Malejova SLO	396	236	363	997
Chou TAI	358	242	374	975
Overdeer USA	358	225	385	970

148 lb. class

Kudinova RUS	518	319	485	1322
Orsini ITA	479	275	457	1212
Ivanova UKR	479	281	440	1201
Blikra NOR	451	242	462	1157
Poplavskaya UKR	440	242	440	1124
Jamin FRA	424	214	462	1102
Nafe GER	341	203	429	975

165 lb. class

Stehlikova CZE	352	270	374	997
Dziewickiewicz POL	352	230	402	959
Stetsenko UZB	363	165	352	881
Stepanovska CZE	330	176	308	815

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

Stehlikova CZE	352	270	374	997
Dziewickiewicz POL	352	230	402	959
Stetsenko UZB	363	165	352	881
Stepanovska CZE	330	176	308	815

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352	187	330	870

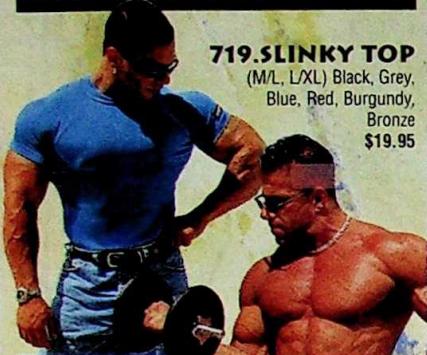
181

Rychkova RUS	485	297	507	1289
Hsieh TAI	485	270	451	1206
Yavorika UKR	457	259	451	1168
Look USA	435	236	468	1140
Strik HOL	396	270	407	1074
Deakin AUS	396	181	446	1025
Madsen DEN	363	220	419	1014
Maton GB	358	198	363	920
Zeiba POL	352			

PHYSIQUE

BODYWARE

All Items \$19.95
+SAH



719. SLINKY TOP
(M/L, L/XL) Black, Grey,
Blue, Red, Burgundy,
Bronze \$19.95

718. PLEATED SHORT.
(S, M, L, XL) Black, White, Red,
Royal, Grey \$19.95



725. STRINGER TANK
Black, Red,
Berry, White,
Yellow,
Grey, Blue
2 for \$19.95

724. TRAINER TOP
(O/S) Black, Red,
White, Royal,
Grey \$19.95



737. SLEEVELESS T-SHIRT.
(M, L, XL) Royal,
Grey, Red
\$19.95

726. HOT SHORTS
(S-XL) Black, Grey,
Yellow, Blue, Red
\$19.95

888.932.7488
ORDERS ONLY PLEASE!

PHYSIQUE BODYWARE
16 Birch Hill Drive, Poughkeepsie, NY 12603
845.473.4832 FOR CATALOGS



Texas bench press kingpin
Tiny Meeker shows off some of
the **HOUSE OF PAIN** products he
has had customized.

CUSTOMIZED H.O.P. GYM BAGS



If you want your
name on a gym
bag-don't hang
some wimpy
tag on it-let us
embroider it on!
We'll embroider
your name on
any of our gym
bags for only
\$1.00!

Just like a tattoo,
embroidery lasts
forever and it looks sharp, too! We have
gym bags from 16" to 34" long; from
light-weight to a wheeled monster bag!

CUSTOMIZED H.O.P. JACKETS

Let us embroider your name or nick-
name on the left chest of one of our
jackets. (Only \$1.00)

From our midweight Big Poplin jacket
to our new heavyweight Solid Leather
jacket, we'll fit you with style & comfort
at a good price. With sizes from
med-XXXXL, we can fit almost anyone!
(Ask about our new leather vest!!)

HOUSE OF PAIN
IRONWEAR

Mail Orders:
HOUSE OF PAIN
P.O. Box 333
Fate, TX 75132

24 hrs/ Toll Free!

1 • 888 • H • OF • PAIN

(1-888-463-7246)
fax 972-772-5644

Order or fill out our training survey at
houseofpainironwear.com
e-mail houspain@flash.net

Beyond a Century, Inc.

Performance Powders...

How much have you been paying?

Tribulus Ext. 45% Bulgarian 100gm	\$9.75
Ribose 100gm	12.00
5-Methyl-7-methoxy Isoflavone 20gm	22.00
Ipriflavone, 50 grams pwd	9.50
Diindole Methane, (10x I3C!) 20 grams	9.75
Androstenedione 50mg 60 caps	7.50
5-Androstanediol 20 grams pwd	16.00
4 Androstanediol, 20 grams pwd	23.75
Norandrostenediol, 20 grams pwd	37.50
Creatine Monohydrate 99%, Micronized, 1000gm	22.50
Chrysin, pure powder, 50gm	24.50
Yohimbe 2% Std. Extract! 50gm	8.50
Glutamine 300gm/1kg	17.50/45.00
Ephedra, 25mg ephedrine 100 caps	6.75
"Low Heat" Whey Protein 80% 2 lbs	13.50
ZMA, 808 mg, 100 capsules	11.50
Arginine base powder, 300gm	15.00

We will Match Advertised Prices!!

Shipping only \$4.75 any size order!

Visa/MC/Dscr/Amex orders call:
800-777-1324

Or send money order to:

Beyond a Century, Inc. ~since 1983~
HC76 Box 200P Greenville ME 04441
Hundreds of Products - Ask for **FREE** catalog!
Order On-Line with our Secure Server:
www.beyond-a-century.com
Authenticity of Products Guaranteed!

GET FAST RESULTS WITH POWER HOOKS®

POWER HOOKS have been proven to improve dumbbell training. They provide the user with a method to perform and accomplish dumbbell training procedures safer and easier, resulting in maximum exercise benefits. During the first few weeks, gains of 2 to 3 reps on each dumbbell exercise are being experienced. After a few months users are increasing 20 to 30 lbs. to each dumbbell. POWER HOOKS have been highly recommended by a variety of medical and personal training professionals.

ONLY \$39.95 PER PAIR

ADD \$5.75 FOR SHIPPING & HANDLING

SWING OUT **PRESS** **WORK TOTAL FATIGUE THEN HOOK TO BARBELL**

MANY USES! FITS ALL SIZES OF DUMBBELLS!

Power Hooks fit all standard and Olympic size dumbbells. For larger dumbbell bars over 3-3/4" circumference order the XL-Power Hooks. The XL-Power Hooks also fit the tri-bar and power blocks.

Patent No. 5871339

TO ORDER BY CREDIT CARD CALL TOLL FREE: 1-888-669-6316

or send check or money order to: 85-979 Farrington Hwy. Waianae, HI 96732

Dealer inquiries and orders from other than USA call 808-696-1979

squat, deadlift, and total while Fomina took second, but still broke another world record in the bench. In 2000, Fomina was absent, however, Abramova again broke World Records in the squat and total. This year they have changed places again and the bench presser, Elena Fomina, earned gold as well as another bench world record with 210, 125, and 202.5 for 537.5. Abramova had a difficult day, making just 5 lifts, and totaled 520. Larysa Vitsevska of the Ukraine took bronze going 7/9 with 190, 110, and 205 for 505. Birgit Fischer of Germany took 4th on body weight over Hsiao-Li Hsu with the heaviest deadlift of the class of 217.5 to total 492.5. The U.S.A.'s Angie Overdeer had a 8/9 personal best all around day (talk about perfectly peaked!) and went 162.5, 102.5, and 175 for 440. She finished just 2.5 kilos behind 8th place Hui-Chen Chou. Angie and Mike Overdeer were invaluable during the



The Top Three ... all RUSSIAN ... (l-r) Valentina Nelubova (3rd), Marina Kudinova (1st), Elena Fomina (2nd)



TEAM USA ... back row (left to right) Liz Willet, Larry Maile, Mike Overdeer, Mike O'Donnell, Priscilla Ribic, Ruth Welding, Kirk Karwoski, Angie Overdeer; front row - Leslie Look, Kara Bohigian, Sue Hallen, Michelle Amsden, Sioux-z Hartwig, Jenn Maile. Team Member Cathy Solan not pictured. (photo by Sioux-z Hartwig)

contest. I don't think any U.S. team member wanted for anything. After she was done lifting, Angie supported every lifter (not in the loud, obnoxious way I do - but in a nice, helpful, 'Angie' way ... very cool). Lifting for the Aussies was free spirited U.S. student Veronica Augila who rounded out the class totaling 350.

67.5 kilos / (148 lb. class) - This class is home to Champion of Champions, Russia's Marina Kudinova,

winning with 615 Wilkes points, 14 over any other competitor. Marina opened with 235 kilos (an enormous squat), but was turned down 2/1 on depth. She came back and made it on her second, but was unsuccessful at her 3rd attempt world record of 245. She made all of her benches and deadlifts to finish with 145 and 220 respectively for a 600 kilo total. Antonietta Orsini of Italy (known to master lifters as 'Ellen's twin') fought hard with Ukrainian Larysa Ivanova

for the silver medal. They both had 6/9 days and were tied in the squat with 217.5. Ivanova pulled ahead in the bench press by 2.5 kilos and Orsini pulled 7.5 kilos more with 207.5 to win with 550 to Ivanova's 545. This was a great battle to watch. Norwegian Inger Blikra had a strong day totaling 525 for 4th. She was followed by Svetlana Poplavskaya of the Ukraine and Cecile Jamin from France who finished 5th and 6th with 510 and 500. In 7th place was

the 'gear master in training' Kara Bohigian from Atlanta, Georgia's West Side. Kara's absolute hystericalness kept the team rolling from Day One. She is one totally fun chick. She did extremely well in her World debut, especially considering that she had only 5 weeks of actual training preparation due to herniated back discs. Despite the difficulty with her back Kara squatted 177.5, benched 115 (adding 18 kilos to her bench from U.S. Nationals and missing 120, an American record, technically), and deadlifted 175 for 467.5. Kara's third attempt deadlift at 190, if successful, would have given her a new American total record. Yvonne Stoep (whose husband has the best old-school Adidas shell sneakers that I tried on and attempted to bargain for) followed Kara with 447.5. After I made such a big deal about her hubby's sneakers and how much I wanted them, HER shoes were stolen during the contest! Coincidence, I swear! Lone Rasmussen of Denmark (proprietor of ER Equipment) also made her International debut in this class attempting an impressive 180 kilo deadlift, finishing 12th with 392.5.

75 kilos / (165 lb. class) - Newcomer Svetlana Miklasevich of Russia dominated this class with 230, 160 (and a near miss third attempt WR 165) and 205 for 595 and gold. Anne Stiklestad of Norway was recovered from her disc injury of last year and back to claim the silver with 215, 110, and 212.5 for 537.5. She finished just 2.5 kilos over bronze medallist Tamara Bahriy of Ukraine who missed that margin on her bench and tried the win again on her last deadlift. Erlina Pecante of the Philippines was 4th with 477.5. Priscilla Ribic of the U.S.A. (after some nerves in the warm up room and a quick

head rub from Dr. Larry Maile) ended 5th with 175, 105, and 187.5 for 467.5. Thanks to Priscilla and Kirk, word is that Pete Alaniz of Titan Support Systems will be patenting a new equipment assister ... the "GLUTE SHOOT". Got a tight suit? Get in with the Glute Shoot! This originated after Priscilla's booty demo for Czech T.V. Also inspiring change in American fashion was 9th place finisher Dziewickiewicz of Poland who, on Sunday, modeled her version of the "Daisy Duke" warm up shorts which the U.S. coaching staff decided will be mandatory for all U.S. team members next year.

82.5 kilos / (181 lb. class)

-After a nomination change, Olesia Rychkova of Russia earned gold with an 8/9 220, 135, and 230 for a

strong 585. She was followed by a very light Chui-Hua Hsieh, of Chinese Taipei, who weighed in at just 75.8. Hsieh was 8/9 with 547.5. Iryna Yavorska of the Ukraine earned bronze with her 8/9 207.5, 117.5, and 205 for 530. I had a rough day, losing my balance on my second attempt squat before the rack command, and cutting my third. I and ended with silver in the deadlift on my second with 212.5, after missing 227.5 on my 3rd that would have yielded bronze overall. I guess Billy Idol and a T-Bone wasn't all I needed! I paid off my bet with P.J. and now have a clean slate. Mistakes happen, this one was costly, but August will be the month for redemption. Bodybuilder Telja Strik of Holland (who may be appearing in the Ms. Olympia this fall) took 5th. She lifted 180, 122.5, and 185 for 487.5.

90 kilos / (198 lb. class) - For the

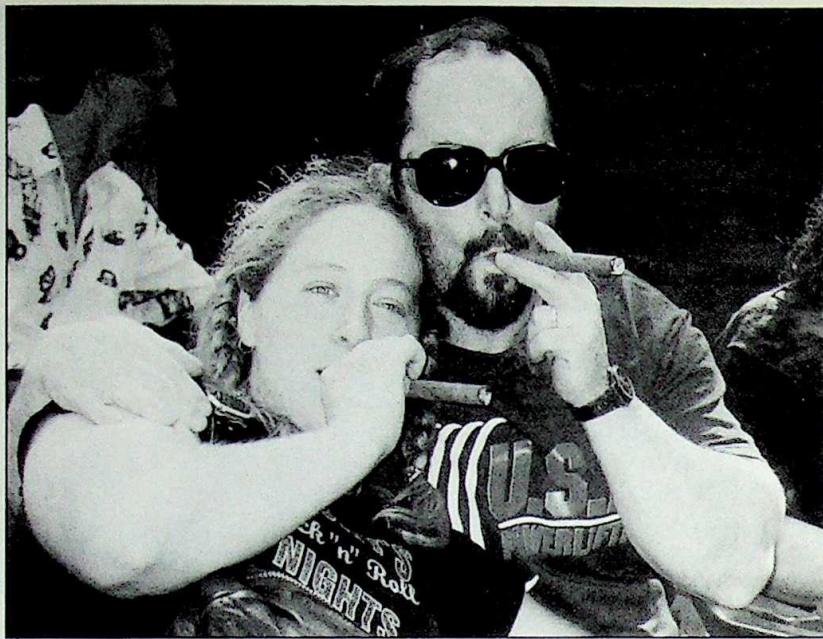
second year in a row, Irina Lugovaya posted the heaviest poundage total of the contest. She blasted through a national record 247.5, world record 163.5, and personal record 240 for a whopping 650! Viktoria Posmitna of the Ukraine followed, and she added 77.5 kilos to her total from last year's performance. Teammate Ganna Ganenko, also of the Ukraine, earned bronze with 547.5. Jackie Buckley, the only New Zealand competitor, was 4th in this class after having a rough 4/9 day. Her companion had a bodybuilding contest in 2 weeks and was still there to coach. I can't imagine! Hell, I can't imagine bodybuilding anyway ... so there. Brenda VanderMeulen of Holland placed 6th. She trains with her mother and father who also compete. Her mother, Joke VanderMeulen, was 10th in the 67.5s.

+90 / (SHW) - Reclaiming gold in this class was experienced Chinese Taipei lifter Chen-Yeh Chao with 260, 170, and 215 for 645. She has been a top contender in this class for many years and last won gold in 1998. Anastasia Pavlova, last year's World Champ, took second after a personally disappointing 5/9 day. She was still a solid silver medalist with 620 and the heaviest deadlift of the class with 230. The best performer from the U.S.A., Liz

Willett, barely missed 252.5 on her 3rd squat and went on to make a 142.5 bench and 200 deadlift for the bronze. Top in the class in squats with 272.5 was Chao's teammate, and former gold medallist, Chia-Sui Lee. Lee bombed in the bench press with 147.5. As a token of respect, Lizzy GAVE one of her medals to Lee as a consolation. Is it any wonder that Liz is so revered? Joane Schaefer of the Netherlands followed with 535. Also from the U.S. in this class was Sue Hallen who had a strong day with 447.5. The day before she lifted, Sue accompanied Lizzy, Sioux-z, Jenn and I for a frolic in the river and cut her foot quite badly. Maybe next time we should try fishing with a pole instead of using Ruth's

switch-blade (which we all decided was bigger than Kirk's). Suzanne Last of Great Britain was sixth in her World's debut with 437.5.

Next year's World Championships will be held in Riesa, Germany. At this time, this is more than I know about where the U.S. Women's Nationals, but I'm crossing my fingers. Every person on this team was a pleasure to be around and I feel honored to have been able to share this time with them.



Leslie Look and Larry Maile loosen up after the competition. (Hartwig photograph)



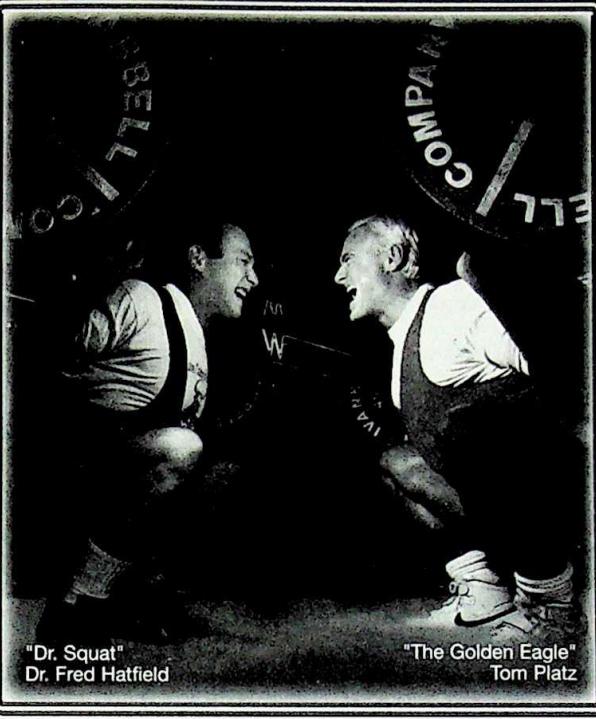
Irina Lugovaya of Russia won the 198s. (Sioux-z Hartwig photograph)



Superheavyweight Winners: (l-r) Pavlova, Chao, Willett (Hartwig photo)

ISSA

The World Leader In Fitness Certification – Since 1988



TURN YOUR MUSCLES INTO MONEY!

TURN YOUR MUSCLES INTO MONEY!

TURN YOUR MUSCLES INTO MONEY!

Personal Training Certification

Personal Training is the fastest growing profession in the fitness industry today. In fact, it has been rated as one of the top ten professions for the 21st century. Since 1988, the International Sports Sciences Association has provided certification and continuing education to over 40,000 health and fitness professionals worldwide. Call ISSA today, and let us show you how rewarding it is to share your passion for health and fitness with others!

ISSA Certification Courses

- Certified Fitness Trainer
- Specialist in Performance Nutrition
- Adaptive Fitness Specialist
- Specialist in Sports Conditioning
- Specialist in Martial Arts
- Specialist in Fitness for Mature Adults
- Fitness Therapist
- Endurance Fitness Trainer
- Youth Fitness Trainer
- Water Fitness Trainer
- Golf Fitness Trainer

CALL TODAY FOR FREE INFO

1.800.892.4772

www.FitnessEducation.com

Source Code: PLUSA701



International Sports Sciences Association

Are **you**
ready for
the next level?

(REMEMBER, YOU GET WHAT YOU PAY FOR)

- Comfortable hip-and-rib contour
- Patented conical shape
- Durable, two-year warranty
- The most innovative back support available: 6' just \$54.95, 4-3/4" only \$49.95
- Made in the USA
- Now available in Leather: 4 3/4" - \$54.95



- Easy-removal lins
- Machine washable
- Amazing non-slip grip wet or dry
- Ultimate grip just \$34.95, with wraps, \$39.95



- Straps and wrist support all in one
- Available with 11" strap or 6" lock-on dowel strap
- Proudly made in the USA
- A steal at \$19.95



DEALER INQUIRIES WELCOME

Schiek Sports, Inc.
1-800-772-4435
920-426-2691 Fax
www.schiek.com



Get THE ROPE Advantage

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

Used by World, National and State Champions

Kit P. 815 Sq. 54 years of age

Mark P. 495 B.P. High School

Brett A. 440 B.P. Teen

Sabine S. 205 B.P. at 115 lbs.

GET THE ROPE ADVANTAGE

Poster Manual and Apparatus

Only \$49.95

BODYBUILDER WORKS

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

THE SHIRT

Padded where the bar sits for more comfortable squats

Only \$29.95.

Please include shirt size with order

Send check or money order to:

The Body Hobby Shop

77 Santa Isabel Blvd. #5-16

Laguna Vista, TX 78578

956-943-2618

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

BODYBUILDER

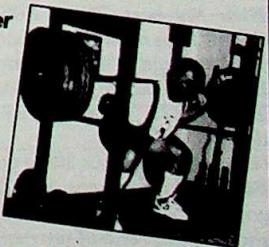
A GAMMA ORYZANOL EMULSION

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



For THE PROFESSIONAL And THE BEGINNER

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



EQUI-AIDE PRODUCTS

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

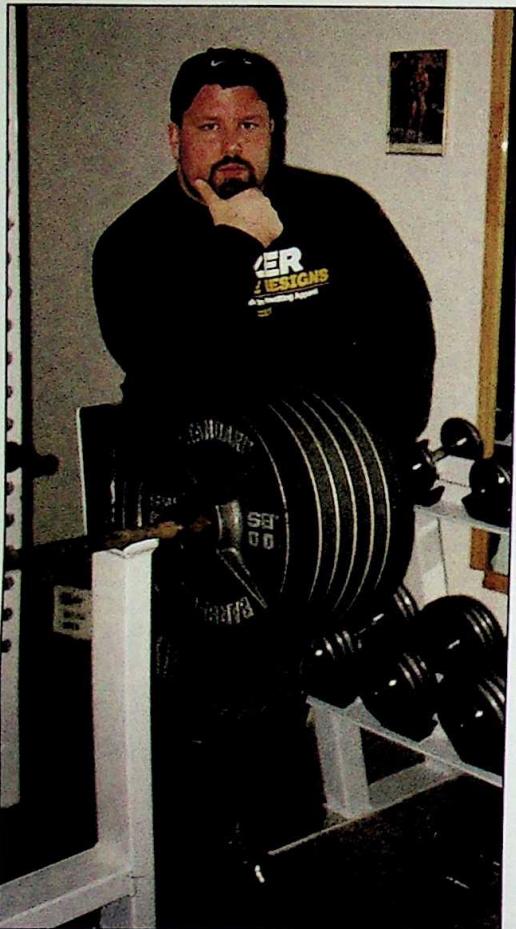
WWW.EQUIAIDE.COM

INTERVIEW

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

BILL CRAWFORD

interviewed for POWERLIFTING USA by Ned Low



Bill Crawford has quickly developed a reputation for training lots of great bench pressers and as well as for mastering the unique art of the bench press shirt. Be sure to check out Bill's new bench pressing video.

Ned: What are your best lifts (pounds lifted, bodyweight, SQ/BP/DL)?

Bill: My best SQ is 805. My deadlift has always been bad, but I did manage a 605, and my best bench is 750. My best total is 2060 at 275. These lifts were all done at 275.

Ned: What are your lifting goals?

Bill: Right now, my only lifting goal is to bench 800. The 800 should fall in one of my next two meets, but we will see.

Ned: What do you enjoy most about powerlifting?

Bill: The thing I like most is meeting new cool people. I have

Bill: I was a bodybuilder and hated powerlifting, but a friend got me to do a meet and I fell in love with it. That's it, just one meet and I was hooked.

Ned: What is your current training routine?

Bill: Right now we are on the same routine I used to bench 750. We work

out 4 days per week. Day 1 is flat bench, working up to a heavy triple and shoulders raises to front, side, and rear. Day 2 is back, biceps, and triceps day. Day 3 is leg extensions, curls, presses and calves. Day 4 is bench assistance day. We do all kinds of crazy work on this day: shirt work, board presses, lock outs, push downs, skull crushers, and on and on.

Ned: Who has influenced you?

Bill: If I had to say one, it would be Jamie Harris "The Sea Wolf." I have known him for years. If people would give him the respect he deserves, he might not come across as hard as he does. 760 is the biggest regular bench ever. The guy is 'The Man', period.

Ned: What are your favorite assis-

tance exercises?

Bill: Lockouts and board presses are my favorites. We can use a lot of weight on them and they are just fun.

Ned: Which powerlifters do you admire and why?

Bill: I respect a lot of guys like Ed Coan, Garry Frank, and others. I admire just the guys I work out with: Sebastian Burns, Trevor Bruce, Al Hicks, John Graube, Kyle P., Glen Chabot, Mike W., and Jamie Harris.

Ned: What is the hardest part about powerlifting?

Bill: Dealing with ***holes. It's fun to watch someone on the Internet rip you when they have never even seen you. Other than the ***holes, the sport's pretty cool.

Ned: What are you proudest of in your powerlifting career?

Bill: When I see my friends do well. It's cool when they rip some butt at a meet after listening to me bitch at them for 12 weeks or so. LOL!!!

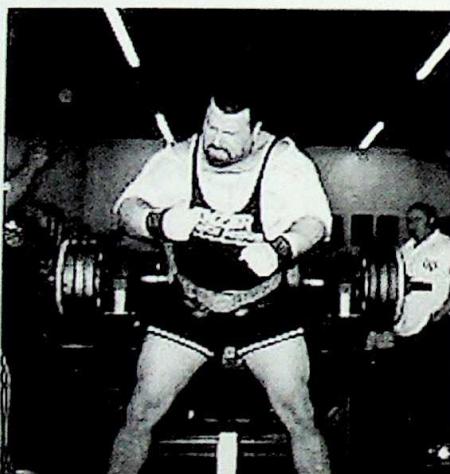
Ned: What do you tell lifters who come to you for advice on how to succeed as a powerlifter?

Bill: Train hard, eat and rest. I also tell them to lift where they want and just have fun. Sometimes powerlifters take themselves too seriously. They need to relax and have some fun.

Ned: What are some of your hobbies?

Bill: Well, right now I have really gotten into racing 4 wheelers. I just bought a 2001 Yamaha and have about 8000 miles on it. I hunt and fish quite a bit. I live in the mountains, so that's what my friends who don't lift weights like to do. I also love super loud heavy metal music. For the most part, I try to have fun. Whenever I can laugh, it's my favorite thing in the world, so I try to laugh at as many things as I can.

Get the **MOST** out of your **BENCH SHIRT!**



World Champion BILL CRAWFORD
shows you how he achieved his all-time record
750 LB. BENCH at 275 bwt.

Unlock your hidden potential
with this informative step-by-step video.

Only \$39 plus \$5 Shipping & Handling
Send certified check or money order to:

William Crawford
22 Louise Lane
Lake George, NY 12845

Get PLANET MUSCLE™ FREE!

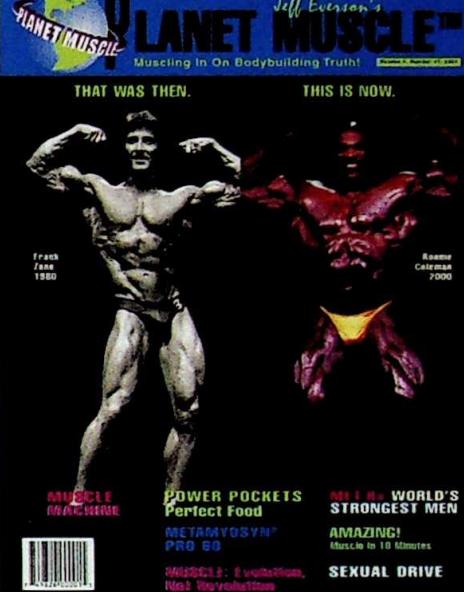
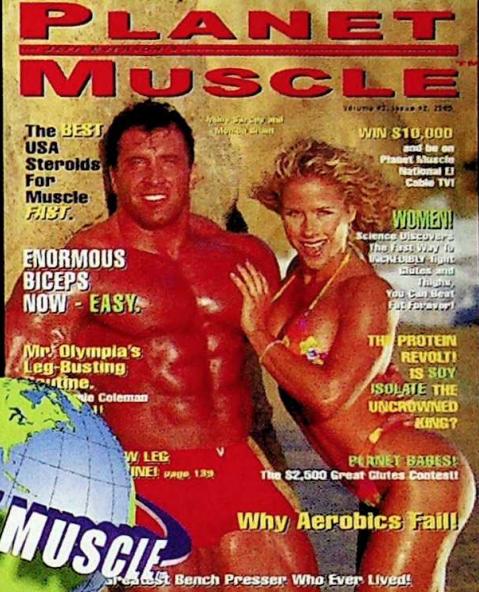
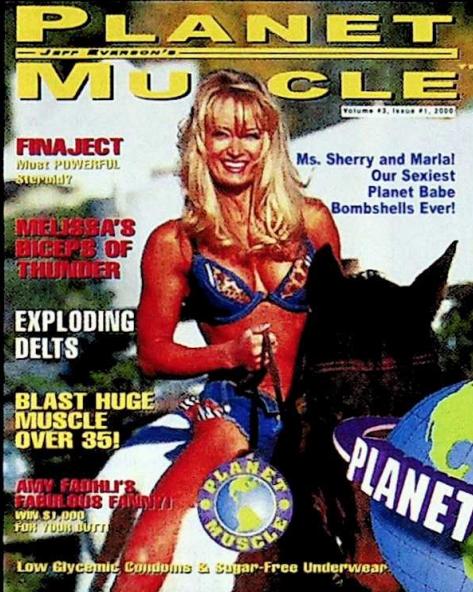
The World's Most Complete Muscle Building and Nutritional Mag is **FREE!**
Bodybuilding, Strength and Size, Definition, Power and Olympic Lifting,
Sports Training and Honest and Real Information on Food Supplements!

Call Now 800.940.5978 For Your **FREE** Subscription!

FLASH JEFF EVERSON DECLARED SANE by U.S. Supreme Court
(But No One Buys It!)

FREE! The World's Most Independent Bodybuilding & Nutrition Magazine
is FREE with Over 500,000 Readers! Call For Your **FREE** Magazine!

PLANETMUSCLE.COM • WATCH PLANET MUSCLE ON E! ENTERTAINMENT



Jeff Everson's PLANET MUSCLE™ is **FREE!**
"Muscling In On Bodybuilding Truth!"™ 800.940.5978

PLANET MUSCLE is the fastest growing, most unique, complete, uninhibited and controversial TOTAL IRON magazine ever! Its revolutionizing the bodybuilding magazine marketplace because you get all honest up-to-date information **FREE**. (You don't even pay postage.) Call us today at 800.940.5978 or subscribe easily online. Visit us at planetmuscle.com. Or send in the handy subscription form at the right! Start getting the **BEST** magazine on the market today!

WATCH PLANET MUSCLE WEEKLY ON E! ENTERTAINMENT CABLE!

See Ericca Kern, Gea Johnson, Lena Johannesen, Vince Taylor, Melissa Coates, Chris Lydon, Jeff Everson, Sherry Goggin, Paul Dillett and other body-builders and fitness stars.

PLANET MUSCLE airs the first 3 Thursdays of every month on E! Check your local cable company for times and then set your VCR's! (Dish subscribers, contact your dish company for times)

CALL 800.940.5978
planetmuscle.com

Subscribe **FREE** to
Planet Muscle Magazine!

Name _____

Address _____

City _____

State _____

Zip _____

Phone _____

Email _____

Please Cut Out and Mail to:
Planet Muscle Magazine
PO Box 260500
Highlands Ranch, CO 80163

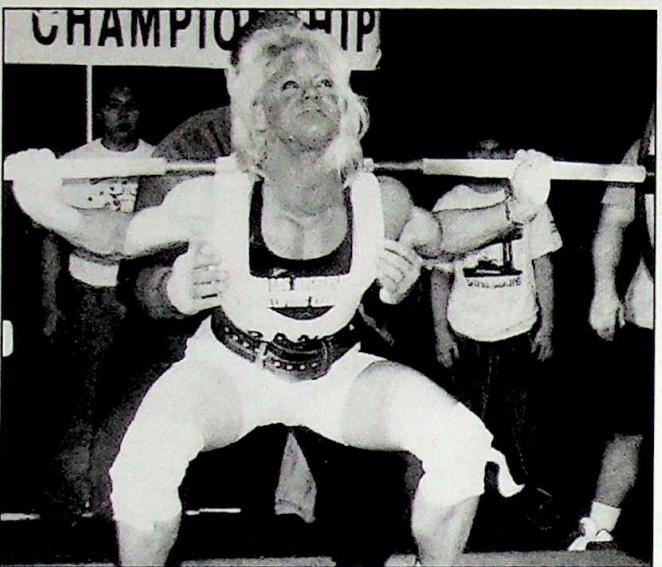
The Hyde Boarding School loaned their gymnasium for this event. It was a splendid site, only a mile from the meet hotel, and everyone lifted under the spotlights of the local TV station, which showed major happenings of each day on the evening news. Every person who lifted was made to feel even more important by the outstanding job of MCing by Lynn Barlow. Ernie Frantz celebrated his 67th birthday on Saturday (he's been hoisting iron since 1954) and on this day the honorable Angus King, Governor of the State, made a surprise appearance. The meet director was Russ Barlow, and he and his wife Lynn did a top notch job in presenting this year's event. Russ runs the Hardcore Barbell Club in nearby Lewiston, ME and is a school teacher. This onetime bodybuilder has filled out to 300 lbs. and at age 41 has become one of the strongest master lifters in the world. His best competition lifts of 887 SQ, 600 bench press and 804 DL add up to a whopping 2282. Russ is also Kieran Kidder's right hand man in getting the new WPO going. Lynn, a registered nurse, has the same drive and enthusiasm as Russ when it comes to putting PL on the front burner. She's overcome some debilitating maladies along the way. Tall for her 105 bodyweight and pretty as a picture postcard, Lynn displays amazing power on the competitive platform. She's ranked #1 nationally in her division, and has best lifts of 341 SQ, 210 bench (came within 1" of locking out an All-Time best of 221) and 319 TOT. Her best official lifts add up to 870.

The lifting platform was sturdy, and slightly raised from ground level. A small ramp made it easily accessible. Russ provided cold water and fruit for the athletes, and SUBWAY had a sandwich stand within the facility. A great massage therapist was on hand, working on the lifters free of charge. She had to admit Brian Meek is the World's Tightest Human. As the sole WPC qualifier for Teens, Juniors, Submasters, and Masters, the top two in each age bracket / weight division earned berths on the USA team for the WPC Worlds to be staged in late Fall in Capetown, South Africa.

TEENS: everything began on Friday AM. Two guest lifters were allowed to participate, outside the competition. Darryl Jeffers, 27, weighing 274 couldn't get a SQ by the judges. Chris Weirs, 24, is a Russ Barlow protege and former student. At 320, he shows amazing strength: SQ 727, BP 573, DL 727 - 2028. He damn near

A.P.F. NATIONALS

as told to Powerlifting USA by Herb Glossbrenner

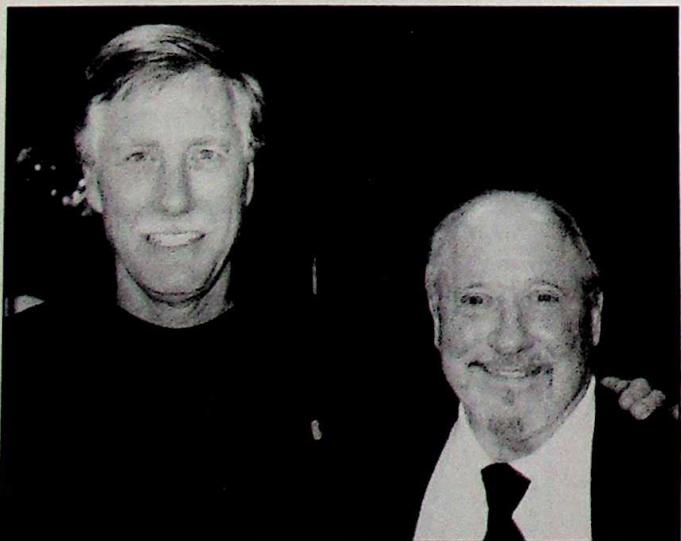


Nance Avigliano, 44, with the 2nd highest women's squat of all time at 132, 208 kilos (Herb Glossbrenner photos except where indicated)

made a 611 and 633 BP too. Wow! The youngest participant was Russell Flanders, 15, of Illinois. He copped the 242 (13-15) division with his 992 TOT. Damian Osgood, 17, (143) representing the Ironside Gym in ME went 8-9 capturing his 148 division impressively, earning him the outstanding teen lifter trophy. Doug Geis, 16, also had a near perfect day (8-9). Ben Meyers, 18, (256) made it a complete sweep for coach Sandy Burke's Ironside crew. His 1658 TOT at 256 bwt. was impressive. He twice tried a big 705 DL. I can't forget Ben Flanders, 17, who is Russ's brother. He won BP gold w/264 at 157! Joel Ward, 19, is from Idaho. He assured his 18-19, 132 win with a strong 402 DL. Joel wanted a 1003 TOT but missed his 424 try. Josh Higgins, 19, from Green, ME had an inspirational battle in the 18-19 181s. Rico Minervino, 19, representing a rival team - World Gym of Westbrook, ME, went after him. Rico took early command with a 523 to Josh's

474 SQ. Minervino's BP (253) left the door wide open for Josh to surpass him (336). Higgins pulled all 3, and hoped he'd done enough (1333)! It was, as Rico made 534, but missed 562 trying for the win. Matthew Schiff, 16, was most impressive winning the 16-17 181s. This Illinois boy dunked an amazing 551 3rd attempt SQ to coast home with a 1300 TOT. Edward Simonic, 17, 184 lbs. was the dominant force in the 16-17 198 division. Ed got 9 good lifts - 1118 TOT! An evenly matched duo was in the 18-19 198 class: Benjamin Howard of GA (186) against Jeffrey Gazda, 18, lifting for Galaxy Gym of NH. Gazda had the higher success rate of the pair (8-9) and missed only his last BP try (303). Jeff's 501 good 3rd SQ gave him a jump start on Howard. Gazda had the superior deadlift, however, Benjamin unleashed a big 380 BP in the second round. When the dust cleared Howard claimed gold 1355 - 1339. In the 18-19, 242s Christian Fredette, 18, of Maine Clark Fitness claimed victory over Greg Levasseur, 18, by being 5 lbs. lighter in bwt. Greg's tactics in the SQ cost him dearly. After opening with 457, he leap frogged to 501 (miss), and then advanced to 545 - also a miss.

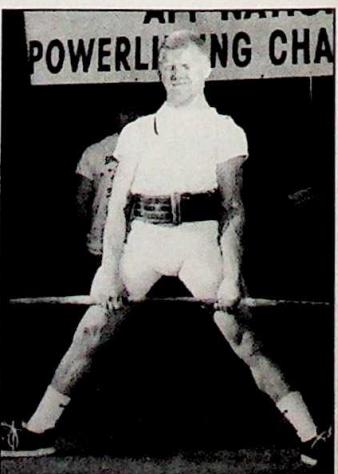
JUNIORS: clad in a singlet, Dan Carpenter, 22, (126) from ME buried his squats and burrowed right up. His red & black wraps were the only supportive thing he wore. He popped a good 220 BP and pulled 336 for an 810 TOT. DEREK FLETCH was the VERY BEST. At 23 and 165, he won the outstanding Junior award. He hit a 540 3rd wide stance National Record SQ, a 352 BP on his 2nd attempt and a 573 DL - TOT 1466 (8-9). James Cox, 23, (179) from the famous Galaxy Gym in NH dominated at 181. Jim made an excellent 573 final SQ; then pumped 330 strongly on his last BP try. His 496 DL 2nd gave him 1399 TOT. Adam Korenke, a Snake River boy who got strong on good ole Idaho potatoes, secured runner-up. He's tall with big thighs, and wide stanced his 485 SQ and pulled in a 523 final DL (1284). Chad Frost, 21, took home 198 gold to his Galaxy Gym - 1212 TOT. Scott Blanchard, 23, (216) looked real sharp



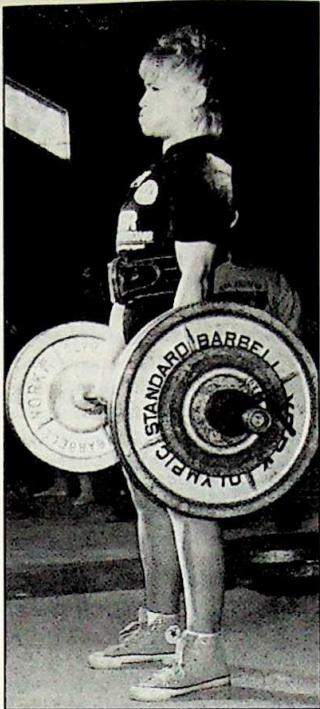
The Governor of Maine - Angus King with Ernie Frantz on his birthday!

at 220. He's a Hardcore product and displayed it admirably, with great 633 SQ and DL twins to sandwich his impressive 424 push - 1692 TOT. At 275, Jimmy Garza, 23, out of Kim's Gym in Fresno is just getting started in PL, and took the silver medal with a fine 1366 TOT. Winning the whole sack of gold marbles in this class was Zack Hudak. He's 21 (254) from PA. ZACK SAT with a wide stance roared up with a good 661. He got froggy and leaped to 716 but it was a bit much. Other lifts were strong: 440 BP and a 655 DL. Zack dared to storm a 711 DL, unsuccessfully - TOT 1758.

WOMEN SUBMASTERS: Susan Pike, 36, was (154) light in her 165 division. Sue was the #1 Women's DLER in the Nation among all comers with her 440 pull last year. Sue got her 2nd attempt 165 BP here, but missed 171 on a 3rd. She first executed a 352 SQ, but missed 374 on a PR try. In her specialty lift PIKE HIKED 380 and a fine 418 - TOT 936. Kim Pfeiffer, 39, of Fresno, CA was on fire hitting PRs of 396 SQ, 347 DL, and a 903 TOT. Her runnerup performance so overjoyed Bob Packer, he did a cartwheel in a moment of sheer ecstasy! He had learned to do that from Jamie Harris! Unfortunately, he pulled a muscle doing so which kept him from breaking parallel later on when he lifted. (See, Bob, I told ya I'd cover for ya!) Bob'll be in Capetown not as a lifter, but rather as COACH! Pascale Lercangee, 37, is pretty as picture and strong as a Belgian draft horse. She was ranked 4th Nationally last year with a 1069 TOT, but decided to reduce to 132. She easily SQ'ed 352, but twice missed 380. In the bench, she hit a great 231, and took 237 for a record 4th. Flawless in the DL, she pulled 407, 981 TOT. The next lady is a newcomer to PL. This was only her second meet. She was a top name in Women's Olympic Lifting, and her American records in the overhead lifts at 148, still on the books since 1992, were a 205 snatch and 254 clean and jerk. Her lifetime dream was to make the 2000 Olympic Team where Women's WL was included for the first time. She gave a good account of herself, but the opportunity came too late in her career. It was time for a change. She started PL last September under the tutelage of Los Angeles Lifting Club coach Joe Avigliano. In her first meet last December, she scored a 900 TOT @ 148. Tremendously improved, Diana's performance here caused a stir. Getting used to the PL gear was a transition and Joe introduced it to her gradually. She's 38 years old and a high school teacher, and weighed in light at 143. She had no misses. SQ: 391, 413, 424; BP: 193, 204, 209; DL



Teen Power ... Ed Simonic, age 17



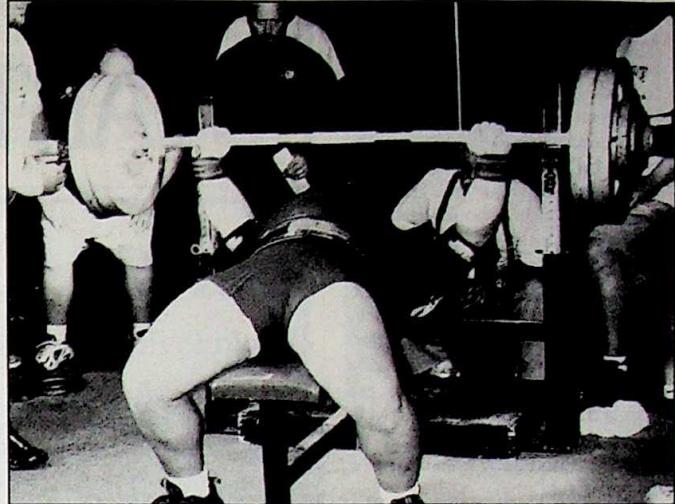
Power Convert ... Diana Fuhrman

in strict flat back OL style: 369, 386 - she had a 1019 TOT with one attempt remaining, having made Women's Elite classification on her opener. Up to 407. Coach Joe made the selection, just enough to upset Lercangee for the outstanding Women's submaster award. Pull it she did with strict precision - TOT 1041. This is just the beginning. Diana is very grateful to Joe and his coaching. With 19 years of competition under her belt, her latest exploits will just be the opening chapter for a future Women's superstar in PL.

MEN'S SUBMASTERS: Donald Welch, 34, nabbed the gold at 165 with an 1168 TOT. John Wood, 36, from Michigan cancelled his retirement and returned to the platform with some very solid lifting. Tim Good, 37, (175) owned the runner up position - 1350 TOT. That sum could have been 1388 had he made his 507 DL try. Scott Nautel, 33 (177) mustered up an 1190 TOT with identical 429s in SQ & DL. He made 3 good benches and got bronze. Randy Pushard, 36, pushed him hard, while very light at 170. Andrew Barris, 33, put his

529 in the good column - and went on to score 1350 copping the 198 title at a light 188. The 220 class had a couple of top guns shooting it out. Last year Dan JeSolla, 36, of the LA Lifting Club tore his right bicep on his final DL. Dan hung on firmly for a good lift at a costly price. He finished 3rd there in Aurora, IL with 1554. This year he showed uncanny improvement, characteristic of everyone benefiting from Avigliano's guidance. Dan's competition was Eric Maroscher, young and hungry too! JeSolla upped a 656 PR on his 2nd lift with a gut busting never quit- grind it out effort. Maroscher took a lead with 661, before Dan got stopped by 666, and then made 699. Maroscher hit the skids with his 402 BP but gamely came back and made a good lift on his last try. Dan closed the gap making a 441 2nd following a titanic struggle. A final try at 446 wouldn't go. JeSolla raised 622 then missed a 644 DL for 1719, 165 lbs. improvement over last year. Maroscher played his 3 trump cards: 601, 639 and finally 644 for 1747. There was good camaraderie between these two and the rivalry will be renewed. At 242, Daniel Whalen, 35, had no peers. He steamrolled his way to a 1752 TOT. Lifts tried, if successful, would have given him a whopping 1857. Jimmy Joyce earned the runner-up silver medal to Whalen making 6 of 9 lifts. At 275, both Peter Orino and David Thompson fell by the wayside in the SQ, as did guest lifter Darryl Jeffers. Supers Terry Frost, 36, of Mumford, ME and big Billy Mimnaugh, 36 (318) got unfavorable decisions also. Billy handled the biggest SQ of the whole meet (848). Three times he went down and ground it up. Three times the judges failed to give him credit. Since there is no USA representative going at SHW, he can request a spot on the team going to Capetown from the APF Board.

WOMEN'S MASTERS: Arlene Comber, 70, @ 165 was the OLDEST and BOLDEST. Arlene went 9-9, shattering records along the way. Jo Rodifer, 51, defended her 50-54 age group title: 7-9 for a 463 TOT. Nadine Baker, 44, repeated also. She leapt into the hair like a coiled spring before she mounted the platform for each lift. Michelle Kilkaukas, 42, is tall and lean for her 111 bwt. She was born with a smile on her face and scored new APF CA State Records with a 220 SQ and 584 TOT. Cindy Wyatt, 42, bears the same maiden name as the former wife of legendary SH Don Reinhoudt. Merely a coincidence. She won the 148 lb. (40-44) with a 606 TOT. Beverly Griffin, 45, has only been lifting for 2 years. She captured the 148, 45-49 division, missing only her last 308 DL. The whole family including



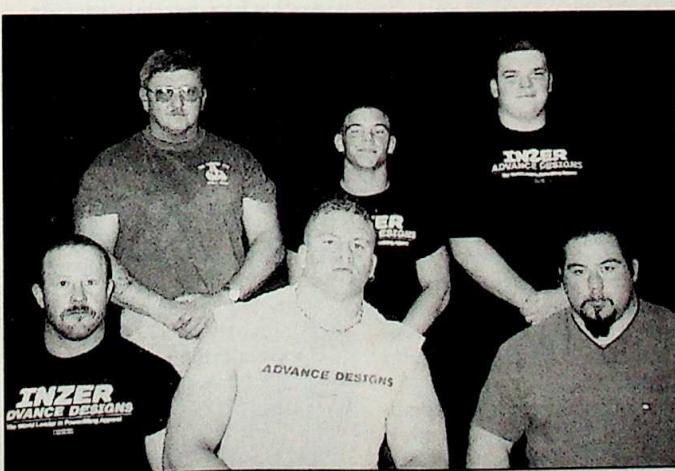
Keith Batykefer with a 515 pound record bench, at 275 lbs. (45-49)

grandchildren was there to cheer her on. Carol Khoury, 49, was runner-up. At 181, Betty White, 42, battled herself and had a 8-9 day. In the 50-54 181 class Patricia Damon, 51, is a DAME from MAINE. She CAME WITH GAME! Pat was stronger than ever in the SQ, but lacked the BP and DL pizzazz she had last year. Monica Cook, 47, was the sole participant at 45-49 188s. She had her game plan almost executed perfectly (8-9). Maris Sternberg was on crutches and couldn't lift here, but she'll be back. The star of the show took center stage, bathed in the blinding white spotlights. Nance Avigliano is already a two times Women's APF Senior National champ at 123. She came in here at an awesomely ripped 130 lbs. with a mere 5.6 bodyfat.

She finally allowed herself to go up into the next highest category with the result being a quantum leap in strength. Husband Joe started her from scratch to improve a chronic back condition from a car accident. After a month of strengthening abs, back and hamstrings, her back pain was gone for good. At age 41, she entered her first power meet. Three years later, the lady we refer to at the LA Lifting club as the QUEEN OF EXTREME came out and launched her attack on the helpless barbell. With an emotionless deadpan face (ala Ed Coan) she casually positions herself under the heavy bar. She delivered each squat deeply, swiftly, and deliberately - leaving no doubt that white lights would blaze brilliantly. All were 40-44 World Records. Her 424 W/R opener was so ridiculously easy it looked as though perhaps the bar had been underloaded a hundred or so lbs. Her 2nd attempt with 441 was delivered with power to spare. Up to 452. Bang! It's done. Lynn Barlow McDd the crowd into a frenzy. Hubby Joe called for 208 KG. (458 lbs.) on a 4th attempt. With all chanting and stomping, she came out and delivered the strongest of the lot without batting an eye. This rates as the #2 SQ at this bodyweight of all-time for a women, topping Mariah Liggett's 457, and exceeded only by Mary Jerumbo's 529 astronomical record. Don't think I'm crazy when I tell you that Nance has her sights set on eventually exceeding that as well. In the BP, with automatic precision she stroked in turn 204, 220, and finally 226. She tried a record 231 on a 4th attempt outside the competition - and barely missed. Still on a tear, her deadlifts were no different. Nance smoked her 418 opener. Then with only the slightest hint of a snarly face (no growl), she hauled up her sixth WR of the day - a perfectly executed 429. Her TOT was 1107,

yet another record. Last time up and the bar was loaded to 441. Her expression was even more intense this time as the load left the platform and traveled right up to completion. With only the slightest hint of a nudge on the left side, the call could have gone either way. She got 2R. Counting all the lifts she'd successfully completed her TOT could have just as easily been 1124. Nance is now the hottest lady on the women's circuit with no sign of slacking up. She puts out 110% every training session. She has absolutely no mental barriers, doesn't even ponder how heavy the weight on the bar is. She just goes out and lifts it. Need I mention she won the outstanding lifter award for Women's Masters here by a landslide?

MEN'S MASTERS: Richard DelGallo, 53, weighed in at 129. They say bald men have more testosterone. Richard proved it. This former Hoosier now thriving in Maine has four boys and displayed his studliness most splendidly. He sailed through a perfect day. Albert Cyr, 45, sports a French-Canadian name and proved his strength with a 1234 TOT consisting of only 1 successful lift in each of the three disciplines, to win the 45-49, 148s. The biggest star of the Masters proved to be 70 year old Frank Richey from Michigan. He has only 4 years of competition under his belt. He rolled merrily along with 341 SQ, 264 BP, 413 DL and 1019 TOT @ 148. Green with envy, I gave him a raspberry-rhubarb pie. He devoured it like a starved animal, a reward for winning the Outstanding Master award. Alan Cayer, 44, dunked a huge 551 SQ, hammered home his 374, 3rd BP, and then the bar went to the floor. The pulling powerhouse yanked up 601, 622 and finally 633. His 1559 TOT is great lifting in the 165s, 40-44. Two Midwest guys went at it for gold in the 45-49 middleweights. Steve Lumpe, 46 an electrical contractor drove his family all the way from Bedford, IN. He SQ'd 479, but 501 wouldn't cooperate. Lumpe pumped a big 330 BP and pulled 479 for 1289 - 2nd place. Next time, fly Steve! Art Little, 46, of Michigan took gold with 534, 303, 578. Gordon Santee, 54, of CA had a health scare not long ago. He's fine now and the 50-54 group was his for the taking. His 534 DL and 1284 TOT proves that Gordon is back on track. Next year he'll be in my age group and JOE NICKELE KNOW'S HE'S IN A PICKLE! Joe was coached to victory this year by the OVERFED and UNDERLOVED Meritorious Munchkin himself - Radar ('somebody help me tie my tie')



Ironside Gym ... (back, l-r) Sandy Burke - Coach, Damian Osgood (17), Doug Geis (16); front row - Mike Danforth, Ben Meyers, Scott Smith.

(article continued on page 82)

Competitive powerlifting has many rewards. Otherwise, why would any sane person subject their bodies to such harsh and intense stress? However, with the rewards come the penalties. The biggest penalty has to be the physical pain suffered by our bodies. Our goal as non-masochistic lifters should be to not only minimize the pain we must endure during our competitive years, but in those not-too-much-thought-about years after the smell of DMSO and Ben Gay are distant memories. There is no way to totally escape pain caused by lifting, but there are simple things we can do to lessen it. In order to do this, let's look at our major pain (non-back) areas and some causes of that pain.

For starters, let's examine the knees. Achy knees can result from many causes. Foremost among these causes is abuse. I constantly hear lifters declare they must wear knee wraps on squats because their knees ache and they need the wraps' support to reduce the pain. They never factor in the cause of the pain. Many lifters perform their squats in rapid descent fashion, crashing hard to the low position and rebounding up to finish. In addition, 'ballistic' style leg presses, extensions, hacks, and leg curls are thrown in later for good measure. What they really need to do is lower their training volume and frequency. Also, they should consider re-evaluating their use of ballistic rebounding methods. These measures would put a great deal of less stress on their knees. Knee wraps are a useful tool for lifting more weight, I do not believe they should be used because your knees are too sore to squat without them. Remove the root cause of the soreness and pain. Do not use wraps as temporary Band-Aids.

Next up are the wrists. Just like the knees, they have many causes of pain. They can be overly stressed while performing some exercises. Many lifters use wrist wraps while squatting and benching. As with knee wraps, they do have their purpose. They help to support massive weights used and can add to your lifts. But they too are used as Band-Aids. Letting the bar roll down your back during the squat can inflict some real damage on your wrists. This will also add up on your shoulders and elbows. To solve this problem, have your training partners tell you when the bar starts to roll down your back from the position you started the set with. This puts a lot of extra weight on your wrists. Keep your chest held high while not leaning forward. Keeping the bar properly on your back also puts you in a better strength position.

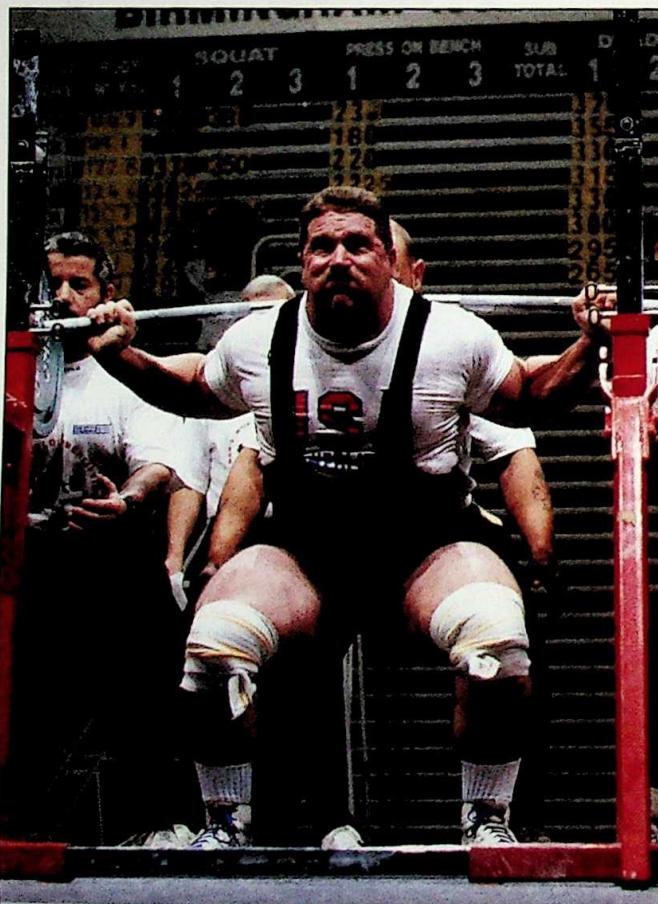
Holding the bar too high in the hand while benching can also stress

STARTIN' OUT

A special section
dedicated to the
beginning lifter

ACHES AND PAINS

as told to Powerlifting USA by Doug Daniels



Dealing with Aches and Pains is a challenge for all great powerlifters.

the wrists. Holding the bar high (near the knuckles) causes your wrists to bend back, not over the forearms as they should for best support as well as power transfer. Try to hold the bar more on the meaty part of the palm. This will also result in a more power transfer from the arms and chest to the bar. That could mean a bigger bench.

The next pain area is the elbow. As I mentioned earlier, they can be stressed by squatting. They also can be stressed by plain overuse. A lot of benching, shoulder, and tricep work can add up over time. Ballistic moves really pile on the stress. Concentrate on performing exercises like tricep pressdowns without using a bounce. Use the tricep muscles to move the

weight, not a bounce. This will result in better results strength-wise too.

Lastly, let's examine the shoulders. They can be stressed by a great deal of upper bodywork. The shoulder area should also be kept flexible. I like to stretch using a broomstick. This is a key to preventing shoulder problems. Work the lateral and rear heads of your delts during the off season to help balance out your shoulder strength, as most power moves stress the front delts. Balancing your shoulder strength will add to shoulder stability.

A solution to most of these problems is to listen to what your body is telling you through pain. Pain is really a wonderful gift of nature. It's your body telling you something is

wrong. It can be a whisper or a scream. Being aware of a situation is probably 75% of the battle. Without being aware, you can not address it.

I recommend training cycles that start with moderate weights and higher reps and lead to heavy, lower rep training as the contest nears. This way, you would not be subjecting your body to the stress of heavy weights for too long of a period. Heavy/light days should be considered also. You can gain by just training each lift once a week. Of course, everybody had different tolerance levels to use and abuse. Older lifters and drug-free lifters will probably suffer sooner.

Flexibility is important. This will keep muscles and joints supple, and more able to rebound back for more later. Using proper form in all exercises is another important issue. This includes the 3 powerlifts. As I mentioned earlier, pain can be caused by such technical problems as letting the bar slip down your back and holding the bar too high in your hand. Not only does correcting these technical flaws result in less pain being inflicted, but also they can mean bigger lifts in competition. This is a win-win situation.

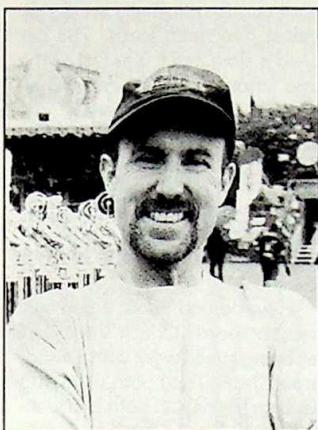
Adequate warm-up and cool down contribute to recovery between workouts. Don't overlook good nutrition. Give your body what it needs to maintain and grow. Refer to some of my recent articles for more on that topic. Aspirin, ibuprofen (acetaminophen does not have anti-inflammatory properties), moist heat, cold packs, massage, and whirlpools can be very beneficial in preventing and alleviating aches and pains. Cod liver oil has been proven by scientific testing to act as a lubricant and pain reliever for joints. SAM-e and glucosamine chondroitin are popular supplements that some lifters say help. I cannot speak to any side effects of these two products though.

We cannot escape pain completely but we can reduce its occurrence and intensity. That requires listening to your body and making some common sense changes to your training practices and nutritional approach. Minimizing pain, both now and in the future makes the rewards of powerlifting all the more rewarding.

Doug's Web address:
members.aol.com/ddani12345/default.htm

POWER SCENE

Congratulations to Jamie Harris on a very successful comeback. Lifting at the APF Masters Nationals in Maine on May 19, Jamie hit bench presses of 677 and 711. Big Jamie weighed in at 366, and his lifting was reportedly in front of such powerlift-



Meet Director: Kevin Meskew

ing notables as Ernie Frantz, Gary Benford, Herb Glossbrenner, and meet director Russ Barlow. Jamie is now eyeing even bigger benches later this year, and has mentioned the Mountaineer Cup meet in West Virginia as a possible next meet for him.

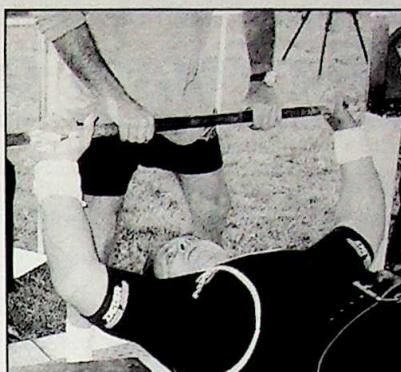
We'll keep you posted on Jamie's coming lifting, and we know that super benchers Bill Crawford and Glen Chabot have also got plans for some giant benches. Bill recently hit a 750 bench at 275 lbs. at New York's Iron Island Gym, and Glen is the 2000 Arnold Classic champion, with a 722 bench at 278 lb. (This past March, at the 2001 Arnold, Glen wasn't fully healthy).

May 19 was also the date for the first Spartan Bench Press Classic in

Granada Hills, California, held as part of the St. John Baptist De La Salle International Festival. Meet director Kevin Meskew, an alum of the school, put on a great meet, and Power Scene and Powerlifter Video were on hand to capture the action, on the platform and off.

Big deadlifter (over 800 lbs. PR) George Brink was on hand to do a little benching, and we caught him enjoying a cheeseburger before his lifting flight. Big George was the subject of a PL USA Workout of the Month last month, and will be featured in the next issue of Powerlifter Video, and Power Scene will have more on him next month.

600 lbs.) and a terrific physique, and who always had a cheeseburger handy. C.T. has retired from powerlifting, and from eating cheeseburgers, but he was at the meet to support and coach his lifting pro-



Bob Evans benching at the Spartan Classic.

tege, Arnold Nerenberg. Arnold, age 60, was doing his first ever powerlifting meet, after lifting in the gym for over 40 years, and he popped a 313. Congratulations, Arnold, on a successful first meet.



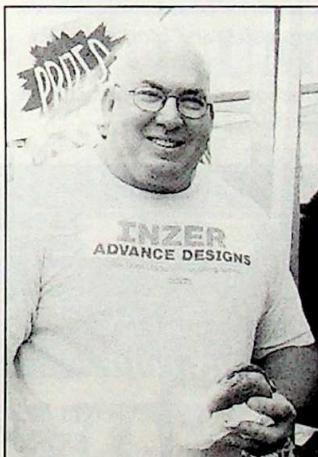
Dan Wagman shooting for his new magazine, called Pure Power

Bob Dunham, Sunday Sims, Bob Evans, Daniel Smith III and lots of other Southern California competed, and Chuck LaMantia and the American Eagle Gym's Sherry Houston ran the scoring and announcing table. All around the lifting was a carnival, with lots of games, and food booths, and it was a great setting for a meet, so we're hoping there will be a Spartan Bench Press Classic next year and for many years after that.

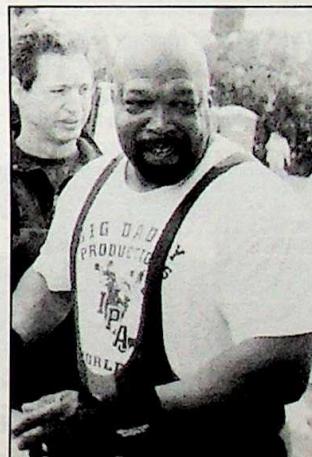
In addition to Power Scene and Powerlifter Video, covering the meet with his camera was powerlifter Dan Wagman. Dan is putting out a new magazine, called Pure Power, and it will be "utilizing scientific research in training, nutrition, and sports psychology, and getting it ready for gym use." Dan stresses that it's not aimed as a "powerlifting" magazine, but rather as training publication based on science.

It's a bi-monthly (six times a year) and you can get more info about it writing: Pure Power, P.O. Box 661248, Los Angeles, CA 90066 or by visiting www.purepowermag.com.

That's it for now. Hope everyone out there has a Happy July 4th and a wonderful summer and lots of great lifting! See you on video, Ned Low



George Brink and cheeseburger.



Daniel Smith III at the Spartan Classic. (All photos by Ned Lou).



Sherry Houston and **Chuck LaMantia** sit at the announcing table.



C.T. Fletcher and **Arnold Nerenberg** at the Spartan Bench Press Classic. (All photographs provided courtesy of Ned Low to PL USA).

Has it ever occurred to you how fast you can start a barbell moving, or how fast you can move light weights (50-60%) or maximum weights? And what about weights that are in between? Some athletes are very fast, and others are very strong. Yet the best are both fast and strong.

One must develop special strength qualities. These are defined by Dr. Mel Siff as explosive, meaning high velocity; speed strength, meaning intermediate velocity; strength speed, meaning low velocity; quasi-isometric, meaning very low velocity; and isometric, meaning zero velocity.

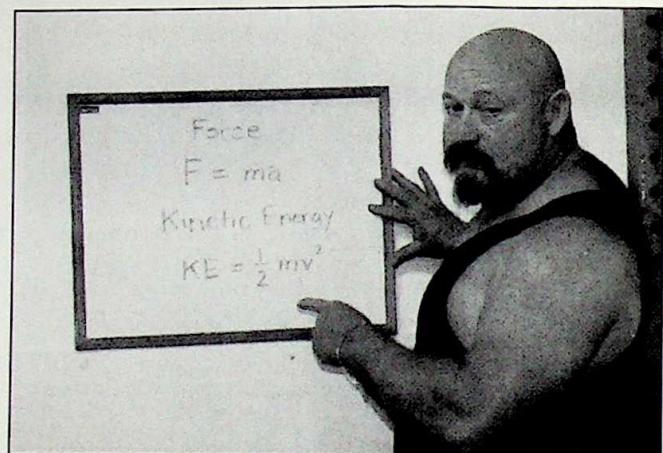
What does all this mean? It is quite apparent that a time factor is present. Remember, force = mass x acceleration. As the bar becomes heavier, it will of course move slower. But it is crucial to know what is too fast or too slow.

We use a series of 3-week plans.

The first is a 3-week reactive phase using eccentric work with a small amount of weight, a large amount of rubber bands, and weight releasers with a chain device added. This will build not only eccentric but also explosive strength by developing tremendous reversal strength. After a good warmup, work up to a squat weight of 120% of your best contest squat, at the top. This should

TRAINING

The Factor of TIME as told to Powerlifting USA by Louie Simmons



STRENGTH is directly related to math, physics, and biomechanics.

consist of 31% bar weight, 55% band weight, and 14% chain weight. At the bottom, the weight should be 65% of your best squat.

The second phase is for strength speed. This will teach you to push a near-max or max load as fast as possible. The bar velocity will appear to be slow, but only because of the nature of the massive resistance. After a good warmup, 5 sets of 2 reps (10 lifts) are done. This is done one time a week. An equal amount of band and bar weight are used. This is very taxing and can only be accomplished by using two types of resistance: rubber bands and barbell weight. This is a key to raising your max. It is designed to cause you to maximally accelerate against maximum loads. The bar speed is slow, but it is as fast as the large amount of resistance will allow. This is strength speed.

The third phase is speed strength. A second 3-week wave is done. This time the mixture of band and bar weight looks like this: bar weight 47-53% of your max squat; band weight about 30% of your max squat.

How do you know if you lack strength speed? Chuck Vogelpohl was doing speed work with a visitor named Jack. They both used 405 plus blue bands and both had identical speed. Then Chuck added 90 pounds for a set. Jack couldn't do the 495. Chuck worked up to 585 and 635. How? Chuck possesses both speed strength and strength

Seminars
Consultations
Programming
Training

www.elitefts.com

ELITEFTS
FITNESS SYSTEMS

www.EliteFitnessSystems.com

Training Articles
Westside Q and A
Gym Directory
Shop Online

www.elitefts.com

VIDEO'S!

Squat Workout (Simmons).....	\$54.95
Bench Press Workout (Simmons).....	\$49.95
The Bench Press Video (Simmons).....	\$35.95
The Squat Video (Simmons).....	\$29.95
The Dead Lift Video (Simmons).....	\$29.95
Building the Perfect Beast (Blakley).....	\$40.00
Shipping/handling	\$ 5.00

BOOKS!

Supertraining "Revised".....	\$64.95
Science and practice.....	\$36.00
Science of sports training.....	\$39.00
How to write strength T. Programs.....	\$36.00
Shipping/handling	\$ 5.00

New Videos!

The Reactive Method: \$39.95
Westside Seminar Video Series:

REVERSE HYPER

Pro model \$1220.00*
Standard model \$825.00*

MEDICINE BALLS

40lbs -----	\$124.95*
60lbs -----	\$189.95*
100lbs -----	\$250.00*

*Shipping Included

Weight Releasers
\$87.00*

Glute Ham Raise
\$829.00

Belt Squat Belt
\$88.00*

Manta Ray
\$43.00*

Safety Squat Bar
\$385.00*

Stability Ball
\$55.00*

PULLING SLEDS

\$130.00 * straps included

Check out our web site:

www.elitefts.com

For a complete product listing

888.854.8806

www.elitefts.com

Send check or money order payable to:

Elite Fitness Systems 1695 Itawamba Trail London Ohio 43140 740-845-0987

All Major Credit Cards ACCEPTED

Call for FREE Catalog OR Shop Online

speed. Jack lacks strength speed. Chuck's top squat is 900 at 220 and Jack's is 675 at 220.

How about speed strength? A visitor named Rocko and I were doing strength speed work. Rocko's best box squat was 415 plus two blues and a green band on both sides. When I was using two blues and a green band, my best meet squat was 900. Rocko's best is 675. Rocko lacks speed.

Explosive strength is another strength quality. This type of strength is displayed best after a mechanical stretch. This means the switch from stretching to active contraction. This is the reactive ability to change directions. For pulls, use hang cleans. For the bench, use the ballistic method, meaning drop and catch, or floor press done from a relaxed phase overcome by dynamic work. For squatting, box squat correctly. Sit on the box and release the hips and glutes, holding all other muscles contracted. Then flex.

Here are two of the best methods to build explosive and absolute strength: (1) "static overcome by dynamic" work and (2) "relaxed overcome by dynamic" work. Box squatting accomplishes both: Some muscles are held statically and some are relaxed during the movement.

Before we move on, I want to address the following: why do many fail to increase their jumping ability while increasing their squat? The most probable reason is that as their squat weight went up, the bar speed slowed. They concentrated only on strength speed, while neglecting speed strength. Approximately 80 lifts per month must be devoted to explosive and speed strength and roughly 16 lifts per month for strength speed. Both should be done during the same week. If you work for only quickness, you will lose

some absolute strength in 2 weeks. If you work only to raise absolute strength, you will lose some quickness in 2 weeks as well. You must train for all types of strength during the week.

How do you develop quasi-isometric strength? In powerlifting you may have to push or pull for a long length of time while locking out a bench or deadlift, respectively. But if you think in sports terms, this can also occur when two linemen or two wrestlers are in combat. Here, the velocity is extremely slow. This is different from standard isometrics, where the bar or object is motionless or fixed. To develop quasi-isometric strength, use a barbell at the position where you are having problems, for example, the last 4 inches in the bench press.

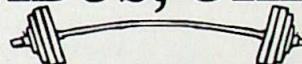
Next, apply a large amount of bands to the bar so a slow start is achieved and making the lock-out nearly impossible. A second method is to start the bar below the minimax and extend the arms to the precise point where you fail, with or without the arms locked. This can be done with any lift, including the snatch and clean. Of course, this can be done in eccentric or concentric fashion. The benefits are that it can build maximal strength and active flexibility. The cons are that it has no effect on maximal power or speed.

With standard isometrics, strength can be developed not only at the precise angle one exerts from but also in a radius of 15 degrees either way. Here the velocity is zero. When moving a bar off the chest dynamically, the work at that

point is very short. The same would be true when lifting a bar off the floor while executing a second pull. This may occur in only a fraction of a second, or as you can see, the work is done in a very short amount of time. This can be greatly changed by isometric contraction at those desired positions.

In sports where high-speed movements are present, isometric work is less effective. Its main purpose is to develop absolute strength when doing long contractions, 3-5 seconds. But it can also be used to develop explosive strength, just as dynamic exercises do, by pushing or pulling violently with quick jerks. With pure isometrics, the rise in muscle tension is slow, and with explosive isometrics the rise in muscle tension is fast.

TOPPER SUPPLY COMPANY 2108 S. HIGH ST. P.O. BOX 7832 COLUMBUS, OHIO 43207



THE SEARCH STOPS HERE!!!

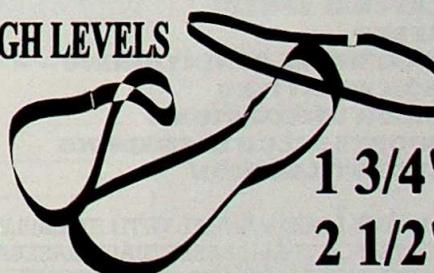
5/8" AND 1/2" CHAIN!!!

THE COMPLETE POWERLIFTING ASSEMBLY
AVAILABLE FOR THE ELITE AND PROFESSIONAL POWERLIFTERS

NEW
POWER & TRAINING BANDS
MADE IN USA

POWER BANDS

4 STRENGTH LEVELS



1 1/8"

1 3/4"

2 1/2"

TO ORDER CALL TOLL FREE

866-4CHAINS (866-424-2467)

MONDAY THRU FRIDAY 7:30AM TO 4:30PM

SATURDAY: 7:30AM TO 12:00PM EST.

WWW.TOPPERSUPPLY.COM

Louie Simmons

TRAINING SECRETS



If you look at, for example, a deadlift in simple terms, the rate of movement starts explosively and eventually reaches zero velocity at the top, or somewhere near isometric.

Here are some things to think about. A boxer will fight with 8 ounce gloves but will train with 16 ounce gloves. When the boxer goes from 16 to 8 ounce gloves, he finds an increase in hand speed. This is a contrast effect and an example of explosive strength. Sprinters will wear a weighted vest or a parachute when training and remove it for competition. This is also a contrast method.

Having trained a 70' 10" shot putter, Kevin Akins, I found that shot putters were very explosive and very strong. Kevin was very fast as a freshman at OSU but not that strong. At 6' 4" and weighing 260,

he could squat 450, bench 360, deadlift 500, and power clean 275. He threw 60 feet. As a senior, weighing 330, he squatted 825 with no suit, benched 550 with no shirt, deadlifted 710, and power cleaned 420. He made a 70' 10" shot. He was now fast and strong. Kevin was very good, but what about the very best in the sport? Udo Beyer of the DDR was, to say the least, ungodly strong. At 352, his squat was 992 without equipment, he did a 672 pause bench without equipment, and he snatched 418. But possibly his greatest lift was a push-jerk from behind the head: 660 for 10 singles in one workout. His best shot put in 1978 was 72' 8" (world record). He was able to make progress up to 1986 and made a world record 74' 3.5". Udo was a product of great strength with little concern for raising speed.

His teammate and prototype of the future was Ulf Timmermann. His strength was not that of Udo's. Ulf had a 727 squat, 352 snatch, and 418 bench. But he was the fastest with weights of 50-70%. Ulf's shot put distance was 75' 8" (world record). The DDR had arrived. They found that to succeed, one must become stronger and faster.

Vasily Alexeyev, the great former Soviet superheavyweight, was a perfect example of the importance of speed. He was ranked 10th in the late 1960s. At that time he was required to lose weight until he was able to execute a pull fast enough to satisfy the coaches. Once that was accomplished, he could again gain weight. But if his pulls slowed, he was not allowed to gain more weight. As time went on, his strength and size increased, as did his speed. The end result was that

he produced more world records than any Olympic lifter. The Soviets knew how important it was to match force and velocity 40 years ago.

Being fast won't do it alone and being strong won't do it alone. We found this to be true at Westside in 1983. We were constantly getting stronger but were not making the big lifts at the meets to correspond to our training lifts. Although we were getting stronger, we were getting slower. We started using the dynamic method with submaximal weights. In 1993 we were using 72% of our contest best in the bench press. Now, in 2001, we are using 45%, and we may go lower. We were already strong in 1993, and now we are much stronger, but also much faster. If you are fast, don't neglect getting stronger.

Remember these two important points: (1) be very explosive and accelerate throughout the movement; (2) and this is very important, you only have so long to complete a max lift (or a work set).

Through many experiments I have performed at Westside, a time effect became apparent. I performed 35 fast reps with 315 in the full-range deadlift. This was an all-out effort, to say the least. This effort took roughly 60 seconds. I have performed 26 reps with 315 in the full deadlift using a slower, more deliberate style. I was completely fatigued at the same 60 second period even though the effort exerted was influenced by different rates of speed. I was limited by a time of 60 seconds. I couldn't go beyond this time regardless of the number of reps.

In a different experiment, I did 58 pushups with my feet on a box and with a 100 pound plate on my back. This took roughly 60 seconds. At the same level of fitness I was able to perform only 60 reps without a plate on my back, going to total fatigue, which occurred in 60 seconds. This, of course, is strength endurance. This time element is an important factor.

Many of our all-time world record bench pressers and large 900+ squatters were timed, and the same time factors occurred. For example, the max bench press effort took 3 1/4 seconds. This told us that we should be doing max effort exercises that take at least 3 1/4 seconds in full-range movements. We would fail if the max lift was not completed in this time frame. The time elapsed during strength efforts is dependent on the length of time each individual can exert maximally. This is true regardless of the magnitude of the load. Strength is measured in time and should be controlled by the coach for each athlete. Louie Simmons

"THE ULTIMATE VIDEO FOR TRAINING YOUR ATHLETE"

FORCE TRAINING

LOUIE SIMMONS
NATIONALLY RENOWNED
POWERLIFTING COACH

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

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

PACKAGE INCLUDES: 2 VIDEOS (140 MINUTES) PROVIDING EXERCISE TECHNIQUES, DEMONSTRATIONS, AND FUNDAMENTALS THAT COVER:

- | | |
|----------------------------|--------------------|
| * WEIGHT TRAINING | * PLYOMETRICS |
| * LATERAL SPEED | * ACCELERATION |
| * SPEED | * MEDICINE BALL |
| * ANAEROBIC CONDITIONING | * SANDBAG TRAINING |
| * BOX SQUATTING | * FLEXIBILITY |
| * CHAIN UTILIZATION | * JUMP ROPES |
| * SPORTS SPECIFIC TRAINING | * POWER ENDURANCE |
| * SLED UTILIZATION | * FOOT FREQUENCY |

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

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

VIDEO \$69.95

MANUAL \$19.95

FOR MORE INFO CALL 1-800-411-4352

Visa / MC accepted

New!

COOL CAPS



from...

INZER
ADVANCE DESIGNS

The World Leader In Powerlifting Apparel!

A DENIM CAP — Pro-washed denim, "low profile" cap with adjustable brass buckle. Embroidered.

B TWILL CAPS — "Constructed" style white, cotton twill cap with buckram backed front. Adjustable plastic snap. Embroidered

C with two designs to choose from.

IRONWRAPS

A LEAP AHEAD IN POWERLIFTING KNEE WRAP TECHNOLOGY.

IRONWRAPS Z

VERY, VERY POWERFUL!

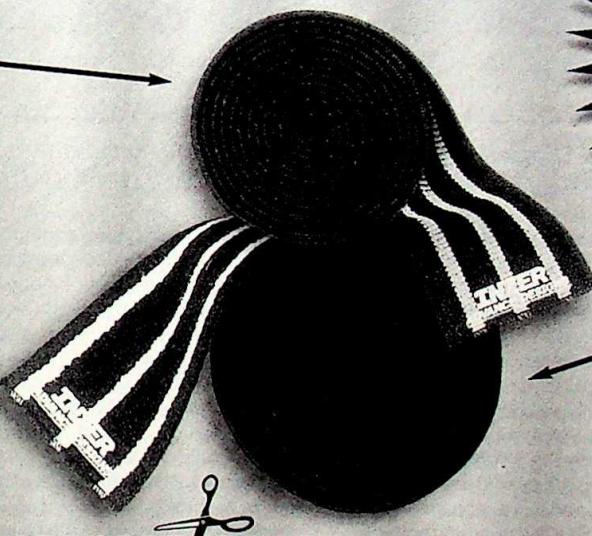
The most popular knee wrap in powerlifting!

"When I first held a pair of Ironwraps Z, I knew they were a lot better wrap than I ever worked with before. My first big squat I did in a recent training cycle, I did with IWZ on. I smoked it like I was still doing warmups. I noticed a marked difference on the rebound. The rebound was just unbelievable. IWZ got tighter, easier, even when I didn't wrap all the way tight. The way they hold, I didn't need to chalk to keep them in place on my legs. IWZ gives tons of rebound and are so supportive. IWZ are far ahead of anything else."

Patrick Hall

Top National Competitor,

Fireman and C.P.T.



IRONWRAPS A

ENGINEERED FOR:

- Powerlifters
- Strongman Competitors
- Powerbuilders
- Bodybuilders
- Various Types of Athletes
- Doing Multiple Rep Sets

Among powerlifters, IWA are popular with those who want power, ease of use and comfort.

Name _____
 Address _____
 City _____ State _____
 Zip _____ Phone _____
 e-mail _____

Qty.

_____ Denim Cap (A)	\$16	_____
_____ Twill Cap <input type="checkbox"/> B <input type="checkbox"/> C	\$12	_____
_____ Ironwraps A	\$22	_____
_____ Ironwraps Z	\$22	_____
_____ 2 pair	\$40	_____
Shipping		\$6.00
Total		_____

Overseas orders add 20% surface or 30% air.

Texas residents add 8.25% sales tax.

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

A PARADIGM SHIFT IN KNEE WRAP DESIGN!

INTERVIEW

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

LM: Norbert, how about some background information on you.

NW: I was born on the 26th of August, 1941 which means I will be turning 60 soon. I have been a sports journalist since I was 18. At the moment, I have no immediate family. My wife died 1 1/2 years ago. We had a daughter approximately 10 years ago that died at 10 weeks of age. I was elected to the IPF Presidency at the World Championships in 1999 and did so as I was looking for new challenges. In 1982 I founded the Austrian Powerlifting Federation. I weightlifted for 24 years and started Powerlifting in 1961. My favorite exercise has always been the deadlift. I once deadlifted 230 kg. with one hand when I weighed about 90 kg., which is less than my present weight of 140 kg.

HK: I am born one

month after the start of the second World War in '39 and my profession is a teacher in college. I came to Powerlifting in 1978 in Germany. My first contact internationally was in 1980 and then in 1982 in Munich, I received my referee license and in the Olympic Games, I was speaker for weightlifting. I now live in Frankfurt without family, but I have a girlfriend and the future looks very good. In 1984 I was elected as Chairman of the Law and Legislative Committee. I produced the first Constitution and By-laws of the IPF. Later in 1986 I was elected as the General Secretary of the European Powerlifting Federation. Two years ago I was elected as the General Secretary of the IPF.

LM: How many countries are in the IPF?

HK: At the moment we have about 90 Countries in the IPF. Not all are active every year. We normally will have 40-50 nations compete at the World Championships.

LM: Norbert, what other positions have you held in the IPF?

NW: I have been Chairman of the Media Committee from 1991 to 1995. I was not active in this position because at that time there was not much to bring forward. Now with the internet and one year ago

IPF Double Interview - Norbert Wallauch and Heiner Koberich

as interviewed for POWERLIFTING USA by Masters World Bench Press Champion Dr. Larry Miller



After the 2000 IPF Congress in Akita, Japan, IPF officers Heiner Koberich (with microphone) and Norbert Wallauch (to Heiner's left) participated in a press conference. (Shibuya photo)

with our involvement with World Sport, it was an entry into the media arena. We are now trying to get TV coverage via Euro-Sport which is connected to ESPN. Our aim is to get TV coverage for all our World Championships. This is what we should have done in the past, but the time was not right. In the past we were too amateur like, for instance, with our officials. With more money and more sponsors, we have the ability to make bigger steps.

LM: The IPF is now accepting the athlete's ability to make money. Is that part of the progression?

NW: Yes, not only to get money for lifters but also to help nations that can't afford to take part in championships.

LM: How is it decided how monies are distributed for instance to help other nations?

HK: Generally, the money the IPF has is not enough money to cover what is necessary. To make the step from an amateur federation to a professional federation we must be able to send officials to world championships without them paying out of their own pocket. Sitting here as President and General Secretary, we are giving up much of our free time to the sport of Powerlifting. If we want to be a professional organi-

nization, we must have a minimum of one or two individuals working full time for powerlifting. I am in a good position, as I am retired. Now that I am retired, I work more than I did before. Each day I have a minimum of 20 e-mails, sometimes 30. I receive faxes daily as well as the telephone. Normal working people could never do this. We must come to the point to have the money to install some professional people in order to get to the Olympics and compete in the World Games. What should be done in the future is to have sponsors to help the nations. If we have a new nation that is holding a world championship for the first time, then you need someone to help them organize it. This also must be paid for. There are a number of world organizations, but the IPF is three times bigger than the next largest one. Our aim in the near future is to bring in money. We are now in the World Games which falls under the IOC. This gives us a better connection to help us with TV coverage. We will need another 2-3 years to make the change to a professional organization.

LM: Would you say that the US is responsible for the number of world organizations?

NW: You may be right. It is not an accusation to Americans. It is moreso in the US than in Europe. Our aim should be to become an umbrella for other organizations because powerlifting should be represented by one federation. The IPF is the only federation that is a member of the General Assembly of Sports Federation. The IPF is also the only federation that has ongoing discussions with the IOC for Olympic recognition. If powerlifting will be accepted into the Olympics then only the IPF can be accepted. We should be responsible for all of powerlifting.

LM: Why are more European countries getting involved with these other world organizations?

NW: The main thing is that lifters of organizations who are

against doping controls have left the IPF or if they were suspended they left and went to a new organization. It is not because they could not agree with the politics of the IPF but only for personal reasons.

LM: As far as drug testing goes, will the IPF ever get in to a situation whereby some lifters are automatically tested, for instance, first place winners or previously suspended lifters? Can you also discuss the OMT program?

HK: The first thing is testing the first place winners may benefit the other lifters in that they would not be tested. Each test costs money so if we test first place only, some lifters may prefer to place second or third, so we make random testing. Then we have installed out of competition testing, which will be done by an organization of the IOC. We have some guidelines, for instance, some nations that have some positives within a short time will fall from random testing to out of competition testing the year after. This will assure that no one will get around our system. We can't test too many as this can ruin a federation because the test costs between \$200 and \$250. This is a lot of tests a year. I would say that 50% of

the budget of the IPF goes to testing.

LM: What percent in meet testing does the IPF do now?

HK: It differs by the price of the nearest Olympic labs. We do testing only in IOC labs. We enforce all our member nations to only go to IOC labs. This is to ensure that everything is done correctly. Sometimes the test may be \$150.00 so we may be able to test 25% and other times it is \$250.00 and we will test 12%, which is the minimum for each competition. Some times we get specials from the labs and we can test 1/3 of the lifters.

LM: How is the random testing carried out? Are lifters names selected prior to a meet out of a hat or what?

HK: This will be done as it says in our constitution by the jury, but not before the competition because you could not be certain that the names would be known before the competition begins. The first three names are taken and one will be drawn. The other 2 names that are not drawn are going back to all the names in the competition and then the 2nd and 3rd draw will happen.

LM: What is being done presently for IOC recognition? How much will the World Games help and will the IWF (International Weightlifting Federation) be an obstacle?

HK: We have no problem with the IWF. The present IOC policy is to make the Games smaller and therefore the World Games are extremely important. The World Games is the step prior to the Olympics, so we took a very important step last year. Presently I think the World Games is a good place for the sport of Powerlifting to be. We have also made a bid for recognition. Being in the World Games will help our bid since it is the step prior to the Olympics.

LM: I have heard individuals say that we would never get Olympic recognition because of the equipment issue in the sport. Can you comment on this?

HK: This is not true. This comes from people who promote the raw competitions. If you look at fencing, you will not see who is behind the mask and the IOC has never suggested that we would have to change our clothing.

NW: We have made a bid for IOC recognition with all the information asked of us and we have quite a bit of assistance from the president of the Russian Federation who is close friends with the IOC Vice President Smirnoff. We have already showed our documents to Mr. Smirnoff and he has given his recommendations as to how to make it more perfect and in a few weeks we will repeat this bid and send it to the director of

us to discuss our sport. The cooperation between the two sports would be beneficial to everyone.

LM: Has the sport of Weightlifting suffered at all due to the sport of Powerlifting?

NW: I think that in the very beginning, past weightlifters came to powerlifting, but now there are many ways to come to powerlifting.

LM: How do you draw the line between what the IPF allows in equipment now and the new triple ply shirts with Velcro backs and double ply squat suits?

NW: I think we need not change our present equipment rules. The only thing was that we decided because of the Inzer contract that we would allow one supportive shirt and that it could be used for every discipline. We do not need 2 1/2 meter wraps or double layer suits and shirts. The equipment should be used to help but it should not be ridiculous.

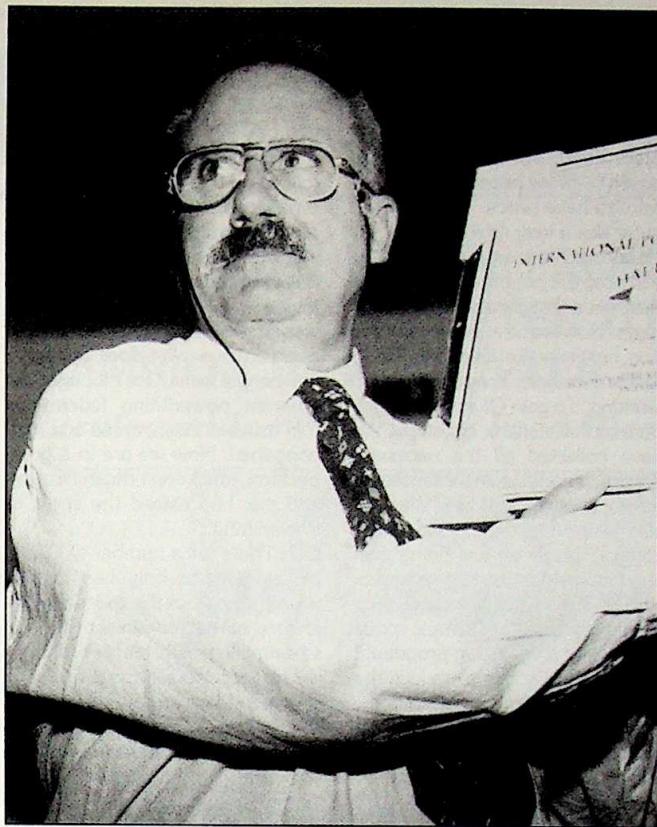
LM: Since you brought up the Inzer agreement, within the US as a past member of our Executive Committee, our research had indicated that the lawsuit was no longer valid and non-enforceable. Did the IPF look into whether this suit was still active or did they just decide to call it quits and bury the hatchet?

NW: As I know it cost the IPF and the USPF thousands of dollars to fight against this lawsuit. I am not sure as to whether or not the lawsuit was enforceable, but, regardless, it would have cost the IPF a great deal of money. The better thing was to settle the lawsuit with the company that owned it. The best way we could have done this was to change from a company that was suing us to a company that was supporting us.

LM: Let's go to something a little lighter in content. Heiner, you have been involved in the IPF for quite some time, who are some of the lifters you have seen over the years who have impressed you the most?

HK: There are a great number of lifters. The most impressive lifter I have seen is Sivokon. The American lifter Wade Hooper was very impressive, as he was close to beating Sivokon, but then he moved to the next weight class and on formula he was not as good as when he was lighter. The Russians have many excellent lifters, but now the Polish lifters are impressive. If you look at female lifters, there was a Ukrainian girl, doing over 600 points, but now you have three or four Russian girls doing the same and the Chinese women have very good lifters. The heavy women in China are doing 280 kg. squat and 180 kg. in the bench press.

LM: Do you think that bringing the IPF back to the US will help unify



Heiner Koberich following presentation of his IPF Hall of Fame award

the IOC, Samaranch. As Heiner has said, since the World Games are the third leg of Olympic movement, I feel we are already part of the Olympics. There has been a signed memorandum of understanding between the IOC President, Samaranch and the President of the International World Games Association, Mr. Ron Forley. This means that no other powerlifting federation may become part of the World Games or Olympic movement. For the IPF it is very important to get Olympic recognition, which doesn't mean to get into the Olympics, but it is the step prior to getting into the Olympics and this means getting money from the IOC. I don't know the exact amount, but it could help us to do things we have not been able to afford.

LM: It has been rumored that in order to get into the Olympics, we would have to be part of the IWF? Is there or was there any truth to this?

NW: No, this is not right. The long term President of the IWF was also from Austria and a very close personal friend of mine. Gottfried Schödl was President from 1972 - 2000. The new President is also a friend of mine and was a past General Secretary of the IWF, Mr. Tamas Ajan. Heiner and I met him last year at the Games Congress in Monte Carlo and he offered us his cooperation. Every country hosting the Olympic

Games is allowed to have two or three sports that are popular in that country. Therefore, we try to have a big number of member federations so that if we are successful in our sport they might take Powerlifting into the program. Getting back to the equipment issue, there are so many sports like cycling, bob sledding and now swimming that have expensive supportive equipment and nobody says anything about it. You can do Powerlifting with the shorts and the t-shirt, but you will not have the big results. Supportive equipment is very necessary because of the manufacturers who are our sponsors. Another concern has been the high number of weight classes and how this has kept us from becoming an Olympic sport. There are other sports such as sailing and yachting which very many different classes, but for the Olympic Games they have only a few classes. Therefore if we get to the Olympic program, we may have to reduce our weight classes, but only for the Olympics as we are doing for the World Games.

LM: Do you feel that there is any concern with the IWF that because of the growth in our sport that it will have an adverse effect on the sport of weightlifting?

NW: No, I do not. I think that the IWF currently has a great deal of respect for Powerlifting. Tamas Ajan, the recent President offered

the sport?

HK: If the people think in a normal manner, then they must say that there is only one real federation. If and when Powerlifting becomes an Olympic sport, it must become uniform and it can not split in many different organizations.

LM: Are the member nations looking forward coming to the US?

HK: Yes, this will happen next year with the Masters World Bench Press Championships coming to Killeen, Texas. We could have started with a three lift championship, but could not award it until the lawsuit was settled and at that time we had limited number of meets left. So, next year we are officially back in the USA. All the nations want to come back to the Motherland of powerlifting, which is the USA.

LM: Norbert, who are some of the lifters that have impressed you over the years?

NW: One of the most impressive lifters in my opinion was and still is Inaba from Japan. He was 17 time world champion. We have now had over 30 world championships and he is still competing. Also Lamar Gant was champion 13 or 14 times. There are a number of great lifters from the past that are still in the record books. This is, in my opinion, why we should never change weight classes because we would eliminate all these great names and great results. I also agree with Heiner that the lighter lifter Sivokon has lifted very heavy weights. Although he is now banned, Ed Coan has been a very good lifter. I am very sad that he is no longer lifting in the IPF.

LM: It seems to me that the IPF often awards meets to remote areas. It would be advantageous to hold the meets in larger cities which would make the meet site more accessible to the lifters and offer them more to do.

NW: Yes, we will need to do this especially if we get TV coverage. It would be difficult to call TV into a small city where nothing happens. Every nation should get a chance, if they are able to, organize a world championship.

Getting back to what Heiner said before. In my opinion, the reason the other world federations in powerlifting were established was because the IPF was not able to come to the United States for more than 16 years. When IPF Powerlifting comes back to the US next year, there is no reason for any one to hold a world championship. It will be a great honor for lifters to represent their countries at a world championship with over 40 countries participating as well as the greatest lifters in the world.

LM: Other than Olympic recogni-

tion, what other goals do you have for the IPF?

NW: When I was elected President I had several issues. The first was to settle all the rumors that have existed. Then, this contract was opposed by those people who did not want to have peace. The last Congress was a very nice and peaceful Congress. From my view, it was the end of all the rumors and bad things that have happened in the past years. Now we have good cooperation between the Executive Committee members. They are very hard working. To gain Olympic recognition we have made big steps. We have collected all the necessary documents and when we started we did not know these things. We must also get the drug doping issue under control, which we are doing with our Out-of-Meet testing program. We will be able to get reduced drug testing fees as other Olympic sports do for their drug testing program. I will also be working to reduce the number of powerlifting federations.

LM: Heiner, do you feel if a lifter tests positive and holds records that he/she should be stripped of their records?

NW: You never know if they were positive at the time they had set the records. We now also have a number of supplements that cause an athlete to test positive. You may be punished and it may not be the fault of the lifter, but instead the manufacturer. So as long as someone sets a record and tests negative the

record should not be taken away at a later time if the lifter tests positive.

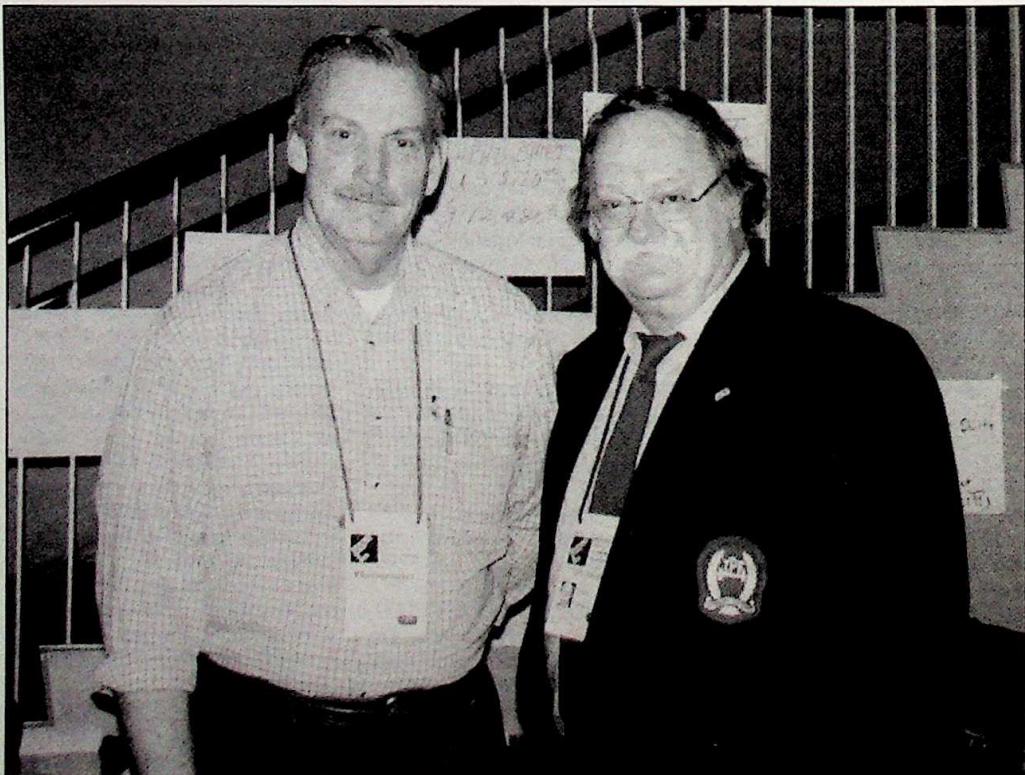
LM: Norbert talked before about the Inzer lawsuit and the problems you had with the members of the IPF Executive Committee. If you had to do it over again, would you have done any thing different?

HK: According to my understanding, everyone was notified. Everyone knew about it. Sometimes, it is also a game of power and then sometimes rumors come into play. Sometimes a plan does not work like people want it to. I thought the different powerlifting federations told us what they wanted and so it happened. Now we are in a good position, and I don't mean Norbert and me, but instead the sport of Powerlifting.

IPF is selling their image for nothing and now the enterprises have seen that the IPF is a big federation and they are ready to pay more for any license. The nations must also see that the IPF is the leading federation and in order to be a member, it will cost something, but it will pay dividends in the future.

NW: Regarding the problem with the EC, Heiner and I informed the EC of the main steps, but not every question of the discussion. When we got an offer from the other side which we could not accept, we felt we did not have to tell it to everybody. I tried to convince the other side that this is not acceptable, but we need to get a vote from the congress. So, I suggested that they make another offer. Since we did not tell all the steps between to all the EC members, it looked as if we did it in our way. It was also a time when we could not trust everybody and since then, we have changed some of our EC members. Regarding the Frantz/Inzer lawsuit, if you came to understand that it was not a valid lawsuit, it was not told to us. Now when we have settled it, everyone has told us it could have been settled in another way. We did not need any money to settle this lawsuit, so I do not think that we did a bad job.

Recently I was in poor health and I was happy to see how the other EC members came to my rescue to help me. This is the way I would like to continue.



IPF President Norbert Wallauch with PL USA world championships author Paul Kelso in Akita, Japan.

INTERVIEW

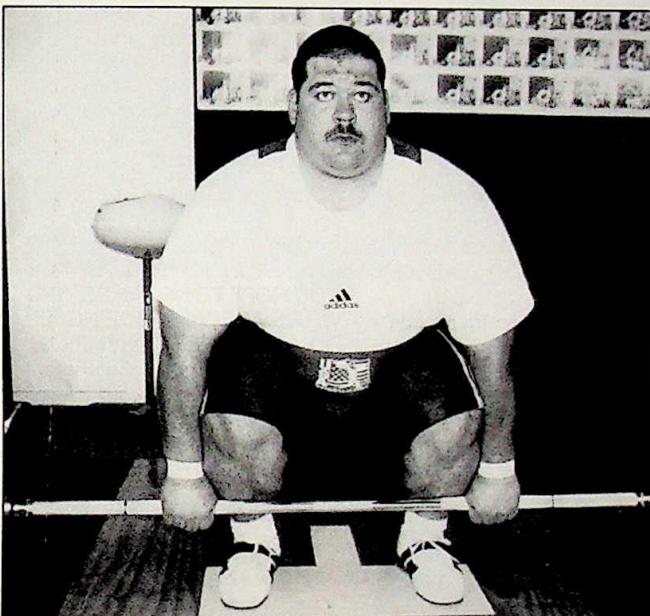
Personal dialogue between
PL USA Magazine and the
Sport's Greatest Names.

SUBJECT: Shane Hamman. AGE: 28. MARITAL STATUS: Single. HOMETOWN: Mustang, Oklahoma. JOB: Full-time Olympic athlete, Olympic Training Center, Colorado Springs, Colorado. WEIGHT CLASS: Super heavyweight. HEIGHT: 5 feet 9 inches. WEIGHT: 365-370

In March of this year my wife and I traveled to Colorado, primarily to visit our son Bill, who is working on his masters degree at Colorado State University. He seems to be majoring in snow-boarding, and minoring in English literature. We also spent a few days in Colorado Springs, at the home of some close friends who have recently retired and relocated there from Long Island (they are older than we are!). One of the things that we did while in Colorado Springs was to tour the Olympic Training Center. Unfortunately, at the time of our tour very few of the athletes were training. However, after getting my mandatory afternoon caffeine stimulation we returned, and, with the help of a friendly employee of the Olympic Training Center, we were able to get in to observe the weightlifters. Coach Bob Morris was very accommodating, and provided me with a computer print-out of the "Resident Athlete Training Program 2001." He informed me that Shane Hamman had experienced a slight quad strain that morning, and, therefore, would not be training, but that he would probably drop in shortly. As predicted, Shane, who at 5'9" and 370 pounds is rather hard to miss, arrived. His statistics should sound very familiar to students of the history of our sport, as they are virtually identical to the man, the myth, the legend - Paul Anderson. Shane is a very friendly individual, and I was pleased to find that he is still a very enthusiastic supporter of powerlifting. We talked for about an hour, and at the conclusion of our time Shane introduced me to Dragomir Cioroslan, the head coach for USA Weightlifting, who was extremely cordial, and was very encouraging and enthusiastic with the athletes in his coaching. I made preliminary arrangements to call Shane in order to do the formal interview which follows.

FR: HOW DID YOU GET STARTED LIFTING, AND HOW OLD WERE YOU AT THE TIME?

SHANE HAMMAN: FROM CHAMPION POWERLIFTER TO CHAMPION WEIGHTLIFTER as interviewed for PL USA by Fred Rice



Shane Hamman is a full time athlete at the USOC Training Center

SH: I got interested in lifting in high school, when I was playing off-season football. After graduating from high school at eighteen, I went to a gym where there were some powerlifters, and that's when I got introduced to powerlifting. Those guys stopped training there shortly afterwards, and Powerlifting USA Magazine became my coach. I learned how to train from reading about the routines of others. When I was competing in powerlifting I never had any other coach.

FR: HAVE YOU ALWAYS SQUATTED WITH THE KIND OF SPEED THAT YOU DEMONSTRATE? I RECALL HOW AMAZED EVERYONE WAS AT HOW QUICKLY YOU DID YOUR WORLD RECORD SQUAT.

SH: It was just a natural thing for me. I never really thought about it - it just happened.

FR: YOU ARE OBVIOUSLY VERY GIFTED PHYSICALLY. WHEN WE WERE TAKING THE TOUR OF THE TRAINING CEN-

TER, THE GUIDE MENTIONED THAT YOU HAVE A VERTICAL JUMP OF 36 INCHES. THAT'S PRETTY SPECTACULAR FOR A GUY OF YOUR HEIGHT AND WEIGHT.

SH: The speed was kind of natural for me. I've always been a really fast runner. But I also think that the fast squatting built up my fast-twitch muscles, and helped to make me a good athlete.

FR: WHAT DID YOU WEIGH WHEN YOU WERE GROWING UP?

SH: When I started high school I was 220, and when I graduated I was 280.

FR: HOW LONG HAVE YOU BEEN COMPETING?

SH: I did my first competition when I was 18, during my first year of powerlifting training. I did a 777 squat, 435 bench press, and 633 deadlift. I was only wearing a wrestling singlet, and I didn't have any wraps. I opened with 733, then I missed 777. Another

lifter offered to wrap my knees, which I had never done. He wrapped them and I smoked the 777 on my third attempt.

FR: HOW DID YOUR POWERLIFTING PROGRESS AFTER THIS FIRST MEET?

SH: At 20 years of age in 1992 I went to my first USPF Nationals, and took third place. I squatted 903, and was red-lighted on 942. I really think that it was deep enough, but the judges were unprepared to deal with the speed of my squat. In 1993 I broke the IPF Junior world record in the squat, and won the USPF Nationals. I squatted 942, benched 507, and deadlifted approximately 699. In 1994 I set the IPF world record in the squat with 986. My last powerlifting competition was the 1996 USPF Junior Nationals, where I totaled 2259 pounds, and again broke the IPF squat record with 1008, a record which still stands.

FR: TELL US ABOUT YOUR TRANSITION FROM POWERLIFTING TO WEIGHTLIFTING.

SH: In May of 1996 I decided to try Olympic lifting. The gym where I had been training closed, and I moved to another gym, USA Stars in Norman, Oklahoma, where Steve Miller was coaching a few Olympic lifters. I really got interested in Olympic lifting after watching the national championships in April of 1996. A lot of people were telling me that I would really be good at it, and a lot of other people were telling me that it was too late to get into it, because it takes years to learn the technique. I prayed about it, and felt like that was what I was really supposed to do. It was a big decision to switch, but I felt that I should. For about a month Steve Miller had me lift a broomstick every day in order to learn the technique. I did some squats, but the only other thing I did was lift the broomstick. Then for another month I only lifted an empty bar.

FR: GIVE US SOME OF THE HISTORY OF YOUR OLYMPIC WEIGHTLIFTING PROGRESS:

SH: I did my first competition - the Oklahoma state meet - in October of 1996. I snatched 330 and clean and jerked 396. After that I qualified to go to the 1997 Nationals and won it. I snatched 363 and clean and jerked 435. In

April of 2001 I won my fifth straight National Olympic weightlifting title. I hold all the American superheavyweight records. My snatch record is 429, and my clean and jerk is 507.

FR: HOW LONG HAVE YOU BEEN AT THE OLYMPIC TRAINING CENTER?

SH: I have been here for two and a half years.

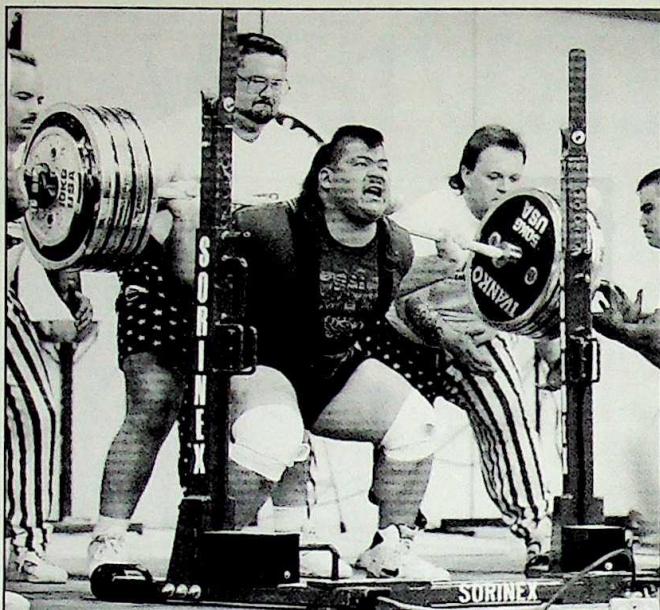
FR: ARE YOU FULLY FUNDED?

SH: Yes.

FR: IN WATCHING THE TELEVISION COVERAGE OF THE OLYMPIC TRIALS AND THE OLYMPICS, I NOTICED THAT YOU DO NOT WEAR ANY EQUIPMENT AT ALL - NOT EVEN A BELT. WHY IS THIS?

SH: I don't wear anything, except I tape my wrists to give them a little support. I think that the belt would affect my bottom position a little bit. It would actually get in my way. In Olympic lifting the belt is mainly helpful in squatting up with the weight, but I really don't have a problem with that. Even in powerlifting I never wore a belt until I got over 700 pounds. I don't even own a belt anymore.

FR: I SEE FROM THE USA WEIGHTLIFTING WEB SITE THAT THE WORLD TEAM TRIALS ARE JUNE 16 IN FORT



At the 1992 Sr. Nationals, Shane's hairstyle was a little bit different.

WORTH, TEXAS. WILL YOU BE THERE? WHAT DO YOU HOPE TO LIFT?

SH: Yes, I will be there, and I plan to break two American records. My main goal will be to break the clean and jerk record by doing 512. My snatch will be conservative - 418. This will also break my American total record.

FR: WHAT ABOUT THE WORLD CHAMPIONSHIPS? WHAT DO YOU HOPE TO DO THERE, AND WHAT ARE YOU HOPING TO DO AT THE NEXT OLYMPICS?

SH: At the World Championships I hope to snatch 440 and clean and jerk 529, which would break both American records and the total record. At the next Olym-

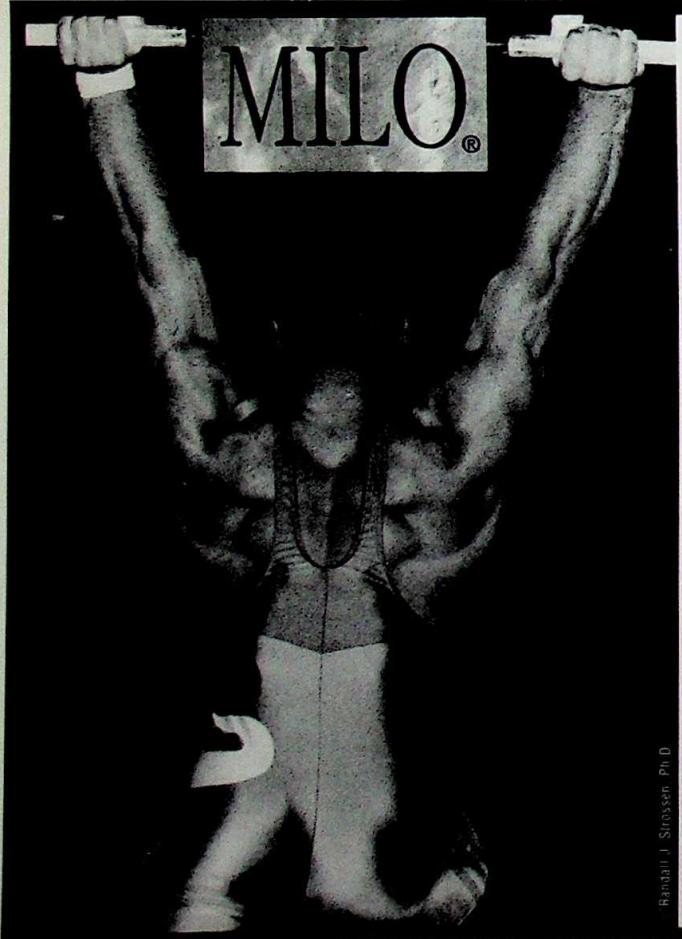
pics I want to snatch 462 and clean and jerk 562. I believe that I am on track because my technique is really good, and my confidence level is really high. I just want to keep increasing my back and leg strength.

FR: I SEE FROM THAT YOU ARE THE NUMBER ONE RANKED USA MEN'S LIFTER: 108.39% OF THE WORLD QUALIFYING TOTAL. WHAT DOES THIS MEAN?

SH: The American organization sets this world qualifying total. The idea is to take only quality people to the Worlds. They also want to encourage people to shoot for bigger goals. Right now there are only three men who have qualified - myself, Oscar Chaplin, and Michael Martin. But I see at least a couple of other guys that should be able to make the team. I don't know a lot about the women's team, but there will probably be a full women's team.

FR: WHAT ABOUT THE OLYMPICS? WHY DIDN'T WE HAVE A FULL TEAM THERE?

SH: We only had two men and four women at the Olympics because of the Olympic standard. Based on the team standing at the World Championships, each country was only permitted to bring a certain number of lifters. The Olympic committee wanted



We Have A Different Perspective

O.K., so we're into overhead lifting, not just what you can bench, and, yeah, to us, backs are sort of what biceps are to bodybuilders, but that's only the beginning. Strength is our thing—what you can do, not what you look like.

That's why we cover Olympic lifting, Highland Games, strongman, and arm wrestling as our main events.

Training. Athlete profiles. Major contest coverage.

We feature the top writers in the strength world, and even though we don't lure you with bikini shots, we recognize the value of good photography, so we strive to bring you the best anywhere when it comes to lifting, throwing, and pulling.

MILO: A Journal For Serious Strength Athletes

Our name says it all. Four issues a year. No interior ads. Soft cover book format. 128 pages.

\$39.95/year USA; add \$6 airmail S&H for Canada/Mexico;
add \$20 airmail S&H for all others.

Single issues are \$12 + \$3 S&H USA/Canada/Mexico; \$5 S&H for all others.

IronMind Enterprises, Inc.,
P.O. Box 1228, Nevada City, California 95959 USA
tel (530) 265-6725 fax (530) 265-4876
www.ironmind.com

to limit the number of lifters there.

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

SH: I think that drug testing is really progressing in the US. I get drugged tested at least once, and sometimes three times per month. I'm really happy to take the tests. Sometimes they're a hassle because they come to my room real early in the morning, or during a workout. But I'm really happy to take them to make sure that everybody's clean. A World Anti-Doping Association has been started, and they will be doing 5000 random drug tests all over the world this year. I'm really hoping that this helps out internationally. Right now most other countries only test during competition. At the Olympics Daniel Ashote, the original bronze medallist from Armenia, failed the drug test, as did several lifters in the other weight classes.

FR: DO YOU USE ANY SUPPLEMENTS OR FOLLOW ANY SPECIAL DIET?

SH: I eat all my meals here at the Olympic Training Center. The food is very good, and the cafeteria is open from 7 a.m. to 8 p.m. I don't follow any special diet. I just eat what tastes good. As far as supplements I take a multi-vitamin, drink a protein shake after each workout.

FR: I WON'T ASK YOU HOW MUCH TIME YOU SPEND IN THE CAFETERIA!

SH: Laughter

FR: DO YOU THINK YOU MIGHT EVER DO ANY POWERLIFTING AGAIN?

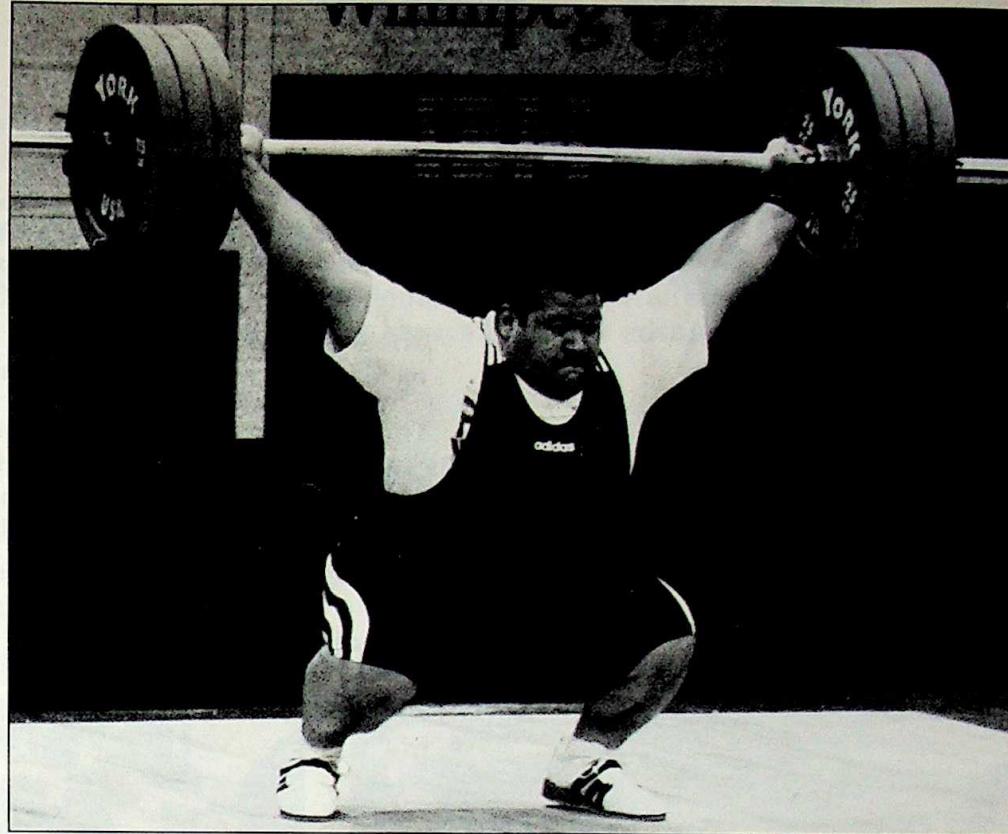
SH: I have no plans to do so at the present, but you never know. I believe that I could deadlift 800 now. First, my back is a lot stronger now than it was before, and second, my grip held me back before, because my hands are real thick. For deadlifting I would now use an overhand grip.

FR: DO YOU THINK THAT POWERLIFTING WILL MAKE IT INTO THE OLYMPICS?

SH: I would personally love to see it get in, but it will probably take at least 8-12 years for that to happen. I try to go to powerlifting meets whenever possible. I love to watch it. Recently I went to a meet at the Air Force Academy. One of the fitness coaches here at the Training Center went with me. He wants to start competing in powerlifting.

FR: WHAT IS YOUR TRAINING PROGRAM?

SH: We train five days a week, twice a day most days, and occasionally three times a day. The Europeans train three times a



Huge, very strong, and very quick... Shane Hamman snatching at the Pan-American Games. (S. Drake)

day five to six days a week. Our daily sessions are at 9:30 a.m. and 4:00 p.m. They average about an hour and a half each. Rest between sets is two minutes or less. Abs and hyperextensions are done after each workout. Ten minutes are taken to stretch before and after workouts. When we get close to a competition we do less sets, less reps, and more weight, which I like a lot better. (FR: Don't try this at home!!).

MONDAY A.M. - Back Squats: 3 sets x 5 reps @ 75%, 3x4 @ 80%, 3x3 @ 85% (approx. 650 lb.) (Sometimes Shane does sets of 5 with 675 lb., no equipment) (All squats are done to dead bottom.) Snatch Technique: 5x3 @ 60-70%. Presses: Regular, or Push Presses (Shane's best regular press is 374; push press 440)

MONDAY P.M. - Full Snatches: 3x2 @ 75%, 3 Singles @ 80%, 5 singles @ 85%. Snatch pulls: 5x3 @ 100%

TUESDAY P.M. - Jerks off rack: 3x3 @ 80%, 3x2 @ 85%. Power snatches and clean and jerk: 4x2 @ 75%, 4x1 @ 80%. Good mornings: 4x5 with 352 lb.

WEDNESDAY A.M. - Front squats: 3x3 @ 75%, 3x3 @ 80%, 3x2 @ 85%. Clean and jerk technique: 5x3 @ 60-70%

WEDNESDAY P.M. - Clean and jerk: 3x2 @ 75%, 3x1 @ 80%, 3x1 @ 85%. Clean pulls: 5x3 @ 100%

THURSDAY: Golf day!

FRIDAY A.M. - Back squats: same as Monday. Push press: 5x3

FRIDAY P.M. - Snatch: 3x2 @ 75%, 3x1 @ 80%, 3x1 @ 85%. Clean and jerk: 3x2 @ 75%, 3x1 @ 80%, 3x1 @ 85%. Clean pulls: 5x3 @ 100%

SATURDAY P.M. - Snatch or clean and jerk up to 80%. Romanian dead lifts (legs barely bent; slow down, fast up). Presses

SUNDAY: Off

FR: DO YOU EVER DO THE POWERLIFTS?

SH: I don't bench anymore, although the other day one of the other Olympic lifters challenged me to a bench press competition. I hadn't bench pressed in three years, but I was able to do 385 for five reps with no shirt. My pecs were sore for a week!

FR: DO YOU HAVE ANY OTHER INTERESTS?

SH: Yes, I am an avid golfer. I have a twelve handicap, and I play in tournaments. I am also very involved in my church. I go to Sunday services morning and evening at the Four Square Gospel Church, and another meeting on Thursday nights. I also attend a weekly Bible study here at the Olympic Training Center.

FR: I HAVE THE VIDEO TAPE OF YOUR IPF WORLD RECORD IN THE SQUAT. I NOTICED THAT YOUR T-SHIRT HAD A

BIBLE VERSE ON IT - PHILIPPIANS 4:13 ON IT. WHY WAS THAT?

SH: I grew up in a Christian home, and I am a strong Christian. I trust in Christ alone for salvation. It's really important for me to let people know where my strength came from. Philippians 4:13 says, "I can do all things through Christ who gives me strength." Everything for me was pretty natural, which means that my strength is a God-given gift. If I don't acknowledge Him and give Him the glory, it can be taken away just as fast as I got it. Approximately once a month I speak at church youth groups. If God told me to quit lifting tomorrow, I'd quit and become a missionary or whatever. That's how important it is to me. I just want to do what God's will is for my life. Right now I know he wants me to be lifting.

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

SH: I'm sponsored by Twenty-Four Hour Fitness, a chain which is expanding nationally. This is to supplement my income from the Olympic committee. They are putting Olympic lifting platforms in their gyms. Every summer they give free memberships to high school athletes. They really have some good programs going.

INZER
ADVANCE DESIGNS
We Make Power Gear A Science

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

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

IMMEDIATE SHIPPING

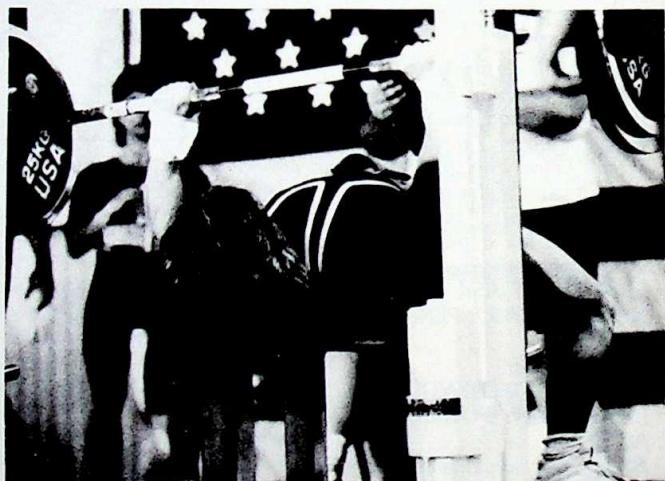
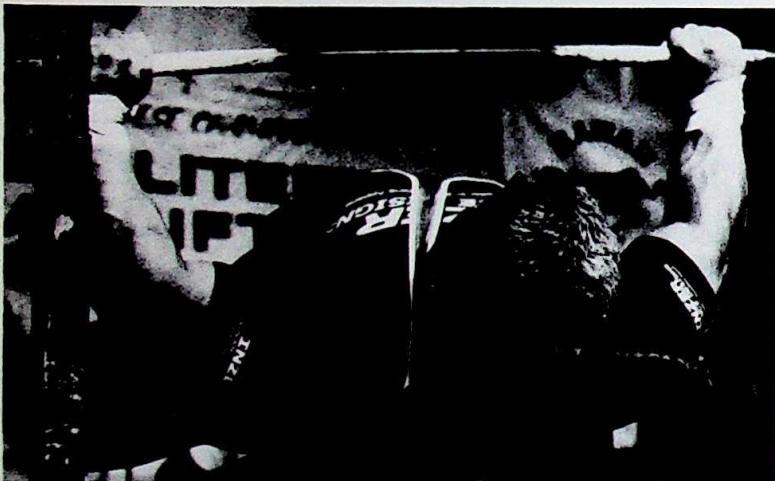
INZER BLAST SHIRT

Patent # 4473908

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

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

Proven by the Greatest Bench Pressers in the world.



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

Ken Lain
722 lb. Bench at SHW

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

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

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

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

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

Mike Hall
633 lb. Bench
ADFPA-USPF
National Champion

Plus these all time best benchers:

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

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

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

INZER ERECTOR SHIRT

-Customized-

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

GROOVE BRIEFS

BY INZER

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

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

Z-SUIT and CHAMPION SUIT on next page—

MC VISA COD Check Money Order

Inzer Blast Shirt - \$38

Save '\$10. Buy 2 for '\$66

Inzer Erector Shirt - \$38

Please indicate size or include
relaxed measurements of

shoulders_____ chest_____ arm_____

Colors: Black Navy Blue Royal Blue
 Red

Groove Briefs - \$20

Ht.____ Wt.____ Upr. Thigh____ Hips____

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL

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

SHIPPING	\$6.00
TOTAL	

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
PHONE _____

INZER
ADVANCE DESIGNS

We Make Power Gear A Science

P.O. Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

INZER
ADVANCE DESIGNS

We Make Power Gear A Science

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

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

IMMEDIATE SHIPPING



Z-SUIT



Worn By:



Anthony Clark
2531 TOTAL/1031 SQUAT

John Inzer
744 SQUAT at 165 b.w.

O.D. Wilson
1003 SQUAT

Jesse Jackson
711 SQUAT at 148 b.w.

Matt Dimel
1010 SQUAT

KNEE WRAPS

NEW!!! INZER IRON WRAPS - Style A - The new thickest ever knee wraps.

Super comfortable, easy to wrap to maximum tightness

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

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

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

Ed Coan - World's Number One Ranked Powerlifter

George Hechter - World Champ, PL USA Coverman

Bull Stewart - Multi ADFPA - WDFPF World Champ

Gerald Welch - ADFPA Ntl. Champ, PL USA Coverman

Steve Goggins - 970 Squat at 242

Gary Henton - ADFPA Ntl. Champ

Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ

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

Mary Jeffrey - World's Number One Ranked Woman Powerlifter

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

Now With Wider Straps Than Pictured

CHAMPION SUIT

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

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



CHAMPION SUIT

MC VISA COD Check Money Order

Please indicate size or include measurements of:

Height _____

Weight _____

Upper Thigh _____

Buttocks _____

CHAMPION SUIT and Z-SUIT colors:

Black Navy Blue Red Royal Blue

\$42 or 2 for \$76

ITEM	SIZE	QTY.	PRICE	SUB-TOTAL
Overseas orders add 10% surface or 20% air mail. Texas residents, please add 8.25% sales tax			SHIPPING	\$6.00
			TOTAL	

INZER
ADVANCE DESIGNS
We Make Power Gear A Science

P.O. Box 2981
Longview, TX 75606

1-800-222-6897

903-236-4012

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE _____

WORKOUT of the Month

This 12 week squat routine is designed for the novice to intermediate powerlifter. The program's set and rep scheme has been successful for several of the lifters that I have coached. Plotting Weights is an essential part of success. Remember ... "The World stands aside to let anyone pass who knows where he is going." The specific poundages listed are designed for a lifter with a current max of 300 pounds and a projected max of 330 pounds. Percentages are listed for each day's training weights so they can be used to adjust the program to a different desired max. All percentages in this program are based on the projected max. I am also a firm believer in intuitive training. This means taking the program's rep scheme and filling in the weights you believe you are capable of to get to a new projected max. This is especially effective if you've already completed a successful training cycle. The time limitations, rep manipulations, and decisions on when to use gear are designed to develop a broad fitness base to start and ensure a high peak at completion.

My philosophy is this .. if you want to LIFT MORE you need to TRAIN HARD. My workouts are usually time-consuming and exhausting. They also produce results.

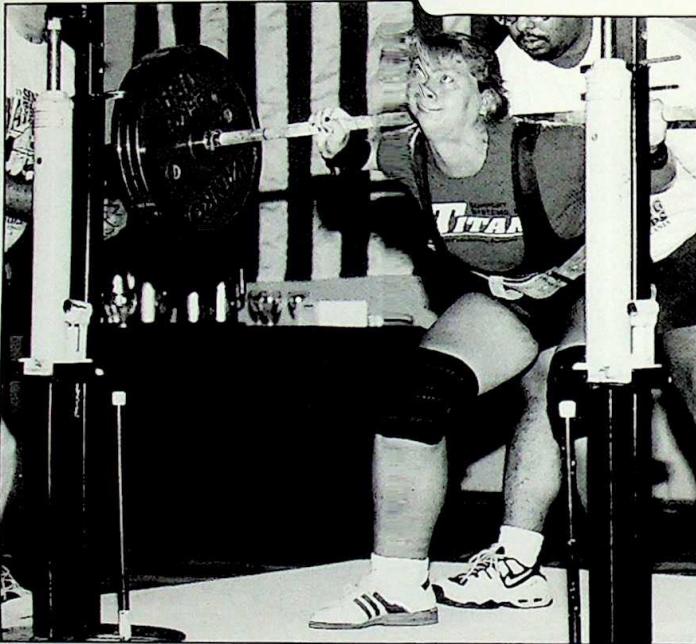
The actual weights are the nuts and bolts of the program, however, to get optimal results...

* Get a training partner or helper on squat day. Helpers are essential, especially in the squat. They can give you feedback on depth, bar position, foot position, and basically make sure you're following proper guidelines so that come meet day you won't be called for a silly technical mistake. They also can be encouraging and will help insure you won't break your neck. A video camera may also come in handy so that you can self correct objectively.

* Be consistent. Muscles grow with a combination of work, rest, and nutrition. You will not achieve projected results by skipping and making-up workouts. Weekend warriors don't win battles.

* Practice your squat stroke (use a mirror, broomstick etc.) Keep forward knee travel minimal and squat with your chest up. Good squatters are consistent with foot

Leslie Look's Squat Workout of the Month



Leslie Look one of the USA's most successful international competitors

and bar position, start with their legs locked, use medium speed, hit depth, and lockout under control.

* Wear hard squat shoes that don't smush.

* Use gear as part of your cycle. Gear is a big factor in the squat. Using it throughout your cycle allows your body time to adjust to technical changes. In this program gear is listed on the first week it needs to be worn. Gear is added progressively afterward. Make sure you order your gear early. Allow time for shipping, backorders, alterations, and size adjustments.

1st - WARM UPS - Before each workout complete 3-5 minutes of warming up such as riding the stationary bike or walking briskly on the treadmill.

2nd - STRETCHING - Go through stretches for each major muscle group. I like to focus on the quads, hamstrings, hips, lower back, calves, chest, shoulders and triceps.

3rd - YOUR SQUAT WORKOUT - Complete the listed routine. Actual work-out weights are in bold. The other weights are suggested warm up weights.

4th - ASSISTANCE - Choose from the listed exercises and use the

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

86% WEEK 10- 95 x 8, 135 x 5, 155x5, 195x3, 225x1 (wraps), 250x1 (suit & wraps), 285x3
90% WEEK 11- 95 x 8, 135 x 5, 155x5, 195x3, 225x1 (wraps), 265x1 (suit & wraps), 300x3
95% WEEK 12- 95 x 8, 135 x 5, 155x5, 195x3, 225x1 (wraps), 280x1 (suit & wraps), 315 x 2

This program is based on a 7-day rotation. Plotting workouts on a calendar counting backwards from meet day is helpful. I recommend that you have a ten day break from your last squat workout to the day of the contest. This may mean that your last 2 squat workouts are on a different day than normal. Recommended warm ups and attempts at the contest for this lifter would be ... 95x8, 135x5, 185x3, 225x1 (with suit), 250x1 (w/suit & wraps) then... 1-280, 2-305, 3-330-335.

Assistance Exercises - Weeks 1-5, 3x 10-12 reps. Weeks 6-11, 3x 8 reps. Week 12, 1-2x 5-8 reps LIGHT/MEDIUM LOAD. Begin with picking one or two of these multi-joint activities. Rotate your choices every week or bi-weekly. Leg press, Front Squats, One-legged dumbbell squats, Lunges, Smith Machine close stance squats, one-legged leg press.

Then ... Leg extension (1 legged), Leg curl (alternate every other week with 1-legged leg curls)

**2x per week, Hip machine (Ad/Ab) (ONLY 2 SETS), Calves (ALWAYS 5x15, with 15 seconds rest) ** 2x per week. Train your abs at least 3x per week including ... 4x25 weighted crunches, 3x15 leg lifts, 2x15 weighted side bends, and 4x25 bicycle crunches.

If you are interested in requesting a personalized program please send \$25 and a self addressed stamped envelope to ... Leslie Look, RR#2 Box 1710, Belgrade, Maine 04917. Please include your current and projected max, as well as any other information you feel may be helpful, like ... your next contest date, your body type, and any other questions you may have. Big squats come to those who go after them! Good luck and squat deep!

INZER
ADVANCE DESIGNS

**NEW
AND
AMAZING!**

IRONWRAPS

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

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

Everything about this wrap exceeds any previous wrap.

VERY, VERY POWERFUL!

IRONWRAPS Z
(actual size)

IRONWRAPS A
(actual size)

or it to yours with the greatest knee wraps of all!

Inzer Power Gear is backed by the
Inzer Performance Guarantee.

Guaranteed to out perform any other brand.



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

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

Bull Stewart

Louie Simmons

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

Name _____

Address _____

City _____ State _____

Zip _____ Phone _____

Qty. _____

Ironwraps A \$22 _____

Ironwraps Z \$22 _____

2 pair \$40 _____ Shipping \$6.00 _____

Total _____

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

INZER ADVANCE DESIGNS

P.O. Box 2981 • Longview, Texas 75606

903-236-4012 • 1-800-222-6997

FIXING THE LOCKOUT

Let's face it, most benches fail just slightly past the "sticking point" - somewhere between 60-90% of the way up. It is rare to see a bar fail below 30% or on the chest, unless the lifter has delusions of grandeur and has seriously miscalculated their strength. On occasion, the bar will stop at the traditional sticking point, but curiously many a lifter will clear this supposed toughest of spots only to stall short of lockout on max attempts. There are mechanical and physical reasons for this, but without a long-winded discourse on the subject, let's just deal with it. We've all seen it or felt it at one time or another. What can we do about it?

Target: Triceps

The main problem deals with triceps drive. And there are two answers. Train the triceps to be stronger, and change the timing of the triceps drive to engage earlier.

Practical Lockout Exercises

Any triceps exercise will help with lockout strength, but to really see a dramatic change you should do specific lockout work. Here's a list of top shelf lockout drills to really make finishing your strong suit. Included is a template for sets and reps which can be modified to your needs.

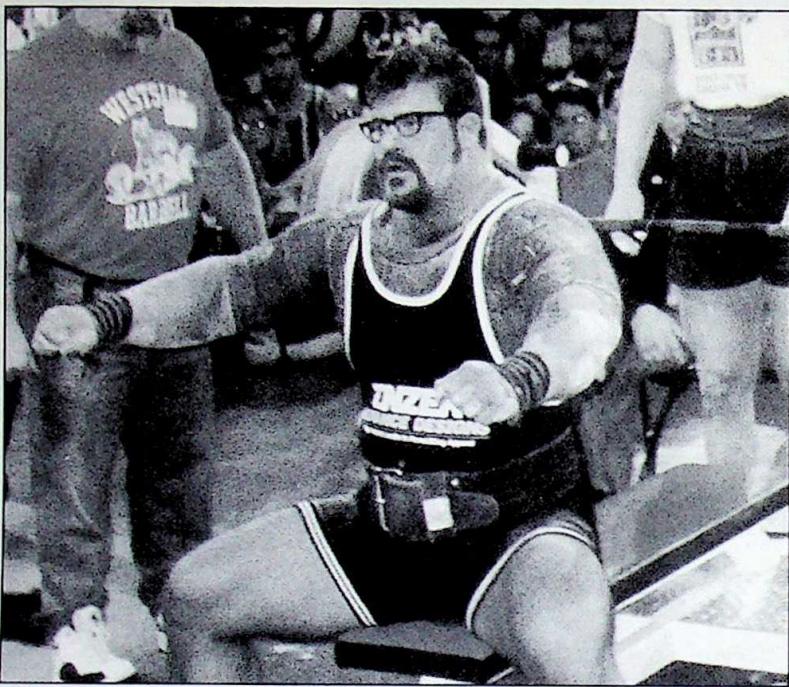
One major warning, though: be careful not to overtrain! Lockout work tends to be heavier than normal bench work due to the abbreviated nature of the stroke. It's easy to get carried away and overdo it. The rewards come fast and moving the big poundages is addicting. Heavy lockout work should be limited to 4-6 weeks. The joints will need the rest after a good cycle. You can return to it as soon as 6-8 weeks and drive the finishing strength even higher. Just keep an eye on inflammation and general soreness in the shoulder and elbow joints.

Traditional Rack Lockouts

Set up in a power rack so that the bar rests on the cross pins and will allow you a three inch movement to full extension. This distance can be lengthened (5 inches+), but not made any shorter. Assume a competition grip and take a normal lift-off. NEVER pick the bar off the rack yourself for the first rep. It is difficult

FIXING THE LOCKOUT

as told to Powerlifting USA by J.M. Blakley



Calm in the storm... J.M. Blakley at the 1998 Arnold Classic. (Photograph by J. Alkire).

to feel where to start when the bar is suspended in an unfamiliar position. It is very hard to find the groove on the first rep if you don't lower it as you normally would. You may start the bar too low and torque a rotator cuff muscle, or you may start too high and tweak a deltoid. Or you may just do a sloppy energy-wasting first rep. Avoid all this by taking a normal lift-off and lowering the bar as you would a normal full rep.

The bar will contact the pins three inches down and you will be in your groove. Touch the pins lightly and evenly and return the bar to arm's length. It's important not to bounce the bar off the pins, which is the most common mistake. A short pause on the pins will eliminate this tendency, but is not necessary if you maintain good control.

Triple lockouts have always worked best for the lifters I have coached although sets of 4, 5, and 6 could be considered. My own best results were seen with sets of three. Although many sets can be performed before the trainee senses deep fatigue I suggest limiting the

total number of working sets to only 3 (not counting warm-ups).

A variation on the competition 3 inch lockout (which I feel has the most benefit) is a close grip 3 inch lockout. This is performed as above, but with a narrow grip (8-14 inches between hands). It emphasizes the triceps even more but changes the angle of the lockout from that of a normal bench press lockout. Although not my favorite, it has merit and should be explored. Of course, there are all the grip widths in between too. These are a compromise of either of the methods (competition or close) and are lukewarm, in my opinion. Stick with either a bench-specific lockout or a close grip. They will do the job just fine.

Chain Work

The use of chains was introduced to me by George Halbert and Lou Simmons on my very first visit to the famous Westside Barbell Club. It's an unorthodox method to be sure, but ingenious all the same. Let me explain how it works.

The barbell is set up in a power rack to do floor presses (for those who are not familiar, a floor press is a bench press without the bench! Lying on the floor the bar is brought toward the chest until the elbows come in contact with the ground. Then the bar is

driven back to arms length). Weights are loaded to the bar in normal fashion to about 60-80% of the total load. This percentage can vary with application for either strength or speed work but the principle is the same.

The remaining weight is added by draping heavy steel chains over the ends of the barbell on the outside of the plates. They should just barely touch the floor at the top of the movement. As the bar descends toward the chest, the chain links begin to pile up on the floor. At the bottom of the motion the total bar weight is reduced by virtue of the fact that now half the weight from the chains is sitting on the floor and adding no weight to the bar! As the bar is driven upward, every link that is picked up now adds weight steadily to the bar. Every inch higher the bar travels, the more it weighs, because more chain is now hanging from it!

This makes the lockout phase the heaviest portion of the movement. The bottom is light, the top is heavy. This places more work on the triceps and is a great specific overloader of the lockout.

This is done in either competition grip or narrow grip as outlined above. For the most specific help to your lockout, use a competition grip. For massive triceps development and power production, a narrow grip can be employed. I have no favorite grip width on this one, they both work great.

Triples again seem to work best. Six reps are just too fatiguing with the big weights used. Triples are quick and clean and you tend not to get sloppy on the last reps. I think that despite the higher loads, triples are safer. Four sets is the max.

Chain work can also be used for speed enhancement, but that issue will not be discussed here. This article deals with strength development, but bear in mind that the chains have many uses. Lou Simmons has written plenty on this subject already.

"The whole idea is to use everything: bands, chest, and triceps to accelerate the bar and glide through the sticking point and continue to accelerate all the way to the top!"

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLEMAN!

Free 48 Page WHOLESALE Catalog
fully describing our 50 one-of-a-kind
Bodybuilding supplement formulas
that produce results!



CALL 1-800-798-9798
TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
104 Evans Ave. Dept. PL0701
Reading, PA 19608
1-800-822-9995 or Phone/Fax 1-610-670-0135

Board Presses

These are really not high on my personal list, but have worked so well for so many that I felt I needed to mention them.

Board presses are performed by placing several 2x4s on the chest and lowering the bar to them and returning to an arms-extended position. The boards can be 2, 4, or 6 inches tall and shorten the bar stroke by the coinciding distance.

This is a partial movement, similar to rack work from pins. The bottom of the motion is avoided and the stroke is limited to the top or lockout portion.

There are advantages and disadvantages to doing board presses. The major advantage (over setting up pins in a rack to corresponding heights as the board stacks) is that it is a more natural "feel" to the press. Pressing off rack pins is awkward and difficult to balance both sides evenly. With board presses, the bar touches at only one point in the center of the body as opposed to two points on the rack pins. The board presses feel more like a "real" bench press.

The disadvantage is not in the exercise itself, but rather in the performing of the exercise. Cheating runs rampant! I have rarely seen this exercise done with good form! The two main methods of cheating are literally bouncing the weight off the boards (which is so common I think that it has become part of the standard exercise description nowadays) and sinking the bar and boards down into the chest and heaving up like a bucking bronco! Worst of all is a combination of both.

In my own experience, I found it very difficult to refrain from employing these cheating advantages myself. Nonetheless, the exercise works in principle and in the gym. Even lifters with atrocious form seem to benefit some! But beware! Many lifters fake progress in this exercise by beginning with good form and then getting sloppier and sloppier over time. They keep adding weight and keep lifting it by bouncing more and more! They're no stronger, they're just better at cheating.

There is no reason why this can not be a fine lockout developer if kept in reasonable strictness. Stay tight, touch light, and never heave. Four sets of 3-6 reps will be sufficient.

Timing

This exercise works the lockout in a slightly different way. Sure, it builds triceps, but it also does something else. It helps enhance the neuromuscular link to aid the timing of the

triceps drive.

Have you ever seen a lifter who blows the weight off their chest and you're sure it's going to go through the roof, but then the weight seems to abruptly stall and even fade before the lifter recovers and grinds the weight slowly up to the top? Well, that's timing. They had the strength to lift the weight, but there was a lapse in the explosion of the chest drive and the initiation of the triceps drive. It looks like a two-stroke movement. One-two and it's finished. The triceps are late and the chest drive's momentum runs out. The bar stalls and must be re-started by triceps alone. That's the hard way!

Every effort must be made to make the press only one movement from bottom to top involving all the muscles synchronized together and performing optimally. This timing usually involves teaching the trainee to fire the triceps earlier. There is no better exercise for that than unloading.

Unloading Presses

This exercise was taught to me by Lou Simmons just prior to my moving to Los Angeles. I liked it so much, I purchased my own bands (Jump Stretch rubber bands) to continue my work with it in California.

The bands are suspended from the top of a power rack. They are attached to the outside of an Olympic bar on the sleeve. The bar is now also suspended from the top of the rack. Place a bench in the rack and add weight to the bar until it stretches to your chest level if you were in competition pressing position. This amount will vary on the band strength and the height of the rack. Modifications should be made so that the amount on the suspended bar at your chest level is 150-225 lbs. That means the bar is hanging from the rack by the bands with 225 lbs on it just at your chest. The bar weight is effectively zero here even though 225 lbs. are on the bar (modifying this takes a bit of creativity, but get as close as you can to this by elevating the bench or fastening the bands in a different configuration).

As you lift the bar in normal form, the bands begin to go slack and at the top of the lift you are now supporting nearly all the weight (200 or so pounds). As the bar descends the bands begin to stretch and get taught thereby supporting more and more of the weight as it is lowered. By the time the bar is on your chest, it weighs practically nothing and is suspended by the bands almost in full.

This again works the lockout portion of the lift exclusively. The

bottom is easy and the top is hard (the bands go slack and you're left holding the bar up!).

Training the timing is accomplished by adding weight to the bar so that you can get only 6 reps. If you have 425 pounds on the bar, remember that the bottom only weighs 200! The top feels all of 425, but the bottom is light!.

This teaches you to accelerate through the easy portion and build power as you extend. If you wait to build momentum on the bar until the bands go slack, you'll get stuck! You have to carry through the whole movement. By accelerating the bottom and thinking to kick in the triceps as early as possible, the weight rides the wave to the top. If you wait with the triceps drive, it will be too late, and the help from the bands will be gone and you and your triceps will be staring at a still bar 3/4 of the way up.

The whole idea is to use everything: bands, chest, and triceps to accelerate the bar and glide through the sticking point and continue to accelerate all the way to the top! This training technique is especially helpful when applying this to using a bench shirt, which performs a similar function as the bands, helping the bottom of the motion more than the top.

It is amazing how much this exercise helps you understand the timing principle. Get some bands!

This exercise also has speed work applications as well as I'm sure you can imagine. Again, those are best left to another article and author.

Four sets of 6 is recommended.

In summary, try to add one of these lockout builders to your routine once a week. Never do this kind of extra heavy work more frequently, as over-training is a risk. These exercises are similar and doing more than one of them in a cycle may be redundant. Pick one and go at it like hell for 6 weeks. Take a break and return and try another. There are plenty of other exercises for lockout development, but there are none better. If you already have a favorite,

New From J.M. Blakley
and The Seventh Level

Secrets of Cutting Weight

How Do
They Do It?

\$24.95

Some athletes drop 10 lbs. the day before a meet and gain back 12 lbs. by the time they lift. And still perform brilliantly! Is it art? Is it science? Is it luck?

The book outlines the technical methods used by top competitors to "make weight" in easy to understand terms.

Sodium loading, diuretics, sweating techniques, dehydration, rehydration, fasting. This book is complete.

Stop being clueless when it comes to cutting! Order your copy today and find out about the edge that the world's best athletes have kept to themselves!

Send certified check or money order for \$24.95 plus \$4 shipping and handling to:

J.M. Blakley, 782 Brittingham Ct.,
Columbus, Ohio 43214

**"NEVER pick the bar off the rack
yourself for the first rep."**

work a few of these into your rotation. Chains can be cumbersome and expensive. If you do not have access to them buy some bands.

They can be used to simulate the chains by securing them beneath the bench and over the bar. As you press up the bands tighten and provide more resistance at the top. They are smooth and quieter than the chains, too. Chains are superior, in my opinion, as they add inertia and momentum factors which the bands do not. Both methods will work for you, though.

Good lifting, J.M.

(Questions? Send to:
The Seventh Level, c/o J.M.
Blakley, 782 Brittingham Ct.,
Columbus, Ohio, 43214)

Rubber Bands for All Sports

Jump Stretch, Inc. has 20 years' experience in the rubberband strength training arena. We carry the complete line of Flex Bands, recommended by Louie Simmons of West Side Barbell. These are the ORIGINAL bands developed by "Rubberband Man" **Dick Hartzell**. Beware of imitators with inferior bands that are moulded or bonded together. Our bands are built in layers on mandrels, with no seams for potential breakage. They are backed by a full 1-year warranty.

Our continuous-loop bands are 41" in length and a quarter of an inch thick. Bands can be used to add resistance to your lifts when hooked from the bottom up, or to help take weight off of the bar at chest level when hooked from the top down. **NEW COLOR for LIGHT BANDS is a darker purple**. Four sizes are available, listed below in order of strength:

<u>Bands</u>	<u>Cost/Pr.</u>
Mini (1/2" wide, pink, green or blue)	\$20.00
Light (1-1/8" wide, now PURPLE)	\$37.00
Average (1-3/4" wide, GREEN)	\$45.00
Strong (2-1/2" wide, BLUE)	\$57.00

We also offer 2 different **platform bases** for doing deadlifts:

	<u>Cost</u>
Standard Base (approximately 3 ft. wide)	\$145.00
Extra-Wide Base (has a 51" deck for sumo-style deadlifts)	\$245.00

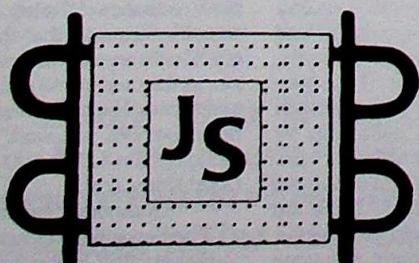
Packages are available as follows:

Ultimate Unit (comes w/ 3 prs. of bands, plus standard base)	\$285.00
Heavyweight Unit (comes w/ 6 prs. of bands, plus standard base)	\$385.00
Substitute Extra-Wide Base for either unit	add \$100 to above unit cost

We also offer the following **Videos** for \$10 each: Powerlifting, Football, Baseball, Basketball, Cross Country, Martial Arts, Flexibility, Explosive Training, and Rehab (Ankle/Knee/Shoulder/Back).

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

- **Now Available!** In conjunction with naturopathic physician Dr. Hakeem Lewis, we now offer a complete line of high-quality, pharmaceutical-grade supplements, including protein drinks, vitamins, and all-natural formulas for speeding up injury recovery. Call for more information. We'll help you stay a step ahead of your competition!



Jump Stretch, Inc.

1437 Turnberry Dr. • Boardman, OH 44512

Toll-Free 1-800-344-3539

330-629-2511 • Fax 330-629-2440

www.jumpstretch.prodigybiz.com

UNCLASSIFIED ADS

\$3.00 per line per insertion
Figure 34 letters & spaces per line

Shrug & Log Bars, Talons, Farmer dumbbells & Handles, thick grip barbells & dumbbells, vertical bars, reverse hyper or dip/parallel chin for the rack, adjustable grippers & plate loading grip machines, custom bars & hardware. Plain steel, polished, painted & stainless steel. Much more. From the same folks who have brought you affordable accurate machined steel fractional plates since 1990. Customer oriented service, quality workmanship, made in USA, competitive prices, worldwide delivery, credit cards accepted, stock orders ship w/in 24 hrs. Order by phone, email, snail mail. Catalog w/free Sandow postcard \$5.85 US, 9.95 elsewhere PDA 104 Bangor Street Mauldin SC 29662 864-963-5640 [fractionalplates.com](http://www.sarden.com)

IRON MAN MAGAZINE, honest coverage of the Iron Game. \$29.95 for 1 year, (12 issues), Iron Man, 1701 Ives Ave., Oxnard, CA 93033

Build Your Own Professional Metal Gym Equipment, 120 different plans available, only \$3.00 each shipped, complete catalog \$3.00; C. Miller, P.O. Box 1234, Ft. Laud, Florida 33302

Frantz Sports Ctr for all your power-lifting needs. Call 1-800-537-5532

Safety Power Rack & Bench Armor Clad & Built to Suit

Unique Sumo Base & 1/2" Spacing
Many Tubing Sizes & Thickness
Strong Gussets & Quick Assembly
Self Releasing Full Beam Hook
Safety Power Squat & Combo Bar
www.HOLLINET.COM/~CREP
Crepinsek 831-637-0797

Discount Sports Nutrition
www.massmedia-online.com.

HAVE YOU EVER NOTICED ... How many world and national records have been set on Sorinex brand equipment? Many pro and college teams depend on us for their strength needs! We have it all! 803 781 9471, PO Box 121 Irmo S.C. 29063, www.sorinex.com

Insane prices - Compete Supplements has them on: ANSI, Betastatin, Biostest, Champion, Cytochrome, E.A.S., FSI, HDT, ISS Research, Muscletech, Nature's Best, next Proteins, Optimum Nutrition, P.A.C. Research, Scitec, Soparma, Syntax, Twinlab, VPX, and many more! We will not be beaten by anyone, anywhere on price or product knowledge. Call 618-233-1080, or visit or website at

Completesupplements.com. Be prepared for huge savings!

Sarden Strength Equipment. Competition benches, standard, hydraulic, and walk-in types. Hydraulic squat racks, barjacks, grip machines and other heavy-duty commercial equipment. Custom designed equipment to suit your needs. Whatever your design requirements, we can build it for you. Quick production time and delivery. Call toll free: 1-888-465-7719 for a quote or information. For all your equipment needs, www.sarden.com

IPF Certified Leoko Weights & Bars, Olympic lifting and strongman equipment, Stone spheres, kettlebells, unique thickbars, supplements, books and videos. Order by phone, Internet, or snail mail. Atomic Athletic PO Box 183, Howell, MI 48844. (517)540-1040. Check out our upgraded web site www.atomicathletic.com

Defying Gravity by Bill Starr. Hardbound \$20, Soft \$15 + \$4 s/h. Signed. 1011 Warwick Dr. Suite 3-C, Aberdeen Md. 21001

POWER HOTLINE

is the twice a month FLASH bulletin of the Iron Game, produced through the offices of POWER-LIFTING USA for over 19 years, and sent out to its subscribers via FIRST CLASS MAIL so you will get the news while it is still NEW. Each edition is packed with a huge variety of IRON GAME-oriented information - almost all of which you will never find in any other composite source. Recent issues have covered such items as the extremely tragic death of the talented daughter of the first World Superheavyweight Powerlifting Champion, the PL doings at this year's FIBO Show, the changes Mauro Di Pasquale has made in A.P.T. Nutrition and the All Pro website, IPF World SHW Champ Brad Gillingham's participation in the "Survival of Strength" demonstrations in mid-town Manhattan which were hosted by SURVIVOR's Alicia Calaway, which professional sport Pat Casey's son is involved in, the GLAMAZONS strength competition in Scotland, which will likely qualify participants in the World's Strongest Women's competition in Zambia, and which powerlifting luminaries will be involved, Roy Fokken's fantastic 520 bench at 152 bodyweight, IPA World Cup flash by Louie Simmons, Garry Frank's predictions for the 2600 lb. total, PLer Julie Havelka's win at the stronglady competition in Hawaii (Beauty & Beast)

and much, Much MORE!!!! It's only \$28 for 24 information packed FIRST CLASS issues (\$39 for overseas air mail) to PL USA, Box 3238, Camarillo, CA 93011

REMEMBERING MUSCLE BEACH... those were the golden days of physical culture, heading to what would become the most famous beach in Iron Game history - MUSCLE BEACH - hitting poses, working out on the rings, pumping iron, building human pyramids just for the crowds walking by to appreciate. So many great names of Physical Culture used this particular stretch of sand as their touchstone to a collective of ideas and personalities who would go on to influence thousands, if not millions, around the world. The story of how this magical place came about, and what became of those whose paths crossed there will connect you with the roots of your sport. (128 pages, 125 classic black and white photos, available from Powerlifting USA, Box 467, Camarillo, CA 93011 for \$26.95 plus \$4.00 for postage and handling.

"The Strongest Shall Survive" ... this is the classic Bill Starr training manual, long out of print, but

now available once again. (See our review of the book in the Feb/97 PL USA, page 10). Price for a copy of the book is \$20 plus \$4 postage and handling. Send your order to Powerlifting USA, P.O. Box 467, Camarillo, California 93011, before this book sells out again FOREVER!

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

New Product from Safety Power Hook



FULL BEAM SAFETY POWER HOOK shown with hooks at the preferred elbow position. Will adjust up to 6" width. Deep hooks and floating action allow perfect entry and partial lift off before full release. Don't step back. Lift in position safely. Perfect for intensive rubber band and chain training, fore and aft pulling is eliminated. Spotter levers may be used to set weights and return hooks. You may train alone. Optional hydraulic system. Quick assembly and breakdown for transport and fitting into confined spaces such as basements. May be custom fitted to your rack. Also available in a freestanding model. Gain more power with the "Sumo" base, exclusive 1/2" increment adjustments, foot room and exceptional corner bracing of the IRON CLAD & BUILD TO SUIT SAFETY POWER RACK available in many sizes and gauges. For more information: Crepinsek's SAFETY POWER SQUAT BAR, 130 Barnheisel Road, Hollister, CA 95023 or call/fax 831-637-0797.

If a sadist tortures a masochist, is it wrong? They're both happy, right? If a masochistic powerlifter goes to a hard-core gym, are there any limits to what the gym can legally throw at him? Last month we looked into the ice-cold pigpen at Slaughter House Gym; now we'll go to Hardcore Hades.

About 6 years ago my family and I traveled to a small beach outside Corpus Christi, TX. The little community is known as Port Aransas, and it's mostly known as a fishing hot spot. We visited there in mid August, and it was over 100 degrees most days.

Of course, I had to train while we were there, and luckily there was a gym in town. Bull's Gym was an interesting gym - plenty of free weights and rusty old equipment - but it had no A/C. We were about 3' above sea level, and it was 100 degrees by 11 a.m. No A/C, and only a few fans, none of which were near the squat rack.

Of course, I had to train legs.

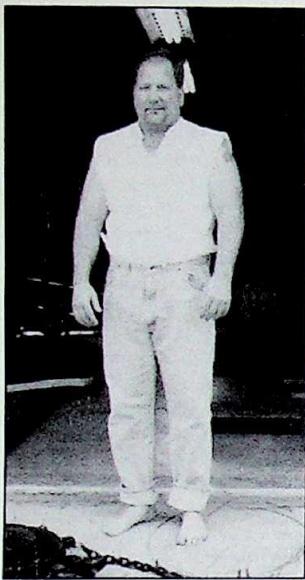
Squatting in the heat turned out to be a lot harder than I had expected. Halfway through my squat workout I realized that the mop leaned against the nearby wall was to clean the sweat off the floor so you wouldn't slip. I began using it between sets, since sweat was collecting under the squat rack at a rapid rate. By the time I finished squats, the floor was wet in a 6' circle - and I was gone. I felt like I had run a marathon, and I never run if I can help it.

A "local" was watching me work out between his sets, so I asked him how long it took him to get used to the heat. He said, "I've been training here about 5 years and I haven't gotten used to it yet!"

Shave my head and call me crazy, but I loved it. (Ok, Ok, they've already shaved my head and called me

HARD CORE GYM #5 POWERBARN - Hard Core Gym Hades

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



Coleman Hodapp, the mind behind the Power Barn. (Photograph provided by Coleman Hodapp).

crazy - but you get the point.) Coleman Hodapp wrote from Florida to say that he gets the point. He is 43 years old and has been training since he was 17. At that time there were no gyms in his small town (Palm City, FL) so he bought the plastic weight set from K-Mart. (Who else? Raise your hands, be honest.) He soon bent the K-Mart bar, and bought an Olympic weight set. He bent the K-Mart bench, and went into production. His dad had a welder, so he made his own Olympic bench - at age 17.

From that point forward Coleman

always built his own equipment, and trained in a barn or warehouse. Of course, he had to. They wouldn't let him in a normal gym, because he smells like a mule. (Just kidding!) He now trains in a 32'x18' barn behind his home, which he built with money he earned by selling equipment. Friends gave him steel weights so that he can weld them into dumbbells. He's even made a primitive "monolift!" He has built everything! It's all in the Powerbarn behind his house.

Coleman says he has "been in several local 'fag' gyms and my stomach turns and I walk out; poor misguided fools." He agrees with me, though, that aerobics are a good method of keeping the fags away from the weights. He thinks serious lifters can smell out a good basic gym.

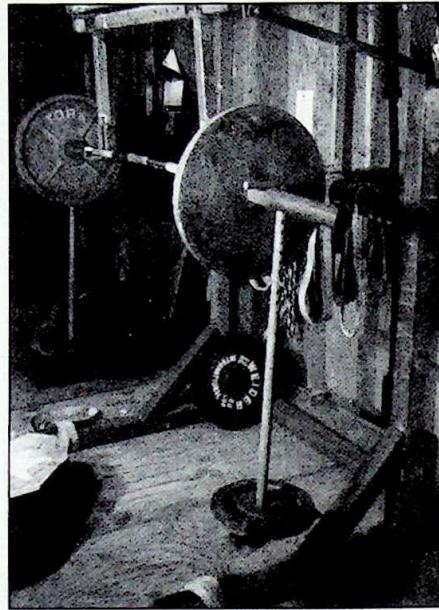
He has medaled in the FL Law Enforcement Olympic games, and even the International Law Enforcement games. Same for his training partner. Several other champions have trained there, including arm wrestlers and bodybuilders. One day as Coleman was cooking hamburgers; Garry Frank pulled into the drive and asked if he could get in a workout. Many people visit to regain the "eye of the tiger," saying that they get back the feeling they had when they started lifting. When I started lifting, I didn't have 300' feet of chains in assorted sizes ... maybe they mean they like to be nauseated. I definitely felt nausea when I started lifting.

The "Powerbarn" is not insulated, and the temperature ranges from 37 degrees to 105 degrees. Coleman trains 7 days a week, sometimes twice a day, and has trained several days in a row with the thermometer between 95 and 100. He does, however, have a complaint department - and it is stocked with Vagasil and Premysyn PMS meds. He posted signs to fend off idle chatter: "I'm not here to make friends, I'm here to make progress," and "Shut Up and Lift or Leave."

Powerbarn gets our vote - it is too twisted to leave out of the Hard-Core

Gym Series! Coleman says he may one day build it even bigger and open a commercial gym, and we wish him the best. Keep up the good work.

Do you wonder what a bigger warehouse-style gym would be like? If so, you'll only have to wonder for a month, because next time we'll go back to TX for a look at the hot house kingpin Metroflex Gym!



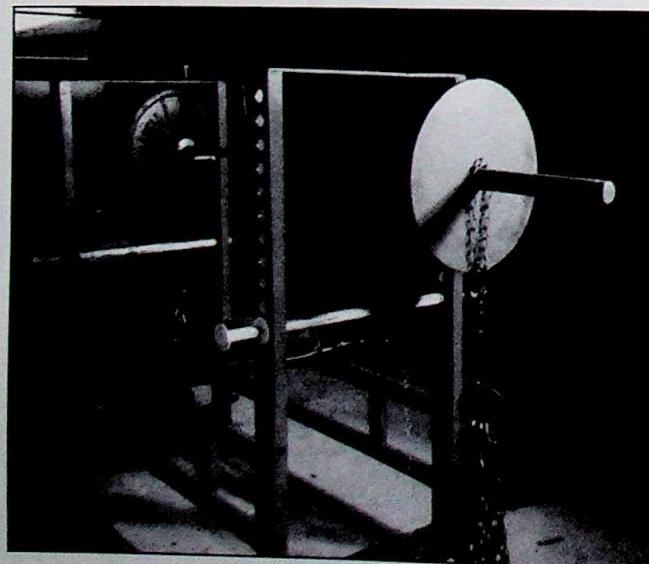
Monolift-style weight releases. (H. Coleman).

Until then, send comments and letters to:

rick@houseofpainironwear.com,
House of Pain, P.O. Box 333, Fate,
TX 75132



The "Complaint" Department



The Bench Rack With Chains: built by Coleman. (Photo by Coleman).

THE NEW POWER STACK by GORILLA® SPORTS NUTRITION

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

Gorilla C-4 - \$40.95 - 362.16 Grams
 Gorilla Nitro - \$59.95 - 60 Tablets
 Buy both & save 30% - \$70.63, plus \$5.00 for S/H
 Dealers Inquiries Welcome.
 For more information or to place an order call:

1-800-852-0425

or check our Web Site @
www.gorilla-nutrition.com

GORILLA

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

Personalized Power Training

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

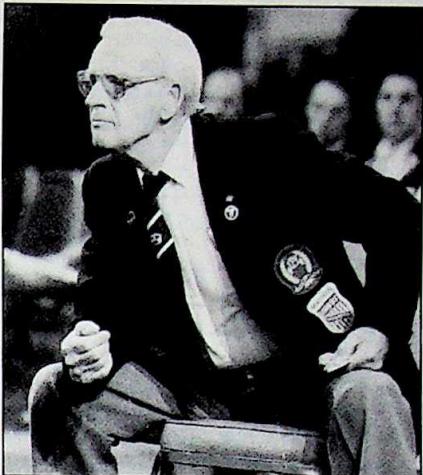
We've been in business since 1986. Other personalized training course companies can't say that. Get your training advice from a proven source. Check out the Strength Ink difference:
 1) Each course unique, not computer generated or generic. 2) Specific, unpublished articles written by Doug Daniels, 3)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

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

STRENGTH INK, INC.
 DEPT. PL-9 Box 1974
 Highland, IN 46322

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

In DEDICATION



Bill Decker has passed away at 83. A dedicated referee, he witnessed some of the greatest lifts in history, and his own involvement in lifting weights went back decades. Slowed by recent health problems, he still managed to train. He served his country through both exemplary military and civilian service, and he was a dedicated family man. He had a wonderfully pleasant manner and was one person you always looked forward to seeing and talking with at a big meet. This issue of POWERLIFTING USA is dedicated to Bill Decker.

New Westside Video!



The Reactive Method: \$39.95 plus \$5.00 s/h

Everything you ever wanted to know about Bands, Chains and Weight Releasers.

Elite Fitness Systems

1695 Itawamba Trail
 London, Ohio 43140

888-854-8806

Shop our online store!

www.elitefts.com

Hard-core lifters need
SERIOUS CLOTHES.

Don't believe it? Do an experiment:

NEXT HEAVY-DAY,

WEAR SOME

Flowered Panties.

If you like it, call Victoria's Secret.

If not, call us.

BIG TOPS
 STRING TANKS
 BAGGY PANTS
 ALL KINDS OF SHORTS
 JACKETS
 AND GYM BAGS -
WE'VE GOT IT!

If you can wear it
 in a gym - we've got it
 with an **ATTITUDE!**

Order 4 or more items,
 get a FREE Logo Cap!

HOUSE OF PAIN

IRONWEAR

24 HRS / TOLL FREE

1-888-463-7246

1-888-H·OF·PAIN

FAX 1-972-772-5644



www.houseofpainironwear.com

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

The time is now! Either you want to be a Pro Powerlifter or you don't! The stage is set for the World's Strongest Iron Movers and Shakers to showcase their stuff. August 12, 2001 will be the start of many Huge Iron high profile electrifying WPO powerlifting extravaganzas! The Semi-Final is the first step in reaching WPO super stardom. The top four in each of the ten weight classes will advance to the WPO Final November 17th. Hold on to supersuits, because I have some unbelievable news for the top two place winners in each of the ten classes at the WPO Final. As most of the powerlifting world knows the WPO was responsible for generating the largest crowd response in Arnold Classic Bench Press history. Arnold himself and Jim Lorimer who oversees the Classic in it's entirety were blown away by the quality of the benchers, and especially the high energy WPO format that has made our sport much more entertaining. The end result is that Arnold and Mr. Lorimer have given the WPO 10,000 square feet to host three whole days of powerlifting which has never been done before.

WPO GUT CHECK

fore until the WPO came to town. That's right you heard me, three whole days of Huge Iron madness and Heavy Metal mayhem at the 2002 Arnold Classic. Friday will be the WPO qualifier for the newcomers who want in the WPO. Saturday will be the invitational Bench Bash and a four - event strongman contest. Finally on Sunday, the granpappy of the entire weekend, the WPO Superbowl of Powerlifting. The top two in each of the ten weight classes at the WPO Final will be invited to compete in this event. They will compete straight up against each other in WPO Super Open style. There will be a LWT, MWT, HWT winner. All three will receive \$25,000 big ones. Do you want to be perceived as the world's best powerlifter? Do you vision yourself making a living as a professional powerlifter? If so, the opportunity to compete at the Arnold Classic is a lifter's best chance to secure this very concept. There will be over 600

sponsors that are just looking for an up and coming super star to promote their product. Whoever the lucky twelve are that will be competing in the WPO Superbowl of powerlifting better bring their A-game to the platform. Success at the Arnold Classic could open up the door for a very lucrative future. As far as the WPO is concerned, having Arnold and Mr. Lorimer behind us is like a golden key being turned in the entertainment world. And ultimately should govern the WPO's success for the long haul.

This is it! Our day of reckoning has come! The WPO is here to stay! Professional Powerlifting is a reality! We will have our day in the sun, and nobody will stop us in our quest for Huge Iron excellence! When lifters compete for big bucks against the best of the best, I will see to it personally that the victors are respected by the general public and abroad for their iron accomplishments. So the end result is well

deserved recognition just like other professional athletes' experience. Why shouldn't we be in the limelight? Athletes from other sports use weight training to enhance their athletic performance, and make millions in their sport. Very few professional sports have the element of a life threatening discipline that determines the athlete's success. That's exactly what powerlifting is! When the elite lifters decides that he will attempt 800, 900 even 1000 lbs., he has just put his well being at stake, possibly his life! I'm passionate about enforcing this concept so the American People understand that powerlifting is the ultimate expression in weight training. Therefore, powerlifting is King of all sports and we will be respected god dammit! I will make people understand, if it kills me, that Powerlifting is the World's Strongest sport! And if a baseball player makes 10 million a year, then a professional powerlifter should make 20 million a year!

If the WPO doesn't make you want to get in your car and run down to the gym and train like a mad man, then you must be mentally ill. The WPO as you can see is no bullshit federation! We don't care what you did in the past, we don't care what you say you do, we don't care if you are drug free or not! The WPO wants lifters that don't cry, that are willing to live by the WPO creed which is "Put Up or Shut UP!" If you think you have what it takes to shine in the WPO, then there is no excuse not to be at Hardrock Live August 12, ready to rock and roll! The WPO has the best equipment that money can buy! The supersuit and bench shirt rules are consistent so no lifter will be out gunned. Computerized scoring, monitors all over the place, hot women, Universal Studios, I could go on forever! None the less, if you do a WPO gut check and the hair on your neck doesn't raise up, then we don't want you in the WPO! If Professional Powerlifting doesn't pump your veins full of adrenaline, then you can lift and live in the past with the other powerlifting pessimists who are responsible for driving the World's Strongest Sport right into a political brick wall. That political crybaby crap doesn't exist in the WPO. I said it before and I will say it again "there is no excuse not to be at Hardrock Live August 12, 2001." If you are an elite lifter and don't show up, then you will miss the greatest assembly of Iron Athletes under one roof in the history of our beloved sport. When you see the WPO on television, it will always be in your subconscious that you hesitated when you could have been instrumental in the progression of Professional Powerlifting in America and beyond. Be there!!!

Your WPO President,
Kieran Kidder

Garry Frank totaled a mind-boggling 2601 at the APF Senior Nationals in Florida, promoted by Kieran Kidder ... according to eye witness Herb Glossbrenner, Garry had a spectacular day, making all three attempts - 909 964 1003 - in the squat, and all three - 666 705 738 - in the bench press (all amazingly easy) and he tried a 755 on a 4th attempt, but blew out his shirt in the effort. In the deadlift, he went 837 (for another new all time total record, and then 859 to crack the 2600 barrier only 7 months after busting through 2500, and while simply bending over to try a final pull at 903, he slightly pulled his groin. (As reported in the June 17th edition of POWER HOTLINE, Garry had squatted 1030 in training, pulled a 915, and hit a 770 bench in training, and a 690 without a shirt. This training cycle he incorporated training with a shirt for 6 weeks, much longer than he has done on previous cycles, and he was much more used to lifting with the shirt once he hit the competition). Also doing exceptionally well at the APF Seniors was guest lifter Steve Coggins, weighing 258, who went 903 and 1003 (2" deep, according to Herb, now that Steve squats in a more upright style) in the squat (passing a 3rd, despite reportedly squatting 1052 in training 3 weeks earlier). He then opened at 165 (!) in the bench, before jumping to a strong 540 and 562. (Herb thinks he will go 600 soon). In the deadlift he went 749, 854, and then got 903 above his knees before stalling out, for a 2419 total - and perhaps a message to Ed Coan for the August WPO Semi-Finals meet. Becca Swanson was sensational winning the Women's SHWs at the APF Seniors with 578 341 605 1520. Herb estimates she could have squatted 600 at this meet and expects her to hit 650, and perhaps even 700 eventually, and he further predicts that she will deadlift 650 and become the first woman to total 1700! Ed Coan won \$10,000 at the Mountaineer Cup on the same weekend, going 975 567 711 2254, taking it a bit easy on an injured biceps. Art Labare got the \$2,000 2nd place prize. In the bench press competition there, Jamie Harris sizzled with 711, 730, 771, and a 4th attempt at 800 that was strongly locked out, but then was turned down for not touching the chest.

World Powerlifting Organization News (TM)

What's the Difference? #5

The WPO(TM), an organization promoting professional powerlifting, believes in open classes where the athlete competes "even up" with others in their weight class and in the super open weight class. At the present time, the WPO does not recognize any bodyweight formula or age coefficient. Since the 2001 Arnold Classic, where the WPO put up some 15K in prize money, some questions have arisen.

Are there any bodyweight formulas or age coefficients used in WPO contests? No, there are no formulas or age coefficients used in the WPO contests unless otherwise advertised. It has long been our position that the WPO is an open lifter organization where the athlete who lifts the most weight wins. Formulas and age coefficients just cloud the results and confuse the general public. Lets face it - a viewer must be able to understand the format of how a lifter wins a division without a calculator, a list of coefficients, and a fifteen minute explanation.

Are there any sanctioned powerlifting contests in the United States where master lifters are allowed to use their age coefficient as a factor against an open lifter in determining best lifter? No, I have researched every legitimate organization in the United States and there is not a single one that allows the master lifter to use an extra coefficient to determine an open best lifter. These age coefficients were created so that master lifters could, in theory, compete against each other on an equal basis. Thus, if a master lifter was to lift in the WPO open contests they would not be given an extra factor.

Can women lift in a WPO sanctioned contest? Yes, providing she has met the same criterion as the men. That is, the qualifying total must have been made in a major powerlifting organizations' National or World Championships in the last five years. Verification may be from meet results showing totals that have been posted or advertised in *Powerlifting USA* magazine or written notification of contest and totals from the meet director. It is the lifter's responsibility to make certain that the secretary of WPO receives the qualifying information prior to the entry deadline of the upcoming WPO competition. Beginning January 2002, all qualifying totals must be made at WPO sanctioned events.

What are the qualifying totals?

60 kg.	0-132.50	1159
67.5 kg.	132.51-148.75	1322
75 kg.	148.76-165.50	1450
82.5 kg.	165.51-181.75	1581
90 kg.	181.76-198.50	1664

100 kg.	198.51-220.5	1755
110 kg.	220.51-242.5	1810
125 kg.	242.51-275.5	1856
140 kg.	275.51-308.5	1898
SHW	308.51 plus	1912

Where did the original WPO three lift Powerlifting World Records come from? All WPO three lift Powerlifting World Record numbers come from the 2000 Guinness World Book of Records, the most recognizable documented source.

What are the WPO three lift world records?

SQUAT

132	705	Carlsson, Magnus
148	683	Olech, Jaroslaw
165	727	Hooper, Wade*
181	837	Bridges, Mike
198	848	Kellum, Jesse*
220	933	Coan, Ed
242	915	Karwoski, Kirk
275	1003	Karwoski, Kirk
308	1011	Mehan, Al*
SH	1009	Hamman, Shane

BENCH

132	441	Carlsson, Magnus
148	446	Sivokon, Alexei
165	480	Rouse, James
181	540	Coleman, Arnold*
198	595	Kellum, Jesse*
220	577	MacDonald, Mike
242	595	Magruder, Jeffrey
275	628	Midote, Daisuke
308	688	Fusner, Rob*

SH	711	Henderson, James
DEADLIFT		
132	683	Gant, Lamar
148	699	Conyers, Anthony*
165	744	Austin, Dan
181	788	Kumpunierni, Veli
198	821	Kellum, Jesse*
220	860	Coan, Ed
242	871	Gankov, Alexey
275	859	Turtainen, A*
308	898	Bolton, A*
SH	895	Noren, Lars
TOTAL		

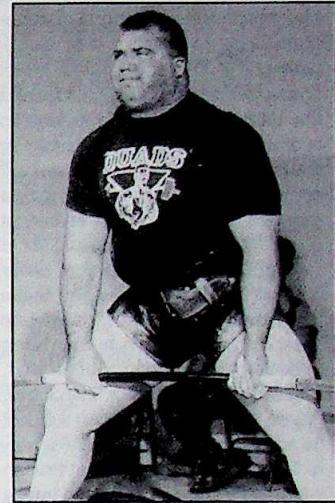
132	1560	Bradley, Joe
148	1780	Sivokon, Alexei
165	1874	Gaugler, Rick
181	2100	Bridges, Mike
198	2094	Kellum, Jesse*
220	2282	Coan, Ed
242	2210	Gankov, Alexey
275	2326	Turtainen, A*
308	2431	Badenhorst, G
SH	2535	Frank, Garry*

*=WPO World Record.

Where did the original WPO World Bench Press Records come from? All WPO World Bench Press Records come from meets held by the WPO since its inception in 1998.

What are the WPO World Bench Press Records?

132	314	Amy Weisberger
148	446	Douglas Heath
165	562	Markus Schick
181	540	Donald Robbins
198	683	George Halbert
220	683	Ken Patterson
242	701	Ken Patterson
275	672	Horace Lane



Al Mehan with a recent 1010 pound squat at the WPC Worlds is a serious contender for the WPO Heavyweight Crown. (Photo provided by Russ Barlow to PL USA).



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



PLEASE PRINT CLEARLY * COMPLETE ALL BLANKS

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

YEAR 2000 Membership Registration Fee: \$ 25.00

Mail Application & Check To: Huge Iron Production, Inc.
910 S. Atlantic Avenue
Ormond Beach, FL 32176

308 705 Rob Fusner
SH 677 Travis Rogers

Kieran and I have nothing but the best interest of the elite lifters all over the world in mind. We do not frown upon criticism. In fact, this is how we grow in strength and numbers. If you have any questions about the rules, call Huge Iron at 904-677-4000 and request a WPO(TM) rule book. Remember: Stay Hardcore! (Thanks to Russ Barlow, WPO Technical Director for providing this info).

I met this magnificent woman a few weeks ago named Sandy Gartrell. Her moniker is 'Sunshine'. Isn't that just the neatest nickname you've ever heard? She is one of the most magnificent human beings I have ever experienced. She is so full of life - a real FLYER! She has this big beautiful smile and the most brilliant bright eyes you could ever imagine that portray everything about her... excitement, joy, and love. I have a picture of her on my screen saver. Sometimes I will go to my office at night and flip my computer on and her face lights up the entire room. Hell, my printer catches on fire sometimes because her face is so illuminating. I swear she should be in Disney World with Mickey, Bugs and the gang to bring joy and love to everyone. Still, as incredible as she is, she is not perfect. Every so often I will see a glimpse of her humanness, a moment of consternation, an instant of self-doubt and confusion, or a second of insecurity. She will never admit it though because she is the 'Ice Queen'. Apparently, someone has sold this magnificent human being a declaration of goods that said, "Unless you are always in control, unless you are perfect, you will not be accepted." So she strives for perfection and when she doesn't reach it, she attempts to project an image of flawlessness.

Dr. JUDD

I Hate this Thing Called Perfection as told to PL USA by Judd Biasiotto Ph.D.

I think to myself how hard it must be for her to be so perfect: of having to pretend that she has it all together, and that she is so secure and not needing of anyone or anything. In every other way in the "real world" she is as perfect as she can be, she has a magnificent body, a splendid mind, and a spirit that radiates electricity, but in her mind only absolute perfection counts, and if that is what she believes, then that is what it is. So this idea of being perfect scares me. No one is perfect and no one should have to be perfect to be accepted.

Trust me on this one, no one is flawless. Everyone has insecurities. I have been around some of the greatest athletes in the world and some of the richest and most successful men in the world and they are no better than you are. They are just as confused, just as insecure, and just as fearful as anyone else is. They don't have any more answers than you do

when it comes to living life.

I had an interesting experience a few years ago at the Champions of Champions competition in Statesboro, Georgia. I was in the warm-up room preparing myself mentally for an attempt at a monstrous lift. It was a weight that was going to take me right to the very edge of my physical parameters. I want to tell you, I was frightened - okay - I was scared half to death. I knew that one wrong move and I could snap my back like a twig. I was standing there trying to gain my presence of mind when this little boy, who was about ten years old, walked over to me and said, "I want to be just like you when I start lifting. You are the best one." And I thought, "Man! What a magnificent compliment." Then it dawned on me that it was also an awesome responsibility. I realized that the way I behaved would have an impact on this child.

The little boy just stood there looking at me and I was trembling with the trepidation of making that up coming lift. I could tell that he sensed my fear. Finally, he said, "you're not scared are you?" And I bent down so that I could look in his eyes and I said, "Yes! I am very frightened right now, but I am going to go out there and do my very best." I could tell he was shocked, but I wanted him to know that it was alright to be scared. That it is alright to be human and that

success is a product of what you do, not what you say, or the image you project. He looked at me with puzzled eyes and then said the cutest thing. He said, "But you are better than the other lifters and they are not scared." I smiled. "You don't know that," I replied. "Maybe they are just pretending not to be scared. Maybe they are afraid. Some guys are better at looking good than being good. Does that make sense to you?" And then he radiated a "BIG" handsome grin and said, "Yes!"

I hope he really did understand what I was trying to tell him because I didn't want him to go through life thinking that he had to live up to some phony macho image that a lot of guys

try to project. I wanted him to know that I was frail and vulnerable at times ... that I had reservations, fears, insecurities and idiosyncrasies. In other words, I wanted him to know that I was human, and that being human was good.

Trust me on this one - it is good to be human and it is a heck of a lot easier too. Unfortunately, a lot people have not figured that out yet. They go around pretending that they have it all together, that they are in complete control, that they are totally secure, and that they don't need anyone. It would be so much easier and truthful to just say, "I'm not perfect. I make mistakes sometimes. I'm also vulnerable and scared at times. Heck! Sometimes I act like a complete idiot. In other words I'm human." Wouldn't that be easy, but they can't do it. Do you know why - because they are insecure. That's right, they are exactly the opposite of what they are trying to project - perfection. You know, I have a friend who really enjoys powerlifting but he refuses to get involved in the sport because, he doesn't have the time or energy to do it seriously. "I won't do it," he says, "if I can't be the best". I suspect what he is really saying is that if he doesn't have the time to become totally competent in the sport, then any lesser level of achievement would embarrass him. So he stands on the sidelines watching his friends derive joy from what he wants to do. Why? Because someone told him that unless he's a master in the sport, unless he is perfect, he can't enjoy it. BALONEY!

I think we should put a stop to all of this right here and now, and each of us vow to say NO to this idea of perfection. We have to be real, not phony. We have to expect what is reasonable, not what is perfect. One of the hardest things in the world is to be someone you are not. Just take off all the masks and be yourself. The easiest thing in the world is to be who you really are. Find yourself and then have the guts to be yourself. You will discover that it is a lot easier to be YOU and a hell of a lot more fun living that way.

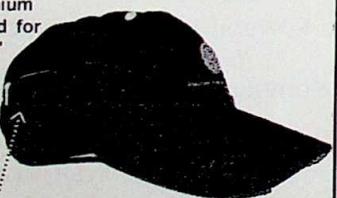
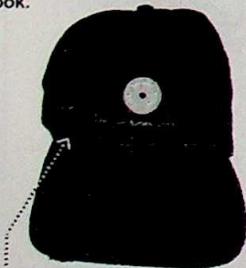
Here is something else you need to know. The hardest thing in the world is to be what other people want you to be. Don't let ANYONE do that to you. There is nothing wrong with change as long as that change makes you a better you, but don't let people mandate who you are, and what you should be.

No more disguises - just be who YOU are. Say, "here I am, take me for what I am with all of my strengths and all my weaknesses and if you can't, just leave me alone". You have the POWER. Just do it. Be who you are and what you are. Say, NO to perfection and YES to being human.

3-D BARBELL PLATE HAT

Destroyed

Extreme distressed washed 100% premium cotton, 6 panels, low profile, unstructured for a comfortable fit, frayed visor "worn out" look.



Security Pocket

Low profile, 6 panels, enzyme washed, 100% cotton, unstructured for a comfortable fit, zippered compartment perfectly sized to secure cash.

© E.Getreu 2000

**The Printed Barbell Plate Forms 3 Dimensions
Via Our State Of The Art Screenprinting Process.**



\$17.99 Or 2 For \$29.99

For Fast Delivery Call (614) 833-0147 Or (614) 937-5090
Send Check Or Money Order To E.Getreu
6589 Warriner Way Canal Winchester OH 43110
Add \$2.00 For Shipping And Handling

Name _____	Address _____
City, State, Zip _____	Phone# () _____

<input type="checkbox"/> "Destroyed" Quantity - _____ Total \$ _____ available in black only	
<input type="checkbox"/> "Pocketed" Quantity - _____ Total \$ _____ available in black only	
<input type="checkbox"/> Check <input type="checkbox"/> Money Order Total Amount Enclosed \$ _____	

Ask the Doctor

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

DEAR MAURO: I am familiar with Charles Poliquin, and have used his "T.U.T." method with not a lot of success. His programs make it sound as though that you must incorporate tempos and technical program design to succeed. I feel I have had better progress, and more enjoyment, training without counting tempos, just using the basics. It seems as though you train like that as well. I have never heard you mention T.U.T. What your take is on this issue? Rob

DEAR ROB: I've always gone the simple route and it's worked for me and anyone that I've trained. TULs and TUTs mean nothing to me. What means something is the amount of effort you put into your training. To me time under tension is no substitute for training at high intensity and with maximum effort. While measuring TUT or TUL or TUMT (time under maximum tension) can be a pain, it's easy to use intensity and maximum effort, since it comes so naturally. Also with these two factors in play, along with a smattering of common sense regarding recuperation times and not overtraining, you'll get maximum hypertrophy and strength development since the body must constantly adapt to the unrelenting load placed upon it.

We could explain this kind of training by referring to muscle fiber activation, i.e., more type II fibers are activated and they're activated early on, or by cell injury leading to various tissue responses and signaling that lead to increases in muscle strength and hypertrophy both through increased protein synthesis and satellite cell activation, or by other explanations and theories, but the bottom line, at least in my experience, is that it works best.

The following info was written for a chap who wanted to know how I trained, as he was going to go for a world record bench press. It's relevant so I just tacked it on below.

"For example, although I'm a poor bencher, at least relative to my squat and deadlift, I did manage to do 424 lbs. at 165 without a bench shirt. That's a mean feat given that, with my relatively long arms, I'm built more for deadlifting than benching.

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

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

During the next five weeks, I gradually dropped weight at the rate

Metabolic Diet Book

Mauro DiPasquale, M.D.

Price: \$39.95

Availability: Ships within 24-48 hours. To order call 1-720-479-8342 or order on site from

www.allprotraining.com

Hardcover - 512 pages

publisher: AllProTraining

If you're confused as to what kind of diet you should be

following, join the club because you're not alone. Just about anybody who is serious about sports and exercise is bombarded by claims made by all the diet gurus and fitness experts. After a while it gets pretty hard to sort out just what kind of diet is best for maximizing muscle mass and minimizing body fat. Should you do high carbohydrates, low fat, low carbohydrates, high fat, low protein, high protein, or maybe just cycle them all and hope that something works?

The Metabolic Diet is a one - stop solution to the age-old dilemma of what diet is best to maximize muscle mass and strength. Don't miss out. Order a copy right now. You won't be disappointed.

APT Nutritional Supplements

The most advanced line of nutritional supplements - EVER.

Formulated for the Metabolic Diet - For information go to www.allprotraining.com

JointSupport (TM) Suggested Price: \$29.95

AllProTraining

JointSupport (TM) is a premier formulation for supporting cartilage and joint function. It's the perfect solution for maintaining healthy joints and dealing with minor muscle ache experienced after exercise.

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

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

The emphasis in all three phases is to peak by the fifth week and on the fifth week only. That is you should make some progress from week four to week five. "

Mauro Di Pasquale MD

G.N.C. NUTRITION UPDATE

IMPROVING WHEY PROTEIN by Dr. Jeffrey Stout, Ph.D.

Many athletes train hard, in order to get the most out of their performances. While you may feel you are training at your best, there is always something that you could be doing a little better. There is always room for improvement.

The same principle applies to whey protein supplements. While athletes have seen benefits from taking whey protein, GNC scientists saw an opportunity to help athletes even more. Their challenge was to develop a better whey protein product.

The result is a protein formula that's considered superior to taking just whey protein. GNC Pro Performance Mega Whey supplies 40 grams of the highest quality whey protein, in combination with 5 grams of glutamine and 3 grams of Branched-Chain Amino Acids (BCAAs).

Whey Protein

Milk proteins are composed of two major components: soluble whey protein and casein. Milk is about 6.25 percent protein, and about 20 percent of that is whey, the watery part of milk that is separated during the cheese-making process. Whey is rich in branched-chain amino acids.

In comparison to casein, whey protein given immediately post exercise: 1) may be considered a higher quality protein; 2) is digested and absorbed faster; 3) increases protein synthesis to a greater degree; 4) may have more positive effects on the immune system; and 5) is a better antioxidant. Therefore, my recommendation is that if you're go-



Dr. Jeffrey Stout (seen in photo above) is the Director of Sports Science for GNC's Pro Performance (R) line.

ing to use protein supplements immediately post-exercise; your best bet is to use supplements that primarily contain whey protein.

Glutamine

Glutamine, you might say, is the quintessential amino acid. Glutamine is one of the most abundant amino acids found in skeletal muscles, serves as fuel for the immune system, provides an anti-catabolic effect, and is involved in protein synthesis. Prolonged high-intensity exercise has been shown to decrease glutamine levels. By supplementing glutamine in your diet, you may be able to prevent glutamine loss.

BCAAs

The three Branched-Chain Amino Acids (BCAAs) are Leucine, Isoleucine, and Valine. BCAAs comprise 30-35% of muscle tissue and provide 70% of free nitrogen to the body. If taken in adequate amounts, the BCAAs can increase protein synthesis and decrease protein breakdown as well as spare the loss of muscle glycogen.

The Whey + Glutamine + BCAAs combo!

Recently a study compared the formula in Mega Whey to whey protein alone. Healthy

young males, who were experienced weight-trainers, were asked to supplement 40 grams of whey protein alone or combined with 5 grams of glutamine and 3 grams of BCAAs (the Mega Whey formula) for 10 weeks while on a weight training program. The results clearly demonstrated the superiority of the Mega Whey formula.

So there you have it, the science, better formula and superior results. Indeed, the GNC scientists have produced a better whey protein supplement.

Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, which is available at all GNC stores.

THE SPORTS LAB

Only at GNC



IF YOUR BODY'S A TEMPLE THEN THIS IS
THE STEEL FRAMING

PART OF THE NEW PRO PERFORMANCE® ELITE SERIES OF SPORT SUPPLEMENTS

ADVANCED MEAL REPLACEMENT FORMULA
40 GRAMS OF A UNIQUE PROTEIN BLEND
CONTAINS 2.5 GRAMS OF CREATINE
SUPPLIES 5 GRAMS OF GLUTAMINE
INCLUDES PATENTED ENZYME SYSTEM

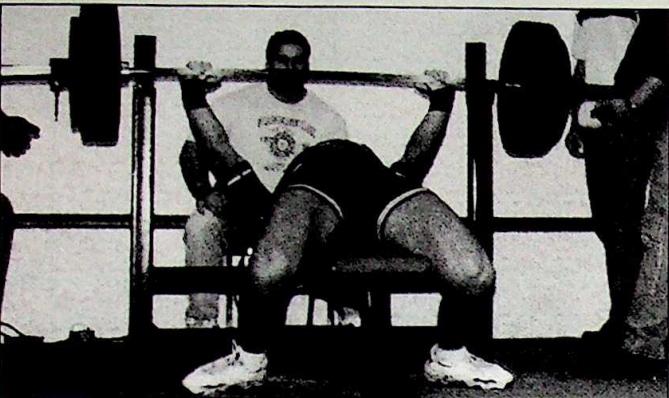
GNC LiveWell.[™]

Over 4500 stores nationwide. Visit us at www.gnc.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call toll-free 1-800-372-4463 for free GNC booklet "Get Fit with GNC". © 2001 GNC, Inc. N.J. 07043. May order via phone 1-800-372-4463.

**11th Weightlifting Unlimited BP
31 Mar 01 - Winchester, VA**

WOMEN	R. Clopton	205
lightweight	J. Wells	135
J. Robertson	190	181 lb.
L. Nelson	150	C. West
D. Robinson	115	R. Tobe
Teen	P. Cropp	600
R. McMellen	450	Raw Lhtwt.
V. Haines	300	J. Baer
B. Tabler	310	T. Gray
V. CLARKE	270	D. Kneisly
Open 165 lb.		Raw Hywght.
R. Fraley	355	M. Mullin
J. Opaule	275	B. Miller
L. Board	275	S. Berman
S. Waite	185	R. Risor
198 lb.		R. Gouley
T. Brown	470	Master (40-49)
R. McMellen	450	C. West
B. Shafer	335	B. Carmack
D. Clarke	270	D. Reid 270
242 lb.		Submaster (33-39)
D. Johnson	525	R. Robinson
D. Dyke	425	P. Brown
Open 275+ lb.		J. Gibson
Heavyweight		Master (50-59)
L. Short	535	E. Haines
WOMEN	D. Marchette	380
Hywght.	J. Harman	315
G. Carter	145	F. Nelson
Open	(60+)	G. Waymack
148 lb.	C. Anderson	315
F. Lupis	305	P. Bahna
Weightlifting Unlimited held their 11th Annual Bench Press Championship at the Eagles Club. We had over 40 lifters at the meet and some great lifts. In the women's class Jennifer Robinson took 1st place with body weight of 145, she benched 190 lbs. A teenager lifter, Ryan McMellen, bodyweight 187, lifted 450 lbs. Carl West in 181 lbs. class, weight 172, he bench 485 lbs. It was a easy lift for him. He also took master division 40-49, won 1st place. In 242 lbs class, Dave Johnson took 1st 525 lbs. with bodyweight of 229 lbs. In 275 lbs. class, Pete Cropp took 1st with 600 lbs. with body weight of 261 lbs., he tried 620 lbs. and miss it. Master 50-59 Eddie Haines took 1st with 415 lbs, bodyweight 208 lbs., and unofficial West	220	



Dave Johnson of Winchester, VA benching 525 lbs. at a bodyweight of 229 lbs. at the Unlimited BP. (Photo provided by Randy Brooks).

Virginia state record. He's from Capon Bridge, WV. Dave Marchette got 2nd place, age 57, with 380 lbs with bodyweight of 196 lbs. We feel the meet went great, and I like to thank everyone for coming, hope to see you next year, special thanks for Roger and Barbara for keeping score of the meet. (Thanks to Randy Brooks for providing the results of this meet).

5th APP Michigan State		
11 Mar 01 - Sterling Heights, MI		
BENCH	D. Richard	207.5
MEN	275 lb.	
Master	G. Szolack	222.5
(50-54)	Submaster (33-39)	
G. Cornell	150 242 lb.	
(65-69)	W. Bahna	217.5
S. Gendin	120 SHW	
Open 242 lb.	T. Skiver	250
WOMEN	SQ BP DL TOT	
Junior (20-23)	114 lb.	
T. Muskat	115 60 132.5 307.5	

Master (45-49) 165 lb.	G. McMillan	230	127.5	255	612.5
198 lb.	M. Weller	227.5	147.5	227.5	602.5
220 lb.	J. Ellsworth	240	172.5	247.5	660
275 lb.	S. Wilson	305	227.5	332.5	865
(50-54) 242 lb.	D. Scheithauer	260	—	—	—
(55-59) 181 lb.	R. Muskat	127.5	92.5	167.5	387.5
220 lb.	J. Durazo	160	125	200	485
(60-64) 198 lb.	L. Hughes	120	97.5	147.5	365
(65-69) 220 lb.	D. Yeznick	185	115	185	485
(70-74) 198 lb.	B. Creech	95	55	112.5	262.5
242 lb.	J. Gould	50	60	95	205
(80-84) 148 lb.	R. Merrell	—	35	80	145
Newly appointed Michigan State Chairman, Jim O'berger and Jim Hinzel held the meet at one of the best meets venues I've ever seen. It's truly unfortunate that the Detroit Metro Beach facility is not large enough for a National meet. This large, airy, glass sided building with views of the park and beach makes the meet great for everyone. The "Teen Jim's," as I call them, spared no effort to make this a top notch meet. They succeeded. Great equipment on the platform and the roomy warm-up area helped make this a lifter's meet. There were 75 entries of all the divisions; this after a date change and a mistaken cancellation. Obviously powerlifting is alive and well in Michigan. With a great nucleus of lifters and officials it looks like it will stay that way for a long time. Judges were Bob Spaulding, Maris Anne Sternberg and Mike Andrews. In the novice division the top total of the meet was posted by 242 lb. Eugene Covey of Marblehead Ohio. He was entered in the open division also. This 28 year old autobody repairman had been lifting for three years. His 705 squat was a PR. He's very impressive to watch making a 369.25 BP and 562 DL for a 1637 total. He wanted to thank the Outlaw Team who helped him. The "colorful" team can drive me crazy at times, but they have true team spirit and they're always strong. The men's open had some great lifting and even saw the return of a legend. Rick Salvagni was amazingly strong. It took 3 attempts to get into the meet with a 628.5 squat, but he still blew away the competition with a 1670 total and BL honors, light and overall. The 181's said a potential battle between John Wood and John Wood was ahead after the squat 655.75 to 633.75. Both men benched 424.25 so it came down to the deadlift. Each opened with 562. Playing it safe, Wood took 595 to Cucurean's 600.75. Cucurean then went for the win with 622.75 but couldn't pull it. That gave John Wood the 1st place and a pretty good day. What a pleasant surprise to see legendary Steve Wilson's return to the platform. After a 2 year absence (just didn't have the time he tells me) he's moved to Sandusky, Ohio and started training again. What appeared to be a small case of platform rust forced him to take 3 attempts at his opener of 672.25. Since he got past that he was right at home again. Steve Hinckel 501 and went 3 for 3 in the deadlift for a 1907 total and BL Heavy honors. After competitors included Canadian Vince Graham who traveled from Calgary to compete in the SM 181's. Evan White and Patrick Grahe (220) competed in the teenage division finishing 887 and 1367 respectively. The master lifters were a great show. Ken Richardson, Jerry Ellsworth and Steve Wilson (946) did well. The older competitor in the meet was 80 year old Roger Merrell. 65 year old Don Yeznick (220) didn't have the day he wanted, but it was enough to garner the master's BL. Until next time stay healthy and stay strong. (Thanks to Maris Anne Sternberg for providing these meet results).					

USPF New Jersey State					
31 Mar 01 - Elizabeth, NJ					
MEN	SQ	BP	DL	TOT	
Open 100 kg.					
V. Cooke	237.5	205	275	717.5	
R. Heinrich	262.5	192.5	240	695	
Master (45-49) 125 kg.					
C. Biron	212.5	147.5	207.0	5567.5	
(Thanks to Eddie Horton for the meet results).					

The Videotapes



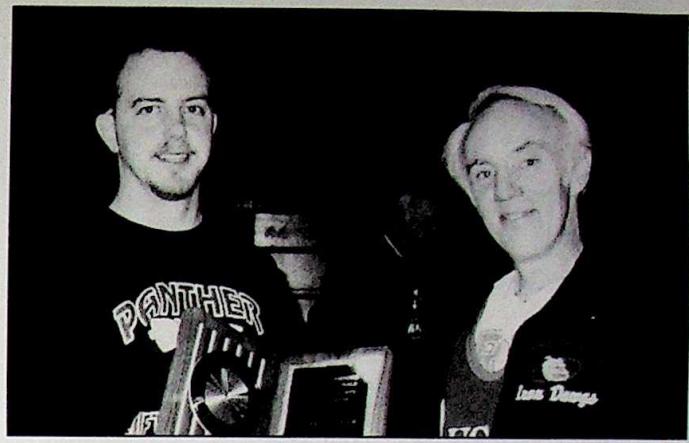
The holder of more than 100 official and unofficial world records shows you how to train with three great video tapes: *The Squat*, *The Deadlift*, *The Bench Press*. Watch and learn as Ed demonstrates workouts and his methodical approach to training. Be there as Ed squats 975, deadlifts 901, bench presses 575; even does a 400 lb. behind the neck press! Ed's program can help you no matter what your strength level. Gym and actual contest footage, too. Each tape is approximately 50 minutes long.

ED COAN

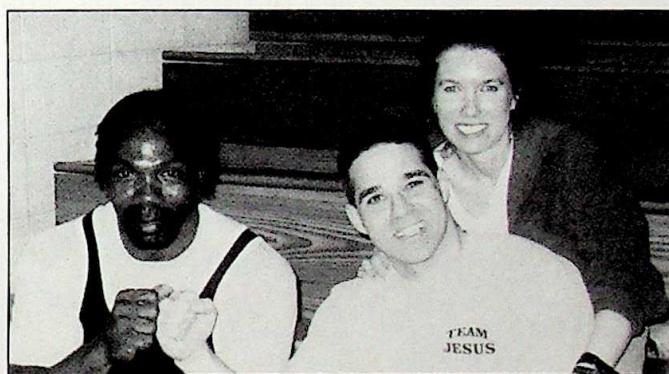
Each tape \$39.95, add \$5 Shipping and Handling in U.S. Illinois residents, add 7 1/4% (\$2.90) Outside the U.S. add \$10. PAL or SECAM add \$5 each tape. Call for credit card orders or send check/MO to: COAN Quest, 745 North Torrence Ave., Calumet City, IL 60409 USA. Phone: 708-862-9779. Visit us on the Web! www.quadsgym.com

AAU National BP & DL
17 Mar 01 - Hampstead, MD

BENCH	J. Berns	325	SHW SM	T. Deshrell	450	J. McDowell	500
WOMEN	SM			242 lb.		J. Herbein	540
Open 97 lb.	M. Wilhelm	330		J. Marvel	350	Open	
D. Davis-14	85*	285		C. Ford	375	J. Herbein (70-74)	540
105 lb. HS	M. Brady	285	MEN 132 lb.	T. Stack	400	Master (70-74)	315
S. Little	100*	250		HS		Open Master Raw	
123 lb.	M. Casatelli	250		B. Myers	295*	T. Smith	560
Master (45-49)	Coll Raw			148 lb.	(40-44) Raw	G. Shanholtz	550
K. Post	A. Wuench	300		148 lb.			
(50-54) Raw	90	185		H. Hinson	370	SM	
N. Myer	D. Junkins	235		V. Granger	405*	R. Jenkins	415
75	Open			V. Aybar	460	242 lb. Open	
132 lb.	D. Dodson	205			165 lb. Open	D. Cooper	730*
(45-49) Raw	HS					T. Smith	
C. Irwin	C. Myers	'220		M. Puckett	520	J. Punday	500
148 lb. Open/SM	M. Scherr	205		181 lb. Open Raw		275 lb.	
J. Gardella	B. White	215		R. Harris	510	Master (50-54) Raw	
Teen (19)	G. Long	255		M. Brady	500	Open	
S. Dolson	190	198 lb. Open		Master (60-64)		L. McGrane	600
181 lb.	S. Hann	435		M. Casatelli	500		
Master (50-54)	G. Dowd	380		Master (45-49)	D. Ratchford	465	
C. Ramsburg	J. Reed	335		D. Nicastro	550	Teen (19)	
110				D. Dodson	F. Kammer	480	
198 lb. SM Raw	Master (45-49)			198 lb.	SM		
J. Bender	R. O'Dwyer	410*		P. Groark			
220 lb. Open	(60-64)			Master	J. Gourley	—	
N. Ruley	220	J. Litzenberg	300	(45-49) Raw	Master (40)	585	
J. Sheller	140	(45-49) Raw					
Special Olympian	J. McDowell	290	"American Record. As the fog lifted outside, the lifters lifted inside. Thank you: North Carroll Athletic Director Mr. Bill Rumbaugh for invocation; North Carroll student Miss Darlene Peak for the National Anthem; Ron Morley and Main Street Estate Group; Mr. Bill McKenna and Carroll County Heritage Foundation; Prestige TV 3; Carroll County Times; Sheila Stone, Matthew S. Gumby, Ken Nunlee and Bob Blubaugh; Fellowship of Christian Athletes; US Marines; US Army; Shakley Junction; Think				
148 lb.	J. Herbein	270					
Master (40-44)							
F. Burke	Open						
(55-59) 198 lb.	Master (65-69)						
P. Gorton	215	B. Spielberg					
MEN	(70-74)						
Special Olympian	P. Jenson	215					
148 lb.	SM						
D. Hatfield	R. Jenkins	365					
125	Master (55-59)						
F. Eder	305	M. Bixler					
165 lb.	HS						
C. White	175	HS					
198 lb.	S. Barr	220					
A. Ramses	E. Wingate	210					
220 lb.	220 lb. Open						
J. Burke	100	A. Succarotte	460				
242 lb.	Open Raw						
J. Wood	220	B. Lapole	400				
275 lb.	R. McDowell	375					
B. Taylor	SM						
SHW	J. Jackson	—					
S. Sparks	115	Master (45-49)					
C. Richardson	R. Kerber	290					
242 lb.	(50-54)						
J. Marvel	320	J. Kuhar	370*				
G. Ford	240	M. Levin	335				
MEN	242 lb. Open						
123 lb. HS	D. Cooper	405					
J. Rhoden	170	R. Succarotte	405				
132 lb. Open/SM	Open						
T. Stack	240	Master (40-44)					
Teen (13)	G. Boldissar	455					
C. Miller	130	Master (65-69)					
A. Fuhrman	140	D. Joy	325				
148 lb. Collegiate	275 lb. (50-54)						
J. Butterhoff	275	R. Cross	300				
Coll & Jr. (19-23)	L. McGrane	370					
B. Tafelski	295	Open					
Master (55-59) Raw							
P. Griffith	220	W. Denes	400				
(45-49)	D. Ratchford	385					
H. Dudley	225	R. Kammer	385				
Open	SM						
A. Hinson	230	P. Groark	—				
V. Aybar	290	Master (40)					
HS	J. Bandzwolek	360					
A. Slater	—	Master (55-59)					
165 lb. Open	J. Powell	350					
R. Fraley	305	M. Bullock	435				
L. Beard	240	J. Bechtel	320				
Master (50-54)	SHW SM						
J. Haines	330	D. Bullock	435				
J. Edwards	—	DEADLIFT					
(45-49) Raw	WOMEN						
N. Murray	295	123 lb.					
HS	Master (50-54) Raw						
M. Thurman	220	N. Myer	210				
J. Zentz	250	132 lb. (45-49) Raw					
HS	C. Irwin	265*					
J. Peters	265	198 lb. SM Raw					
J. Barthel	180	J. Bender	310				
C. Nash	265	MEN					
C. Sanders	250	Special Olympian					
181 lb. Sm Raw	148 lb.						
M. MacLoughlin	350	D. Hatfield	310				
Master (40-44)	165 lb.						
G. Fuhrman	250	C. White	460				
(45-49)	198 lb.						
R. Tafelski	255	A. Ramses	425				
(55-59)	242 lb.						
J. Monk	250	J. Wood	425				
Open	275 lb.						
M. Klein	330	B. Taylor	340				



"Coach" David Dodson, North Carroll H.S. receives first place team (Clock) Trophy from Championship Director Glen "Pocket Samson" Murphy Jr. (Photo provided courtesy of Glen Murphy Jr. to PL USA).



Team Jesus: Nathaniel Murray (left) and Victor Aybar with Mrs. Aybar. (Photograph provided courtesy Glen Murphy Jr. to Powerlifting USA).

White's Truck Stop/YMCA BP
21 Apr 01 - Staunton, VA

FEMALE	S. Morris	475
132 lb. Open	P. Brown	375
A. Kass	140	(13-19)
148 lb. Open	J. Perdue	350
C. Goldsmith	110	(35-39)
181 lb. (50-54)	D. Benson	390
A. Henderson	125	P. McCormick
MEN		365
132 lb. Open	S. Morris	475
C. Hurst	160	G. Hemp
148 lb. Open	242 lb. Open	340
J. Keyser	255	P. Cropp
165 lb. (13-19)	G. Maddox	450
M. Jones	205	20-23
(35-39)	K. Kenyon	510
T. Comfort	255	35-39
S. Chittum	225	T. Hemp
198 lb. Open	50-59	330
T. Brown	500	Jay Allen
D. Watson	425	275 lb.
J. Christian	405	E. Slack
(35-39)	J. Madden	430
J. Christian	405	M. Cartland
(40-49)	Supers	390
D. Watson	425	J. Crowder
Armed Force	305	D. Redman
S. Battista	355	(35-39)
220 lb. Open	D. Redman	475

(Thanks to John Shifflett for providing the results of this competition to Powerlifting USA).

ASSOCIATION OFFICE COPY

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

Regular Fee "AB" Fee

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

MEMBERSHIP CATEGORY	CHECK ONE:	Athlete	Coach	Official	Volunteer
Club No.:	Club Name:	E-Mail			

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

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

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

Member's Signature _____

Parent/Guardian Signature _____

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.					
Date of Birth	Age	Sex <input type="checkbox"/> Male <input type="checkbox"/> Female	Application Date	Social Security Number	
First	Middle	Last			
Address					
City			State	Zip Code	
County			Phone (With Area Code)		

FORGET ANDRO

INTRODUCING A REVOLUTION IN TESTOSTERONE

ZMA™

Force+™

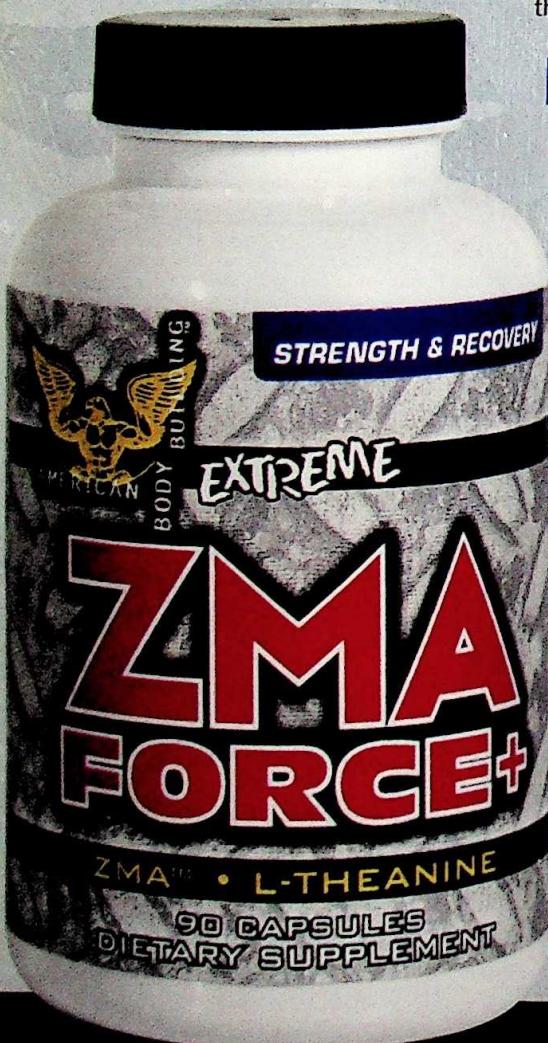
- YOU TRAIN. WE'LL DO THE REST!™

At American Body Building™, our scientists are constantly working on developing the latest, most innovative products to help you best attain your most perfect body.

ZMA® Force+, a combination of **ZMA®** and **L-THEANINE**, is the newest of our scientifically advanced line of supplements to help you get there.

ZMA™

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



A FORCE IN THE GYM™

L-THEANINE

L-THEANINE is actually an amino acid derived from Green Tea. The science indicates that **L-THEANINE** acts as a precursor to the release of an inhibitory neurotransmitter called GABA (gamma amino butyric acid), which counteracts the excitatory neurotransmitter norepinephrine. In other words, **L-THEANINE** allows you to relax and settle down.* It's an awesome mechanism and a huge advancement in the pursuit for maximal recovery.

ZMA RESEARCH

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

L.R. BRILLA¹ AND VICTOR CONTE²

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

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

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

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

INTRODUCTION

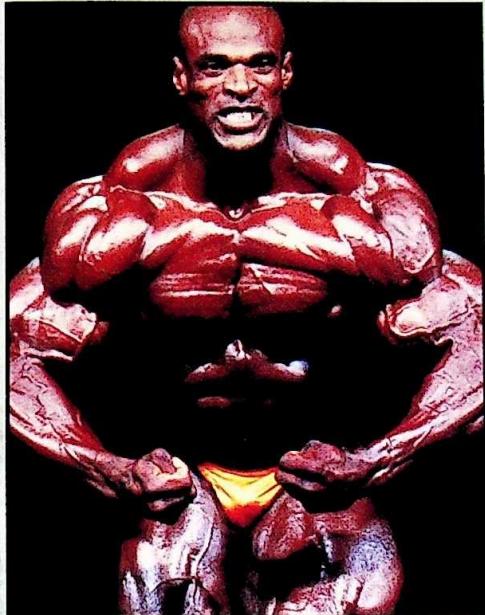
Zinc (Zn) and magnesium (Mg) may enhance levels of Insulin-like Growth Factor-I (IGF-I)(1); and zinc, in particular, may contribute to elevating serum testosterone (2). Both IGF-I and testosterone are anabolic factors that enhance muscle function and physical performance. Testosterone's role in physical

1-800-627-0627

www.AmericanBodyBuilding.com

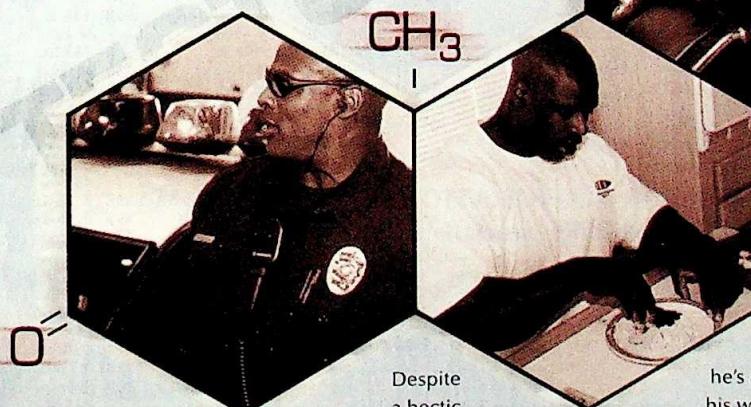
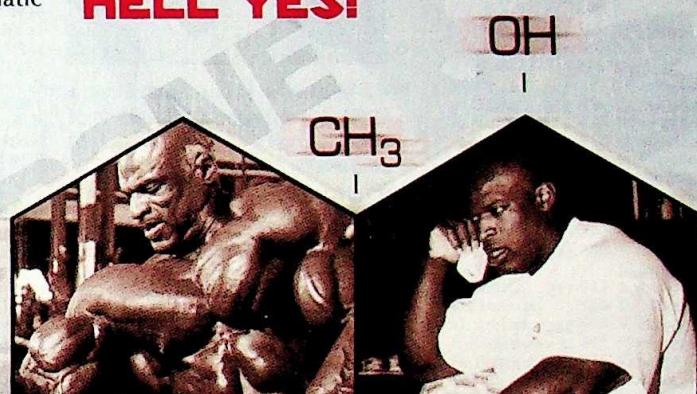
RESULTS SEEN ON THE BIGGEST STAGE IN BODYBUILDING

RONE, IGF-I, GABA RELEASE AND RECOVERY



THREE-TIME MR. OLYMPIA, RONNIE COLEMAN

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

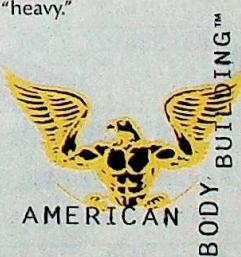


Unlike many professional bodybuilders that simply train, eat and sleep, Ronnie Coleman spent 8 stressful hours a day, 5 days a week working the streets of Arlington, Texas, as one of the city's finest cops, when training for the biggest event in body building. To be his best, he demanded optimal recovery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

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

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

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



AMERICAN BODY BUILDING™ A FORCE IN THE GYM™

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



Chad VanDyke benching at the APA Capital District BP & DL (Photo provided by Scott Taylor).

APA Capital Dist. BP/DL
08 Apr 01 - Glen Burnie, MD

WOMEN	BP	DL
Open		
L. Aukland-157.5	400	275*
4th	410*	
Junior (formula)		
N. Denny-175	330	435
Q. Edmunson-165	250	350
J. Weisz-145	—	290
Submaster		
S. Vickery-237	340	510
Master (40-49)		
S. Dokes-216	405	—
Z. Rhodes-217.5	600	—
Teen 123 lb.		
N. Becker-117	110	—
MEN 123 lb. Teen		
T. La-118	115	—
132 lb. Teen		
J. Wood-132	230	—
M. Taylor-132	—	315
C. Chang-130	—	270
148 lb. Teen		
L. Smith-142	—	330
165 lb. Teen		
N. Harris-159	215	250
WOMEN Teen		
S. Seale-159	—	250
E. Link-150	—	185
MEN Open		
S. Voshell-161	305	—
165 lb.		
J. Snyder-165	305	—
I. Alfaro-181	225	—
Teen		
M. Labonte-181	—	330
181 lb. Open		
N. Denny-175	330	—
J. Hanis-180	—	320
198 lb. Teen		
C. VanDyke-189	260	400
M. Druse-191	165	—
220 lb. Teen		
M. Shell-215	—	450
B. Wourms-205	—	330
Open 220 lb.		
J. Peterson-217	400	—
275 lb.		
A. Rhodes-258	405	—
Charity Pull		
M. McKenzie-235		235

which donated \$\$\$ for each pound pulled.
(Thanks to Scott Taylor, APA President, for
providing the results of this meet to PI USA)



42 year old Lisa Aukland set a WPA Masters record deadlift of 410 pounds @ 157 bodyweight at the Capital District BP & DL. (Photo provided by Scott Taylor).

**APA Colorado Open Push-Pull
10 Mar 01 - Aurora, CO**

Teen	BP	DL	TOT
M. Jarrett-165	330	500	830
M. Jarrett-165	330	—	—
M. Jarrett-165	—	500	—
Submaster			
K. Smith-264	450	—	—
Master (40-49)			
J. Miller-197.5	365	410	775
R. Dominguez-220	340	—	—
Master (50-59)			
H. Blackmon-231	335	—	—
R. Sobel-217	300	—	—
Master (60-69)			
D. Smith-254	225	—	—
D. Smith-254	315	—	—

APPLICATION FOR REGISTRATION
American Powerlifting Association

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

M. McKenzie-235 235
1st Place Team: United States Marine Corps.
Lifters from 11 states participated in the 2001
APA Capital District Bench Press & Deadlift
competitions. Special thanks to all the spot-
ters, loaders, and referees who put in a long
day making this a very memorable event. I
would like to thank Capt. Kirk Karwoski &
Siouzx Hartwig who once again showed up
and provided inspiration, assistance, and ad-
vice to many of the lifters at the event. Thanks
to Julie Scanlon, Lester Maslow, Justin
McShane, and Jeff McVicar who put in lots of
work making the event go smooth. Lots of first
time lifters attended the competition and many
of the competitors were teenagers who regis-
tered some great lifts. Stay tuned for lots more
powerlifting action coming to Maryland. The
APA Nationals will take place this coming
September in Laurel, Maryland and lifters are
already registering! I'd also like to thank Matt
McKenzie who showed up to pull for a charity

Open 181 lb.			
J. Ruic-177	550	—	—
C. Creasey-176.5	440	—	—
Open 198 lb.			
J. Miller-197.5	365	410	775
A. Huber-188	—	625	—
Open 275 lb.			
W. Ramsey-258	410	500	910
K. Smith-264	450	—	—

Bench Press Best Lifter: Karl Smith. **Deadlift Best Lifter:** Andrew Huber. **Push-Pull Best Lifter:** Matthew Jarrett. Several APA Colorado State records were set at this event. Special thanks to Sean Mahaney and the staff of World Gym for providing a great meet site and making the event enjoyable to all. I'd also like to thank the spotters and referees for doing an outstanding job. The APA is running 6-7 more events in Colorado this year so there will be plenty of meets for all to attend. Hope to see you there. (Thanks to Scott Taylor, APA President, for providing the results of this meet to PL USA.)

East Coast Push/Pull
3 Mar 01 - Agnew, CA

3 Mar 01 - Acworth, GA		B	K. Burkett	475
		L. Ware		360
BENCH		242 lb. Junior		
WOMEN		B. Matney*		460
LLW		J. Brown		285
S. Pearson	135	Open		
H.W		J. Cochran		445
D. Dixon	105	J. Jones		415
MEN		G. Taylor		340
132 lb. Open		M. Hollis		340
C. Ponderexter	190	276 lb. Teen		
148 lb. Teen		K. Kendrick*		365
N. Brooky	160	Open		
Junior		M. Inabinett		525
R. Wilcox	325	M. Lanier		450
R. Petty	205	S. Jones		415
181 lb. Teen		J. Hamilton		375
D. Gramling	220	S. Cassell		360
Open Junior		SHW		
M. Hardeman	265	Junior		
Open		J. Martin		275
D. Williams	375	Open		
198 lb. Open		D. Williamson*		575
J. Bugg	440	J. Grove		540
220 lb. Teen		R. Pelis		460
B. Moss	165	BP	DL	TOT
Open				
148 lb.				
Teen				
N. Brooky*	160	345		505
D. McLaughlin	140	285		425
Junior				
R. Petty	205	315		520
181 lb. Teen				
D. Gramling	220	380		600
Open				

D. Williams	375	500	875
198 lb. Junior			
K. Westhoven*	255	525	780
Open			
M. Johnson	360	560	920
J. Shoaf	310	415	725
220 lb. Open			
B. Cox	300	540	840
242 lb. Junior			
J. Brown	285	485	670
Open			
J. Jones	415	500	915
M. Hollis	340	420	760
275 lb. Open			
M. Lanier	450	660	1110
M. Inabinett	525	570	1095
J. Hamilton	375	505	880
SHW Open			
J. Grove*	540	770	1310
R. Pelis	460	615	1075
N. Gewirtzman	385	640	1025

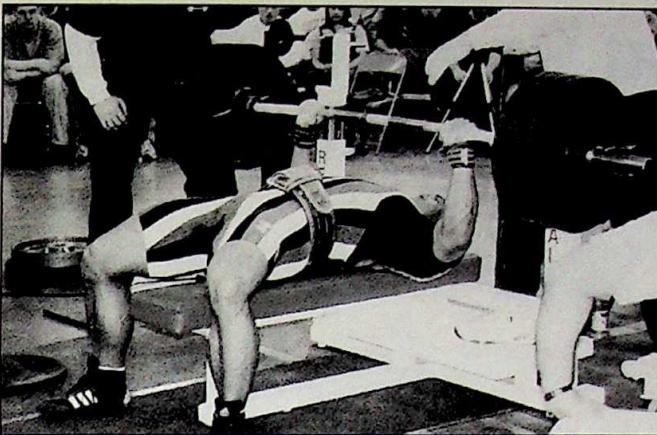
ADAU Power Day Classic
28 Apr 01 - Bigler, PA

BENCH	R. Labans-40	352
WOMEN	319 lb.	
123 lb.	M. Miller	413
B. Skal	148 SHW	
148 lb.	W. Clouthier	413
S. Nallo-37	115 R. Coon-39	380
MEN	DEADLIFT	
Youth 97 lb.	WOMEN	
B. Boston-9	55 123 lb.	
114 lb.	B. Skal	325
Plowman Jr.-12	126 148 lb.	
132 lb.	S. Villo-37	253
D. Holland-36	264 Youth	
T. Tullio-56	165 97 lb.	
165 lb.	B. Boston-9	143
M. Skal	308 114 lb.	
T. Duff-52	253 Plowman Jr.-12	209
K. Boyer	248 123 lb.	
181 lb.	N. Salem-22	341
J. Orentgia-54	270 132 lb.	
4th	275 T. Tullio-56	286
J. Armstrong	253 148 lb.	
J. Osborn	— N. Lowder	485
198 lb.	165 lb.	
B. Heber	336 M. Skal	451
B. Sisko-38	308 K. Boyer	303
A. Lazazzera-22	303 181 lb.	
B. Booth	281 J. Orentgia-54	507
B. Hulings-39	253 R. Gregory	457
B. Bayer-55	231 J. Armstrong	446
220 lb.	198 lb.	
D. Fleming-58	385 B. Bayer-55	578
M. Pyne-38	369 B. Hulings-39	462
J. Kuhar-53	358 A. Lazazzera-22	402
B. Huey-55	341 220 lb.	
A. Campiere-43	325 A. Campiere-43	451
242 lb.	242 lb.	
M. Labans-41	407 R. Loy-43	578
C. Chiaro	369 C. Chiaro	556
E. Balot-40	347 C. Brown	518
B. Franklin-19	314 B. Gaumer-23	440
B. Gaumer-23	303 B. Franklin-19	435

275 lb. G. Plowman 413 J. Furnell-19 551
 R. Plowman, Sr. 402 G. Plowman 501
Outstanding BENCHERS: Open: Mike Labans of Cranberry PA with 407 at bodyweight 229 lb. Teen Junior: Andrew Lazzazerra of State College, PA with 303 at bodyweight 185 lb.; Submaster/master "Rooster" Fleming of Munhall, PA with 385 at BW 220 lb. Outstanding Open DEADLIFTERS: Norman Lowder of Woodland, PA with a 485 at BW of 147. This is the second year in a row for Norm; Outstanding Teen Junior: Nathan Salem of Lower Burrell with 341 at BW of 123. Outstanding Submaster/Master was Bugs Bayer of Rockton with 578 at bodyweight 197 lb. Announcing was done by Jay Siegel And Dave Yoder. Score Table Help: Jennifer and Sarah Ogden And Villo. Refereeing was handled by Brenda Allan and Jay Siegel along with help from Rich Emerick, Joe Orentgen And Bugs Bayer. Four lifters from the meet gave specimens for drug testing at West Diagnostics of San Diego, California as well as three lifters who were selected for "out of meet testing." All seven tests were negative! (Thanks to Al Siegel for providing the results of this competition to Powerlifting USA).

2001 APF Nebraska/Midwest
17 Mar 01 - Omaha, NE

BENCH	242 lb.			
Novice 148 lb.	T. Holzapfel, Sr	415		
G. Bolter	240	308 lb.		
T. Fuller	225	R. Ruffcorn	425	
181 lb.	Teen 181 lb.			
T. Thierolf	215	B. Boothe	325	
Master-1	Master-2			
148 lb.	242 lb.			
Z. Baurnel	200	M. Austin	370	
198 lb.	Submaster			
R. Caruso	350	242 lb.		
T. Sandel	340	T. Holzapfel, Jr	535	
220 lb.	Open 165 lb.			
D. Kunasek	435	B. Heck	455	
242 lb.	181 lb.			
B. Hein	480	J. Coker	485	
Teen 198 lb.	220 lb.			
T. Sandel	340	K. Parrish	440	
Open 165 lb.	242 lb.			
B. Heck	455	T. Holzapfel, Jr	535	
C. Salas	400	275 lb.		
181 lb.	J. King	500		
P. Hornig	315	Master-2		
220 lb.	220 lb.			
T. Anderson	510	C. Garmong	305	
242 lb.	DEADLIFT			
T. Holzapfel, Jr	525	Teen 165 lb.		
A. Wilson	480	T. Rice	300	
Submaster	Master-2			
198 lb.	198 lb.			
S. Brickey	375	C. Toney	500	
242 lb.	220 lb.			
T. Holzapfel, Jr	535	Novice		
308 lb.	C. Bohimann	550		
D. Cummings	565	Open		
Master-1	W. McCoy	720		
165 lb.	Master-1			
C. Salas	400	W. McCoy	720	
181 lb.	Open			
M. Foyt	256	242 lb.		
Master-2	B. Cass	740		
Push/Pull	BP	DL	TOT	
Master-1				
114 lb.				
L. Spath	100	225	325	
Novice 165 lb.				
J. Knutson	215	365	580	
181 lb.				
T. Gilbert	300	515	815	
242 lb.				
J. Cavalieri	215	430	645	
Open 220 lb.				
M. Will	530	635	1165	
242 lb.				
J. Grandick	475	635	1110	
B. Simet	385	580	965	
275 lb.				
J. Papek	495	740	1235	
Submaster 220 lb.				
M. Will	530	635	1165	
WOMEN Open 123 lb.				
C. Kelly	95	210	305	
WOMEN	SQ	BP	DL	TOT
Open 165 lb.				
K. Grandick	315	165	370	850
198+ lb.				
B. Swanson	565	330	570	1465
MEN				
Open				
275 lb.				
G. Moen	550	430	635	1615
Submaster				
148 lb.				
D. Abbey	465	315	485	1265
220 lb.				
J. Bockal	470	315	500	1285
D. Satterfield	390	310	440	1140
308 lb.				
D. Pearson	770	420	650	1840
Master-1				
198 lb.				
T. Grindstaff	440	290	425	1155
220 lb.				
B. Miller	395	285	485	1165
242 lb.				
J. Anderson	570	355	550	1475
Master-2				
181 lb.				
J. Kohl	425	260	455	1140
Teen				
123 lb.				
B. Royer	185	125	235	545
C. Brockelsby	225	150	340	715
148 lb.				
D. Astello	220	185	315	720
165 lb.				
V. Ochoa	185	150	330	665
M. Peck	195	155	300	650
220 lb.	T. Rosenberger	200	185	270
				655



Mark Will at the APF Nebraska/Midwest Open - in the submaster 220s; with a 530 pound bench. This was the Best Heavyweight Bench Press in the meet. He is going to the Submaster Nationals. (This photograph provided courtesy of Big Iron Gym to Powerlifting USA).

Junior	K. Kekuawela	202.5	165*	242.5*	610*
Open	A. Devera	182.5	145	227.5	555
	M. Castillo	272.5	227.5	227.5	727.5
Master-4	R. Tanquro	92.5	125	140	357.5
110 kg. Open	M. Akau	227.5	165	272.5	5665
	D. Pakk	250	190	287.5	727.5
Master-1	N. Crabbe	235	170	250	655
125 kg. Open	E. Akana	-	-	-	-
	K. Reich	240	190	277..5	707.5
Master-2	K. Ward	-	-	-	-
Open Guest	T. Leato	327.5	280*	320	927.5

(Thanks to USAPL for providing these results).

21st Central Ohio BP
31 Mar 01 - Circleville, OH

165 lb.	D. Pounds	485	
M. Freeman	380	S. Rivers	430
J. Elick	340	308 lb.	
S. O'brian	315	C. Gallo	550
181 lb.		D. Klein	455
J. Wood	415	Teen	
J. Shively	365	S. O'Brian	315
K. Elick	340	S. Hannigan	225
A. Ward	275	D. Haddix	135
		WOMEN	
B. Clark	450	C. Williams-174	280
R. McNutt	440	Winegardner	200
B. Gussler	410	Masters (40-44)	
J. Jester	380	D. Pounds-270	485
C. Crabtree	365	P. Lambert-227	445
C. Durant	350	R. Largent-202	380
220 lb.		C. Jenkins-187	340
R. Freitag	390	Masters (45-49)	
R. Largent	380	T. Ramey-295	450
242 lb.		G. Prokopovich	370
E. Ward	515	S. Anderson-204	370
W. Thomas	480	D. Shively-180	325
G. Szolack	480	B. McDaniel-273350	
E. Anderson	445	Masters (50-54)	
H. Wotring	405	R. Lewis-170	225
275 lb.		Masters (55-59)	
J. Blakley	650	M. Brown-220	350
B. Kyle	555	Masters (60+)	
D. Welch	515	D. Nay-241	485
T. Fellure	500	J. Telljohn-312	415
B. Myers	500	Workmen-199	250
		Lightweight Best Lifter 165 lb. Mark Freeman	
		380 lbs. Heavyweight Best Lifter 275 lb. JM Blakley 650 lbs. Team Trophy: Circleville Bell Club. (Thanks to Doug Glitt, Meet Director, for providing the results of this contest).	

USAPL Hawaii Spring Classic
10 Mar 01 - Hilo, HI

Group-A	SQ	BP	DL	TOT
WOMEN				
Open 48 kg.				
C. Baqui	115	65	142.5	322.5
56 kg.				
C. Ford	85	42.5	120	147.5
60 kg. Teen-1				
A. Skellington	55	60*	110	225
Open				
M. Lopez	137.5*	50	147.5*	335*
Master-1 67.5 kg.				
D. Lindsey	127.5*	85*	147.5*	352.5*
MEN Teen-2 60 kg.				
A. Miyasato	212.5	175*	242.5	630



NEW A.P.F./A.A.P.F. Membership Application

AMERICAN POWERLIFTING FEDERATION
 AMERICAN AMATEUR POWERLIFTING FEDERATION



PLEASE PRINT CLEARLY • COMPLETE ALL ENTRIES •

LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
CITY		STATE
AREA CODE	TELEPHONE NO	ZIP CODE
DATE OF BIRTH		AGE
MO	DAY	YR
SEX		
U.S. CITIZEN		
YES NO		
NAME OF CLUB YOU REPRESENT		
REGISTRATION FEE	MASTERS	CLUB MEMBER
\$25.00	YES NO	
ATHLETES, fill out card completely and mail with fee to:		
MAKE CHECK PAYABLE TO: A.P.F. 62 S. BROADWAY AURORA, IL 60505		
ARE YOU A PREVIOUS A.P.F. MEMBER <input type="checkbox"/> YES <input type="checkbox"/> NO		
IF UNDER 18 HAVE PARENT INITIAL		
I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE A.P.F.		
SIGNATURE X		

For All You Hard-To-Please, Take-It-To-The-Limit Types, We Have Good News:

Your Drink's Ready.

The innovative, bio-engineered formula for **Thermo Speed™** has set new boundaries in thermogenic drink technology.

This advanced formula is the ultimate, no-holds-barred, pre-workout energizer. It jolts your metabolism with the researched fat-burning stack of 340 mg of Ma Huang (8% standardized, equals 27 mg of Ephedra), 200 mg of Caffeine and 200 mg of White Willow Bark for intensely focused, super-charged workouts! There's also 100 mg of L-Carnitine and 40 mg of Niacin.

In our pursuit to develop *new* formulas, we introduced Quercetin to this highly potent drink. Quercetin "evens out" this powerful blend of ingredients so you



won't suffer from the jitters or feel any post workout "crash." There are **no** calories, **no** carbs, **no** sugar, **no** aspartame and **no** FTC food coloring in **Thermo Speed™**.

The truth is, *no other drink even comes close.*

Available in Fruit Punch, Grape, Orange and our new flavor—Lemon-Lime. So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Thermo Speed™ —
Anything Else is Ancient History.™



WORLDWIDE
Bio-Engineered Beverages™

**No Added Sugar. No Aspartame.
No FTC Food Colors.**

Available at select

GNC LiveWell

gyms and healthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

Coming Events

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

3 JUL, Iowa/Midwest Open Touch and Go BP (Sigourney, IA - Open, Novice, Team, Submaster, Master, Women) Wayne Hammes, BOX 433, Oskaloosa, IA 52577, 575-673-5240.

7 JUL, 2nd Gold's Gym & USAF BP/DL (open, teen, women, masters, submasters, police/fire/military - top 5 trophies - Gold's Gym - Allentown, PA) Ed Miller or Gary Helm 610-797-6800

7 JUL, APA House of Pain Bench Press Open Challenge to the Biggest Benchers in the World (cash prizes: below 198, 198 plus - Mon Valley Fitness Center, PA) 724-483-2438

7 JUL, APA Tennessee Open BP/DL (Nashville, TN) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

7 JUL, NASA Tennessee Classic (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513

7 JUL, APF Florida Push/Pull in Memory of Lawrence Monberg, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

7,8 JUL (updated date), USPF High School, Teenage & Junior Championships PL/BP, Mike Wlosinski, 716-688-0575, bigski@localnet.com, www.uspfny.com

7,8 JUL (new contact info), Twin Lab WABDL World Cup BP & DL (Holiday Inn Airport Hotel, Portland, OR - world championship qualifier - drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland,

OR97236, 503-762-5066, FAX 503-762-5067

12-15 JUL, USAPL Men's Nationals (Omaha, NE), James Hart, Box 82264, Lincoln, NE 68501, 402-470-3672

13,14 JUL, Strongest Man in New York Finals, Marc Seda, 800-322-0766, strongman.nyc@aol.com

14 JUL, The Fitness Zone Natural Bench Press Classic (open, raw, women, police & fire, teenage, masters, team) Lynn Smith, 4500 Carr Drive, Fredericksburg, VA 22408, 540-889-1252, lynn@thefitnesszone.com

14 JUL, INSA/INSSA SW USA Powerlifting (Fort Worth, TX) Kirk Stroud, 416 W. Bedford Euless Rd., Hurst, TX 76053, 817-268-3488

14 JUL (corrected date), 17th ADAU Raw Drug Free "No Boys Allowed" (Pennsylvania - women's men submaster, men master state PL meet - residents only, plus open meet - same categories) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pkitup.com

14 JUL, I.S.A. Limestone Classic BP/DL (Bedford, IN) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.isapower.tv

14 JUL, Allentown Sportsfest V BP/DL (men, women, masters) Fred Glass, 811 N. Jordan, Allentown, PA 18102, 610-770-9333

14 JUL, 2nd New England's Strongest Man - Woman (5 events) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-3590

14 JUL, 3rd Summer Slant Push/Pull, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158

14 JUL, NASS SW USA Strongman Challenge (open, teen, masters, men & women - Ft. Worth, TX) Bill Holland, 300W. Northern Ave., Saginaw, TX 76179, 817-847-6082, e-mail: willyh@swbell.net

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

14 JUL, APF Venice Beach Open DL, Venice Beach Rec. Cr., 310-399-2775

14,15 JUL, Georgia Games PL/BP, George Games, 1415 Barclay Circle Suite F, Marietta, GA 30060, 770-528-3580 or David Hall, 678-290-1882

15 JUL, New York State Strongman-woman (Kingston, NY) Brad Klinger, 845-339-4865, Pat Carroll 845-339-6381

15 JUL (new date), WNPF USA PL Championships Youth, Teen, Jr., Sube, Masters & Sr. Open Nationals (Atlanta, GA) & Atlanta Open BP/DL/IM, WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

21 JUL, USAPL Commonwealth Games of Virginia PL & BP (men & women) Bettina Altitzer, VaPwrwmn@aol.com, 540-725-8545, commonwealthgames.org

21 JUL, USAPL Mid America BP (St. Louis Area) Kurt Richardson, 1420 Rojoja Dr., Arnold, MO 63010, 636-464-5520

21 JUL, USPF Eastern BP Nationals, Eddie Horton, 726 Monroe Ave., Elizabeth, NJ 07201, 908-282-1260, USPFehorton@aol.com

21 JUL, Georgia State Drug Free Championships (BP, DL, PL) PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pushongym@aol.com

21 JUL, The Training Center's 2nd annual Bench Press (open men & women - New Castle, Delaware) 302-328-5438

21 JUL, USPF California State PL/BP, Kevin Fisher, 25 E. Arellaga St., Santa Barbara, CA 93101, 805-963-3439, Kfisher54@aol.com

21 JUL, Beach Bench Press Championships (Angola, NY) Butch Murr, 716-652-0183

21 JUL, NASA Tri-State Natural Monolift for squats, no entry fee for special olympians, PL, BP, PS) Smitty, 508 E. 5th St., Flora, IL 62839, 618-662-3413 1-8pm CST

21 JUL, USAPL 4th BP & DL Battle on the Beach (BP, DL, IronMan - Metro Beach, Mt. Clemens, MI) Mike Lawrence, 248-813-9866

21 JUL, NASA Grand Nationals (Hickory, NC) NASA, Box 735, Noble, OK 73068, 405-527-8513

25-29 JUL, AAU Jr. Olympics (Portsmouth, VA) Rudy Garcia, 404-441-7120, riegarcia@hotmail.com

27-29 JUL, 100% Raw Sr. Nationals (men & women, all age/wt. classes) Dr. Spero Tshontikidis, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

28 JUL, RGVPF 8th Border Classic Bench Press, Tito's Gym, 78 Creekbend, Brownsville, TX 78521, 956-504-3324

28 JUL, Northeast Canadian Championships BP/DL (Matane) Robert St. Pierre, 418-562-9176

28 JUL, USPF Gulf Coast (Orange, TX - Men/Women: Open, Below 1, 13-23 in 2 yr. age groups, submaster, master in 5 yr. groups to 70+ BP, Police/Fire - awards to all lifters) Seguin Fitness, 1415 E. Court, Seguin, TX 78155, 800-378-6460, www.segufitness.com

28 JUL, NASS Minnesota State Strongman (open, teen, masters) Jeff Bissonnette, 14733 60th St. N., Stillwater, MN 55082, 651-430-9594, Jackie_jeff1@msn.com

28 JUL, SLP Frankfort Hotdog Festival BP/DL (Frankfort, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

28 JUL, 15th Southeastern Illinois BP & DL Classic (all age groups & wt. classes) Mark Motsinger, 201N. Gum St., Harrisburg, IL 62946, 618-252-0881

28 JUL, WNPF Raw Nationals & North American Championships (Anaheim, CA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

28,29 JUL (new contact info), Twin Lab WABDL National BP & DL (Sheraton Hotel, Birmingham, AL - world championship qualifier - drug tested) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

29 JUL, Lake Country Fair Iron Man BP/DL (Gray's Lake, IL - 15 lifter limit - entry deadline 7/2/01) Preston Olsen, 847-948-9111 ext. 330 or polsen@bannockburn.com

2001

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

Powerlifting Championships

October 18,19, 20, 21st

Heritage Inn - Moose Jaw, Saskatchewan, Canada

1590 Main Street North, Box 2020,

Moose Jaw, Saskatchewan, Canada S6H 7N7

Phone: 1-306-693-7550

Fax: 1-306-692-5660

e-mail: moosejaw@heritageinn.net

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

Sponsors: Inzer, Heritage Inn, Labatts, Pro-Lab, Muscle Tech

JUL, Muscle Bound Fitness "Summer Heat" BP and/or DL (men, women, master, submaster, teen & raw) John or Kayleen Blackstone, 102 E. Main St., W. Lafayette, OH 43845, 740-545-0840

JUL, I.S.A. 3rd Limestone Classic BP/DL (Bedford [IN] Boys Club) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Steve 812-279-3187
JUL, Madison Co. Fair Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com
4 AUG, Matt Heydinger BP Memorial (men, women, teen by formula) Steve Alcholz, 424 S. Kibler St., New Washington, OH 44854, 419-492-2715

4 AUG, ADAU NE Championships (open, women, teen masters - all raw) Bart Wood, 906 W. 5th, Erie, PA 16507, 814-461-8926

4 AUG, 4th Horseheads Pre-Season PL, Bert Conklin, 643 Terry Hill Rd., Horseheads, NY 14845, 315-727-5970 or Ed Patten 607-733-4997

4 AUG, SLP Vince Soto Memorial Ohio State Fair BP/DL (Columbus, OH) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

4,5 AUG (expanded date & meet), WNPF New Jersey Championships & USA BP, DL, Ironman (Bordentown, NJ) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

5 AUG, KPO Show-Me Push Pull (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BIGBENCH2001@aol.com

6 AUG, Police & Fire Nationals (Las Vegas, NV) Huge Iron, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 904-677-4000, www.hugelron.com

11 AUG, Pennsylvania State PL & DL (open, teen, Jr., submaster, master, fire & police - outdoor BBQ - Horsham, PA) Robert Keller, Box 829, Ambler, PA 19002, 215-542-4941, rk@bellatlantic.net

11 AUG, Pennsylvania State (Mesa, AZ - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness 817-268-3488

11 AUG, Lincoln Summer BP (Lincoln, NE - open, teen, master, P & F, novice, women) Tim Anderson, Box 126, Blair, NE 68008, 402-426-0665, timanderson@hutnet.net

11 AUG, APA Midwest Regional BP/DL/Push Pull (Waukegan, IL) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

11 AUG (new date), APF Vench Beach Push/Pull PL, Venice Beach Rec. Ctr., 310-399-2775
11 AUG, 6th APF Granite State Open BP \$ 4th Granite State Open DL (men, women, teen, Jr., submaster, master, novice) Louie LaPoint, 337 Roxbury St., Keene, NH 03461, 603-352-8590

11 AUG, 2nd APF USS Escanaba Memorial PL/BP Classic (Grand Haven, MI) Tom O'Brien, 441 Carpenter Ave. NW, Grand Rapids, MI 49504, 616-453-0488, obrienta@iserv.net, www.apfmichigan.com

11 AUG, USAPL Mississippi State, Rhodes Fitness, Hardy Court Shopping Center, Gulfport, MS 39057, 228-868-0190 or 896-3277.
11 AUG, USAPL NJ. Bench Press Open, Pro Fitness, 350 Rte 46, Rockaway, NJ 07866, 973-627-9156, www.profitness.com

11 AUG, SLP Wisconsin State Fair BP/DL (West Allis, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

11 AUG, Green County Strongman/woman, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

11,12 AUG, WABDL Alki Beach BP & DL (12th) & Strongman (11th) Contest (world championship qualifier - drug tested), Bull Stewart, 206-725-7894 or 343-4692

11,12 AUG, NASA World Cup PL, BP, PS (Oklahoma City, OK) NASA, Box 735, Noble, OK 73068, 405-527-8513

12 AUG (new date), WPO (TM) Semi-Finals

Qualifier (Universal Studios, Orlando, FL) Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

12 AUG, SLP Missouri State Fair BP/DL (Sedalia, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

17-21 AUG, IPF World Games PL (Akita, Japan)

18 AUG, AAU East Coast World Qualifier & North Carolina State Assisted (Randallman Sr. High School) Sandy Lemonds, Box 704, Randallman, NC 27317, 336-672-5433

18 AUG, 5th King Fitness Pound for Pound (Most reps/total tonnage - open & 20 and under) Matt Kelly or Ralph Lara, 3253 Hwy 35 N, Hazlet, NJ 07730, 732-335-0911

18 AUG (new date), APA Bench Press Nationals (St. Petersburg, FL) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

18 AUG, USAPL Power Surge 2001 PL & BP, Michelle James, 1239 Duncan, Alliance, NE 69301, 308-762-7043, Michelle@bbc.net

18 AUG (new date), WABDL Utah State (Holiday Inn, SLC - world championship qualifier - drug tested) Steve Farnworth, 2651 E. Enrose, Mesa, AZ 85213, 602-361-6037

18 AUG, SLP Indiana State Fair BP/DL (Indianapolis, IN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

18,19 AUG, 8th AAPF/APF Snake River Pl & BP, Mike & Linda Higgins c/o YMCA, 155 W. Corner Ave., Idaho Falls, ID 83402, MWF 5-7, 208-523-0600, apl_id_mhiggins@yahoo.com

19 AUG, SLP Illinois State Fair BP/DL (Springfield, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

24-26 AUG, WDFPF World Single Event Championships (Community Center, Taber, Alberta, Canada) Randy Sparks, 403-223-2479

24 AUG, APF Maine State Push/Pull & Bench Press (outdoor) Russ Barlow, 175 Kennebec Tr., Turner, ME 04282, 207-225-5070 & Scott Blanchard 207-795-0016

25 AUG, "Lynch Mob Classic" Shirtless BP (Circlerville, OH) John Weaver, 740-477-6847 or John Elck, 740-420-3063

25 AUG, 1st Annual Carolina Bench Meet (Monroe, NC) Danny @ Box 2524, Matthews, NC 28106, 704-764-2145, 283-5587

25 AUG, Body Factory Power Challenge/BP, Jim Parish, 520 W. Applegate Ave., Pen Argyl, PA 18072, 610-863-1090

25 AUG (new contact info), WABDL Budweiser Summer Strength Festival (Bend Riverside Motel) Gus Rethwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

25 AUG, 11th Endless Summer BP & DL Classic (Elkhart, IN)

Brendan Yoder, 57745 CR 117, Goshen, IN 46528, 219-875-0471

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

25 AUG (modified date), USAPL Lifetime Nationals, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

25,26 AUG, AAU Raw Nationals & North American BP (Radisson Hotel) (San Bernardino, CA - Open, Lifetime, Masters, Life masters, Junior, youth, teen, submasters, law/mil, physically challenged for men and women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

26 AUG (new date), USAPL National Police & Fire PL/BP, John Shifflett, Box 941, Stanardsville, VA 22973, 804-985-3932 before 9pm, valifting@aol.com

AUG, WNPF Palmetto Classic PL, BP, DL (Greenville, SC) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com

AUG, NASS Dino Day VIII - Ohio Valley Strongman (Columbus, OH) Nick Osborne, 614-481-9839, nick@phostraining.com

AUG, AAU Nevada/California & Utah High School PL & BP Regionals on Friday before AAU Raw Nationals (youth, teen (14-15, 16-17, 18-19)) Mike Grajek, 702-498-9867, grajek@sisna.com

1 SEP, 4th AAU Hawaii Push/Pull (Windward Mall, Kaneohe) Keith Ward, 259-9800

1 SEP, AAU Maryland State BP, Gold's Gym, 5620-B, Buckeyestown Pike, Frederick, MD 21704, 301-698-4653, Fax 301-698-7238

1 SEP, WABDL Southern States BP & DL (Houston, TX) Bob Garza 281-820-5923

1 SEP, NASS Oklahoma Strongman Contest (Tulsa, OK - open men & women, teen) Sean Baker & James Griggs, 918-834-6376

2 SEP, SLP DuQuoin State Fair BP/DL (DuQuoin, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

2 SEP, 5th Eclipse Supplements USAPL Judge-ment Day BP, Joe Luciano, Greater Scranton YMCA, 706 N. Blakely St., Dunmore, PA 18512, 570-342-8115 Ext. 230

8 SEP, NASS Tri-States Strongman (open men - Canton, MO) Pete Hettinger, 217-231-7076, phettinger@culver.edu

8 SEP, ADAU Single Lift Nationals SQ, BP, DL - Open & All age groups both men & women, lift in 1, 2, or 3 events - no total, AJ Siegel, 304 Daisy St., Clearfield, PA 16830, 814-765-3214 or al@pikltup.com

8 SEP, WABDL West Coast BP & DL (Sacramento) Jody Woods, 916-431-5503, FAX 443-6200

8 SEP, SLP Tennessee State Fair BP/DL (Nashville, TN) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

8 SEP, APF Venice Beach W. Coast Open BP, Venice Beach Rec. Ctr., 310-399-2775

8 SEP, WPO (TM) Bench Bash for Cash, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

8,9 SEP, APA Powerlifting Nationals (Laurier, MD) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com

9 SEP, NPA Central States Open (PL, BP, DL - Drug tested) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032, 815-233-2292

12-16 SEP, IPF World Juniors (Sofia, Bulgaria)

15 SEP, NASS Strongest Man in Arkansas (open men and women, teen, novice, master) Ed Morrison, Box 1397, Bald Knob, AR 72010, 501-724-9664

15 SEP, USPF Ohio State & Open BP (Open, law enforcement, fire, masters, women) Anthony Spencer, 217 Cline St., Mansfield, OH 44907, 419-774-9980, sqbpd179@aol.com

15 SEP, 1st "Iron Boy" Classic BP (Winston-Salem, NC) 336-924-1754, addanotherplate@hotmail.com

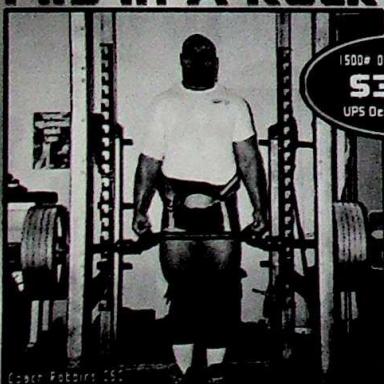
15 SEP, USAPL California State Bench Press (Bakersfield, CA) Eddie Haflilch, 661-327-2582

15 SEP, Harbor Days Bench Press (Oceanside, CA) Randy Gallon, 1424A Phillips St., Vista, CA 92083, 760-724-3947, rgallon@usd.k12.ca.us

15 SEP, IPA North American BP (Pittsburgh, PA - All divisions & wt. classes, pro & amateur) Rob Capozzolo, 412-466-4866

Don't Get Trapped

Spotless Fits In A Rack



150# Olympic Commercial
\$385-
UPS Delivery Included!

- Deadlift
- Bench Press
- Shoulder Press
- Front Squat
- And Much More!!

Unlock Your Strength With
Crepinsek's Combo Bar
From: Safety Power Squat Bar

831-637-0797

CREPINSEK 130 Barnheisel Rd Hollister CA 95023 USA

Cell/Fax

WESTSIDE SEMINARS

Start breaking records

**Learn from Source
Hands on Application
8 informative Hours!**

Up coming Columbus Dates

2001

- June 9 Mastering the Squat
- Mastering the Bench
- July 14 Westside Seminar
- July 15 Mastering the Bench
- Aug. 25 Westside Seminar
- Aug. 26 Mastering the Squat
- Oct. 6 Westside Seminar
- Oct. 7 Mastering the Bench
- Dec. 8 Westside Seminar
- Dec. 9 Mastering the Bench

Coming to your area!

Detroit , MI

July 28th Jim Heintz

Sacramento, CA

Aug 11 24 Hour Fitness

Reno, NV

Sept 22 Fitness Factory

Pacific, CA

December 1st, PAC

Attendance is limited so, Call now to avoid being shut out!

For more information:

www.eliteFTS.com

888-854-8806

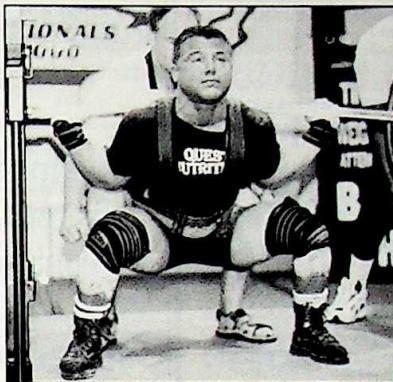
The Seminar is designed for the beginner to advanced powerlifter, coach, athlete or trainer.

QUEST NUTRITION

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

Wade Hooper

- Multi IPF World Champion -



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

- Synergy
 - 34 g Protein
 - 5 g Creatine
 - 3 g Glutamine
- Quest Whey - New Flavors
Now available in 2 lbs and 5.1 lbs.
- Creatine
- Glutamine - *Unrivaled Quality!*
- Questalean, Thermaslim, Pyruvate....
- Today's Essentials - *A Multivitamin you can actually feel!*
- **HARD CORE** - "The Ultimate Anti-catabolic" containing HMB, Glutamine & MSM!

Call for *informative* brochure!!

Tel: (770) 495-0787

Fax: (770) 497-1817

Online ordering available at:
www.Quest-Nutrition.com

QUEST NUTRITION
3000 Mattison St. NW
Duluth, GA 30096

Hard-core lifters need
SERIOUS CLOTHES.

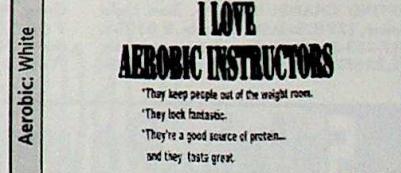
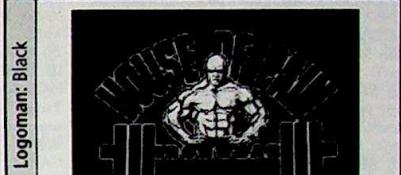
Don't believe it? Do an experiment:

**NEXT HEAVY-DAY,
WEAR SOME**

Flowered Panties.

If you like it, call Victoria's Secret.

If not, call us.



Preshrunk 100% cotton. \$13. Large color design on back, House of Pain logo left chest.

T-Shirts: M-4X (+ \$1 for 3X, 4X)

Tank Tops: M-XL

Rag Tops: one size fits L-2X

Order 4 or more items, get FREE Logo Cap

If you can wear it in a gym –
we've got it with an **ATTITUDE!**



24 HRS / TOLL FREE

1-888-463-7246

1-888-H-OF-PAIN

FAX 1-972-772-5644



www.houseofpainironwear.com

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

15 SEP, KPO Mike's Main Event (BP & DL) Jim King, 3229 Queen Ridge Dr., Independence, MO 64055, 816-985-3196, BigBench2001@aol.com
15 SEP, APA Colorado State (PL, BP, DL - Denver, CO) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
15 SEP, WABDL Louisiana State BP/DL (New Orleans) Armid Hansell, 504-491-5061, 392-9743
15 SEP, 3rd Annual Deadlift on the River, Jon Smoker, 30907 CR 16W, Elkhart, IN 46516, 219-674-6683
15 SEP, USAPL Michigan Hall of Fame (BP, DL, PL) Dick Van Eck, 616-521-4031
15 SEP, NASA Indiana Regional (Indianapolis) NASA, Box 735, Noble, OK 73068, 405-527-8513
15 SEP, SLP Village Square BP/DL (Effingham, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
16 SEP, WNPF Natural, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44575, 330-792-6670
16 SEP, USAA New England Firefighters Arm Wrestling Challenge, Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength
16 SEP, ADAU Seneca Nation of Indians Allegany Reservation Bench Press (men & women, native, youth, teen, junior, submaster, master) Dr. Jay Toth, 3446 Center Rd., Salamanca, NY 14779, Jay.Toth@fredonia.edu
16 SEP, SLP Iowa State BP/DL (Coralville, IA) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
21-23 SEP, 100% Raw Deadlift Nationals (men & women, all age/wt. classes) Dave Lhota, 250 Peninsula Drive Indian Lake, Central City, PA 15926, 814-754-8306
22 SEP (**new title and date**), 4th AAU East Coast Regional PL & BP Championships (raw & assisted, youth, teen, men & women, masters, deadline 9/15/01) Barbara Beasley, AAU State Chair, 1811 Southcliff Rd., Richmond, VA 23225, 804-233-9570 or Roger Ernst, 804-320-1456, rlerнст@aol.com
22 SEP, 3rd Sci-Fi BP Championships (open, novice, women, master, teen) Joe Deverelle, 2055 Eisenhower Pkwy, Macon, GA 31206, 478-750-7005
22 SEP, NASA New Mexico Regional (Albuquerque) NASA, Box 735, Noble, OK 73068, 405-527-8513
22 SEP, SLP OPEN NATIONAL POWER-LIFTING CHAMPIONSHIPS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
22,23 SEP, USAPL Bench Press Nationals, 22,23 SEP, USAPL Bench Press Nationals,

Ed & Frank King, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464
23 SEP, WNPF Connecticut PL, BP, DL, SQ (Stratford, CT) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
23 SEP, SLP Wisconsin State BP/DL Classic (Burlington, WI) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
24 SEP, APA Arizona State PL, BP, DL (Tucson, AZ) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
29 SEP (**new date**), 1st Fall Strongman Challenge, Graham Bartholomew, 301-893-8290 after 8:30PM, GrahamBartholomew@libertybay.com
29 SEP, WABDL Washington State BP & DL (Hoquiam, WA - world championship qualifier - drug tested) Don Bell, 360-533-5711
29 SEP, NASA West Texas Regional (Lubbock) NASA, Box 735, Noble, OK 73068, 405-527-8513
30 SEP, SLP NATIONAL 'RAW' POWER-LIFTING CHAMPIONSHIPS (Fredricktown, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
SEP, ISA Regional BP & BP for reps (Douglasville, GA) ISA, 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push-Pull, www.Isapower.tv
SEP, I.S.A. Regional BP & BP bodyweight for reps (Douglasville [GA] Boys & Girls) I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299
SEP???, NASA Kentucky Regional (Lexington) NASA, Box 735, Noble, OK 73068, 405-527-8513
SEP???, NASA Ohio Regional, NASA, Box 735, Noble, OH 73068, 405-527-8513
6 OCT, WNPF E. Coast BP, DL, Ironman (Lancaster, PA) WNPF, Box 142347, Fayetteville, GA 30214, 770-996-3418, wnpf@aol.com
6 OCT, 1st NH Record Breakers, Jamie Fellows, Box 375, Belmont, NH 03220, 603-267-8158
6 OCT, NASA Iowa Regional (Des Moines, IA) NASA, Box 735, Noble, OK 73068, 405-527-8513
6 OCT, SLP Fall BP/DL Classic (Mattoon, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
6,7 OCT, Cam-Am World Cup, PL/BP (Lethbridge, Alberta, Canada) Bruce Greig, 403-938-3067, Fax 403-938-0489
7 OCT, USAPL Deadlift Nationals (**new date**) (Holiday Inn North, Newark, NJ) Pro Fitness, 350 Rte 46, Rockaway, NJ

HUGE IRON Powerlifting Schedule YEAR 2001

Aug 12, 2001 - WPO (TM) Semi-Finals Qualifier (Universal Studios, Orlando, Florida)

August 6, 2001 - Police & Fire Nationals (Las Vegas, NV)

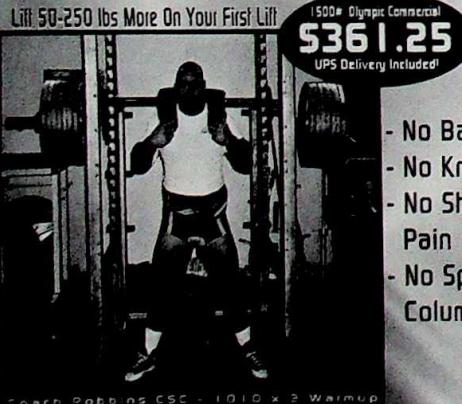
November 17, 2001 - WPO (TM) Professional Powerlifting Championships (Universal Studios, Orlando, FL)

All meets at Huge Iron Training Center unless otherwise noted: 910 South Atlantic Avenue, Daytona Beach, FL 32176, (904) 677-4000

- 07866, 973-627-9156, www.profitness.com**
7 OCT, SLP Chicagoland Open BP/DL Classic (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
7 OCT, APA Bay State Open BP & DL (Worcester, MA) APA, Box 27204, El Jobean, FL 33927, 941-697-7962, apapresident@angelfire.com
13 OCT, Olympus Fitness BP (teenage boys & girls, women open, women masters, open, submasters, masters) Olympus Fitness Center, 5470 St. Barnabas Rd., Oxon Hill, MD 20745, Vernel Morris, 301-505-2255 or Paul Eberle
13 OCT, Super Bench 2001 (men, women, teen, Jr., submaster, master - deadline 10/1/01) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590, www.geocities.com/armstrength
13 OCT, NASS North America's Strongest Man (Euless, TX - open men & women, teen, masters) Bill Holland, 817-263-1800 (d), 847-6082 (e), willy@swbell.net
13 OCT, 5th Pennsylvania Power BP/DL Power Challenge, Eugene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
13 OCT (**new contact**), NASA Big River Classic PL/BP (Blytheville, AR) Daryl & Tobey Johnson, 1626 E. Co. Rd. 196, Blytheville, AR 72315, 870-763-9094
13 OCT, NASA Tennessee Regional (Nashville) NASA, Box 735, Noble, OK 73068, 405-527-8513
13 OCT, SLP Arkansas State BP/DL (Rector, AR) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
27 OCT (**new phone number**), INSA World Championship (Plano, TX - PL(60), BP(100), DL(100), 16 Tug of War Teams) INSA, 4515 Plaza Way, St. Pete Beach, FL 33706, 727-845-0520, Stroud's Fitness, 817-268-3488
27 OCT, APF/AAPF Iron Island Halloween BP & DL (separate meets, open m/l, masters m/l, limited to 1st 60 lifters) Iron Island Gym, 516-

Safety Power Squat Bar

Proven, Unsurpassed in Performance, Safety, Comfort & Economy By Any Device



- No Back Pain
- No Knee Pain
- No Shoulder Pain
- No Spinal Column Stress

Front Squats, Good Morning
"The Deadlift" 8 Weeks
Apr '94 Power

by
LOUIE SIMMONS

Optional
Back Handles
Single 22-
Double 32-
Other Models
Call

831-637-0797

CREPINSEK 130 Barnheisel Rd Hollister CA 95023 USA

& DL (separate meets, open m/l, masters m/l, limited to 1st 60 lifters) Iron Island Gym, 516-594-9014, jtb2040@aol.com
27,28 OCT., USAPL Nevada State, Jim Kralich, 150 Chris Ave., Elko, NV 89801, 775-777-7591
27,28 OCT., NASA North Carolina Regional (Hickory) NASA, Box 735, Noble, OK 73068, 405-527-8513
27,28 OCT., ANPPC NATIONALS (Chicago, IL) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
28 OCT., Best of the Southwest V (Natural, Raw BP/DL - Sculptured Trophies - Social Hall, McMurray, PA) Steve Siwiak, 724-941-7270
OCT., USA/Icelandic Strongman Challenge, Huge Iron Gym, 910 S. Atlantic Ave., Ormond Beach, FL 32176, 386-677-4000, 877-hug-iron, www.hugeiron.com
OCT., NASS N. America's Strongest Man (open, teen, masters, men & women) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wvillyh@swbell.net
OCT???, NASA W.V. Regional, NASA, Box 735, Noble, OK 73068, 405-527-8513
3 NOV., NCAAU State BP/DL/Teenage Championships, Rickey Young, 819 Roosevelt Ave., Plymouth, NC 27962, 252-793-4414
3 NOV., USAPL West Coast Open Push/Pull, John Planas, 234 W. Fairview Ave., Glendale, CA 91202, 818-242-1906
3 NOV., Iowa/Midwest Open BP/DL (open, novice, teen, submaster, master, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 515-673-5240
3 NOV., USPF Texas Cup (Austin - Men/Women: Open, Below 1, 13-23 in 2 yr. increments, submaster, master (5 yr. age increments to 70+), BP, Police/Fire - awards to all lifters), Seguin Fitness, 1415 E. Court St., Seguin, TX 78155, 800-378-6460, www.seguingfitness.com
3 NOV., USAPL State of Michigan Championships (BP, DL, Ironman, PL) Dick Van Eck, 616-521-4031
3 NOV., NASA St. Louis Regional (Fairview Hts., IL) NASA, Box 735, Noble, OK 73068, 405-

Dr. Darrell Latch & Son Light Power presents the following 2001 sanctioned state fair bench press/deadlift competitions:

- 4 AUG** - Vince Soto Memorial/Ohio State Fair
- 11 AUG** - Wisconsin State Fair
- 18 AUG** - Missouri State Fair
- 19 AUG** - Illinois State Fair
- 25 AUG** - Kentucky State Fair
- 2 SEP** - DuQuoin State Fair
- 8 SEP** - Tennessee State Fair

All featuring a two - man, two - woman & man - woman deadlift competition

For information call: 217-253-5429

527-8513

3 NOV., SLP X-Treme Fitness Fall BP/DL Classic (Union, MO) Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

3 NOV. (new description), USBF Raw BP & USPC Eastern Regional Curl, AAA Armwrestling, Brian Washington, Box 20042, Baltimore, MD 21284, Ecpower@bellatlantic.net

3 NOV., AAPF Southern States PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

4 NOV., USA 'RAW' BENCH PRESS FEDERATION GRAND NATIONALS, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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

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

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

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

11 NOV., Quebec Championships PL/BP, Marcel St. Laurent, 457 7ieme Ave. Nord, #1, Sherbrooke, Quebec, Canada J1E 2S2, 819-346-9466, or fax 819-346-6104

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

IronAthletics@aol.com or Teresa 806-359-5438

11 NOV., SLP Franklin Health & Fitness BP/DL Classic (Franklin, IN) Son Light Power, 122 S.

Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

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

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

15-19 NOV. (new contact info), 24 Hr. Fitness WABDL World BP & DL Championships (Pepper Mill Hotel, Reno, NV) Gus Rothwisch, 4264 SE 122nd Ave. #31, Portland, OR 97236, 503-762-5066, FAX 503-762-5067

16-18 NOV., IPA Nationals (Columbus, OH) - Holiday Inn Worthington 614-885-3334

Elite Fitness Systems, Dave & Traci Tate, 7 4 0 - 8 4 5 - 0 9 8 7 , www.elitefitnesssystems.com

17 NOV., 2nd annual WPO (TM) Professional PL Championships, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

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

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

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

17 NOV., ADAU Raw Drug Free North American BP, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

24 NOV., NASA Missouri Regional (Carthage) NASA, Box 735, Noble, OK 73068, 405-527-8513

1 DEC., Y.E.S. Inc. Association PL & BP Nationals, Trend Dashill, 4627 Coulbourn Mill Rd., Salisbury, MD 21804, 410-742-9201, 749-9101, ask for Trend, Jimmy, or Fred

1 DEC., USPF Winter Classic BP/DL (Camarillo, CA) Chris Kostas, 1854 Pineridge Rd., Frazier Park, CA 93225, 661-245-0115,

TITAN
SUPPORT SYSTEMS INC.

2001 Men's Nationals, Omaha

Open to all USAPL Men who have qualified

NEBRASKA
U.S.A.
POWERLIFTING

TM
Be part of one of
the BIGGEST events
of the year!

July 13-15 at the Double Tree
Downtown, 1616 Dodge St

Call 402-346-7600 for hotel reservations

For more information contact Jim Hart at JMSHRT@aol.com or call
402-470-3672 The deadline for entry is June 12th. The NGB meeting
 will be held on Thursday July 12th at 1:00 PM central time.

Kostas@frazmtn.com or Steve Denison, 661-664-7724

1 DEC, Estriens Championships (PL & BP - Granby, Canada) Benoit Brodeur, 450-378-7666 or 372-0087 (Fax).

1 DEC, "Miller Chev" Christmas BP Classic (open, teen, women, masters) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55303, Dave Harrison (D) 763-441-4232, Jerry Gneere (E) 763-753-6064

1 DEC, NASS Teen, Masters & Women Strongman Nationals - Winterfest Open (Ft. Worth, TX) Bill Holland, 300 W. Northern Ave., Saginaw, TX 76179, 817-847-6082, wwillyh@swbell.net

1 DEC, SLP Son Light Winter Classic, Son Light Power, 122 S. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

1 DEC, APF Southern States Open PL, Huge Iron, 910 S. Atlantic Ave., Daytona Beach, FL 32176, 904-677-4000

1,2 DEC, AAU World DL, World Push/Pull, International BP (Laughlin, NV - raw and equipped for men and women, youth, teen, Jr., open, submasters, masters, lifetime, lifetime masters, law &

military, physically challenged) Martin Drake, Box 108, Nuevo, CA 92567, 909-298-4797, Ntrlpwr@pe.net

1,2 DEC, NASA Novice Nationals???, NASA, Box 735, Noble, OK 73068, 405-527-8513

2 DEC, New England Raw PL, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1728

2 DEC, SLP Rhinos Fitness BP/DL Clasic (Roscoe, IL) Son Light Power, 122 W. Sale, Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

6-9 DEC (expanded contact information), IPF World Bench Press, John Clark, Box 1572, Christchurch, New Zealand, jclark@ihug.co.nz, +64 3 3653051

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

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

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

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

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

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

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

12-16 DEC (new date), 100% Raw World Championships (men & women, all age/wt. classes) Dr. Spero Tahontikida, 4850 Connecticut Ave. NW #903, Washington, DC 20008, 202-282-0528

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

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

DEC, I.S.A. Two Worlds Collide BP/Clean & Jerk - individual or total (Douglasville, GA) Boys & Girls Club I.S.A., 6510 N. Sweetwater Rd., Lithia Springs, GA 30122, 770-739-0184, 866-Push/Pull or IronAthletics@aol.com or Keith 770-949-9299

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

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

This seminar is guaranteed to boost your bench and give you a real edge in your next meet.

\$75 for 2 hour seminar (\$50 students)

Part 1: Bench press technique

Part 2: Training methods, assistance exercises, set and rep routines, peaking for contest.

Part 3: Question and Answer

\$125 VIP package (\$100 students)

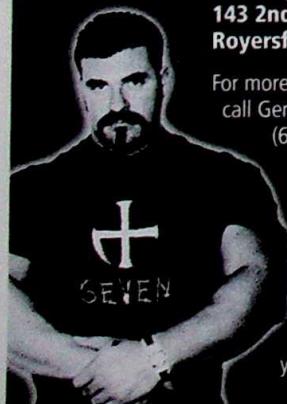
2 hour seminar plus one hour group training with JM and you! Limit to 20 participants. This is hands-on specific work on your form and technique.

Send check or money order to:

Gene Rychlak, Jr.
143 2nd Ave.
Royersford, PA 19468

For more information
call Gene Rychlak, Jr. @
(610) 948-7823

Believe It:
Knowledge is Power!



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

www.uspfny.com

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

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

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

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

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

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

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

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

8 APR, New Hampshire State & New England PL & BP, Dave Follansbee, Nutrition 101, 865 Second St., Manchester, NH 03102, 603-626-5489, usabodybuilding@aol.com

14 APR, 16th Olympic Bench Press Championship, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

APR, USPF North American PL/BP (men/women open, 14-23, 35-39, 40+, collegiate) Dave Follansbee, 865 Second St., Manchester, NH 03102, 603-626-5489,

usabodybuilding@aol.com

APR, PPL Drug Free Georgia State, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

4 MAY, WABDL Hawaii Invitational BP & DL (Drug tested) Craig DeSoto, 808-667-4363

4 MAY, ADAU NJ State Drug Free Raw 2 lift and separate BP and separate DL, Joe Pyra, 25 Louis Dr., Budd Lake, NJ 07828, 973-691-2695

18 MAY, 5th Newman BP, Robert Ybarra, 2109 5th St., Sterling, IL 61081, 815-626-5042

29 MAY-2 JUN 02, IPF Women's Worlds (Riesa, Germany)

26-27 JUL, WABDL National BP & DL (Houston, TX-Clarion Hotel) Bob Garza, 281-820-5923

JUL, PPL Drug Free Southeastern PL, PPL, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, pythongym@aol.com

JUL, USAPL Men's Nationals, Dennis & Sandi Brady, B&W Gym, 5920 N. Ridge, Chicago, IL 60660, 773-561-9692

10-15 SEP 02, IPF World Juniors (Venezuela)

9-13 OCT 02, IPF World Masters (Cordoba, Argentina)

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

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

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

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

P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT. P.P.S. Italicized entries in this listing are new competitions or updates to previous entries.

AAU WORLD POWERLIFTING CHAMPIONSHIPS

2001 Mayagüez, P.R.



All Athlete Will Have Free Lodging

AAU POWERLIFTING WORLDS RAW AND ASSISTED

Date/Location: **Friday, Saturday and Sunday, OCTOBER 26, 27 and 28, 2001. On the Palace of Sports in Mayagüez, Puerto Rico.**

Elegibility:

Contests is open to all A.A.U. PC of all ages registered who have place 1st, 2nd, or 3rd in the 1998, 1999, 2000 National Masters or the North American and Hawaii States. All world foreign athletes, those in good standing with their respective Federation or Associations who are drug Free. A.A.U. card will be sold at the meet. The registration Fee is \$10 for youth (under 19) and \$30 for adults.

Schedule:

26/10/2001 Friday: 5:00 to 6:30 P.M. weight in 66,76, 86 / 97/105 classes women plus men – competition 8:00 P.M. same night. 5:00 to 6:30 P.M. weight in from 114/181 all women plus men that are going to complete on Saturday at 8:00 A.M.

27/10/2001 Saturday weight in from 5:00 to 6:30 P.M. for all women plus men from 198 above that are going to compete Sunday 28/10/2001 at 8:00 A.M.

Awards:

Award will given to the top 5 places in the following classes: (w=women, m=men) w-97, w-105.75, m/w-114.5, m/w-123.5, m/w-132.25, m/w-148.75, m/w-165.25, m/w-181.75, m/w-198.25, w-shw- m220, m242, m275, m 319.5 mshw Best lifter awards and Team award will also be given. You must have club sanction or country Federation sanction to enter as a team this can be done the day of the meet. (Only one team for each club or Federation men and women)

Divisions:

Open (to all). Youth, Teen, Junior 20-23, sub-master 35-39, masters (40-44, 45-49, 50-54, etc.). Law & Fire. Proof of age is required for Masters and Teens. This proof must be supplied with your entry.

Applications:

Send all entries to Néstor Gregory, Las Villas, Park Rd. 142, Ramey, Aguadilla, Puerto Rico 00603 or to Carlos Fernández, La Esperanza S-38, St. 16, Vega Alta, Puerto Rico 00692. gregory_nestor@hotmail.com

Make all checks payable to Puerto Rico Powerlifting Federation. (\$50 first division addle div.\$30)

Dead Line – Friday, September 26, 2001.

NO EXCEPTIONS!

Note:

- * Flight systems to be used – with two platforms
- * A one piece lifting suit is mandatory
- * Spectator Admission \$3 kid 12 and under are Free
- * If you have any question contact Néstor Gregory Tel. 787-890-4636 or Carlos Fernández 787-883-1073

Directions:

You can fly direct to Aguadilla in TWA from any place from the USA or you can fly to San Juan and from San Juan P.R. you must go by car 2 hour ride to Aguadilla and to Airport Rafael Hernández in (Ramey) Punta Borinquen. All Athletes will have free lodging, one breakfast each morning and one dinner starting the 24/10/2001 to 28/10/2001 in a Government place known as CEDECAR . This place is located two minute by car near Rafael Hernández airport in Ramey Aguadilla . All will have free transportation to the place of the competition that is 30 minute ride. from were you are going to stay.

Note:

For privacy stay at your expenses there are the following Hotel in the area:

Mayagüez Area

Best Western Mayagüez 787-832-3030
Holiday Inn 787-833-1300 or 787-833-1100
Hotel El Sol 787-834-0303
3 minute walk from site of competition
Hotel Plaza 787-832-9191 3 minute walk from site of comp.

Aguadilla Area (30 minute ride to site of competition)

Hotel Cielo Mar 787-882-5959
Hotel El faro 787-882-8000
Hotel La Cima 787-890-2016
Hotel Villa Forin 787-882-8341

**WABDL California State BP/DL
17 FEB 01 - Monterey, CA**

BENCH	165	D. Gerona (BL)	523	M. Maxfield (BL)	584
WOMEN	K. Gardner	S. Kunz	374	K. Vorsatz	451
Junior 20-25	181	DEADLIFT	I. Atkinson	440	
114	R. Lozano	WOMEN	4th	485	
J. James	104	Open Law/Fire	308		
132	E. Anderson (BL)	Masters 40-46	A. Austin	600*	
G. Eddy	110	123	L. Buie	281	
Open	R. Kehl	123	148	Open	
105	Masters 68-74	123	165	123	
C. Baqui	143	L. Buie	281	L. Blas	374
114	R. Cortes	M. Ivers	396	Y. Kuroda	440
A. James	159*	Junior 20-25	132	A. Conteras	214
148	Open	G. Eddy	170	G. Eddy	181
A. Skellington	121	Open	170	M. Moore	468
165	B. Sanders	105	220		
M. Ivers (BL)	253	C. Baqui	331*	P. Davi	628
G. Anderson	214	114	331*	C. DeSoto	573
Master Law/Fire	48+	A. Skellington	248	S. Pena	501
148	A. Conteras	M. Zierold	248		
R. Ballard	159	4th	253	H. Munro	540
Teen 13-15	L. Jones	148	242	V. Garcia	534
148	M. Saito	148	242		
A. Skellington	121	A. Skellington	242		
Open Law/Fire	M. Ludovico	M. Ivers	396		
123	S. Pena	4th	402		
L. Buie	148	P. Carroll	203		
165	E. Vorsatz	MEN	275		
MEN	A. Contreras	T. Yamanaka			
Junior 20-25	115	Submaster Law/Fire			
181	181	309+			
M. Moore	286	R. Russell			
220	M. Minahan	Class I			
Teen 16-19	214	220			
P. Davi	429	S. Pena			
4th	165	501			
308	E. Horvath	123			
J. Bryant (BL)	551*	J. Miller			
D. Geronia	523	R. Abilay			
Masters 40-46	198	M. Smyser			
123	K. Albert	J. Mozingo			
B. Sanders	231	J. Mozingo			
165	S. Ward (BL)	501			
D. Marchheimer	352	Z. Clark			
M. Tinoco	170	220			
181	A.J. Agamao	639			
J. Jones	380	W. Faulkner			
P. Janoff	352	181			
198	C. Favoloro	W. Faulkner			
K. Kanemoto	462	181			
R. Lopez	341	K. Nakamura			
D. Bertier	292	501			
220	J. Tovar	Submaster 43-39			
G. Ponder	385	501			
P. Wondra	325	181			
242	G. Niualliku	181			
M. Lutz	440	W. Faulkner			
H. Munro	407	181			
C. Warrick	374	R. Exum			
G. Stevens	275	275			
R. Carbo	385	S. Brown			
M. Moore	358	507			
308	W. Hancock	507			
J. Minahan	518	Submaster 34-39			
4th	165	507			
Masters 47-53	529*	198			
181	P. Narr	E. Albert			
G. Rochelle	275	440			
S. Brown	424	198			
309+	E. Sim (BL)	220			
G. Brink	462	S. Ughe			
L. Contreras	391	501			
K. Ward	391	242			
Masters 54-60	198	R. Spill			
165	J. Tovar	573			
G. Boucher	292	R. Exum			
M. Timbal	291	275			
198	E. Kuskie	S. Brown			
R. Tsutsui	352	507			
220	181	198			
J. Mutty	352	E. Russell			
R. Kunz	281	617			
275	198	309+			
G. Nelson	407	W. Smith			
Master 61-67	165	462			
148	P. Narr	Junior 20-25			
L. Bias	203	181			
203	248	617			
308	259*	617			
J. Minahan	518	617			
4th	165	617			
Masters 47-53	529*	617			
181	P. Narr	617			
G. Rochelle	275	617			
S. Brown	424	617			
309+	E. Sim (BL)	617			
G. Brink	462	617			
L. Contreras	391	617			
K. Ward	391	617			
Masters 54-60	198	617			
165	J. Minahan	617			
G. Boucher	292	617			
M. Timbal	291	617			
198	E. Kuskie	617			
R. Tsutsui	352	617			
220	P. Narr	617			
J. Mutty	352	617			
R. Kunz	281	617			
275	198	617			
G. Nelson	407	617			
Master 61-67	165	617			
148	M. Smyser	617			
L. Bias	203	617			
308	385	617			



Michell Ivers - WABDL WR 402

and George Niualliku won SHW with 424. Steve Ward was Best lifter. In teenage, Kevin Albert was best lifter with a 385 in 16-19 198. Andy Horvath set a CA state record in 16-19 165 with 281 lbs. In open 132, Kerwin Unten became the 3rd or 4th man in history to bench 400 at 132 with a 402 and was named outstanding lifter. Mike Saito won the 181 open with a 451. The initial winner, whose name I won't mention due to the WABDL practice of confidentiality, flunked the drug test. At 220, Mike Ludovico benched 529. Back in September, he did 573, one of the best 220 lb. benches in history. Steve Pena, who is legally blind, did 451. At 242, Russ Kitani won with 529. Russ has done as much as 567. At 275, Tomonari Yamanaka, also a member of Matt LaMarque's Iron Society, did a nice 545. At SHW, Steve Wong only got his opener with 589. He did a clean 650 in August. Keith Ward set a Hawaii state record in master 40-46 super with 391. In master men 40-46 123 Bobby Sanders did 231 for a CA state record. At 165, Dan Marchheimer of Seattle won with 352. At 181, Jeff Jones won with 380 over Paul Janoff. At 198, Keith Kanemoto set a California state record with 462. At 242, Mike Lutz beat out 3 others with 440. In 275, Rob Carbo won with 385 over Mike Moore. At 308, John Minahan set a CA state record with 529. In master 47-53 275, Steve Brown set a CA state record with 424 lbs. At 310, George Brink set a CA state record with 462. In master 54-60, Rich Tsutsui won with 352 at 198. At 220, John Mutty won with 352. In master 61-67, Rudy Lozano won at 181 with a world record 341. Ernie Anderson set a world record at 242 with 435 and Robert Cortes set 4 world records in master 68-74 (he's 70) ending up with 253 at 148. In junior men's bench, Josh Bryant was the story with a world record 551 at 308. Doug Geronia of Hawaii was 2nd with a Hawaii state record of 523 in his first meet. Phil Davi got a personal best of 468 at 198. In women's bench, Rae Ballard tied her world record of 159 in law/life/master 48+. In open women, Carmella Baqui set an HI state record of 143 in the 105 class. Anna James set a CA state record of 159 in the 114 class. Azure Skellington of HI won the 148 class with 121 lbs. At 165, Michelle Ivers was best lifter with a 235 at 165. Gina Anderson was second with a very respectable 214. In junior women, Jennifer James set a CA state record of 104 at 114 and at 132, Gabrielle Eddy set a CA record of 110. In teenage 13-15 148, Azure Skellington set a teen world record of 121. In master women bench, Anna James set a CA state record of 159 at 114 age group 40-46. Michelle Ivers was best lifter with 253 at 165 40-46 age group. In law/life open and master 40-47, Leilicia Buie set a world record of 148 in the 123 class. In class I men's bench, Doug Geronia set a HI record of 523 at 208 class and was named best lifter. The outstanding lifters in the bench were for teen/jr. - Josie Bryant and Men's law/life -



Bloodline Hawaii Team; (l-r) bottom row - Kerwin Unten, Kirk Nakamura, Ronald Abilay; top row - Keith Sylvester, Mike Knight, Mike Saito, Doug Geronia, Craig Desoto, Moses Timbal. (photos courtesy of Gus Rethwisch)

NASA National Boys & Girls PL
17-18 Feb 01 - Springfield, OH

BOYS	SQ	BP	DL	TOT
Division 1-3				
Freshmen 119 lbs.				
C. Banion	67.5	47.5*	105*	220*
B. Stewart	70*	40	100	210
127.8 lbs.				
J. Ferre	100*	67.5*	112.5*	290*
J. Nathaniel	100*	55	110	265
138.8 lbs.				
J. Tenant	127.5*	70*	130	327.5*
154.3 lbs.				
M. Hathaway	127.5	82.5	150	360
170.8 lbs.				
G. Hemmings	127.5	80	182.5*	390
250.2 lbs.				
B. Jones	107.5	85	145	337.5
280 lbs.				
J. Adams	182.5*	90*	170*	442.5*
Sophomore 127.8 lbs.				
D. Peterson	102.5	65	140	307.5
138.8 lbs.				
C. Yontz	125	65	145	335
B. Sxoraz	102.5	80	137.5	320
154.3 lbs.				
A. Bollinger	152.5	110*	185*	447.5
D. Reese	122.5	92.5	160	375
170.8 lbs.				
J. Ferre	175	120*	207.5	502.5
C. Schaeffer	147.5	95	202.5	445
C. Leaver	150	102.5	185	437.5
187 lbs.				
P. Turner	182.5	97.5	195	475
M. Roy	140	125*	170	435
A. Martin	137.5	82.5	157.5	377.5
227 lbs.				
M. inskeep	172.5	82.5	190*	445
250.2 lbs.				
P. Allen	170	130s	197.5	497.5
E. Short	145	110	137.5	392.5
Junior 138.8 lbs.				
K. Cantrell	142.5	70	137.5	350
154.3 lbs.				
B. Briner	155	77.5	165	397.5
S. Dietrich	120	85	140	345
170.8 lbs.				
J. Humphrey	125	97.5	127.5	350
B. Bates	125	82.5	142.5	350
187 lbs.				
R. Mellott	182.5	88.5	187.5	455
S. Swords	162.5	95	157.5	415
205 lbs.				
S. Sprinkle	182.5	117.5	195	495
r. Etapa	165	87.5	200	452.5
227 lbs.				
J. Hassel	205*	120	205	530
250.2 lbs.				
C. Hall	182.5	110	187.5	480
Senior 127.8 lbs.				
J. Riley	110*	90*	142.5*	342.5*
138.8 lbs.				
S. MacLaren	137.5*	85	162.5*	385*
154.3 lbs.				
S. Bergdorf	125	80	160	365
J. Houser	127.5	80	135	342.5
170.8 lbs.				
S. Pavelka	215**	110*	202.5*	528.5*
M. Akers	150	107.5	162.5	420
187 lbs.				
J. Evans	185	125	210	520
A. Dudones	197.5*	95	200	492.5
T. Bisdorf	170	97.5	192.5	460
205 lbs.				
T. Phillips	225	127.5	230*	582.5

227 lbs.	J. Schadie	187.5	135	230	552.5
BOYS Division 4-6					
Freshmen 119 lbs.	D. Douglas	100*	65*	147.5*	312.5*
C. Lemon	Da. Douglas	97.5	57.5	115	270
138.8 lbs.	M. Rouch	120	82.5	145	347.5
J. Howard	K. Howard	90	52.5	112.5	255
154.3 lbs.	P. Pence*	155	85	190*	430*
S. Wertz	S. Wertz	147.5	82.5	182.5	412.5
C. Winteroff	137.5	75	150	362.5	
J. Socner	120	72.5	147.5	340	
D. Roberts	107.5	65	132.5	305	
J. Miller	92.5	67.5	117.5	277.5	
187 lbs.	K. Etkin	115*	62.5	122.5	300
B. Horsley	H. Horsley	102.5	67.5	127.5	297.5
227 lbs.	K. Ray	145	92.5	150	387.2
250.2 lbs.	V. Snyder	127.5*	70*	157.5*	355*
T. Lamb	J. Traucht	67.5	47.5	115	230
138.8 lbs.	D. covel	102.5	77.5	112.5	292.5
S. Carter	A. Flannery	100	50	122.5	272.5
B. Newman	R. Ormsbee	92.5	57.5	112.5	262.5
170.8 lbs.	J. Jacobs	102.5	75	137.5	315
J. Johnson	J. Johnson	90	72.5	115	277.5
187 lbs.	R. Garringer	185	95	217.5	497.5
R. White	A. Crews	135	97.5	177.5	410
250.2 lbs.	M. Liebold	122.5	70	155	347.5
J. Timmons	D. Thompson	175	110*	200*	485
280 lbs.	J. Crawford	160*	110*	182.5*	452.5*
J. Wheeler	B. Miller	182.5*	130*	116.5	480*
315 lbs.	G. Shope	65	52.5	92.5	210
138.8 lbs.	R. Haddix	112.5	72.5*	130	3315
HWT	M. Locke	130	95	165	390
J. Horn	M. Burton	105	80	142.5	327.5
170.8 lbs.	M. Leis	165	102.5	170	437.5
B. Brooks	D. Taylor	132.5	65	152.5	355
187 lbs.	A. Timmons	157.5	90	195	442.5
D. Taylor	M. Bailey	157.5	145	197.5	500
S. Burton	J. Timmons	157.5	90	195	442.5
205 lbs.	227 lbs.	202.5	115	210*	527.5*
J. Flax	K. Flax	165	100	190	455
A. Lee	A. Lee	137.5	110	175	422.5
250.2 lbs.	M. Hess	202.5	137.5	252.5	592.5
315 lbs.					

Renew NOW

DON'T MISS THE UPCOMING SR. NATIONAL MEETS

D. Demmien	65*	35*	70	170*
R. Wasyk	60	27.5	75*	162.5
110.2 lbs.	K. Schutte	95*	32.5	102.5
F. Oberly	67.5	40	97	205
119 lbs.	N. Parkinson	87.5*	30	82.5
H. Karnuth	65	35	82.5	182.5
127.8 lbs.	J. Miller	87.5*	45*	105
C. Gilliam	87.5*	40	100	227.5
S. Ervin	85	37.5	102.5	225
K. May	87.5	30	107.5	195
138.8 lbs.	D. Ark	82.5	60*	105
L. Ferryman	80	37.5	90	207.5
154.3 lbs.	R. Vossberg	127.5*	50	137.5
C. Caye	100	47.5	120	267.5
170.8 lbs.	H. Book	87.5*	45*	112.5
187 lbs.	A. McNier	120	67.5*	137.5
E. Schneider	162.5*	s97.5*	s185*	s432.5*
C. Russell	147.5	87.5	130	415
154.3 lbs.	C. Fisher	177.5	110	192.5
J. Tutschilting	152.5	110	172.5	435
170.8 lbs.	R. Hines	140	112.5	157.5
J. Cummings	95	65	137.5	292.5
227 lbs.	C. Troxell	215	125	232.5
GIRLS Division 1-6				
Freshmen 101.4 lbs.	H. Mowell	87.5*	42.5*	112.5
S. Schneider	77.5*	37.5	100*	215*
L. Barcus	67.5	40*	67.5	175
110.2 lbs.	R. Morgan	77.5*	37.5	90*
119 lbs.	M. Rausculp	97.5*	42.5*	112.5
K. Robinson	52.5	25	62.5	140
127.8 lbs.	L. Heironimus	95*	45*	135*
J. Federle	92.5*	50*	105*	247.5*
170.8 lbs.	H. Kemplin	57.5	30	102.5
HWT	A. Benninger	95*	67.5*	132.5
Sophomore 101.4 lbs.	M. Robinette	57.5	32.5	65
205 lbs.	S. Entler	60*	37.5*	67.5*
119 lbs.	M. Hennis	95*	47.5*	92.5
K. Oswalt	J. O'Connor	92.5	40	100*
127.8 lbs.	S. Roaden	87.5	35	97.5
M. Scholl	T. Dewart	90	42.5	95
138.8 lbs.	E. Lawson	65	35	100
S. Mullins	J. Wasserman	70	30	82.5
S. Cline	135*	s11	s132.5*	s38.5*
L. Yandle	S. courlas	90	50*	95
T. Dewart	80	50*	105	235
170.8 lbs.	T. Adams	52.5	32.5	75
C. Ridder*	107.5	50	112.5	270*
R. Powers	97.5	52.5*	112.5	262.5
HWT	P. Harris	130	62.5*	145*
Junior 101.4 lbs.	137.5	62.5*	145*	337.5*

MEETING THE DEMANDS OF TODAY'S ATHLETES

Mats • Bars • Racks • Free Weight Machines • Benches • Plates

Dumbbells • Belts • Pin Selected Machines



ORIGINAL
TEXAS
POWER
BAR

The Finest Bar Available
With A Lifetime Warranty
To Back It Up

1617 W. Highway 303
Grand Prairie, TX 75051
Call today for our catalog & for pricing info
800-942-0338
www.mac-barbell.com

Official Supplier to the Texas High School Power Lifting Association

From the Originator of the Bench Shirt

INZER
ADVANCE DESIGNS

presents:

The Inzer **HEAVY DUTY** Series Blast Shirts

High Performance Heavy Duty

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

Improved Heavy Duty

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

Name _____

Address _____

Phone _____

Qty. Color

Heavy Duty Blast Shirt \$58

High Performance Heavy Duty \$77

Extra High Performance Heavy Duty \$100

relaxed measurements of shoulders _____
chest _____ arm _____

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

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

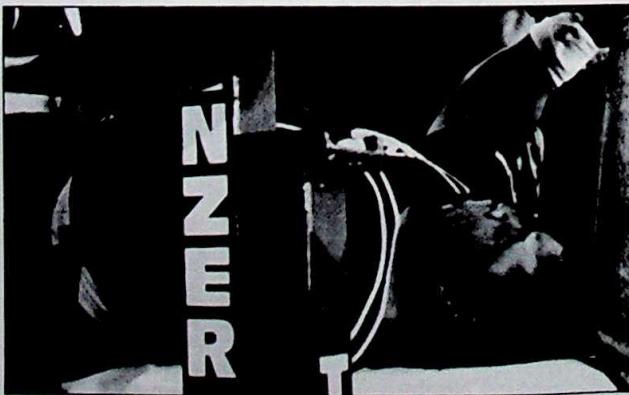
Extra High Performance Heavy Duty

- * extra extended power support range
 - * new arm lock design
 - * more tricep support
 - * extra reinforced construction
 - * guaranteed more support and power than anything ever available before now
- An Incredible Shirt. We recommend getting accustomed to the HPHD Blast Shirt before use of this EHPHD Blast Shirt. Recommended for advanced, experienced powerlifters only

HPHD & EHPHD, the secret experimental technology that assisted:



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



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

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

**More Items Available
from**



800-222-6897

903-236-4012

Inzer Advance Designs T-shirts — 2 color logo

Full front logo or side chest logo Black, Navy Blue, Royal Blue, Red, White \$8.00
S, M, L, XL, XXL, XXXL, XXXXL

Tank Tops — 2 color logo \$10.00

Wrestling Singlets — Black, Navy Blue, Royal Blue, Red

S, M, L, XL, XXL \$28.00

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

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

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

COMPETITION BELTS

Lever Belts

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

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

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

Buckle Belts

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

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

1 - 2 oz. block \$2.00

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

Ammonia Caps - Box of 12 \$5.00

T-SHIRTS

(limited availability)

Inzer Intensity - multi-color deadlift design \$10.00

OFFICIAL MEET T-SHIRTS

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

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

VIDEOS

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

IPA South Carolina State 19 May 01 - Hilton Head Isl., SC				
	SQ	BP	DL	TOT
Teen (14-15) 181 lb.				
J. Kent	—	175*	—	175
198 lb.				
M. Effner	—	260*	—	260
242 lb.				
J. Grant	425*	260*	470*	1155
16-17) 181 lb.				
T. Haslam	—	215*	—	215
123 lb.				
C. Essick	195*	125*	305*	625
(18-19) 165 lb.				
A. Porter	325*	265	435*	1025
220 lb.				
C. Argoe	445*	315*	455*	1215
275 lb.				
M. Majors	405*	285*	405*	1095
SHW				
D. Utley	425*	295	465*	1185
WOMEN				
Open 123 lb.				
S. Fusco	—	170	—	170
MEN Junior 220 lb.				
C. Amick	350*	210*	550*	1060
Open 148 lb.				
E. Knight	—	310*	—	310
181 lb.				
J. Gothe	450	330	500	1250
R. McMillan	380	280	405	1065
M. Clegg	495*	345*	505	1345
220 lb.				
E. Powell	565	405	550	1520
K. Williams	550	375	550	1475
PRO Open 242 lb.				
L. Arthurs	—	400	—	400
Amateur 275 lb.				
Ricafrente, Sr.	650*	340	590*	1580
Submaster (33-39) 181 lb.				
J. Gothe	450	330	500	1280
198 lb.				
D. Scott	465*	340*	500*	1305
220 lb.				
R. Williams	350	315*	375	1040
K. Williams	550*	375*	550*	1475
Master (45-49) 181 lb.				
D. Adams	—	265*	—	265
J. Stoudemire	250*	345*	300*	895
R. Kent	—	340	—	340
(50-54) 198 lb.				
D. Conway	—	300	—	300
G. Haslarn	—	325	—	325
(55-59) 275 lb.				
D. Ricafrente, Sr.	650*	340	590*	1580
PRO Master (55-59)				
242 lb.				
L. Arthurs	—	400	—	400
Amateur Police				
123 lb.				
S. Fusco	—	170	—	170
198 lb.				
D. Conway	—	300	—	300
220 lb.				

Doug Ricafrente, Sr., age 55, from Moncks Corner, South Carolina has been a Drug Free lifter for the past 25 yrs. He currently competes in the 275 lb. class Masters Division. He has lifted with the AAU, the American Drug Free Powerlifting Association, USPF, USAPL, and now with the IPA. He is currently a State Champion, and has won several National championships; the first one in 1987 at Biloxi, Mississippi and the second one in 1991 at Daytona Beach, Florida. He also won the Drug Free World Masters Powerlifting Championship in 1992 in Norwich, England. He is trying to make a comeback after a battle with both diabetes and back surgery. He also serves as a State Referee with the USAPL and a National Referee with the IPA. His motto is "hard work never hurt anyone. Work hard and you'll keep what you earn". On behalf of the President of the IPA, Mark Chaillet, Floyd Powe (left) presents Doug Ricafrente Sr. with the IPA's 25 year drug free powerlifting award. (photo provided courtesy Floyd Powe).



K. Bedore	360	—	—	—
L. McClary	205	335	370	910
198 lb.				
R. Putnam	350	—	—	—
N. Johnson	250	—	—	—
220 lb.				
R. Hatala	505	—	—	—
K. Collyer	320	405	450	1175
M. Kodya	355	530	375	1260
L. Bagnoli	315	470	475	1260
W. Savage	425	550	500	1475
H. Bachoric	280	—	—	—
S. Cook	485	—	—	—
T. Dalaba	360	—	—	—
242 lb.				
D. Hamil	310	—	—	—
G. Perrou	550	450	—	—
J. Rock	500	465	—	—
D. Kipp	520	—	—	—
T. Daniels	425	575	585	1585
M. Cleveland	380	—	—	—
275 lb.				
R. Flannerty	380	600	550	1530
D. Thum	260	—	—	—
C. Semone	475	—	—	—
308 lb.				
V. Vardine	460	600	550	1610
SHW				
M. French	355	625	—	—
J. Galligan	500	—	—	—
Rotterdam-On Sunday 04/22/01 the 9th annual NY State Powerlifting Championships & Bench Press Wars were held at Leon's Centre. Powerlifters from all over the state competed for state titles. And teams from Saratoga, Glens Falls & Schenectady competed for the coveted team trophy. To top the meet off, World Champion Bill Crawford and Glen Chabot gave a bench press seminar following the Bench Press Wars. Results as follows: In the teenage 165 division Jeff Sanford did great for his first meet and Kenneth Collyer of Queensbury could have been in the Opens men's class winning the 220's. In the women's division Janet Farone missed her first 2 attempts in the squat and came back to win the 114 class with a 210 squat, 165 bench & a 250 dead. Nancy Johnson of Warrensburg Broke the pro division submaster world record with a bench press of 250. In the masters division 60-year-old Mike Casalelli set a record with a 450 squat. Vinnie Vardine set 4 new records including best squat, bench, dead and total for the 45-yr. old super heavy weight class. Who could not forget Pete Bush that missed his first two attempts and made his 3rd in the bench press. The Muscle works team from South Glens Falls won the coveted team trophy. Best lifter in the Pro division in the Bench press wars went to David Piersall from Utica with a 460 bench at a bodyweight of 159. In the physically challenged division you couldn't help but got inspired by Tino Evans' hitting ability and desire. Rich Hatala in his first meet benched 505 in the super heavy amateur class. In the Amateur class it was David Kirchen from NY City who won overall best lifter with a 475 squat, 335 bench and a 515 dead at a bodyweight of 165. (Thanks to Dave Leon of Leon's Centre Gym for providing these meet results to PL USA).				

International Powerlifting Association "Lifting for Lifters"

Application for Registration

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

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

Date

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

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

3rd Granite State Open DL 26 Aug 00 - Keene, NH

DEADLIFT	Submaster (33-39)
MEN	308 lb.
Open 198 lb.	A. Jordan 575
M. Michael	555 Master (40-44)
D. Dore	550 Formula
242 lb.	J. Berndt-226 635
G. Benneville	610 C. Tramontana 435
B. Matchett	560 N. Giroux-198 445
275 lb.	(45-49)
Jackman!	700 J. Speaks-205 520
R. Weijas	600 T. Jarvis-188 455
308 lb.	S. Legensky-220 375
A. Jordan	575 (50-54)
SHW	W. Andrews-380 575 (55-59)
W. Andrews	575 B. Matchett-233 560
Teen (13-15)	165 lb.
W. Faust	280 Master (50-54)
Junior (20-23)	A. Wilken-112 135 Novice
242 lb.	G. Bonneville 610 A. Wilken-112 135
Director of the competition: Louie LaPointe. Head Judge of the competition: Joe Romano. Side Judges: Jim Supry, Bill Durant. Spotters: Phil Thomsen, Lionel Fisk. Score Cards: Dave LaRoche. (Thanks to Louie LaPointe for providing the results of this contest to PL USA).	

USAPL California State

10,11 Mar 01 - Modesto, CA

	Open	SQ	BP	DL	TOT
220 lb.					
J. Matteo	628	—	—		
Teen (16-17)	358.5	—	—		
B. Huffer	198 lb. Master	220			
S. O'Neill*	—	—	143		
Open Teen (14-15)	165 lb.				
A. Contreras	—	—	220		
Master-2 Open	319 lb.				
L. Contreras	—	—	496		
Open 148 lb.					
T. Callahan*	308.5	225	30.5	865	
Master-1					
K. Andrews*	248	126	275.5	650	
Master-3 181 lb.					
K. Polansky*	270	132	303	705	
Open 198 lb.					
L. Baldridge*	236	126	275.5	639	
Master-3 123 lb.					
H. Shiviae	330.5	198	385	914	
Teen (14-15) 148 lb.					
J. Gonzalez	303	192	369	865	
Junior					
D. Sanchez	407	245	451	1107	
Open					
L. Slaughter	435	413	462	1311	
J. Shapiro	352	275.5	363	992	
Master-2					
B. Uyeoka	374	319.5	473	1168	
Master-3					
J. Randzaao Novice	308.5	203	347	859	
R. Goonder	248	192	358	799	
165 lb.					
T. Latham	314	253.5	396	764	
Teen (14-15)					
L. Israel (18-19)	424	242.5	440	1107	
J. Olson	336	176	402	914	
Open					
A. Franks	462	336	600	1399	
Master-2 Open					
R. Cirigliano	462	281	540	1284	
Open					
F. Mulhair	435	303	485	1223	
S. Dias	363	385	429	1179	
Master-2					
E. Martinez	407	270	363	1063	
Junior 181 lb.					
E. Wagner	462	330.5	468	1262	
Open					
s. Ridyard	529	402	540	1471	
J. Meixner	303	341.5	380	1025	
Master-1 165 lb.					
D. Mathieson	402	270	429	1102	
Master-1 181 lb.					
W. Nichols	385	225	451	1063	
Master-4					
S. O'Neill	457	275	473	1207	
Open 198 lb.					
A. Johnson	578.5	374	611	1565	
G. Buffington	553.5	4002	556.5	1515	
C. Cooley	473	385	551	1410	
Master-1					
K. Kanemoto	639	424	540	1603	
D. Bertier	385	303	589.5	1278	
Master-4					
D. Dienelt	534.5	369	584	1488	
Open/Novice 220 lb.					
D. Stocket	551	336	507	1394	
Open					
J. Tremblay, Jr.	518	451	507	1477	
S. Waits	727.5	446	606	1780	
Master-1					
P. Pawlowski	485	330.5	501.5	1317	
K. Jordan	473	314	462	1251	
Master-5					
R. Kunz	407	270	402	1080	
M. Musto	644	413	639	1697	
Novice 242 lb.					
A. Salman	672	319	573	1636	
A. Rivera	512.5	369	473	1355	
Open					
R. Kitani	578.5	529	573	1681	
S. Silver	600	446	622	1669	
K. Armstrong	457	385	501.5	1344	
R. Hebele	429	363	501.5	1295	
Master-2					
G. Stevens	584	275.5	507	1366	
Master-5					
R. Kenl	214	352.5	336	903	
Junior 275 lb.					
S. Denison	650	446	606	1703	
Open					
G. Harper	584	374	600	1559	
R. Magni	534.5	347	606	1488	
L. Vargas	501.5	369	257.5	1438	
Submaster					
K. Boyce	556.5	286.5	507	1350	

Master-2
G. Ridgeway 578.5 418 523.5 1521
Master-3
S. Grindall 352.5 286.5 529 1168
Open 319 lb.
J. Jano 661 435 518 1614
*Woman lifter. Meet Director: Jason Burnell. Coordinator: Jason Burnell, 75 of the states finest powerlifters descended on The Fitness Choice Gym in Modesto to find out who was the best. Competition started off with the women. Lisa Baldridge started out with a nice 639 lb. total with perfect days in the squat and dl. Karen Polansky put in a fine 8 for 9 performance and Kathy Andrews followed with a 7 for 9 day, missing only 3rds in the bench and dl. The star in the women's group however was 2000 National Bench and State PL Champ Tammi Callahan. A bench specialist at 148, Tammi is getting stronger in all the lifts, hitting a 308 squat and a 330 pull to go with her 225 lb bench press! Masters competitor Homi Shiviae dropped weight to lift at 123 and walked out new State Records for his efforts. Robin Gounder went 6 for 9 in his first lifting effort. Judging by the look on his face, he is a powerlifter for life now! Scott Layman, in a move henceforth to be known as Pulling a Layman, ignored the advice of everyone in the building and opened in the deadlift with 518. A mid 400 pull would have assured him of a state squat record as well as a new total record! It's a weight Scott has pulled before but this day it was a little too much. Scott took the miscue it well, chalked it up to a learning experience and assures us that he will not make the same mistake at Nationals in July! His error made way for National Bench Champ Lance Slaughter to rack up another 148 State Title. Lance is another bench specialist that is improving at all the lifts. After a little trouble in the squats, Lance lifted perfectly to finish out the benches and deads and added a PR bench of 413 to the record books! The 165 lb. class saw 11 lifters battle it out. Among the standouts was Lando Israel. Before every meet, I think every meet director gets calls from someone telling me how they are going to break records and how good they are. Well, this time I got the call from Lando's dad. Unlike most of these calls, however, this one wasn't just hot air. Lando is one strong kid. He turned 15 on the day he lifted and gave himself state records in the Squat, Bench and Total in his FIRST meet. In the Open, Shawn Dias, went 9 for 9 in his second full meet. Shawn loves the bench and got into full meets at the insistence of "Coach" Vargas! It appears he is also hooked on the sport! Frank Mulhair had a little trouble in the deadlift but was able to hang onto 3rd place. The battle for the top spot came down to two perennial top finishers. This time, a superior bench press by Allan Franks and an off day in the dead by Rich Cirigliano gave the victory to Allan. Rich, also a master competitor managed to finish with the highest total in the master 165s, though. Stephen Ridyard, a Californian via England, exemplified perfect form in all the lifts and rode that form to first place in the 181s. Shane O'Neill, broke a record or two and became the Best Lifter for the Masters Lightweights on day one. Day two started with the 198s. Greg "G Buff" Buffington hit his first 400 lb. bench press and had a slim lead at the subtotal but Adrian Johnson used his big pull to capture the victory in the Open. Perennial top finisher Keith Kanemoto opted to lift in the Masters. He manages the highest total of all the 198ers on day 2! Keith, you're not getting older, you're getting better! The top places in the Open 220s went to the guys with the fewest miscues. Steve Pena missed only one attempt all day to capture the second spot. A perfect day equaled victory for Jerry Tremblay, Jr. Scott Waits flew in from Las Vegas to guest lift in order to qualify for Nationals. As expected, he put on a squatting display, hitting an easy 727 and coming close with 749. He'll get that in July! Mike Musto was the cream of the crop in the Masters hitting a couple of state records on the way to his big total! The Novice 242s saw Abraham Rivera and Anthony Salmon battle it out. Anthony rode a pretty 672 lb. squat to the victory! The Open 242s saw competitors from Sacramento square off against lifters from San Jose. Ryan Hebele lifted flawlessly, going 9 for 9 to take 4th place. Ken Armstrong, who gets better with every outing went 8 for 9 to capture the 3rd spot. In the end, the class wound up being a battle between members of the San Jose Deadlift Crew. Steve Silver and Russell Kitani. Russ held a 22.5 kilo lead going at

subtotal, helped by his 240 kg bench. Steve pulled a 622 and just missed a 633 attempt that would have given him the win. Russ uncorked a 573. pull to ensure himself the title and then just missed a PR 589. I'm sure we'll see these two battle it out again! In the Junior 275s, David Freeland escaped the bomb-out monster in the bench press to finish perfectly in the deadlift that set the stage for the battle in the open. Liborio Vargas went 7 for 9 to take the fifth spot. As the lightest lifter in the class, he just needs to grow into the class - he's got 20 lbs. of room to grow! This guy must be the most popular person in Sacramento. Every time I see him he has found a new powerlifter! Riccardo Magni had perfect days in



Day One Best Lifters (l-r): Shane O'Neill - Best master light; Meet Director - Jason "Deep Squatter" Burnell; Tammi Callahan-Best Women's lifter; Lance Slaughter-Best Open light. (Jason Burnell).

this meet and absolutely destroyed a 650 squat, which I think was a new PR for him. He missed a 672 when he forgot that we only pause THE BENCH press but he'll nail that one soon. He then put his 21 guns to work and stroked up a 529 lb bench with ease. Thanks to all the lifters and spectators that came out to lift. From what I've heard a great time was had by all. I'd like to take a moment to thank all the refs, spotters and staff that helped out. No meet runs by itself and you guys all did a great job! Betty, Aaron, Fred, Dave, Marina, Doug, Mike, Lance Joyce, Joe, Mark Leasha, Joe and the spotters from MJC and The Iron Crusaders! Last but certainly not least I must give a big shout out to our sponsors: John Inzer of Inzer Advance Designs, Rick Brewer of House of Pain IronWear, NTI Supplements, Wes Kampen of Monster Muscle dot Com, Jake Jones of Heavywear and of course, Brenda Athletic Clubs! See you all next year. (Thanks to USAPL and Jason Burnell for providing these contest results to PL USA).

WE HAVE WHAT YOU NEED:

Reverse Hyper Pro model
1225.00*

Glute/Ham Machine
780.00*

Reverse Hyper Standard model
825.00*

Power Bench Rack
785.00*

Bench Workout video
55.00*

Combo Power Rack
900.00*

614-276-0923

WESTSIDE BARBELL

1417 Demorest Road
Columbus, OH 43228

*Shipping included. Send check or money order.

WNPF 4th S. Carolina 24 Mar 01 - Greenville, SC					
BENCH	(33-39)	Johnson	380	315	405
123 lb.	Wade	450	380	315	405
(40-49)	(40-49) Raw	Johnson	380	315	405
Taillon	135* Caterisano	310	Anderson	480	315
148 lb.	MEN	310	Anderson	480	250
(20-23) Raw	165 lb. (20-23)	Chapman	400	300	420
Palmer	130* Vanedemoortele	440	Chapman	400	1120
165 lb.	Wright	430	Branham	350	1070
(20-23) Raw	Open	242 lb. Open Raw	Lewis	430	1350
Beckham	125* Vendemoortele	440	Lewis	430	1700
DEADLIFT	181 lb. Open	McSwain!	620	430	650
123 lb.	Davis	630	McSwain!	620	1100
(40-49)	Burnett	540	Davis	440	1370
Taillon	290* Novice	540	Davis	440	1370
SHW	Burnett	540	Cushman	365	1090
(14-16)	198 lb. (33-39)	Police	635	250	475
Pole-summers	355* Gardner	430	Warren	635	1620
Open	(20-23)	275 lb. (20-23)	Pickens	600	1540
Pole-summers	355 Jones	450	SHW (14-16)	700*	1665*
SQUAT	220 lb. (40-49)	450	Yates!	700*	1665*
SHW (14-16)	Caterisano	430	Open	700	1665
Pole-Summers	450* Open	430	Yates	700	1665
Open	Caterisano	430	Yates	700	1665
Pole-Summers	450* Novice	410	Yates	700	1665
SHW (14-16)	Mauldin	410	Yates	700	1665
Pole-runners	300* 242 lb. (33-39)	650	McSwain!	620	1700
Open	McSwain	650	Davis	440	1370
Pole-summers	300* (40-49)	575	Davis	440	1370
MEN	Davis	575	Davis	440	1370
148 lb.	275 lb. (20-23)	500	Davis	440	1370
(20-23) Raw	Pickens	600	Davis	440	1370
Greer	315 SHW (14-16)	560*	Davis	440	1370
Open Raw	Yates	560*	Davis	440	1370
Greer	315 MEN	560*	Davis	440	1370
165 lb.	198 lb.	560*	Davis	440	1370
(20-23) Raw	(20-23) Raw	560*	Davis	440	1370
Elrod	325 Jones	410*	Davis	440	1370
Wright	265 SHW	700*	Davis	440	1370
(40-49) Raw	Yates	700*	Davis	440	1370
Martin	205 242 lb.	700*	Davis	440	1370
(20-23)	Novice	700*	Davis	440	1370
Elrod	370 Mauldin	315	Davis	440	1370
181 lb. Open	(40-49) Raw	315	Davis	440	1370
Davis	350 Moore	325	Davis	440	1370
198 lb.	Open	325	Davis	440	1370
(20-23) Raw	Kelly	560*	Davis	440	1370
Pagan!	425 (40-49)	355	Davis	440	1370
Open Raw	Davis	355	Davis	440	1370
Edwards	350 (50-59) Raw	135	Davis	440	1370
Richardson	340 Summers	135	Davis	440	1370
Open	(14-16) Raw	135	Davis	440	1370
McAleer	405 Brown	295	Davis	440	1370
(33-39)	275 lb. Open	295	Davis	440	1370
McAleer	405 Lee	510	Davis	440	1370
Gardner	— Lifetime	510	Davis	440	1370
(40-49)	Lee	510	Davis	440	1370
Greene	— (40-49)	460	Davis	440	1370
(40-49) Raw	Chambers!	460	Davis	440	1370
Crain	270 (50-59)	465*	Davis	440	1370
Lifetime Raw	Weaver.	465*	Davis	440	1370
Crain	270 SHW (14-16)	465*	Davis	440	1370
220 lb.	Yates	405	Davis	440	1370
123 lb.	SQ BP DL TOT	405	Davis	440	1370
Novice Raw	Pomeroy	150*	95*	225*	470*
132 lb. (33-39)	Chambers	270	180	270	720
SHW (14-16) Raw	365*	230	360*	955*	
Bussard	365*	230	360*	955*	
(14-16)	Pole-summers	450*	300*	355*	1105*
Open	450*	300*	355*	1105*	
Pole-summers	450*	300*	355*	1105*	
148 lb. (17-19) Raw	Champion	215	170	255	640
Open	Hunter	330	265	425	1020
Hunter	340	205	325	870	
(20-23) Raw	Stallings	340*	205*	435*	870*
Stallings	340*	205*	435*	870*	
165 lb. (11-13)	Wade	300*	175*	300*	775*
Open	Yeargin	525	315	560	1400
Yeargin	525	315	560	1400	
(40-49)	525	315	560	1400	
Pure Raw	525	350	630	1505	
Catina	450*	260	450	1160	
198 lb. (33-39)	McAfee	535	405*	500	1440
Open	McAfee	535	405	500	1440
McAfee	535	405	500	1440	
Open Raw	Medlin	475	285	530	1290
(40-49)	350	260	445	1055	
Greydon	350	230	320	850	
Langenfeld	—	—	—	—	
Greene	—	—	—	—	

220 lb. Novice	380	315	405	1100
Johnson	380	315	405	1100
(33-39)	Johnson	380	315	405
(20-23)	Anderson	480	315	250
(40-49)	Anderson	480	300	420
MEN	400	300	420	1120
165 lb.	Chapman	400	300	420
(20-23) Raw	Branham	350	280	440
Taillon	135* Caterisano	310	242 lb. Open Raw	1070
148 lb.	165 lb. (20-23)	310	Lewis	430
(20-23) Raw	165 lb. (20-23)	310	242 lb. Open Raw	1070
Palmer	130* Vanedemoortele	440	Lewis	430
165 lb.	Wright	430	242 lb. Open Raw	1070
(20-23) Raw	Open	242 lb. Open Raw	Lewis	430
Taillon	125* Vendemoortele	440	242 lb. Open Raw	1070
148 lb.	181 lb. Open	440	Lewis	430
(20-23) Raw	181 lb. Open	440	242 lb. Open Raw	1070
DEADLIFT	181 lb. Open	440	Lewis	430
123 lb.	Davis	630	242 lb. Open Raw	1070
(40-49)	Burnett	540	Lewis	430
Taillon	290* Novice	540	242 lb. Open Raw	1070
SHW	Burnett	540	Lewis	430
(14-16)	198 lb. (33-39)	540	242 lb. Open Raw	1070
Pole-summers	355* Gardner	430	Lewis	430
Open	(20-23)	275 lb. (20-23)	242 lb. Open Raw	1070
Pole-summers	355 Jones	450	Lewis	430
SQUAT	220 lb. (40-49)	450	242 lb. Open Raw	1070
SHW (14-16)	Caterisano	430	Lewis	430
Pole-Summers	450* Open	430	242 lb. Open Raw	1070
Open	Caterisano	430	Lewis	430
Pole-Summers	450* Novice	410	242 lb. Open Raw	1070
SHW (14-16)	Mauldin	410	Lewis	430
Pole-runners	300* 242 lb. (33-39)	650	242 lb. Open Raw	1070
Open	McSwain	650	Lewis	430
Pole-summers	300* (40-49)	575	242 lb. Open Raw	1070
MEN	Davis	575	Lewis	430
148 lb.	275 lb. (20-23)	500	242 lb. Open Raw	1070
(20-23) Raw	Pickens	600	Lewis	430
Greer	315 SHW (14-16)	560*	242 lb. Open Raw	1070
Open Raw	Yates	560*	Lewis	430
Greer	315 MEN	560*	242 lb. Open Raw	1070
165 lb.	198 lb.	560*	Lewis	430
(20-23) Raw	(20-23) Raw	560*	242 lb. Open Raw	1070
Elrod	325 Jones	410*	Lewis	430
Wright	265 SHW	700*	242 lb. Open Raw	1070
(40-49) Raw	Yates	700*	Lewis	430
Martin	205 242 lb.	700*	242 lb. Open Raw	1070
(20-23)	Novice	700*	Lewis	430
Elrod	370 Mauldin	315	242 lb. Open Raw	1070
181 lb. Open	(40-49) Raw	315	Lewis	430
Davis	350 Moore	325	242 lb. Open Raw	1070
198 lb.	Open	325	Lewis	430
(20-23) Raw	Kelly	560*	242 lb. Open Raw	1070
Pagan!	425 (40-49)	355	Lewis	430
Open Raw	Davis	355	242 lb. Open Raw	1070
Edwards	350 (50-59) Raw	135	Lewis	430
Richardson	340 Summers	135	242 lb. Open Raw	1070
Open	(14-16) Raw	135	Lewis	430
McAfee	405 Brown	295	242 lb. Open Raw	1070
(33-39)	275 lb. Open	295	Lewis	430
McAfee	405 Lee	510	242 lb. Open Raw	1070
Gardner	— Lifetime	510	Lewis	430
(40-49)	Lee	510	242 lb. Open Raw	1070
Greene	— (40-49)	460	Lewis	430
(40-49) Raw	Chambers!	460	242 lb. Open Raw	1070
Crain	270 (50-59)	465*	Lewis	430
Lifetime Raw	Weaver.	465*	242 lb. Open Raw	1070
Crain	270 SHW (14-16)	465*	Lewis	430
220 lb.	Yates	405	242 lb. Open Raw	1070
123 lb.	SQ BP DL TOT	405	Lewis	430
Novice Raw	Pomeroy	150*	242 lb. Open Raw	1070
132 lb. (33-39)	Chambers	270	Lewis	430
SHW (14-16) Raw	365*	230	242 lb. Open Raw	1070
Bussard	365*	230	Lewis	430
(14-16)	Pole-summers	450*	300*	355*
Open	450*	300*	355*	1105*
Pole-summers	450*	300*	355*	1105*
148 lb. (17-19) Raw	Crain	215	170	255
Open	Hunter	330	265	425
Hunter	340	205	325	870
(20-23) Raw	Stallings	340*	205*	435*
Stallings	340*	205*	435*	870*
165 lb. (11-13)	Wade	300*	175*	300*
Open	Yeargin	525	315	560
Yeargin	525	315	560	1400
(40-49)	525	315	560	1400
Pure Raw	525	350	630	1505
Catina	450*	260	450	1160
198 lb. (33-39)	McAfee	535	405*	500
Open	McAfee	535	405	500
McAfee	535	405	500	1440
Open Raw	Medlin	475	285	530
(40-49)	350	260	445	1055
Greydon	350	230	320	850
Langenfeld	—	—	—	—
Greene	—	—	—	—

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

meet and did a few live interviews with several lifters. Furman University is a fine place to have a meet and this is why the 2001 World Championships will be held here. You can't beat it with the media coverage and the many spectators in attendance. Thanks goes out to Tony Catterisano for providing such a fine meet facility for us. We will be back in August instead of in Sumter, SC. (Thanks to the WNPF for providing the result of this meet to PL USA).

WNPF NY BP/DL & Ironman

20 Jan 01 - Armonk, NY

BENCH	Bruneau	390
165 lb.	Lifetime (20-23)	390
(40-49) Raw	Fetzer	315
Finelli	245 DEADLIFT	315
(33-39) Raw	181 lb. Open	315
Police	225 Noga	505
Barbosa	198 lb.	505
198 lb.	Lifetime (20-23)	505
(20-23) Raw	Heaphy*	560
Prenty*	345 242 lb.	560
Police Raw	242 lb.	560
Prenty	345 Bruneau	500
242 lb.	Police/Fire/Military	500
Lifetime (40-49)	Voigt	495

MAIL ORDER ONLY
You must ask for these products.
When supplies last
Reg. \$30.00

CREATINE / RIBOSE

Optimum CREATINE Powder

1200 gram / \$43.99

\$26.39

2000 gram / \$59.99

\$35.99

Optimum RIBOSE Powder

150 gram / \$59.99

\$35.99

RIBOSE-2500 MG

90 capsules / \$48.99

\$29.39

ANDRO PRODUCTS

Optimum ANDRO-STACK 850

2 capsules contain -

One KILOGRAM equals 2.2046 Pounds

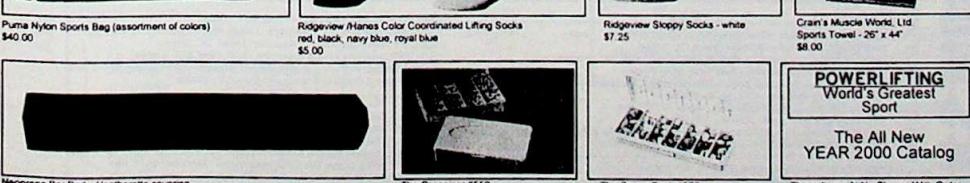
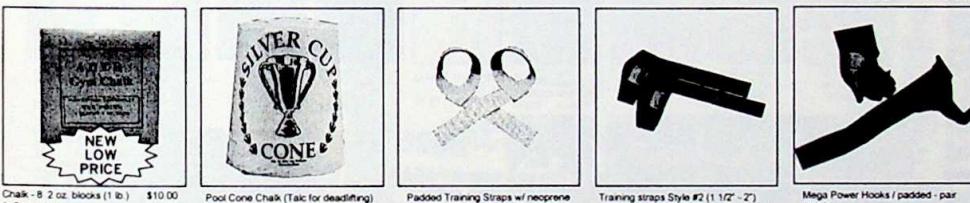
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

	BP	DL
Ironman		
165 lb.		
Lifetime Open		
Papaleo	265	430
198 lb. (33-39)	695	
Landman	340	450
220 lb. (33-39)	790	
Carthy*	420	545
242 lb.	965	
Lifetime (40-49)		
Brunneau	390	500
*-BEST LIFTER. Snow, snow, snow this week-	890	

end but the meet still went on. Two of our top lifters didn't make it this weekend due to the weather. We had 12 lifters total and about 8 spectators. And we had a good time, this meet was for the lifters. Some of our staff members came from as far as North Carolina, a few from De., and some from NYC. Thanks to all for helping us put on this meet. We hope to see all of these lifters in Stratford, CT for the Lifetime Nationals BP/DL & Ironman Nationals. Thanks to the lifters and the audience for attending this event. (Thanks to WNPF for these results).

-BEST LIFTER. Snow, snow, snow this week-

POWERLIFTING PARAPHERNALIA



WNPF Dayton Open 10 Mar 01 - Dayton, OH

BENCH	Breukus	230
123 lb. Open	(40-49) Raw	350
Petrenck!	315 Boyer	350
148 lb. Open Raw	(50-59) Raw	350
Tyler	275 Wombold	350
Lifetime Raw	242 lb.	
Tyler	(33-39) Raw	
(33-39) Raw	275 Cooke	450
Peters	305* Cooke	450*
165 lb. (20-23)	275 Lb.	
Freeman	350 Pounds	420
181 lb. (50-59)	(33-39)	
Raw	Beck	465
Freeman	290 (50-59) Raw	380*
198 lb. Open	Ledford	380*
Knight!	455 SHW	
Novice Raw	(60-69)	
Durant	370 Telljohn	420*
220 lb. (40-49)	(40-49) Raw	
Boyer	375 Ramey	390
132 lb. (17-19)	SQ BP DL	TOT
Mauro	350 225 360	935
148 lb. (14-16) Raw	Ashworth	300
	— — —	

181 lb. (33-39)
Bess 425 280 430 1135

198 lb. (60-69)
Wilbur

242 lb. Open Raw

Henneberl 550 350 615 1465

*=New WNPF American Record. I-Best Lifter.

There was one failure on the drug test at this meet. This was the second offense by this lifter in the past three years therefore he will be banned from the WNPF for life. Brad Hennebert was second runner up for the best lifter award in the powerlifting and he will receive his best lifter award soon. Many thanks to the spectators that came out and supported this event. Ron Dearnicis will take over this area in the 2002 season. Thanks to Ron DeAmicis and his brother for traveling from Youngstown with all of the equipment for this event. Thanks to Bill Schaffer for judging and for Shawn Knight for bringing two spotters to this event, one guy we nicknamed Eclipse because this guy was at least 6'8", 400 pounds and he did an excellent job. (Thanks to the WNPF for these results).

WNPF DE BP/DL & Ironman

21 Jan 01 - Newark, DE

BENCH	Wallace	400
WOMEN	Lifetime Open	
SHW	Payne	400
(40-49) Raw	(50-59) Raw	
Funds	— Davis	320
MEN	242 lb. (40-49)	
123 lb. Open	Raw	
Miller	265 Hicks	315
165 lb. Open	Open Raw	
Duonollo	325 Hicks	315
(50-59) Raw	(40-49)	
Lane	250t Brinton-bl	470*
(50-59)	275 lb. Open	
Lifetime Raw	Raw	
Lane	250 Edwards	475t
Lifetime (33-39)	Lifetime Raw	
Edwards	Edwards	475*
Gattinella	340 DEADLIFT	
242 lb.	80 lb. Youth	
Lifetime (33-39)	Wright	115*
Hunter	585 181 lb.	
198 lb.	Lifetime (33-39)	
Lifetime Open	Gattinella	375
Barbarino	380 198 lb. (40-49)	
(33-39)	Christini	425
Handlin	435 220 lb.	
Open	Lifetime (40-49)	
Handlin	435 Thomas-bl	680
220 lb.	Open	
(20-23) Raw	Thomas	680
Wallace	400 Bryan	600
Open Raw	Lifetime	
Wallace	400 Thomas	680
Lifetime (20-23) Raw	242 lb. (33-39)	
Wallace	400 Lifetime	
Lifetime Open Raw	Hunter	585
Ironman	BP DL TOT	
114 lb.		
Youth (11-13)		
Wright	65* 130* 195	
181 lb.		
Lifetime (33-39)		
Gattinella	340 375 715	
220 lb. Youth (11-13)		
Ferrell, Jr.	125* 250* 375	
275 lb. Open		
Deppen	385 475 860	
(33-39)		
Croner	— — —	
SHW Novice		
Thomson-bl	425 600 1025	

*=WNPF American Record. t-Tiled WNPF American Record. BL=Best Lifter. What a week end, 6" of snow in Delaware overnight but the meet still went on. Most of the lifters made it to the hotel that morning without any major problems. We ended up with 27 lifters and most from the state of Delaware. There was at least 80 people in the audience and they came hard and they came loud cheering on all the lifters that stepped on the platform. We have to find another location to hold our shows in Delaware because of the size of the room and because this meet will grow in the future. This was only our second visit to DE. But trust me we will be back soon. All of the lifters put on a superb performance with only two bomb outs, Ann Funds lifting in her first event and Strongman Willie Croner missed all three lifts on the bench. Willie came over and said sometimes it happens and yes it happens to the beginners and the best. But you better be sure Willie will be back and he will put on a show. I went ahead

Neoprene Bar Pad w/ leatherette covering

\$20.00

CRAIN'S
MUSCLE WORLD, LTD.
3803 North Bryan Road
Shawnee, Ok 74804-2314 USA
e-mail crain@ionet.net
catalog www.crainsmuscleworld.com
power forum http://members.boardhost.com/powerforum/

SHIPPING \$6.00
Outside U.S. \$6.00 Shipping +
30% Surface or 40% Airmail
Minimum \$6.00
Oklahoma Residents Add 8.5% Sales Tax

ALL PRICES SUBJECT TO CHANGE
CHECK / CASH / CREDIT CARD / C.O.D. (\$25 min.)
Outside USA and Customer Service Call
1-405-275-3689 1-405-275-3739 Fax
Call TOLL FREE - Orders Only

1-800-272-0051

and let Willie put on a big deadlift performance where he ended up with a 740 deadlift. Ann don't get discouraged this was only the first one. Thanks to our state chairman John Wallace for promoting this event for us and thanks to the lifters and spectators that came out. (Thanks to WNPF for these meet results).

WNPF MD Powerlifting 24 Feb 01 - Baltimore, MD

BENCH	Kane	345
165 lb.	(40-49)	
Open Raw	Lee	330
Griffin	150	(70-79)
SHW	Power-waters	-
(33-39) Raw	(70-79)	
Rhodes	180	Lifetime
165 lb. (33-39)	Power-waters	-
Jaffe	330	220 lb. (40-49)
(50-59) Raw	Rhodes-BL	520*
Lane	255*	242 lb. (60-69)
(50-59)	Joy	330
Lifetime Raw	(60-69)	
Lane	255	Lifetime
198 lb. (33-39)	Joy	330
Blocker	340	275 lb.
Open	Lifetime Raw	
DEADLIFT	Edwards	450
242 lb.	Open Raw	
(40-49)	Edwards	450
Monick	405	Develengas
SQUAT	(40-49)	
(40-49)	Brown	290
Monick	385	Novice Raw
Blocker	340	Develengas
Lifetime	(33-39)	
Neiman	275	Raw
(50-59)	Develengas	430
148 lb. (17-19)	SQ	BP DL TOT
Alvear	405	235 375 1015
198 lb.		
Open Raw		
Romberger-BL	475	370 615* 1460
(33-39)		
Blocker	510	340 560 1410
(33-39) Raw		
Petroski	450	280 450 1180
Open		
Blocker	510	340 560 1410
(40-49) Raw		
Deamicis	350	265 515 1130
242 lb. Open Raw		
Fearheller	430	- - -
(33-39) Raw		
Gallagher	475	350 525 1350
275 lb. Novice Raw		
Develengas	500*	430* 525* 1455*
(33-39) Raw		
Cottrell	550	435 550 1535
Develengas	500	430 525 1455
Open Raw		
Develengas	500	430 525 1455
*New WNPF American Record, BL-Best Lifter WNPF. (Thanks to WNPF for the meet results).		

Got an idea for an article to be published in an upcoming issue of POWERLIFTING USA? ... about a new training technique, a friend whose lifting is going well, someone who deserves some publicity? Send a synopsis of your idea to Powerlifting USA Articles, Box 467, Camarillo, CA 93011 and we'll see what we can do.

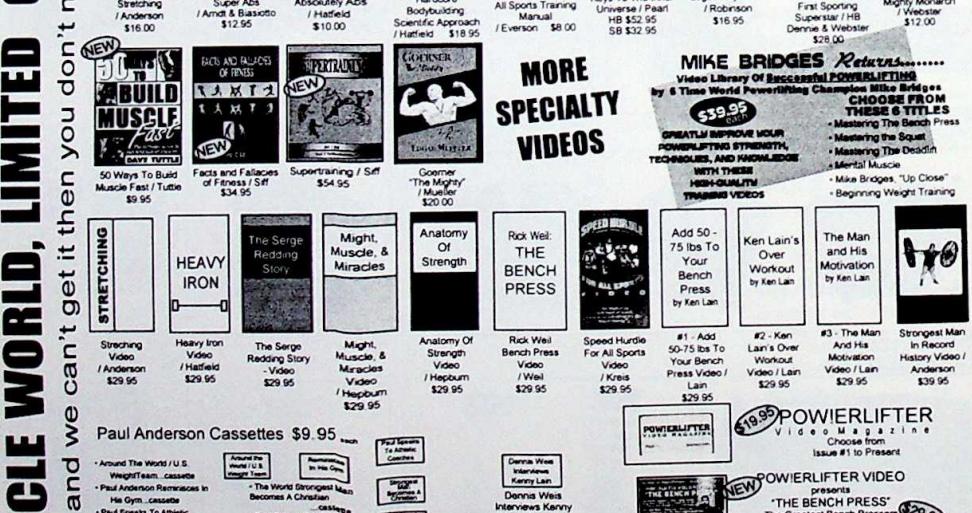
Briggs 660* 430 500 1590 148 lb. (17-19)
*New WNPF American Record, I-Best Lifter Bucsak 181 lb. (17-19)
WNPF. (Thanks to the WNPF for meet results). Ciccone 200 315 515
Open Warshany 198 lb. (14-16) Reiman 145 315 460
Scarana 220 lb. (40-49) 260 490 750
Znaczko 242 lb. (40-49) 270 405 675
Toth 275 lb. (20-23) 355 530 885
Anderson 430 680 1110
Open Anderson 430 680 1110
Adzima 400 600 975
Skiba 375 600 975
Police 375 600 975
Adzima - - -

WNPF Natural NE BP/DL 25 Feb 01 - Bordentown, NJ
BENCH Demelio 430 155 315 470
165 lb. Open (50-59) Caligari 325 Glenney 370 200 315 515
(33-39) Caligari 325 McGuire 280 270 405 675
(40-49) Raw Turner 750 460 600 1810 Adams 245* Guzik 425 260 490 750
(50-59) Raw Buccchioni 375 225 540* 1140 Mitsopoulos 380 Denherder 350 270 405 675
275 lb. Open Raw Raynor 625 465* 615 1705 242 lb. (17-19) (40-49) Lamotta 335 Skiba 375 200 315 515
(33-39) Goodman 515 325 620 1460 DEADLIFT (40-49) Raw
275 lb. Open Goodman 750* 470 700 1920* 181 lb. Open Cantrell 390* Adzima - - -
Poinsett 650 Shw (17-19) Coghan 410* 260 490 750
Ironman 80 lb. (9-11) BP DL TOT Ironman 45* 100* 145* 200 315 515
Toth 45* 100* 145* 200 315 515
*WNPF American Record, Team Champions:
Skiba's Power Team. Welcome back Ken Toth
long time member of the WNPF made his
return to the platform after being away for six
years. This meet ran smooth and we were
finished by 12:30 pm. Thanks to the WNPF staff

BOOKS...VIDEOS...BOOKS...VIDEOS...BOOKS...VIDEOS...BOOKS

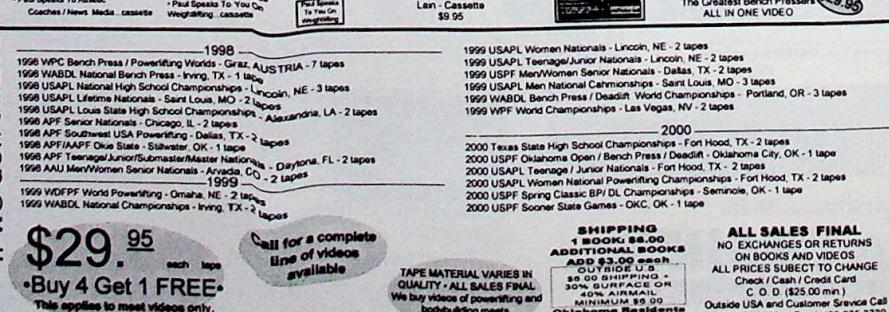


If we don't have it and we can't get it then you don't need it!



CRAIN'S MUSCLE WORLD, LIMITED Collection

If we don't have it and we can't get it then you don't need it!



\$29.95 each tape
•Buy 4 Get 1 FREE!
This applies to meet videos only.

Call for a complete line of videos available

TAPE MATERIAL VARIES IN QUALITY - ALL SALES FINAL
We buy video of powerlifting and bodybuilding meets
(also 8mm and Super 8)

SHIPPING
1000-1500 ADDITIONAL BOOKS
ADD \$3.00 each
\$0.00 SHIPPING + 30% SURFACE OR AIR MAIL
MINIMUM \$9.00
Oklahoma Residents Add 8.5% Sales Tax

ALL SALES FINAL
NO EXCHANGES OR RETURNS
ON BOOKS AND VIDEOS
ALL PRICES SUBJECT TO CHANGE
Check or Money Order
C.O.D. (\$25.00 min.)
Outside USA and Customer Service Call
1-405-275-3689 or Fax 1-405-275-3739

CALL TOLL FREE 1-800-272-0051

WNPF Virginia Powerlifting 31 Mar 01 - Richmond, VA

BENCH	242 lb. (50-59)
181 lb.	Buccchioni 540*
(50-59) Raw	275 lb. Open
Summer	Miceli 465
198 lb.	Police
Open Raw	Miceli 465
Foster	305 SHW Open
220 lb.	Washington 550
(33-39)	SQUAT
Nunnally	370 181 lb. (50-59)
242 lb.	Raw
Open Raw	Sumner 230*
Amstone	Miceli 265
275 lb.	Police Raw
Open Raw	Raynor 265
Raynor	Miceli 265
DEADLIFT	SHW
198 lb. Open	Open Raw
Tyler	Washington 505
165 lb.	SQ BP DL TOT
(40-49)	
Campbell	450 250 480 1180
161 lb. (50-59) Raw	
Summer	230 260* 320 810
198 lb. Open	
Tyler	550 310 600 1460
220 lb. Open	
Kuhns	- - -
(14-16) Raw	
Rayner	390* 250 515* 1155*

for putting on another outstanding event. (Thanks to the WNPF for providing the results).

Charlotte OpenBP/DL & Ironman 25 Mar 01 - Charlotte, NC

BENCH	Fultz	340
181 lb.	SHW	
(14-16)	(40-49) Raw	
Hare	285* Ferguson	370
198 lb. (33-39)	Open	
Nelson	335 Ferguson	370
220 lb. (40-49)	DEADLIFT	
Ray	345 181 lb. (33-39)	
(40-49) Raw	Gunter	400
Ray	280 (40-49)	
275 lb.	Graser	555*
(40-49) Raw	275 lb.	
Fultz	340 Lifetime	
Lifetime Raw	Gardner	380
IRONMAN	BP DL	TOT
181 lb.		
NOVICE RAW		
YANEZ (40-49)	235 405 640	
PAGAN	285 475 760	

*WNPF American Record. Thanks to the ten lifters that attended this event. This was one of

the smallest meets we've ever had but it was a good one. We finished at 11:30 am which was strange but pleasant. We look forward to seeing this guys in Henderson in June. (Thanks to the WNPF for providing these meet results).

WNPF Atlanta Open 4 Mar 01 - Atlanta, GA

BENCH	(40-49) Raw
198 lb.	Jackson
(50-59) Raw	DEADLIFT
Dudley	285 165 lb.
220 lb.	Novice
(40-49) Raw	Couch
Ussery	345* 181 lb. (40-49)
242 lb. Open	White
Hall	500 198 lb. (40-49)
275 lb.	Meyers
WOMEN	690
SQ BP DL TOT	
132 lb. (40-49)	
Walker	235* 115 315* 665*
Shw	
(50-59) Raw	
Gipson	135* 90* 225* 450*
MEN	
165 lb. Open	

Judge 465 315 520 1300
198 lb. (17-19) Sartain 550 340 550 1440
Houseworth 385 300* 385 1070
220 lb. (33-39) McCray 530 420 610 1560
(50-59) Raw Zimmerman 400* 200* 400* 1000*
242 lb. (40-49) Dean 475 325 565 1365
275 lb. (50-59) Raw Gipson 450* 250* 600* 1300*
Novice SHW (17-19) Raw Miller 550* 355 500 1405
Couch (33-39) Turley 600 400 600 1600
White *WNPF American Record. Thanks to all the lifters that came out to this meet. Big congrats to Bill Dudley for his Courage. Bill had a triple bypass nine months ago and he returned to the platform with an outstanding performance. Excellent lifting by Bob Dean in his first event and to Mr. Couch in the 165 novice deadlift class. We will be back for Nationals in July in Atlanta and it will be a big one. (Thanks to the WNPF for providing the results of this meet).

Finnish Bench Press Championship 17 Mar 01 - Helsinki, FIN

WOMEN	Saarenmaa, V.	175
44 kg.	Moilanen, O.	167.5
Nurminen, M.	50 Rickkinen, J.	165
48 kg.	Savola, H.	160
Arpala, V.	82.5 Kanerva, I.	157.5
Laine, L.	80 Haffors, H.	150
Vaulakorpi, I.	60 82.5 kg.	
52 kg.	Erola, V.	217.5
Sirkka, M.	87.5 Tuoponen, J.	205
Abopelto, T.	77.5 Liimatainen, A.	180
Jokitalo, L.	77.5 Laukkanen, P.	180
Jarvela, M.	75 Huttunen, K.	172.5
56 kg.	Tahtinen, J.	170
Ahjo, K.	80 Rantanen, O.	167.5
Kettunen, E.	70 Kyntaja, J.	167.5
Bodbacka, P.	55 90 kg.	
Rantamaki M.	90 Pakarinen, K.	212.5
Savola, P. 87.5 Rantalainen, R.	210	
Malmberg, S.	75 Penttila, K.	202.5
67.5 kg.	Kiiskinen, K.	200
Koshinen, M.	95 Sohlman, J.	200
Kumpulainen, P.	82.5 Joensuu, H.	175
Kupiainen, S.	72.5 Harril, H.	175
75 kg.	Vuontisvaara, M.-	
Blinnikka, K.	92.5 Parviainen, T.	—
Liimatainen, J.	90 100 kg.	
Pihlaja, R.	65 Immonen, J.	237.5*
Stahl, K.	65 Keinanen, J.	225
82.5 kg.	Jalonen, T.	212.5
Kokkonen, S.	60 Haapkyla, J.	205
90+ kg.	Havonen, N.	205
Saks, S.	115 Syvajarvi, J.	202.5
Mynttine, M.	100 Patova, M.	202.5
Junior 44 kg.	Lehti, J.	200
Apuli, S.	50* Pelkonen, J.	200
48 kg.	Erikson, R.	200
Rantala Hanna	67.5! Turkia, M.	—
Kemppi, J.	65 Leinonen, L.	195
52 kg.	Kannisto, R.	195
Lotjonen, A.	65* Palmros, K.	190
Hirvonen, S.	55 Tiensuu, M.	187.5
Bodbacka, M.	50 Rantamaki, J.	180
56 kg.	Annila, K.	177.5
Virkki, E.	70 110 kg.	
67.5 kg.	Kuuseva, J.	260*
Karvonen, K.	90 Kjarkalainen, P.	222.5
Elsinen, E.	77.5 Heino, P.	215
90+ kg.	Kalkaja, S.	195
Suominen, M.	85 Tokko, J.	192.5
MEN 56 kg.	143* Korpi, V.	182.5
Kaattari, R.	143* Kulla, S.	—
Niemi, P.	105 125 kg.	
Keranen, K.	100 Lehto, O.	257.5
60 kg.	Heikkala, P.	217.5
Kurjenkallio, A.	145* Vilppola, K.	212.5
Toivomaki, P.	142.5 Heinila, H.	210
Rimp, P.	120 Jantunen, E.	207.5
67.5 kg.	Raty, T.	200
Rajala, E.	155 Mattila, K.	195
Lipponen, S.	152.5 Helen, M.	195
Oksanen, A.	147.5 125+ kg.	
Inkinen, J.	125 Aho, K.	240
75 kg.	Renlimd, K.	222.5
Veid, K.	182.5 Torronen, J.	217.5
Savolainen, A.	177.5 Karlsson, P.	210
Narhi, J.	177.5 Honkala, J.	200

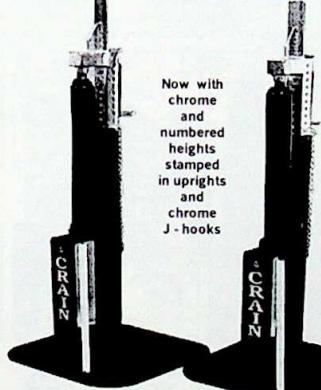
(Thanks to Heikki Orasnaa for these results).

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

HYDRAULICS

7/16 Inch holes for safety pins at each inch. 20x20x3/8 inch steel base. Hydraulics rated 6,000 lbs. per pair. Absolutely safe, noiseless, effortless way to get your own perfect height for the bar. Ruggedly, but beautifully made. Once you've tried their smooth, effortless operation you'll never go back to the old pin adjusted or jack rack operated squat stand or bench press. Don't waste another minute lifting heavy bars to change the height on your bench or squat or that of a training partner. Jack racks can and do slip... they are dangerous. See how your garage or service station lifts heavy weights, then buy

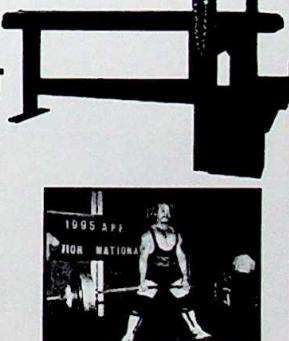
CRAIN'S MUSCLE WORLD, LIMITED HYDRAULICS!



EACH ARE A
GREAT VALUE AT
ONLY \$699.00
WITHOUT HYDRAULICS
\$599.00

The Official Para-Olympic
Designed For And Used At The
1996 Atlanta Para-Olympics
Bench Press

Without Hydraulics \$800.00
With Hydraulics \$1100.00



Not a conversion
THE ONLY TRUE DEADLIFT BAR
ON THE MARKET!
Adds 20 to 50 lbs. IMMEDIATELY!

500 lb. \$345.00
700 lb. \$395.00
1500 lb. \$445.00
Olympic Gerard Trap Bar \$165.00

Dumbbell Racks

5 pair	10 pair
Pro Style Dumbbell or Hex Dumbbell Rack \$288.75	Pro Style Dumbbell or Hex Dumbbell Rack \$437.50

OLYMPIC SOLID HEX DUMBBELLS

\$.56 lb.
PRO STYLE DUMBBELLS
(with Chrome & Knurled Handles) 1/2" - \$.80 lb.
OLYMPIC PLATES \$.54 lb.

ALL PRICES SUBJECT TO CHANGE
PLEASE CALL FOR UPDATED PRICES

CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)

Outside USA
S&H \$10.00 10% SURFACE OR
40% AIRMAIL
MINIMUM \$6.00

Call TOLL FREE - Orders Only

1-800-272-0051

CRAIN'S
Muscle World, Ltd.

5803 North Bryan Road

Shawnee, OK 74804-2314 USA

e-mail: crain@jonec.net

catalog www.crainsmuscleworld.com
power forum http://members.boardhost.com/powerforum/

AN EXCLUSIVE ONLY FROM CRAIN'S MUSCLE WORLD, LIMITED

Nicholls State Invitational

28 Apr 01 - Thibodaux, LA

WOMEN	SQ	BP	DL	TOT
132 lb.	270	125	270	665
K. Harris	270	185	375	830
B. Vallot	425	310	475	1210
148 lb.	390	265	375	1030
D. Pierce	400	250	465	1115
J. Daigre	55	275	—	—
165 lb.	335	255	385	975
W. Palmisi	420	270	505	1195
181 lb.	515	360	580	1455
D. Britton	410	308	400	1115
O. Batulis	242 lb.	460	400	1120
J. Magendie	375	340	405	1120
M. Gardnei	585	365	595	1545
K. Caton	585	365	595	1545
J. Woodard	275+ lb.	400	450	1120
D. Shields	350	275	495	1120

Meet Directors: Jon Magendie, Michael Perritt
(Thanks to Jon Magendie for the meet results).

NASA Police & Fire Nationals

24 Mar 01 - Kansas City, KS	315 lb.	J. Hicks	150	102.5	205	457.5
POWER-S	187 lb. Intern	C. Prichard-P	SQ	BP	DL	TOT
CURL	227 lb. M-5 Pure	192.5	170.8 lb.	Teen	117.5	80
170.8 lb.	G. LaBelle-F	170	R. White	160	357.5	
Teen	POWERLIFT	250.2 lb.	B. Feight	167.5	122.5	442.5
D. Keffer	227 lb. M-5 Pure	170.8 lb. Teen	D. Martin	205	205	690
227 lb. Teen	G. LaBelle-F	115	D. Martin	205	205	690
BENCH	187 lb. Intern	M. Lawson	Pure	280 lb.	280 lb.	
187 lb. Intern	M. Lawson	70	Pure	280 lb.	280 lb.	
Mr. Matz-F	154.3 lb. Pure	T. Meeker	Master	280 lb.	280 lb.	
147.5	J. Woodworth	115	A. Keffer-P	250	187.5	687.5
C. Prichard-P	187 lb.	M. Wilson	B. Pierce-P	190	137.5	577.5
Pure	T. Meeker	160	280 lb.	280 lb.	280 lb.	
Mr. Matz-F	227 lb. Intern	190	M. Poremski	195	195	
147.5	227 lb. SM-1	G. Venable-P	190	187.5	187.5	
D. Meeker-F	150	J. Adcox-F	187 lb. M-2	187.5	187.5	
M-5 Pure	M. Wilson	110	L. Betzer	205 lb.	205 lb.	
G. LaBelle-F	280 lb.	B. Walla	227 lb. M-3	205 lb.	205 lb.	
280 lb. Master	H. Holmes-P	T. Billings	DEADLIFT	145	145	
A. Keffer-P	250.2 lb.	77 lb.	Youth	SQ	BP	DL
187.5	M. Poremski	C. Jennings	77 lb.	SQ	BP	DL
205 lb. M-5 Pure	S. Venable-P	97.5	77 lb.	SQ	BP	DL
G. LaBelle-F	187 lb. M-2	S. Pierce	88 lb.	35	17.5	45
SHW M-5 Pure	J. Adcox-F	97.5	POWERLIFTING	25	17.5	27.5
L. Betzer	205 lb.	70	WOMEN	101.2 lb.	101.2 lb.	
132.5	B. Walla	105	N. Caberto	65	32.5	80
DEADLIFT	227 lb. M-3	T. Billings	110	119 lb. M-5p	52.5*	110*
Youth	DEADLIFT	145	C. Anderson	92.5	52.5*	110*
77 lb.	77 lb.	77 lb.	138.8 lb. Hs	138.8 lb. Hs	138.8 lb. Hs	
C. Jennings	77 lb.	S. Pierce	88 lb.	E. Bleish	85	50
88 lb.	88 lb.	POWERLIFTING	101.2 lb.	MEN	127.8 lb. M-5 Pure	
S. Pierce	88 lb.	POWERLIFTING	N. Caberto	D. Kennedy	170	105*
POWERLIFTING	POWERLIFTING	POWERLIFTING	110*	J. Dunn	155	430
WOMEN	WOMEN	WOMEN	110*	154.3 lb. Teen	80	55
Hs 101.2 lb.	Hs 101.2 lb.	Hs 101.2 lb.	154.3 lb. Teen	170.8 lb. Junior	115	250
N. Caberto	N. Caberto	N. Caberto	170.8 lb. Junior	E. Buller	190	130
119 lb. M-5p	119 lb. M-5p	119 lb. M-5p	E. Buller	Pure	210	530
C. Anderson	C. Anderson	C. Anderson	M. Cairns	182.5	142.5	510
138.8 lb. Hs	138.8 lb. Hs	138.8 lb. Hs	227 lb. Pure	305	232.5	812.5
C. Bleish	C. Bleish	C. Bleish	250.2 lb. Pure	287.5	227.5	252.5
MEN	MEN	MEN	R. Harrington-F	287.5	227.5	252.5
127.8 lb. M-5 Pure	127.8 lb. M-5 Pure	127.8 lb. M-5 Pure	776.5	776.5	776.5	
D. Kennedy	D. Kennedy	D. Kennedy	280 lb. Pure	272.5	212.5	322.5
154.3 lb. Teen	154.3 lb. Teen	154.3 lb. Teen	M. Geiger	272.5	212.5	807.5
J. Dunn	J. Dunn	J. Dunn	170.8 lb.	190	130	210
170.8 lb. Junior	170.8 lb. Junior	170.8 lb. Junior	Novice	530	530	530
E. Buller	E. Buller	E. Buller	E. Buller	150	112.5	180
Pure	Pure	Pure	Pure	442.5		
M. Cairns	M. Cairns	M. Cairns	227 lb. Pure	270	150	272.5
227 lb. Pure	227 lb. Pure	227 lb. Pure	J. Mellor	270	150	692.5
R. Harrington-F	R. Harrington-F	R. Harrington-F	315 lb.	172.5	117.5	185
250.2 lb. Pure	250.2 lb. Pure	250.2 lb. Pure	J. Kennedy	172.5	117.5	185
280 lb. Pure	280 lb. Pure	280 lb. Pure	475	205 lb. Intern	215	142.4
M. Geiger	M. Geiger	M. Geiger	T. Turley	215	142.4	237.5
170.8 lb.	170.8 lb.	170.8 lb.	D. Brown	142.5	127.7	147.7
Novice	Novice	Novice	Natural	142.5	127.7	147.7
E. Buller	E. Buller	E. Buller	R. Harrington-F	287.5	227.5	252.5
B. Feight	B. Feight	B. Feight	776.5	776.5	776.5	
227 lb.	227 lb.	227 lb.	SM-1	R. Harrington-F	287.5	227.5
Novice	Novice	Novice	SM-1	R. Harrington-F	287.5	227.5
M. Madison	M. Madison	M. Madison	280 lb.	280 lb.	280 lb.	
280 lb.	280 lb.	280 lb.	J. Mellor	270	150	272.5
J. Mellon	J. Mellon	J. Mellon	315 lb.	270	150	272.5
J. Kennedy	J. Kennedy	J. Kennedy	205 lb. Intern	172.5	117.5	185
205 lb. Intern	205 lb. Intern	205 lb. Intern	T. Turley	215	142.4	237.5
T. Turley	T. Turley	T. Turley	D. Brown	142.5	127.7	147.7
227 lb.	227 lb.	227 lb.	Natural	142.5	127.7	147.7
D. Brown	D. Brown	D. Brown	R. Harrington-F	287.5	227.5	252.5
250.2 lb.	250.2 lb.	250.2 lb.	776.5	776.5	776.5	
Natural	Natural	Natural	SM-1	R. Harrington-F	287.5	227.5
R. Harrington-F	R. Harrington-F	R. Harrington-F	280 lb.	280 lb.	280 lb.	
250.2 lb. M-2	250.2 lb. M-2	250.2 lb. M-2	J. Mellor	270	150	272.5
E. White-P	E. White-P	E. White-P	315 lb. SM-2	200	160	210
280 lb.	280 lb.	280 lb.	R. Cairns	200	160	210
J. Anderson	J. Anderson	J. Anderson	187 lb. M-1	150	102.5	172.5
227 lb.	227 lb.	227 lb.	M. Hedges	150	102.5	172.5
M. Hedges	M. Hedges	M. Hedges	187 lb. M-1	227.5	167.5	227.5
227 lb.	227 lb.	227 lb.	L. Lewis	227.5	167.5	622.5
L. Lewis	L. Lewis	L. Lewis	205 lb. M-2	250	157.5	290
280 lb.	280 lb.	280 lb.	E. White-P	250	157.5	290
J. Anderson	J. Anderson	J. Anderson	280 lb.	212.5	130	215
227 lb.	227 lb.	227 lb.	M-5 Pure	92.5	67.5	142.5
G. LaBelle-F	G. LaBelle-F	G. LaBelle-F	POWER	35	82.5	125
Special Olympic	Special Olympic	Special Olympic	CR	BP	DL	TOT
154.3 lb. Teen	154.3 lb. Teen	154.3 lb. Teen	POWER	35	82.5	242.5
D. Wilson	D. Wilson	D. Wilson	POWER	30	67.5	100
250.2 lb.	250.2 lb.	250.2 lb.	POWER	30	67.5	197.5
B. Skaggs	B. Skaggs	B. Skaggs	POWER	227 lb. Teen	92.5	67.5
227 lb. Teen	227 lb. Teen	227 lb. Teen	J. Foley	92.5	67.5	302.5

and I was impressed. The youth were also just as impressive Chris Jennings and Shelby Pierce both taking first place in the youth program. Then came Cathy Anderson with the American records in the bench and the dead lift in the 119 wt. cl. M-5 pure, Dave Kennedy in the 127.8 wt. cl. M-5 pure Randy Harrington in the 227 wt. cl. Sm-2, natural, pure divisions. There was a lot of good benching, John Onorato with a 512.5, Randy Harrington with a 501.5 and several other lifters in the 400 lb. bench and better. Not to leave the other lifters out they were outstanding in their efforts and with their help the meet went smoothly. These people always help in any way they can to judge, spot, load and announce. Special thanks to my wife Kathy who always is there on the score table and filling in where needed, Bob Pierce doing a great job announcing as always, and to Tom and Sabrina Bagby Who I awarded Tom the outstanding Judge and thanks to those I did not mention. I would like to say to the police and fire fighters from all the states that participated in this meet Thank you for coming and hopefully next year there will be even more of you. I think this shows that there are a lot of police and fire out there that are in great shape. (These results by James Duree, Meet Director).

Finnish Championships

3-4 Mar 01 - Laukaa, FIN	WOMEN	SQ	BP	DL	TOT
Open					
48 kg.					
Viiasari, V.	135	77.5	170	382.5	
Lampiuloto, T.	125	70	132.5	327.5	
Vaulakorp, I.	115	60	130	305	
Arpala, V.	85	80	125	290	
52 kg.					
Jokitalo, L.	170	75	177*	420	
Sirkka, M.	147.5	85	167.5	400	
56 kg.					
Savola, P.	180.5	90	197.5	467.5#	
Kehanen, V.	165	80	165	410	
Leppa, H.	90	52.5	110	252.5	
60 kg.					
Laitinen, H.	167.5	85	190	442.5	
Rantamaki, M.	155	90	157.5	402.5	
Lehtonen, M.	145	77.5	140	362.5	
Tuomi, M.	125	60	150	335	
Malassu, I.	100	65	120	285	
Malmberg, S.	0	0	0	0	
Pietila, R.	0	0	0	0	
67.5 kg.					
Haapoja, P.	190	92.5	190	472.5	
Koskinen, M.	165	95	140	400	
75 kg.					

TO SQUAT

Or Not To Squat
is the
Ultimate
Book and Video
on
Power Squatting!
When all else
fails, read the
instructions!

TO SQUAT

Or Not To Squat
that's the Question!
VHS \$19.95
Beta \$19.95
Video \$19.95

Rickey Dale Crain explains it ALL! Everything you ever wanted to know about the squat with 6 different complete squat routines and more!



CRAIN'S MUSCLE WORLD, LTD.

3803 North Bryan Road
Shawnee, OK. 74804-2314 USA
VISIT OUR WEB PAGE
POWER FORUM E-MAIL
<http://members.boardhost.com/powerforum/crain@juno.net>

CRAIN'S MUSCLE WORLD, LTD.

TRAINING SECRETS OF WESTSIDE BARBELL CLUB

NUTRITION, STEROIDS AND SPORTS MEDICINE

UNDERGROUND STEROID HANDBOOK

Physical Enhancement With Anabolic Steroids

World Anabolic Review 1996

DRUG USE & DETECTION IN AMATEUR SPORTS

Drug Use & Detection In Amateur Sports Update #1

Drug Use & Detection In Amateur Sports Update #2

Drug Use & Detection In Amateur Sports Update #3

Drug Use & Detection In Amateur Sports Update #4

Drug Use & Detection In Amateur Sports Update #5

SHIPPING 10000\$ SECURE PAYPAL PAYMENTS ADD \$3.00 each OUTSIDE U.S. + 30% SURFACE OR AIR MAIL + MINIMUM \$9.00 Oklahoma Residents Add 8.5% Sales Tax

ALL SALES FINAL

NO EXCHANGES OR RETURNS ON BOOKS AND VIDEOS

ALL PRICES SUBJECT TO CHANGE

Check / Cash / Credit Card / C. O. D. (\$25.00 min.)

Outside USA and Customer Service Call 1-405-275-3689 or Fax 1-405-275-3739

CRAN'S MUSCLE WORLD, LIMITED Collection

If we don't have it and we can't get it then you don't need it!



CALL TOLL FREE 1-800-272-0051

Blinnikka, K.	152.5	95	172.5	420	Nieminens, S.	230	147.5	260	637.5	Jalonen, T.	300	220	295	815	60 kg.
Kumpulainen, P.	140	360	Oksanen, A.	210	150	252.5	612.5	Winter, H.	295	195	302.5	792.5	Leivo, V.		
Stahl, K.	135	67.5	Kytola, M.	240	135	237.5	612.5	Kannisto, R.	270	200	290	760	67.5 kg.		
Kokkonen, S.	100	70	Sirvio, A.	237.5	157.5	217.5	612.5	Laitala, T.	280	182.5	280	742.5	Brunfeldt, S.		
90 kg.		Lundsten, K.	210	132.5	217.5	560	Virtanen, P.	285	175	280	740	Pulli, I.			
Nokua, K.	190	102.5	Lappi, I.	235	155	320	710	Antila, K.	280	177.5	270	727.5	Malkavaara, M.		
90+ kg.		Parviainen, M.	255	160	260	675	Makkonen, J.	252.5	185	260	697.5	Nyssonen, J.			
Saksa, S.	147.5	115	Anttila, P.	250	150	250	650	Niskanen, J.	—	—	—	75 kg.			
Tuomi, M.	130	80	82.5 kg.		Sohlman, S.	265	165	320	750	Paavinen, T.	325	210	330	865	Salo, J.
Junior (14-20)		75 kg.		Nystrom, H.	265	170	285	720	Smura, M.	285	175	325	790	Taipalus, J.	
44 kg.		Vilmi, J.	275	170	260	705	Sommarstrom	270	185	280	735	Juho, J.			
52 kg.		Huttunen, K.	260	172.5	265	697.5	125 kg.				Rauniolahti, H.				
Lotjonen, A.	90	63*	Hakanen, J.	270	165	235	670	Lehto, O.	325	255	335	915	Lopponen, A.		
Rantala, H.	90	62.5	Sairanen, T.	240	170	250	660	Martikainen, J.	340	200	340	880	Gronlund, H.		
Bodbackak, M.	--	Pikkarainen, H.	237.5	150	270	657.5	Heinila, H.	340	217.5	320	877.5	90 kg.			
56 kg.		90 kg.		Hakala, H.	240	165	230	635	Vilppola, K.	315	220	332.5	867.5	Varviko, K.	
Virkki, E.	107.5	75	Hannula, T.	—	—	—	—	Jantunen, E.	305	210	315	830	Vireni, T.		
67.5 kg.		100 kg.		Malinen, H.	295	197.5	330	822.5	Kallinki, K.	335*	260	807.5	Junior (18-20)		
Karvonen, K.	145	90	Ranta, J.	325*	190	315	830	Laitinen, J.	320	175	305	800	Eskelinen, V.		
75 kg.		100 kg.		Sohlman, J.	300.5	202.5	315	822.5	Helen, M.	275	205	300	780	56 kg.	
Levanen, M.	95	50	Parviainen, T.	230	202.5	265	697.5	Pernu, C.	300	170	320	790	Jakovlev, D.		
90+ kg.		Kohtamaki, T.	270	160	260	690	Hanninen, R.	302.5	185	300	787.5	Holappa, L.			
Suominen, M.	100	90.5*	Huhtamaki, M.	215	165	255	635	Rasanen, T.	280	170	285	735	60 kg.		
MEN		Hakala, H.	240	165	230	635	Junior (14-17)				Pajunen, T.				
Open		Hannula, T.	—	—	—	56 kg.				67.5 kg.					
56 kg.		100 kg.		Malinen, H.	295	197.5	330	822.5	Keranen, P.	110	90	130	330	Tahvanainen, T.	
Kalliola Marko	160	90	Ranta, J.	325*	190	315	830	Fagerlund, S.	65	70	100	235	Anttonen, J.		
67.5 kg.		100 kg.		Sohlman, J.	300.5	202.5	315	822.5					Kuititinen, P.		

Leivo, V.	160	115	180	455
Kannisto, R.	270	200	290	760
Laitala, T.	280	182.5	280	742.5
Virtanen, P.	285	175	280	740
Antila, K.	280	177.5	270	727.5
Makkonen, J.	252.5	185	260	697.5
Niskanen, J.	—	—	—	—
110 kg.				
Paavinen, T.	325	210	330	865
Smura, M.	285	175	325	790
Sommarstrom	270	185	280	735
120 kg.				
Lehto, O.	325	255	335	915
Martikainen, J.	340	200	340	880
Heinila, H.	340	217.5	320	877.5
Vilppola, K.	315	220	332.5	867.5
Jantunen, E.	305	210	315	830
Kallinki, K.	335*	260	807.5	—
Laitinen, J.	320	175	305	800
Helen, M.	275	205	300	780
130 kg.				
Pernu, C.	300	170	320	790
Hanninen, R.	302.5	185	300	787.5
Rasanen, T.	280	170	285	735
140 kg.				
Keino Shrug / Kelso	\$9.95			
Complete Keys To Progress / McClelland	\$17.95			
150 kg.				
Partanen, O.	242.5	152.5	235	630
Makinen, M.	190	135	240	565
90 kg.				
Rasanen, M.	245	140	240	625
Paivinen, K.	235	135	240	610
Vepsalainen, T.	230	125	235	590
Heikkilä, V.	225	142.5	200	567.5
Savolainen, O.	205	127.5	225	557.5
Dahlgren, V.	190	125	200	515
Seppä, M.	170	130	205	505
160 kg.				
Mestari, J.	260	160	260	680
Hognas, E.	245	162.5	230	637.5
Ojala, M.	165	155	200	520
Simola, L.	195	117.5	205	517.5
170 kg.				
Smulter, F.	220	177.5	240	637.5
Pietiläinen, J.	200	157.5	240	597.5
125 kg.				
Mourujärvi, A.	275	150	260	685
Junior (21-23)				
67.5 kg.				
Partanen, A.	215	147.5	215	577.5
Hallinainen, T.	215	135	227.5	577.5
75 kg.				
Nyysönen, P.	255	165	277.5	697.5
Saastamoinen,	252.5	165	260	677.5
Anttila, J.	252.5	150	235	637.5
Laiho, M.	227.5	157.5	240	625
Mickelson, T.	200	140	230	570
82.5 kg.				
Poikolainen, T.	245	145	255	645
Tolli, J.	230	142.5	270	642.5
Juntunen, T.	215	147.5	240	602.5
Krogell, J.	210	150	220	580
Koridala-ho, Mika	207.5	140	225	572.5
Halittunen, K.	200	130	240	570
Merkkinen, M.	—	—	—	—
90 kg.				
Miettinen, J.	270	170	267.5	707.5
Westerholm, S.	240	180	240	660
Isomäki, M.	230	160	260	650
Vaksila, J.	245	120	230	595
Laakkonen, M.	210	145	225	580
Salminen, T.	215	117.5	230	562.5
Hannukainen, T.	190	120	210	520
100 kg.				
Laitila, T.	275	185	242.5	702.5
Soininen, A.	240	167.5	252.5	660
Virola, J.	245	155	250	650
Soraranta, M.	225	142.5	250	617.5
Ukonoaho, J.	215	150	240	605
110 kg.				
Kopola, H.	300	207.5	340*	847.5
Torma, J.	210	130	270	610
125 kg.				
Ketola, J.	100	100	100	300
125+ kg.				
Tallqvist, K.	310	1210	310	830
*-Finnish record. I-World record. #=Nordic record. (Thanks to Heikki Orasmaa for results).				

Wisconsin's Best Bench

31 Mar 01 - Independence, WI		
BENCH	T. Sullivan-45	
Teen 132 lb.	P. Belisle-40	
A. Earney-15	95	
148 lb.	P. Lockbaum-40	
D. Berlin-13	125	
165 lb.	L. Woodman-40	
S. Cagle-19	165	
Open SHW	C. Roffler-60	
T. Fish-32	285	
Submaster 165 lb.	C. Mattson-59	
S. Meyer-38	150	
Master-1 148 lb.	B. Wright-29	
S. Grohn-45	115	
Pre-teen 114 lb.	S. Warren-32	
A. Russett-9	95	
J. Woodman-11	B. Goldsmith-49	
Teen 148 lb.	165	
D. Pope*-17	C. Hatch-32	
D. Knapps-18	115	
P. Lipinski-18	J. McKnight-23	
S. O'Brien-17	95	
165 lb.	Master-1	
C. Schneider-16	J. Donatell-57	
J. Cady-16	285	
E. Allen-18	D. Dingfelder-57	
J. Grensing-16	235	
D. Rotering-17	Open 220 lb.	
J. Konce-17	200	
J. Walek-17	J. Langerude-29	
181 lb.	M. Schwartz-33	
A. Jones-16	290	
B. Pierce-18	T. Schmitt-31	
M. Abts-19	T. Brewer-31	
M. Osenga-17	260	
Z. Reyburn-17	D. Dankmeyer-23	
M. Ktsick-19	265	
C. Ritspher-18	D. Falter-29	
198 lb.	D. Weltzien-33	
A. Jones-16	380	
B. Pierce-18	220	
M. Abts-19	Open 242 lb.	
M. Osenga-17	200	
Z. Reyburn-17	J. Cameric-24	
M. Ktsick-19	345	
C. Ritspher-18	200	
198 lb.	J. Langerude-29	
A. Jones-16	M. Schwartz-33	
B. Pierce-18	290	
M. Abts-19	Master-1	
M. Osenga-17	T. Surdick-45	
Z. Reyburn-17	410	
M. Ktsick-19	M. Gillette-44	
C. Ritspher-18	380	
198 lb.	265	
A. Jones-16	Master-3	
B. Pierce-18	G. Sofakis-56	
M. Abts-19	325	
M. Osenga-17	260	
Z. Reyburn-17	D. Weltzien-33	
M. Ktsick-19	380	
C. Ritspher-18	220	
198 lb.	Open 242 lb.	
A. Jones-16	J. Kester-21	
B. Pierce-18	400	
M. Abts-19	K. Kulig-32	
M. Osenga-17	360	
Z. Reyburn-17	S. Coffey-23	
M. Ktsick-19	350	
C. Ritspher-18	220	
198 lb.	Master-1	
A. Jones-16	T. Cain-43	
B. Pierce-18	480	
M. Abts-19	V. Rasmussen-45	
M. Osenga-17	380	
Z. Reyburn-17	220	
M. Ktsick-19	242 lb.	
C. Ritspher-18	Open 242 lb.	
198 lb.	J. Keller-43	
A. Jones-16	290	
B. Pierce-18	J. Keller-43	
M. Abts-19	265	
M. Osenga-17	K. McKnight-43	
Z. Reyburn-17	285	
M. Ktsick-19	D. Glowacki-42	
C. Ritspher-18	—	
198 lb.	J. Vamer-15	
A. Jones-16	160	
B. Pierce-18	Master-2	
M. Abts-19	J. Miller-51	
M. Osenga-17	390	
Z. Reyburn-17	Open 275 lb.	
M. Ktsick-19	230	
C. Ritspher-18	Open 275 lb.	
198 lb.	J. Franco-26	
A. Jones-16	455	
B. Pierce-18	D. Buchman-33	
M. Abts-19	405	
M. Osenga-17	210	
Z. Reyburn-17	J. Kester-21	
M. Ktsick-19	400	
C. Ritspher-18	198 lb.	
198 lb.	K. Kulig-32	
A. Jones-16	S. Coffey-23	
B. Pierce-18	350	
M. Abts-19	220	
M. Osenga-17	Master-1	
Z. Reyburn-17	T. Cain-43	
M. Ktsick-19	480	
C. Ritspher-18	V. Rasmussen-45	
198 lb.	220	
A. Jones-16	J. Stinson-32	
B. Pierce-18	305	
M. Abts-19	D. Doan*-36	
M. Osenga-17	560	
Z. Reyburn-17	165 lb.	
M. Ktsick-19	D. Reiter-37	
C. Ritspher-18	370	
198 lb.	Master-1	
A. Jones-16	S. Cain-43	
B. Pierce-18	480	
M. Abts-19	V. Rasmussen-45	
M. Osenga-17	380	
Z. Reyburn-17	220	
M. Ktsick-19	242 lb.	
C. Ritspher-18	Open 242 lb.	
198 lb.	J. Stinson-32	
A. Jones-16	D. Doan*-36	
B. Pierce-18	560	
M. Abts-19	165 lb.	
M. Osenga-17	D. Reiter-37	
Z. Reyburn-17	370	
M. Ktsick-19	Master-1	
C. Ritspher-18	S. Cain-43	
198 lb.	480	
A. Jones-16	V. Rasmussen-45	
B. Pierce-18	380	
M. Abts-19	220	
M. Osenga-17	Open 242 lb.	
Z. Reyburn-17	J. Stinson-32	
M. Ktsick-19	305	
C. Ritspher-18	Open 242 lb.	
198 lb.	J. Stinson-32	
A. Jones-16	D. Doan*-36	
B. Pierce-18	560	
M. Abts-19	165 lb.	
M. Osenga-17	D. Reiter-37	
Z. Reyburn-17	370	
M. Ktsick-19	Master-1	
C. Ritspher-18	S. Cain-43	
198 lb.	V. Rasmussen-45	
A. Jones-16	220	
B. Pierce-18	Open 275 lb.	
M. Abts-19	300	
M. Osenga-17	J. Stinson-32	
Z. Reyburn-17	270	
M. Ktsick-19	308 lb.	
C. Ritspher-18	Open 308 lb.	
198 lb.	J. Stinson-32	
A. Jones-16	B. Dubois-20	
B. Pierce-18	250	
M. Abts-19	G. Woychik-32	
M. Osenga-17	500	
Z. Reyburn-17	B. Jensen-24	
M. Ktsick-19	175	
C. Ritspher-18	J. Riggis-31	
198 lb.	325	
A. Jones-16	S. Warren-38	
B. Pierce-18	340	
M. Abts-19	Submaster	
M. Osenga-17	Master-1	
Z. Reyburn-17	165 lb.	
M. Ktsick-19	J. Alberao-36	
C. Ritspher-18	405	
198 lb.	D. Laehn-41	
A. Jones-16	225	
B. Pierce-18	Master-1	
M. Abts-19	J. Brus-41	
M. Osenga-17	465	
Z. Reyburn-17	K. Rubenzer*-21	
M. Ktsick-19	460	
C. Ritspher-18	Master-2	
198 lb.	S. Heathman-24	
A. Jones-16	370	
B. Pierce-18	T. Nelson-52	
M. Abts-19	375	
M. Osenga-17	J. Robl-31	
Z. Reyburn-17	335	
M. Ktsick-19	SHW Open	
C. Ritspher-18	335	
198 lb.	J. Murphy-26	
A. Jones-16	300	
B. Pierce-18	Campshire-35	
M. Abts-19	335	
M. Osenga-17	C. Schlesser-24	
Z. Reyburn-17	275	
M. Ktsick-19	Submaster	
C. Ritspher-18	Campshire-35	
198 lb.	Master-1	
A. Jones-16	"Best Lifter. 104 participants traveled to Independence to take part in our 3rd annual competition. People drove in from all over the Midwest, with all the proceeds going to the Athletic Department and Independence Public Schools. Many thanks to all our judges, spotters, head table workers, and the many more who donated their time to make this a success. In the men's pre-teen it was Austin Russett with a bench of 95#, to edge out Josiah Woodman for first place. In the women's category we had six competitors all unopposed in their respective weight classes. The teen women taking first were Ashley Earney at 132, Theresa Fish came in the women's open at Shw to push up an impressive 295# on her fourth attempt. Sandy Meyer in the submasters put up 150#. Finally it was Sue Grohn in the masters with a bench of 115. In the Teen 148# weight class newcomer Dan Pope bested the field by 5#, taking first over the remaining three entries in his class. Dan was also the Best Lifter in the Teen weight classes. The Teen 165# was a real fight to the finish as four of the top seven were separated by a mere 15# total. But Cory Schneider took home first Place honors. The	



Wisconsin's Best Bench Press (left-right): Kip Rubenzer - Lower Weights Best Lifter with 460 lbs.; Dave Doan - Upper Weights Best Lifter with 560 lbs.; Dan Pope - Teen Best Lifter with 285 pounds. (Photo provided courtesy of Glen Woychik to Powerlifting USA).

181 Teen class was dominated by Ajay Jones who had a 50# lead on the rest of his class, with a bench of 320# to win. The 198's had a close battle between Chris Ritscher, and Mitch Tock. In the end it was Chris with a 300# press to edge out a 5# victory. The 220 Teen class saw Matt Hund take first with a press of 275. The 242's belonged to Chris Husom with a nice bench of 305. Finally unopposed at Shw, Derrick Kneifel put up 230 to be first. In the Open, Donnie Flath 132#, and Dave Thompson 148#, were unopposed, and put up 300, and 305, to win their classes. In the Open 165s, Todd Stinson dominated with a 370# press to win, the next closest was 70# away. Also in the 165 submaster, and master classes, Scott Laehn benched 340, and Dave "the hammer" Laehn put up 225 to first place. In the Open 181's, a very impressive Kip Rubenzer weighed in at 1784 and benched an amazing 460 to win his class by 90#. Kip was also our lower weight class winner of the Best Lifter. The masters 181's had Tim Sullivan with a bench of 390 placing first. While Bob Goldsmith in the masters 11 was unopposed, put up 260 to take first. Finally Chris Roffler in the masters 111, beat Charlie Mattson by 15#, with a bench of 200, to take first. The 198 Open class, saw Brian Wright put up 400, to edge out Steve Warren by 20# to take first. Steve Kaminski traveled 5 hrs. to put up a 380, and take first in the masters 1. In the masters III Jerry Donatell, put up 325 to take first place. The 220 Open class, saw a very impressive Bill Pechmiller put up 480 - to beat Tom Schmitt who did 450. Bill is coming back from injury and will soon be back over 500. The

very impressive Kip Rubenzer weighed in at 1784 and benched an amazing 460 to win his class by 90#. Kip was also our lower weight class winner of the Best Lifter. The masters 181's had Tim Sullivan with a bench of 390 placing first. While Bob Goldsmith in the masters 11 was unopposed, put up 260 to take first. Finally Chris Roffler in the masters 111, beat Charlie Mattson by 15#, with a bench of 200, to take first. The 198 Open class, saw Brian Wright put up 400, to edge out Steve Warren by 20# to take first. Steve Kaminski traveled 5 hrs. to put up a 380, and take first in the masters 1. In the masters III Jerry Donatell, put up 325 to take first place. The 220 Open class, saw a very impressive Bill Pechmiller put up 480 - to beat Tom Schmitt who did 450. Bill is coming back from injury and will soon be back over 500. The

masters 220 had Tom Surdick bench 410 to beat out Mike Gillette for first place. Finally in the masters III George Soufakis was unopposed, but did put up an impressive 325 for first place. The 242 Open class saw a very strong Shawn Becker put up 435 to edge Matt Nielsen by 15. This was a very competitive class with 6 of the 8 benching 400 or more. With age they only get better! The legendary Shawn Cain smoked 480# to win the masters class by 100# over the next closest lifter. He is really something to watch. In the masters 11 Jim Miller was unopposed, and hit a 390, to take first in his class. In the 275 Open class, the wild man, Josias Franco edged out a very strong Brian Fleisner by 5# with a 455, to take the win. Brian, suffered a shoulder injury on his 2nd attempt that kept him away from an attempt of 500#, that he had a good shot at getting. The very impressive Dave Doan, in the submaster 275's took home a nice 560# press, to take first, and our upper weights best lifter award. In the masters class, Ed Weed cracked a 455# press to take first. The 308 Open weight class, one of the meet directors, had Glen Woychik hit a 500# press to take first, over strongman competitor Jon Riggs. Watch for Riggs on the Strongman tour!! In the submaster 308 weight class Jeff Alberado was unopposed, but put up a nice 405. The masters 308 had Jeff Brust blow out his shirt, but managed a 465# press. Jeff is a regular at benching over 500. In the masters 11, Tom Nelson hit a very nice 375, to take first. Finally, in the super heavy weights Rusty Campshire entered both the open and submaster classes, put up a nice 335 to take home first in each division. Again, thank you to so many friends; family and others who helped make this a huge success. Plans for next year are already underway to make this even better. We will be going from two benches to three, to accommodate the lifters. Hope to see you all in 2002. (Thanks to Glen Woychik for providing the results of this competition to PL USA).

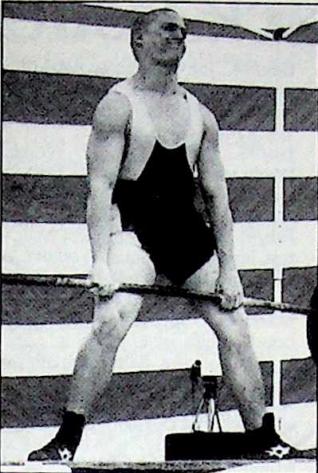
LOUIE SIMMONS PRESENTS Training Secrets of Westside Barbell Club

NOW ON VIDEO!

Squat Workout	\$54.95
Bench Press Workout	\$49.95
Bench Press Secrets	\$35.95
Squat Secrets	\$29.95
Dead Lift Secrets	\$29.95
T-Shirts (M, L, XL, 2XL, 3XL)	\$14.95
Shipping/handling	\$5.00

Send check or money order to:
Westside Barbell Club
1417 Demorest Road
Columbus, OH 43228





Alex Francis - 18 years old, 178 bodyweight: 505 - GA State Record at the WABDL State BP.
(Photo provided by Alex Francis).

2001 W.A.B.D.L. State Bench 28 Apr 01 - Lawrenceville, GA

The 2001 State Bench Press Championships were held on April 28th, hosted by Body by George in Lawrenceville. The lifting began with the 13 and under group with Trent Corey winning benching over his bodyweight at 100 lbs. He was followed by William Rigdon, T.J. Mitchell, Dillon Loyd, Dallas Lee, and Nikki Williams.

The women were well represented by best lifter Richelle Eckstein who narrowly missed a bodyweight bench of 125 lbs. The winner of the heavy division was Ann Wolverton with solid 140 lbs.

The star of the teen division was Dusty Jenkins as he set a new 15 and under world record of 190 lbs. While only weighing 120. Leif Larson set a new state record in the mid heavy class with a fine press on 390 lbs. Matt Christie won the middleweights while the best lifter was world champion Adam Parker of Snellville with a 300 lbs. @ 148 bwt.

The masters (40 and over) class saw some great lifting as Ronnie Edwards lit up the platform with a 420 pound lift winning best overall. Other great performances included Dave Callas and Mark Epstein with state records.

The open class saw multi world champions Tracy Satterfield & George Herring take the stage. Satterfield pressed and incredible 530 lbs. @ 181 bwt. while current World Bench Champion George Herring opened with a world mark of 560 lbs. @ 197 bwt. but was injured. Other winners and great lifting inclined master Randel Wrye 310 @ 141, Billy Barrow 570 @ super just missing 600!, Dwayne Williams 350 @ 165, Dan Belanger just missing over 600 in the dl @ 181 and master

Rodney Vickery 410 @ 275 (53 yrs.).

In the deadlift qualifying, 15 year old Krista Williams opened with a world mark of 225 lbs. and jumped to 265 lbs. barely missing on a rule infraction. Earlier this year, she won the state powerlifting championship in her first contest smashing the world squat record with a lift of 303 lbs. Alex Francis set a state mark of over 500 pounds in the deadlift. The "Tazmanian Devil" Marvin Wideman ripped a 520 lbs. at 140 and then doubled it! Look for him to go 600 next year.

Thanks to the judges, Sandy Ellis and Ken Anderson for flying in to oversee the meet and drug testing. Great meet and great crowd. (Thanks to Alex Francis for results).

Chief Invitational 10 Mar 01 - Lantana, FL

	SQ	BP	DL	TOT
FEMALE				
114 lb.				
L. Suarez	135	75	185	395
L. Ragsdale	125	65	175	365
J. Wildner	110	70	145	325
123 lb.				
H. Guibert	120	85	165	370
J. Martin	120	85	165	370
132 lb.				
V. Vasquez	160	60	165	385
148 lb.				
T. Boady	175	135	245	555
C. Panebianco	175	105	250	530
C. Ramos	165	70	185	420
J. Campana	130	65	160	355
S. Tuan	—	65	190	255
165 lb.				
S. Valles	135	95	225	455
181 lb.				
N. Panebianco	215	115	300	630
198 lb.				
K. Warren	225	90	245	560
198+ lb.				
K. Lenz	300	235	365	900
C. Norris	225	105	245	575
F. Laventure	170	110	290	570
MALE				
114 lb.				
J. Cohiabda	170	170	300	640

B. Feldman	215	150	270	635	N. Stanislawski	225	165	255	645	
J. Ruiz	170	135	290	595	T. Keefer	265	145	235	645	
E. Dean	180	115	225	520	C. McClendon	245	205	—	450	
D. Vertucci	190	120	200	510	M. Osorio	200	180	—	380	
123 lb.					198 lb.					
I. Jones	225	170	275	675	T. Rigolizzo	420	295	470	1185	
D. Jordan	195	140	265	600	Stockhammer	380	245	465	1090	
132 lb.					B. Sisnett	325	300	460	1085	
B. Lee	275	230	385	890	B. Horn	380	265	390	1035	
E. Singleton	245	185	300	730	A. Agrusa	385	225	405	1015	
S. Sosa	280	130	275	685	J. DeShields	360	215	400	975	
W. Aurelien	175	180	300	655	D. Lapomarede	340	200	420	960	
J. Davis	250	135	225	640	G. Veaser	265	235	245	835	
M. Nickerson	140	125	235	500	D. Guioste	275	205	350	830	
148 lb.					P. Gibenson	—	265	405	670	
D. Camillo	350	225	375	950	W. Goicou	290	—	350	640	
S. Foster	280	245	350	875	J. Jones	205	205	—	410	
C. Palazzo	295	235	310	840	220 lb.					
J. Morales	280	185	370	835	M. Silveri	390	275	500	1165	
C. Miller	305	205	320	830	J. Common	430	295	430	1155	
M. Blank	290	205	315	810	S. Shakespeare	405	295	435	1135	
C. Armanini	260	150	315	725	J. Donnini	375	245	415	1035	
I. Gonzalez	280	175	250	705	J. Jones	350	240	440	1030	
D. Dobson	245	150	305	700	M. Bully	385	215	420	1020	
J. Frazil	215	185	295	695	J. Mendoza	335	265	365	965	
E. Guerrier	230	160	285	675	J. Gaccione	340	230	370	940	
D. Alu	235	155	285	675	J. Chiodo	315	235	380	930	
C. Embick	175	180	315	670	M. Cherisme	315	260	350	925	
B. Traft	200	170	275	645	J. Medina	330	205	315	850	
E. Gonzalez	200	115	275	590	M. Desiderio	300	165	315	780	
165 lb.					242 lb.					
J. Bell	405	275	405	1085	P. Murglo	385	265	405	1055	
C. Pride	350	275	425	1050	J. Estimable	355	240	450	1045	
I. Jenkins	315	225	450	990	L. McClelland	375	185	390	950	
J. Kasper	275	255	350	880	J. Croft	245	270	245	760	
M. Cousineau	295	230	350	875	A. Moran	—	230	430	660	
M. Rosen	295	225	350	870	D. Hanna	—	—	—	—	
L. Rotondi	275	215	335	825	275 lb.					
L. Veatech	300	180	335	815	M. Harris	500	405	550	1455	
D. McBride	265	175	370	810	T. Tidmore	280	315	470	1065	
J. Luberic	230	205	335	770	B. Talledo	365	275	395	1035	
L. Junvier	250	435	315	750	R. Ramsey	255	315	460	1030	
J. Hurtado	235	195	305	735	T. Martin	365	250	405	1020	
C. Daniels	225	155	320	700	E. Saari	335	200	370	905	
B. Levins	200	175	325	700	275+ lb.					
181 lb.					A. Brown	500	335	500	1335	
C. Smajdor	350	315	450	1115	E. Tatums	500	320	450	1270	
R. Carson	385	275	425	1085	J. Premous	420	250	450	1120	
A. Kalfin	335	265	415	1015	D. Pastor	315	250	420	985	
J. Louis	350	265	400	1015	L. Pasey	—	280	405	685	
C. Baz	375	230	410	1015	TEAMs: Jupiter HS 54, Pahokee HS 39, Santaluces HS 20, Spanish River HS 15, Olympic Heights HS 12, Boca Raton HS 11, Lake Worth HS 10, William T. Dwyer HS 7, Palm Beach Gardens HS 7, Atlantic HS 6. I would like to thank all the volunteers, judges, spotters, loaders, and computer people. Also, congratulations to all the lifters for their tremendous efforts and to the coaches and schools who continue to support our meet. (Thanks to Dwayne Kauf for providing the results of this contest to Powerlifting USA).					
J. Bovie	250	295	410	955						
A. Friedland	275	215	390	880						
J. Augustin	300	205	350	855						
J. Maynor	265	215	365	845						
R. Stern	295	210	290	795						
J. Collins	305	170	320	795						
N. Hoffman	255	200	335	790						
J. Manzo	275	145	350	770						
J. Lavante	—	285	440	725						
J. Perez	275	140	290	705						
J. Desti	225	205	225	655						



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

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

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

WORLD ASSOCIATION OF BENCH
PRESSERS AND DEADLIFTERS
4264 SE 122nd Ave. #31
Portland, OR 97236

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

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

If under 18, have parent initial _____

Signature _____

PL USA Back Issues

**WDFPF World Bench Press
24,26 Nov 00 - Como, Italy**

BENCH	G. Tudor-eng	47.5	C. Rovaris-ita	155	A. Baker-eng	320	
Equipped	63 kg. T2		Campobello-ita	150	145+ kg. SR		
WOMEN	S. Malotteau-bel	60	M2		Deschamps-bel	260*	
63 kg. M2	SR		H. Davidson-sct	167.5	Unequipped		
D. Launay-fra	80*	K. Galdo-ita	67.5	G. Villa-ita	140	WOMEN	
SR		B. Gamberti-ita	65	M3	50.5 kg. M1		
Pape-fra	80	80 kg. T2		A. Mazzei-ita	190	L. Moling	
90 kg.	V. Bertello-ita	57.5*	M4		53 kg. SR	105*	
A. Mahony-ire	85	90 kg. SR		R. Schmidt-ken	162.5	B. Lane	
MEN	A. Mahony-ire	82.5	M5		55.5 kg. SR	100	
52 kg. SR	L. Doran-eng	77.5	M. Care-ita	150	R. Lozano	145*	
M. Merlo-ita	90	MEN	145 kg. SR		56.5 kg. M3		
56 kg. JR	52 kg. T2		M. Rosario-ita	172.5	G. Smith	110	
R. Sessa-ita	112.5	Ballachino-ita	77.5	145+ kg. SR		58.5 kg. M3	
SR		SR		W. Backelant-bell	210	B. Guyot	
D. Nutt-fra	157.5	M. Mauro-ita	80	M. Mackey-ire	195	DEADLIFT	
R. Matteri-ita	152.5	T3		Equipped		52 kg. SR	
V. Eldin-fra	145	R. Sessa-ita	107.5	MEN		M. Merlo-ita	
A. Formato-fra	142.5	M. Pellegratti-ita	80	60 kg. T3		75 kg. JR	
M2		A. Aventini-ita	70	L. Fortuna-ita	145*	W. Donovan	
J. Grouet-fra	105	60 kg. SR		67.5 kg. T2	4th	217.5	
75 kg. JR	D. Riva-ita	105	M. Zenobio-ita	180*	B. Kadi	222.5	
R. Pauwels	140	67.5 kg. JR		T3	M5		
4th	143	R. Kumanaku-ita	110	A. Craps-bell	175*	D. Camul-fra	
D. Mikosz-eng	152.5	S. Romano-ita	92.5	SR	82.5 kg.	187.5	
M. Cotta-ita	132.5	SR		Z. Speziale-ita	215	D. Rigamonti-ita	
M5	D. Nutt-fra	145	75 kg. JR		A. Mealey-eng	162.5	
D. Camut-fra	100	A. Formato-ita	135	R. Pauwels	210*	M1	
82.5 kg. SR	A. Manzoni-ita	125	M5		P. Mauhourat	270	
M. Joseph-eng	187.5	S. Rizzo-ita	112.5	D. Camut-fra	200*	90 kg. JR	
4th	190	A. Taverniti-ita	85	82.5 kg. SR		E. Steffen	
T. Rallo-fra	170	S. Flippone-ita	127.5	B. Verbeke	305*	SR	
F. Cuypers-bel	150	75 kg. T2		M1	H. Abed-alg	240	
G. Salomone-ita	137.5	J. Mealey-eng	90	I. Pedercini-ita	207.5	A. Dick	
J. Bourgaux-bel	125	J. Ashton-eng	85	M4	100 kg. T3	230	
Piacentino-ita	—	JR		R. Murray	230*	V. Gordindo-ita	
M1	C. Salvati-ita	105	90 kg. JR		4th	225*	
B. Garcia-fra	170	SR		D. Taylor	210*	JR	
G. Tigrato-ita	142.5	M. Rinelli-ita	152.5	SR	W. King	235*	
M2	S. Ghirardi-ita	137.5	Dandeborgh-bell	280*	4th	237.5	
Mallotteau-bel	160	M. Spano-ita	135	4th	285	SR	
4th	165	L. Danielli-ita	130	M1	M. Lazzari	285	
90 kg. JR	G. Riso-ita	122.5	S. Young-eng	250*	M. Lane-ire	282.5	
O. Bilican-bel	197.5	M. Cotta-ita	120	100 kg. SR	P. Whitehead-sco		
100 kg. SR	M2		M. Lane-ire	285	M2		
B. Heslop-usa	187.5	L. Mori-ita	107.5	M. Lazzari-ita	260	L. Pilling-eng	285
D. Franklin-eng	177.5	82.5 kg. T3		P. Whitehead-sco	110 kg. T3		
Wentworth-usa	160	D. Rigamonti-ita	97.5	M2	E. Reid	232.5	
L. Scarralla-ita	145	A. Mealey-eng	90	L. Pilling-eng	300*	D. Cope-eng	
M1	JR		110 kg. SR		M. Civalleri-ita	230	
Miskowiak-fra	192.5	L. Lucaccioni-ita	110	P. Watkins-sa	285	D. Cope-eng	262.5
A. Ravazzi-ita	135	SR		D. Cope-eng	282.5	M2	
M2	J. Mike-eng	182.5	M1	B. Mitchell	250		
L. Pilling-eng	170	E. Barneveld-ned	182.5	D. Cope-eng	282.5*125 kg. SR		
M6	G. Salomone-ita	137.5	M6	P. Waites	265	P. Waites	
R. Martens-bel	140*	F. Ficazzola-ita	130	N. Dieu-bel	190*	Duajouh-alg	
4th	142.5	Piacentino-ita	130	125 kg. SR	M2		
110 kg. SR	Antonini-ita	125	L. Harris-usa	290*	H. Davidson-sco	275*	
J. Feehan-ire	247.5	M1	P. Waites	240	145 kg. SR		
4th	248	Mauhourat-fra	132.5	M2	C. Rovaris-ita	180*	
Y. Olivier-fra	190	I. Pedercini-ita	132.5		* designates a new World Drug Free Powerlifting Federation World Record. (Thanks to Dean		
M. Civalleri-ita	180	R. Meriton-ita	112.5		Patrow for providing the results to PL USA).		
G. Forneri-fra	160	90 kg. JR					
M2	D. Noens-bel	140					
D. Loretto-sui	207.5	C. Espósito-ita	135				
M6	E. Steffen-sui	102.5					
N. Dieux-bel	150	R. Madison-usa	130				
125 kg. T3	M6						
F. VanNijlen-bel	230*	J. Schrickx-bel	117.5				
SR		4th	120				
C. Rovaris-ita	165	100 kg. SR					
M2	D. Franklin-eng	177.5					
H. Davidson-sco	160	L. Scraffia-ita	147.5				
M3	M. Nazzari-ita	—					
C. Bonneau-can	207.5	M1					
M4	R. Ravazzi-ita	132.5					
R. Schmidt-ken	167.5	C. Orlando-ita	—				
145 kg. SR	M2						
A. Baker-eng	230	L. Pilling-eng	157.5				
D. Roland-fra	215	M6					
M. Rosario-ita	—	R. Mertens-bel	130*				
145+ kg. SR	M7						
Deschamps-bel	155	J. Fulton-eng	125				
Unequipped	110 kg. SR						
WOMEN	G. Oliviero-ita	200					
44 kg. SR	I. Tudor-eng	187.5					
O. Taglibeau-ite	42.5	G. Forneri-ita	165				
53 kg. SR	M1						
R. Lozano-fra	62.5	C. Prada-ita	147.5				
I. Blanc-fra	60	G. Medino-ita	115				
M2	M2						
A. Mrougin-fra	67.5	B. Mitchell-eng	150				
55.5 kg. SR	M3						
M. Tiziana-ita	77.5	J. Tudor-eng	187.5				
V. Tello-fra	65	M6					
M. Frattini-ita	57.5	N. Dieu-bel	135*				
D. Teresa-ita	57.5	4th	140				
M2	R. Button-bel	125	M2				
		L. Pilling-eng	285*				
		S. Caso-ita	170				

May/93... NASA Natural Nationals, Squatting With Equipment, Positives from Negatives, Powerlifters First Aid Kit, TOP 100 220s, ADFPA TOP 20 132s
Aug/93... USPF Seniors, USPF Masters, NASA Masters, Legends of PL, DASH World Record Breakers, Rack Training, TOP 100 SHWs, ADFPA TOP 20 181s
Sep/93... ADFPA Men's Nationals, NASA Grand Nationals, Female Confessions, O.K.G., Craig Tokarski Seminar, TOP 100 114s, ADFPA TOP 20 198s
Oct/93... APF Seniors, NASA World Cup, Grant Pitts Profile, ADFPA DL Nationals, Rest Pause, Bombing Out, TOP 100 123s, ADFPA TOP 20 220s
Dec/93... WDFPF Worlds, Anthony Clark Profile, Ed Coan Interview Pt. II, Reverse Hypers, How Often to Bench, TOP 100 148s, ADFPA TOP 20 275s
Jan/94... IPF Men/Women Worlds, IPF Jr./Master Worlds, WPC Worlds, Greg Lowe Squat, Cycling Systems, TOP 100 165s, ADFPA TOP 20 SHWs.
Feb/94... Drug Test Methods, ADFPA National Masters, Malibu Classic VI, Greg Warr BP Workout, Hernia Surgery, TOP 181s, ADFPA TOP 114s
Mar/94... Women's TOP 20, Drug Testing Methods Pt. II, The Trap Bar, Teen Training, Tamara Rainwater-Crimwood, TOP 100 198, ADFPA TOP 20 123s
Apr/94... Saliva Tests, Coan Deadlift Video, Bob Dempsey Profile, Psyching Up or Psyching Out?, WNPF Worlds, TOP 100 220, ADFPA TOP 20 132s
May/94... USPF/ADFPAs Collegiates, USPF Jr. Nats., IPF World Bench Press, Budweiser Record Breakers, Fluids, TOP 100 242s, ADFPA TOP 20 148s
Jun/94... NASA Natural Nationals, WPA Worlds, DASH Record Breakers, Bill Nichols Profile, Sticking Point's in the Squat, TOP 100 275s, ADFPA TOP 165s
Jul/94... USPF National Masters, Rickey Crain Profile, Lower Back Training, Mike MacDonald Bench Legacy, TOP 100 141s, ADFPA TOP 20 181s
Aug/94... APF SRs, Paula Suzuki Interview, Shane Hamman Squat Workout, Leg Training by Louie Simmons, TOP 100 145s, ADFPA TOP 20 198s.
Sep/94... ADFPA Men's, USPF Men/

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

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

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

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

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

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

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

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

Sep/95... TRIPLE SENIORS ISSUE AD-FPA/APF/APSF, How to Use Creatine, Chris Confosse Interview, Women & the Success Syndrome, TOP 100 132s

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

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

Jan/96... IPF/WPC/WDFPF Worlds, Percent Training Pt. II, IPF World Masters, World's Strongest Man, Hank Hill Interview, TOP 100 198s

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

Jul/96... AAU Men's, USPF Jrs., DHEA, Athletes Need Supplements, '65 vs. '95 Top Ten, "Chain Reactions" by Louie Simmons, Rob Wagner, TOP 100 114s

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

WDFPF World Powerlifting

10-22 Oct 00 - Antwerp, Belgium

100 kg. SR		125 kg. M2	T. Pierce	150	90	160	400		
L. Pilling-eng	262.5*	H. Davidson-sco	220	T3					
M2		145 kg. SR	A. Craps	147.5	80	175	402.5		
L. Pilling-eng	262.5*	C. Rovaris-ita	170*	SR					
WOMEN	SQ	BP	DL	TOT					
Equipped	47.5 kg.	M5							
J. Gedney	112.5	57.5*	125	295*					
58.5 kg. M3									
B. Guyot	95	50	*150	*295	R. Cluer	80	52.5	95	227.5
63 kg. SR					75 kg. SR				
M. Peluhet	160	70	155	385	T. Swallow	232.5	140	260	632.5
70 kg. SR					D. Mikosz	255	152.5	225	632.5
H. Kostadinos	120	67.5	150	337.5	M1				
M4					P. Breton	200	110	255	565
H. Kostadinos	120	67.5*	150*	337.5*	JR				
M5					F. Hons	190	137.5	212.5	540
R. Hackney	—	—	—	—	SR				
80 kg. SR					C. Marcello	190	135	205	530
C. Rigby	160	85	180	425	M5				
MEN 56 kg. M2					M. Camut	172.5	95	205	472.5
I. Soenarman	177.5	85	170	432.5	M7				
60 kg. SR					D. Marshall	152.5	82.5*	182.5	417.5*
J. Marechal	120	75	170	365	M6				
67.5 kg. SR					T. Johnston	125	77.5	160	362.5
F. Besnard	190	135	230	555	82.5 kg. SR				
M7					B. Verbeke	275	142.5	315	732.5
V. Tidona	155	115*	185*	455*	M. Favreau	260	165	240	665
M1					JR				
VandenEvenden	182.5	115	170	467.5	N. Abery	267.5	142.5	240	650
					SR				
					R. Meldon	275	150	230	655

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

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

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

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

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

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

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

Jun/97... J.M. Blakley Profile, Dream Team Pt. 2, ADFPA Nationals Chronology, IPF TOP 25, Good Mornings, Scott Smith BP Workout, TOP SHW

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

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

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

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

Nov/97... U.S. Strongest Man Contest, World's FASTEST BenchPresser, Rick Gauger Profile, Light Training Days, Diabetics & PL, TOP 100 165s.

Dec/97... Vicki Steenrod, Functional Protein Powders, Louie Simmons Squat Workout, USPFS 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, IPFBP Worlds, World's Strongest Man, WPC Worlds, Bench Primer Pt. 1, IPF Seniors, Asians,

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 Nationals, APF All Time TOP Women, Westside Invitational, Foundational Training by Louie, TOP 242s.

May/98... Ed Coan's Suspension, Pro-Fit Interview, Arnold Classic, Philippine Revolution, APF All Time Top 10 Men, Focused Benching, TOP 100 275s.

Jun/98... Mark Henry, Ernie Milian, Olympic Cycle, Simmons on "Researching Resistance", 10 Keys to Success, AAUPC/WDFPF Split, TOP 100 SHWs.

Jul/98... Kirk Karwoski, Angelo Berardelli, Greg Blount, World's Strongest Man Jouko Ahola, Jon Arenberg, IPF Women's Worlds, TOP 100 Flywts.

Aug/98... USAPL Men's National's, Platform Deadlifts, ADFPA Women, Yueh-Chun Chang, IPF World's, APF Nationals, Shane Hammon, Top 100 Bantam.

Sep/98... APF Seniors, Part 1, the Ed Coan Decision, Power Belts, York Summer Picnic, Visit to Westside, 3x3 Training Plan Pt. 1, TOP 100 132s

Oct/98... "FUD" Lives, APF Seniors Pt. II, Sport Drinks, Mike MacDonald Bench Workout, HIT or Miss? by Louie Simmons, John Neighbour, TOP 100 148s.

Nov/98... A World's to Remember, Japan Nationals, PL Weapons, Pat Beaumaster, Joe Dube, Jackie Davis, TOP 100 Middleweights, Isoflavones.

Dec/98... IPF Masters-Juniors - Mens/WPC/WDFPF/AAU/AAPF World Meets, Injury Avoidance, USA All Time 800 DLs, Dennis Brady, TOP 100 181s

Jan/99... WABDL Worlds, WPC Worlds Pt. 1, IPF Men's Worlds Report, Louie Simmons on Bands and Chains, WNPF Worlds, Jerry Tancil, TOP 100 198s.

Feb/99... WPC Worlds Pt. 2, Coan goes 2463, USPF Worlds, IPF World Bench Press, Anthony Harris Interview, Ken Snell DL Workout, TOP 100 220s

Mar/99... L.A. Lifting Club, Doyle Kenady Tribute, Stretching Your Limits, Visitors to Westside, Tiny Meeker, Women, Masters, Teenage TOP 20 lists, Partials

Apr/99... The ED COAN Book, Why Whey?, Gordon Santee Profile, 3x3 Training Pt. 5, Training Methodologies by Louie Simmons, TOP 100 242s.

May/99... LA Tech Program, "Sir Guggulot", The Arnold Classic, Westside Invitational, USAPL Women's Nationals, Russian Stretches, TOP 100 275s.

Jun/99... Powerlifters as Bodybuilders, 1st Women's Worlds, USAPL National

IMMUNOCAL (R)

... the ultimate supplement!

1 888 830-4040 (toll free 24/7)

www.immuneresponse.net/go/nick.

For personal assistance contact:

Nicholas Theodorou

1 800 973-2436

nutritek@aol.com

**DON'T MISS this chance for
HEALTH and WEALTH!**

Collegiates, Louie Simmons on Pre-Meet

Training, "Choking", TOP 100 SHWs

Jul/99... Dave Waterman Interview, IPF Women's Worlds, Not All In The Legs, Tim Bruner, Overcoming Plateaus by Louie Simmons, TOP 100 114s

Aug/99... the Rubber Band Man, the "Muscletown USA" book, Beauty & the Beast, ICF-1, Overcoming Plateaus Part 2 by Louie Simmons, TOP 100 123s

Sep/99... USAPL Men's Nats., APF SRs. Pt. 1, Mike Bridges' Workout, Special Olympics World Games, Zenith - Triac, York Spectacular, TOP 100 132s

Oct/99... USPFSeniors, APF Seniors Pt. 2, Ribose, Backstage with Ed Coan, Horace Lane Interview, Circa Maximal Phase by Louie Simmons, TOP 148s

Nov/99... Muscle Beach Lives, East German Breakthrough, Deadlift Details, Walk Away From Death, Dynamic Duo by Louie Simmons, TOP 100 165s.

Dec/99... IPF World Masters/Juniors, USAPL/AAU BP Nationals, Meet Information Management, Maximal Resistance Method by Louis S. TOP 100 181s

Jan/00... IPF Worlds, WABDL Worlds, Dave Ricks Interview, Russian Mystery, Extra Workouts by Louie Simmons, Close Grip BP, Strongman II, TOP 100 198s

Feb/00... WPC Worlds Pt. I, Battle of the Giants, The Real Triac, IPF World BP, IPA Nationals, Best Lifters of the Century, More Big BPs by Louie S, TOP 100 220s

Mar/00... USAPL Women's Nationals, WPC Worlds Pt. II, World's Strongest Man, TOP 20 Women - Teen - Masters, The Conjugate Method by Louie Simmons

Apr/00... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard

McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s

May/00... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.

Jun/00... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.

Jul/00... WPO Pro Championships, The 900 Lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.

Aug/00... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s

Sep/00... USPFSRs, IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ - by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s

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

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

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

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

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

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

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

May/01... Ed Coan Interview, Russian BP Training, Russian Nationals, Rob Fusner's Program, Why Can't I Gain Weight by J.M. Blakley, TOP 100 275s

Jun/01... Siouz-Z Hartwig Interview, Russian Squat Cycle, Big Boys Menu Plan by J.M. Blakley, Victor Naleikin Interview, Diane Siveny Interview, Top 100 SHWs

LIST THE ISSUES YOU WANT TO RECEIVE (AND ANY ALTERNATE SELECTIONS), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACKISSUES, POSTOFFICE BOX 3238, CAMARILLO, CA 93011, USA. (WE CAN QUOTE LOWER PRICES ON QUANTITY ORDERS)

T2	S. Borgers	225	125	262.5	612.5
JR	M. Teriipaia	235	135	240	610
M2	S. Vanderstraeten	220	155	240	
615					
SR	F. Rotge	220	155	230	605
M1	J. McKay	200	137.5	242.5	580
M3	B. Dejarlais	160	162.5	185*	507.5
M5	M. Theyssens	147.5	90	157.5	395
Unequipped WOMEN					
47.5 kg. M5	J. Gedney	85	50	115	250
53 kg. SR					
R. Lozano	100	62.5*	135	297.5*	
63 kg. SR	H. Kostadinos	112.5	67.5*	145*	325*
M4	H. Kostadinos	112.5	67.5*	145*	325*
JR	N. Goodson	125	67.5*	125	317.5*
SR	N. Goodson	125	67.5*	125	317.5*
L. Deacon	95	52.5	132.5	280	

M3	L. Deacon	95	52.5*	132.5	280*
JR	O. Girault	215	125	230	570
C. Valentine	85	42.5	110	237.5	
70 kg. M3	Hollingsworth	75	45*	115*	235*
90 kg. SR	L. VanZelm	112.5	70*	150*	332.5*
Men 52 kg. JR	F. Nodessa	-	-	-	-
67.5 kg. SR	T. Marechal	115	70	172.5	357.5
75 kg. SR	M. Martin	100	70	170	340
M. Caolantonio	160	125	200	485	
C. Granfelt	165	107.5	200	472.5	
JR	W. Andrews	155	100*	60	315*
W. Andrews	L. Pilling	262.5	160	280	702.5
M2	L. Pilling	262.5	160*	280	702.5*
C. Ward	D. Franklin	200	145*	270	615*
SR	J. Feehan	242.5	212.5*	225	680*
M1	D. Cope	200	130*	267.5	597.5*
D. Cope	F. Corey	275	167.5*	292.5	735
M3	C. Rovaris	-	-	-	-
J. Vanhaverbeke	I. Vanhaverbeke	205	137.5	235	577.5
145 kg. SR	M. Mackey	-	-	-	-
M. Mackey	M. Mackey	-	-	-	-
M1	M. Mackey	-	-	-	-
M. Lane	M. Lane	205	137.5	272.5	615

*W.I.-WR. (Results provided by Dean Patrow).

LOS ANGELES
"There are no limits"
LIFTING CLUB

1031 Victory Place, Burbank, California 91502

**APP Cal State PL Championships
24-25 Mar 01 - Fresno, CA**

BENCH	Davi, P.	185	(43-49)	Villalows, M.-25	152.5	115	180	452.5
165 lb. (13-15)	Ruiz, R.	175	(50-54)	198 lb. (40-44)	182.5	137.5	217.5	537.5
Blame, H.-15	122.5	242 lb. (33-39)	Arredondo-46	232.5	160	210	592.5	
Open	Shay, D.	155	Open	Meek, B.-55	337.5*	235*	302.5*	895*
Wilkerson, L.-24	172.3	(40-44)	Dahlmeyer, D.	235	155*	282.5	672.5*	(55-59)
181 lb. (60-64)	Lutz, M.	210	Special Olympics	BP	DL	TOT		SH (50-54)
Woody, B.	137.5*	275 lb. Jr.	123 lb.					
198 lb. (40-44)	Garza, J.	135	Prinzen, M.	60	117.5	177.5		
Lopez, R.-41	137.5	Open	165 lb.					
(50-54)	Mendelson, S.	277.5	Shay, D.-38	72.5	130	202.5		
Velliquette, S.	131.5	275 lb. Open	250	147.5	210	607.5	*	-APF New California State Record. (Results
(50-54)	Yamanaka, T.	260	Avigliano, J.-41	320*	192.5	275		submitted by Herb Glossbrenner, c/o LALC.)
308 lb. Open	Wheeler, K.	272.5	240	237.5	260	737.5		
Evans, B.	153	Open	Becerra, H.	240	165	235		
Open	SH (33-39)	242 lb. (33-39)	242 lb. (33-39)	640				
Lamargije, M.	237.5	Walker, O.	285	210	302.5	797.5	114 lb. class	
Scott, E.	193	Velensuela, R.	282.5	192.5	262.5	737.5	Stanaszek POL	573
WOMEN	SQ	BP	Robuck, D.-34	262.5	172.5	293	Zhuravlev RUS	518
Open 123 lb.		DeLaCruz, J.	195	57.5	200	730	Wszola POL	479
Bullara, C.-33	115	55	275 lb. (18-19)	227.5*	147.5*	240*	Degovets UKR	429
165 lb.		Cope, B.-19	205	133	215	615*	Pavlov RUS	523
Pfeiffer, K.-39	172.5*	70	(20-23)	227.5*	147.5*	240*	Brandtzaeg	512
198 lb.		Garza, J.	205	133	215	392.5	Vatiku UKR	446
Hatfield, L.-26	175*	70*	(33-39)	250	155	215	446	237.5
165 lb. (40-44)		Sheetz, R.-38	250	155	215	620	446	237.5
Garcia, N.-40	160*	77.5	(45-49)	272.5	182.5	215	446	237.5
MEN 132 lb. (20-23)		Carbo, R.-45	272.5	182.5	215	685	446	237.5
Miskell, R.-21	160	93	Brown, D.-48	260	157.5	227.5	446	237.5
Open		(50-54)	205	160	227.5	645	446	237.5
Miskell, R.-22	150	45	Frutoz, M.	205	160	227.5	592.5	446
165 lb. (13-15)		Open	327.5	272.5	265	815	446	237.5
Blake, H.-15	197.5	122.5	Menton, m.	272.5	205	295	446	237.5
(55-59)		Passman, Z.-24	272.5	205	295	772.5	446	237.5
Glossbrenner-58	162.5*	115	308 lb. (20-23)	342.5	215	290	446	237.5
OPEN		Bryant, J.-20	342.5	215	290	882.5	446	237.5
Halderman-37	210	112.5	(33-39)	272.5	195	230	697.5	446
Martinez, R.-32	127.5	85	(40-44)	272.5	195	230	697.5	446
181 lb. (40-44)		Ford, J.-44	355*	137.5	320*	812.5*	446	237.5
Byrne, B.-43	167.5	127.5	(50-54)	272.5	195	230	697.5	446
Open		Brink, G.-31	310	205	347.5	862.5	446	237.5

Singh GB	595	429	595	1620
Valentinsen	606	385	584	1576
Ranonis LIT	595	396	551	1543
Morozov BLO				
Sohlman FIN	584	374		
198				
Tarasenko RUS	782	529	722	2033
Freydun UKR	733	507	688	1929
Theusser CZE	727	485	683	1896
Grossbeck AUT	551	407	551	1510
Coimbra LUX	672			
Sohlman FIN				
220				
Vishnitskiy UKR	793	440	771	2005
Stiklestad NOR	749	468	738	1956
Welna POL	738	457	683	1779
Muraviev BLO	705	374	722	1802
Mikalciunas LIT	639	440	716	1796
Nugteren NDL	584	435	595	1614
Dedulius RUS	815	496	749	2061
Makrushyn UKR	760	529	716	2005
Sabadyuk POL	705	496	727	1929
Pavilainen FIN	705	451	694	1851
Hulden SWE	672	451	710	1834
Belosov BLO	705	440	683	1829
Mainka GER	710	462	655	1829
Kwaschny GER	606	462	661	1730
Bontekoning	661	369	694	1724
Rain EST	628	407		
275				
Papazov UKR	887j	578	782j	2248j
Muravylov UKR	854	573	771	2199
Malanichev RUS	837	507	749	2094
Krendl AUT	815	407	705	1929
Neela NDL	661	440	677	1780
Martikainen FIN	716			
SHW				
Nalekin UKR	892	518	815	2226
Savickas LIT	881	518	788	2188
Orobets UKR	881	473	771	2127
Sednik CZE	793	556	733	2083
Wahlqvist SWE	810	507	716	2033
j - Junior World Record. Team Champions; Russia 72, Ukraine 63, Poland 57, Austria 27, Norway 22, Sweden 20, Lithuania 18, Great Britain 18, Czech Republic 15, Germany 15, Netherlands 13, Belarusia 12, Estonia 12, Italy 8, Finland 7. Champion of Champions: Tarasenko 589.93, Furashkin 588.39, Papazov 581.60. (Thanks to Thomas Klose for providing the results of this meet to Powerlifting USA).				

CAPITAL DISCOUNT NUTRITION
\$\$\$AVE Big Bucks on Top Name Supplements & Vitamins!!!
Call 1-800-499-4810

MuscleTech CellTech 4 lbs.
Optimum Amino 2222mg. 300 caps
Twinlab ZMA Fuel 90 caps
Sportpharma Nutriforce 20 servings
Optimum 5 Lb. Whey

Retail: \$59.99 Capitol: \$36.29
Retail: \$30.99 Capitol: \$17.49
Retail: \$24.99 Capitol: \$14.99
Retail: \$48.95 Capitol: \$24.49
Retail: \$39.95 Capitol: \$22.49

WE CARRY SUBLINGUAL AND TRANSDERMAL ANDROS, THE MOST POTENT FORMS OF ANDRO LEGALLY AVAILABLE.

30-55% off on all brands ALL THE TIME!!!
THOUSANDS of items in stock

- Powerlifters & Bodybuilders on staff to answer calls and questions
- FREE DELIVERY on all net orders of \$200 or more
- CHICAGO AREA CUSTOMERS: Free Delivery available with no \$200 minimum

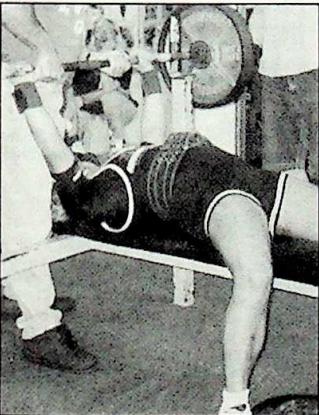
CAPITAL DISCOUNT NUTRITION
5480 159th Street
Oak Forest, Illinois 60452
1-800-499-4810

BioChem, Champion, Country Life, Cytodyne, EAS, Enzymatic Therapy, Labrada, Kaizen, Muscle Inc, MuscleTech, Nature's Best, Next, Optimum, Solaray, Sportpharma, Twinlab, Worldwide AND MANY MORE!

SLP Effingham Open
21 Apr 01 - Effingham, IL

BENCH	4th	500*
WOMEN	Open 181 lb.	
Submaster	R. Furey	365
181 lb.	220 lb.	
C. Crossland	300* C. Hoskin	355
4th	315* 242 lb.	
Master (45-49)	S. Hankins	475*
148 lb.	SHW	
D. Withington	155* E. Yingst	465*
Open 148 lb.	DEADLIFT	
L. McCune	190* WOMEN	
MEN	Submaster	
Teen (13-15)	181 lb.	
123 lb.	C. Crossland	390*
K. Etherton	135* MEN	
132 lb.	Teen (13-15)	
J. Tucker	185* 132 lb.	
Submaster	J. Tucker	295
242 lb.	4th	315*
J. Withington	355* 148 lb.	
275 lb.	D. Hellman	325*
C. VanTress	450 181 lb.	
Master (40-44)	M. Sulawski	250
181 lb.	4th	270
R. Furey	365* Submaster	
198 lb.	242 lb.	
M. Maxwell	315 J. Withington	500*
SHW	Master (60-64)	
L. Betzer	325 198 lb.	
Master (45-49)	T. Barth	455*
275 lb.	Open	
B. Walker	- 242 lb.	
Police/Fire	E. Youngbloom	605*
275 lb.	SHW	
T. Wilson	485* L. Betzer	500*

*Son Light Power Illinois State record. Best Lifter BP: SHAWN HANKINS. Best Lifter DL: ERIC YOUNGBLOOM. The Effingham Open Bench Press/Deadlift Classic was held at the



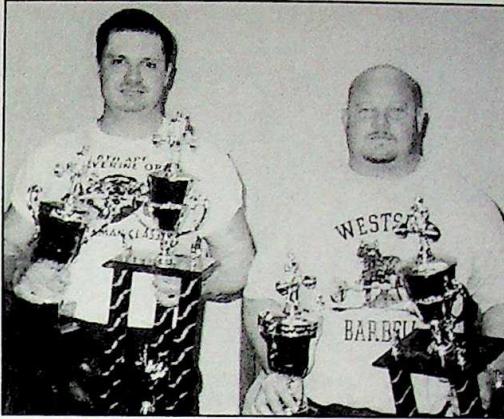
Cyndi Crossland benches 300 at the SLP Effingham Open. (Photo provided by Dr. Darrell Latch).

Village Square Mall. A special thanks to the Mall Association for their continued support of the sport of powerlifting. In the bench press competition Cyndi Crossland entered an elite group of women lifters by posting her first 300 bench. Lifting in the submaster 181 class, Cyndi was also successful with a fourth attempt of 315, taking her pause and locking out with a strong push at the top! Wow! In the master women 45-49/148 class was another great bather, Debbie Withington. Debbie continues to get stronger, as she sets a new personal and state record with 155! Our third women's competitor represented still another outstanding lifter, Laura McCune. Laura set a new Illinois state record in the open women's 148 class, finishing with a strong 190! In the teenage men's 13-15 division we had two lifters, Kehrt Etherton and Jacob Tucker. Lifting at 123 and in his first competition was Kehrt, who finished with a state record 135. Jacob also got a state record, lifting at 132 and going 185 for the win. Jeff Withington set a new record at submaster 242, finishing with a solid 355. Also at submaster, but taking the 275 class was Clint Van Tress with a strong 450. Weighing in at just 250, Clint came close with a pr 480, lifting as usual without a bench shirt! Rob Furey took both the open and master 40-44/181 class, making just his opener of 365.

This was a new state record for the master class. Also in the master 40-44 division was Mike Maxwell, who finished with a personal best 315 for the win at 198, and shw winner Loren Betzer. Loren, who holds the record in this class, finished with a strong 325. Two-time WPF world champion Bob Walker failed to get his opener of 540 in. Bob, who is a great competitor, just took it in stride and settled back to help his teammates. Well, it finally happened, and its about time. Tim Wilson finally got that 500 bench he's been working so hard for. Tim's final attempt of 485 looked like 135, so he called for 500 and simply blew it away! Congratulations Tim, the title at police & fire 275, breaking his old state record by 45 lbs! In the open division, first time competitor Charles Hoskin got a personal best 355 for the win at 220. Taking the 242 title was Shawn Hankins, who settled with a state record 475, after missing his final attempt with a personal best 500. By formula Shawn just barely won the best lifter award over Tim Wilson. Earl Yingst won at shw with a state record 465, as he continues to look for that elusive 500 bench. In the deadlift competition Cyndi Crossland continued to set new personal and state record standards, finishing here with 390 to take the submaster 181 crown. Teenager Jacob Tucker finished with 295 before pulling a 315 state record fourth attempt at 132. First time competitor Derek Hellman set the record at 148 with a personal best 325. Another first-timer, Mark Sulawski had a good day, finishing with 250, followed by a personal best fourth attempt with 270. Jeff Withington posted his second state record of the day with a strong 500 at submaster 242. Tom Barth came all the way from Oklahoma to set the master 60-64/198 record, pulling 455 there. Tom just started powerlifting within the past year, with a physique of a man half his age. And he's strong, too! In the open class best lifter Eric Youngbloom broke the state record at 242 with his final attempt of 605. This was also a personal best for Eric. At shw it was Loren Betzer with a new state record 500 pull. Thanks to Daniel Moutria for all his help. (Thanks to Dr. Darrell Latch for meet results).

USAPL Greatwest PL/BP
3 Mar 01 - Rapid City, SD

BENCH	N. Backous	275
Master-2 275 lb.	M. Gorecki	253
R. Lang	424 Open 198 lb.	
181 lb.	C. Shovar	374
N. Backous	275 B. Ritter	-
M. Gorecki	253 220 lb.	
Open	L. Boyles	485
165 lb.	M-1 Open	
J. Stechen	363 R. Lang	330
B. Rilling	336 J. Brown	330
M. Herrmann	330 275 lb.	
J. Opp	314 B. Collins	413
K. Coombs	297 319 lb.	
181 lb.	D. Pearce	385
A. Hall	347 SHW	
M. Hufnagel	325 R. Lester	529
Master-2	T. Keonigs	407
Open	SQ BP DL	TOT
132 lb.	S. Hansen	352 231 457 1041
P. Kadlec	352 297 407 1058	
A. Suedel	270 187 314 771	
165 lb.	J. Bourgeault	507 341 534 1353
V. Rodriguez	424 292 529 1245	
B. Rilling	424 336 485 1245	
M. Herrmann	413 330 473 1218	
J. Stechen	402 363 380 1146	
M. James	385 242 479 1107	
L. Tucker	303 220 407 931	



Best Lifters at the SLP Effingham Open (left-right): Eric Youngbloom (DL); Shawn Hankins (BP). (Photograph provided courtesy of Dr. Darrell Latch to PL USA).

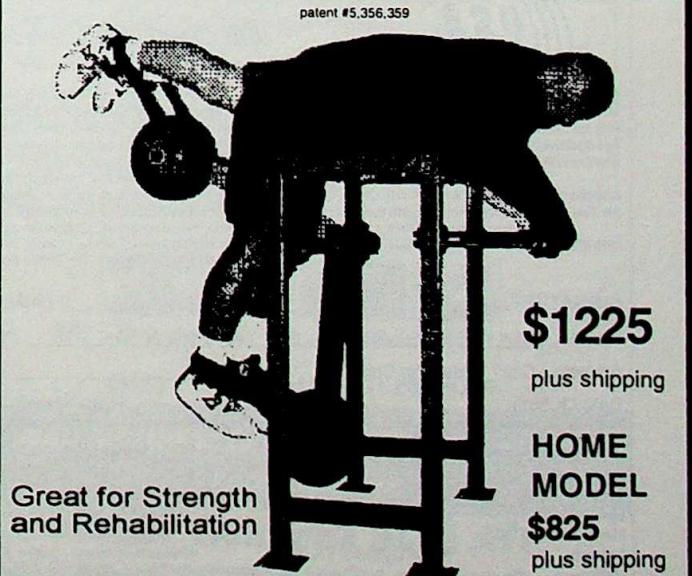
B. Eldredge	407	347	440	1195
WOMEN Open	132 lb.			
M. James	236	99	319	672
M5 181 lb.				
B. Bishop	88	66	181	336
Teen-1 148 lb.				
B. Pfeifle	253	176	297	727
181 lb.				
P. Sachau	264	165	325	755
G. Gollnick	259	176	297	733
114 lb.				
C. Long	143	104	192	440
123 lb.				
J. Weldon	148	94	231	473
Teen-2 220 lb.				
J. Fliehs	380	330	468	1179
181 lb.				
J. Welke	402	242	391	1036
J. Hanson	363	225	418	1008
198 lb.				
N. Runge	330	253	402	986
165 lb.				
R. McNanial	264	225	380	870
C. Vandeneerd	292	214	352	859
181 lb.				
K. McNabb	314	192	352	859
198 lb.				
V. Montelongo	297	192	358	848
220 lb.				
G. Window	203	187	314	7005
148 lb.				
R. Horn	170	126	242	540
Teen-3 220 lb.				
E. Wendall	507	31	633	1482
Master-1 220 lb.				
M. Berg	518	330	501	1350
275 lb.				
R. Lane	507	347	551	140
G. Williams	501	435	540	1477
198 lb.				
L. Robinson	418	281	501	1201
181 lb.				
M. Gorecki	413	253	462	1129
Master-2 (50-59) 165 lb.				
S. Hill	374	236	424	1036
Master-3 (60+) 132 lb.				
T. Bishop	286	181	347	815
165 lb.				
J. Ochs	319	220	380	920

(Thanks to USAPL for providing these results).

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

LOUIE SIMMONS' REVERSE HYPER MACHINE

patent #5,356,359



\$1225

plus shipping

HOME
MODEL

\$825

plus shipping

WESTSIDE BARBELL

1417 DEMOREST RD. COLUMBUS OH 43228
PHONE (614) 276-0923



Washington County Open: Nancy Fullmer with a 352 deadlift. (Photograph provided courtesy of Tim Anderson to Powerlifting USA).

USAPL Washington County Open 11 Mar 01 - Blair, NE

BENCH	C. Price-25	407
WOMEN	Master 165 lb.	
Teen 97 lb.	D. Goodwin-69	176m
A. Axt-18	181t Master 242 lb.	
Teen 123 lb.	B. Sindelar-50	363m
Hafenbrack-14	115 DEADLIFT	
MEN	WOMEN	
Teen 165 lb.	Teen 97 lb.	
T. Spiker-18	225 A. Axt-18	176t
Open 181 lb.	MEN	
S. Auxier-24	347 Open 123 lb.	
Open 220 lb.	Hafenbrack-14	319
T. Rice-37	413s Open 181 lb.	
J. Secord-28	297 S. Auxie-24	534
242 lb.	Open 242 lb.	
M. Summers-35	402s B. Sindelar-50	501m
Open 275 lb.	Open 275 lb.	
C. White-35	446 C. Pdce-25	485p
WOMEN	SQ BP DL TOT	
Teen 97 lb.		
A. Axt-18	181t 88t	176t 407t
132 lb.		
L. Hartman-14	203t 99	225 529
Teen 132 lb.		
L. Hartman-NE	203t 99	225 529
148 lb.		

N. Fullmer-39	248	170	352	771
MEN				
Teen 114 lb.				
J. Beckerich-16	308t	206At	363t	876t
Teen 123 lb.				
M. Hafenbrack	248	115	319	683
Teen 165 lb.				
T. Laughlin-15	374t	242	402t	1019t
Teen 242 lb.				
J. Borden-16	496	281	446	1223
Open 198 lb.				
H. Huffman-44	369	292	457	1118
242 lb.				
B. Getchell-34	540	446	617	1603
R. Ruh-33	358	303	468	1129
Open SHW				
B. Bowman-36	600	485	600	1686
Masters				
M. Lofing-41	424m	275	418	
1118m				
D. Goodwin-69	143m	176m	286m	606m
C. Toney-53	308	231m	457m	997m
B. Sindela-50	551m	363m	501m	
1416m				
R. Cech-44	451	385m	501	1339
I-Best Lifter, M-Master Record, S-Submaster Record, t-Teen Record, 0-Open Record, P-Police & Fire Record, Location: Dana College. (Thanks to Tim Anderson for the results).				



Washington County Open: Bryan Getchell with 540 squat was best lifter and won the 242 class. (Photos provided by Tim Anderson).

Estonian Championships (kg)				
31 Mar - 1 Apr 01 - Marjamaa				
WOMEN	SQ	BP	DL	TOT
I. Mikk/69	75	62.5	132.5	270
K. Lanemaa/67	105	55	100	260
O. Sehtman/49	65	35	75	175
T. Babalits/57	55	35	85	175
MEN 52 kg.				
S. Muratov	120	70	132.5	322.5
56 kg.				
A. Torri	145	75	150	170
S. Jegorov	85	57.5	120	262.5
I. Gordienko	70	60	105	235
60 kg.				
J. Nurmeots	200	105	197.5	502.5
J. Poldme	130	82.5	155	367.5
S. Braiko	110	85	155	350
S. Jevdokimov	115	72.5	145	332.5
67.5 kg.				
U. Zeigo	205	110	215	530
I. Gordienko	180	110	220	510
D. Starogin	170	110	185	465
H. Maisto	142.5	92.5	215	450
M. Raud	140	85	150	375
75 kg.				
K. Lempu	247.5	150	242.5	640
P. Pall	225	147.5	250	622.5
R. Koster	215	145	220	580
E. Ilvest	190	125	225	540
J. Jurgenson	175	140	205	520
82.5 kg.				
N. Tenninavin	212.5	142.5	232.5	587.5
E. Krumann	210	150	220	580
A. Krupp	215	140	225	580
D. Basun	170	130	220	520
O. Varikmagi	175	135	210	520
J. Hiemea	180	95	200	475
K. Teder	160	102.5	190	452.5
M. Paar	165	100	—	—
90 kg.				
M. Silbaurn	280	180	315	775
A. Nurmille	237.5	180	250	655
I. Magar	255	165	265	685
E. Teder	247.5	175.5	260	682.5
K. Roosna	190	147.5	187.5	525
100 kg.				
J. Paar	255	177.5	285	717.5
V. Kondratenkov	225	180	250	655
M. Poloja	210	180	250	640
P. Koskenko	222.5	150	245	617.5
R. Raamat	215	135	235	585
M. Pilv	200	150	220	570
110 kg.				
V. Leps	260	220	280	760
V. Pitjukov	270	180	270	720
A. Zanubin	277.5	150	270	697.5
S. Avad	240	150	250	640
S. Musijev	210	165	265	640
E. Ass	210	100	220	530
125 kg.				
E. Laasner	220	165	250	635
E. Laiv	220	190	220	630
J. Vierteek	180	115	197.5	492.5

USAPL Arizona State BP/PL				
7 Apr 01 - Showlow, AZ				
WOMEN	SQ	BP	DL	TOT
Teen (16-17)				
132 lb.				
J. Haynes!	185	110	250	545*
275 lb.				
R. Chavez	350	220	360	930
198 lb.				
R. Cadrena	350	185	315	850
(18-19) 220 lb.				
M. Cook	475	375	510	1360*
181 lb.				
T. Teel!	405	230	500	1135*
Open				
Junior (20-23)				
275 lb.				
J. Pritchett	600	430	650	1680*
220 lb.				
G. Hazelwood!	350	245	400	995
242 lb.				
C. Garvin!	410	320	565	1295
Open				
Junior (20-23)				
198 lb.				
M. Garvin!	340	325	430	1095
220 lb.				
R. Belsei	455	330	525	1310
198 lb.				
M. Schjoll!	360	305	475	1140
Master-41 148 lb.				
P. Donner	245	215	335	795*
Master-44 220 lb.				
J. Seymour!	375	325	410	1110*
Master-48 165 lb.				
M. Wonyets!	550	270	—	—
Master-64 Open 181 lb.				
M. Stainbrooke	—	245	—	—
Teen (16-17) 198 lb.				
B. Buikema!	—	145	—	—
I-Raw. *Qualified for Nationals. (Thanks to Roma Bronnon for providing the meet results).				

Beast of the East BP War				
7-8 Apr 01 - Raleigh, NC				
WOMEN	D. Loew-192	465		
Knight-McNeil	235	M. Wick-148	350	
MEN	D. White-143	205	Heavy	
S. Reid-236	545			
Middle	R. Williford-265	540		
C. Will-179	500	M. Neal-330	570	
(Thanks to Johnny Griffith for the meet results)				



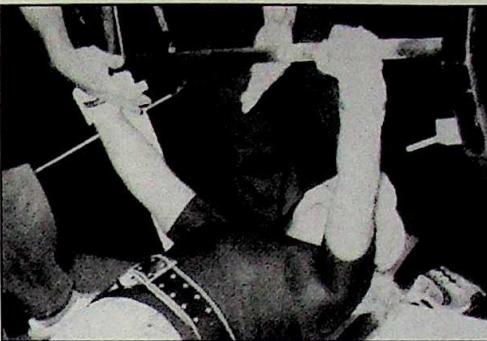
**USA Powerlifting™ (formerly ADFPA) Membership Application • 124 W. Van Buren St., Columbia City, IN 46725
(219) 248-4889 • (219) 248-4879 fax • www.adfpa.com • www.usapowerlifting.com**

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: _____
Competing Divisions:		Membership Prices:	
Open		Adult - \$40.00	
Teen (14-19 yrs.)		High School - \$30.00	
Junior (20-23 yrs.)		Special Olympian - \$10.00	
Master (40 yrs. & up)		Tax Deductible Donation	
Collegiate		\$	
Military			
Police & Fire			
High School			
Special Olympian			
USAPL Merchandise:			
•Logo T-Shirt = \$15.00 (Size _____ Qty. _____)			
•Rulebook = \$25.00 •Logo Patch = \$5.00			
•Polo Shirt w/Logo - (s-xl) = \$35.00 (xd & up) = \$37.00 (navy - white) (Size _____ Qty. _____)			
•Sweatshirts w/Logo - (s-xl) = \$30.00 (xd & up) = \$32.00 (navy) (Size _____ Qty. _____)			
•Logo Hats (denim - black - white) = \$15.00			
•Referee Designation Polo w/Logo - (s-xl)=\$30.00 (xd & up)=\$32.50 (Ref. Status _____ (Size _____ Qty. _____))			
Method Of Payment:			
Credit Card: Visa - Master Card - Discover Exp. Date _____			
# _____			
Credit Cardholder Signature _____			
Check / Money Order # _____			
Total Purchased: _____			

**Powerhouse Open BP/DL
31 Mar 01 - Richmond, IN**

BENCH	(70-74) 220 lb.	
WOMEN	A. Glass	260*
Junior 132 lb.	Police/Fire	
J. Kaufman	125* 242 lb.	
Submaster	M. Ferguson	415*
104 lb.	Open 165 lb.	
M. Gibson	J. McGowen	330
132 lb.	198 lb.	
S. Blackwell	135* M. Nelin	405
Master (45-49)	4th	415*
148 lb.	T. Ashbrook	330
B. Blackwell	110* S. Miller	330
(50-54) 123 lb.	220 lb.	
D. Catron	145* C. Smith	435*
Teen (13-15)	B. Vance	385
148 lb.	M. Ladewski	320
J. Barnes	180* J. Wyatt	250
181 lb.	275 lb.	
A. Crabtree	160* G. Lealifano	550*
(16-17) 132 lb.	B. Norman	380
C. Keefner	165* DEADLIFT	
148 lb.	WOMEN	
S. Donohoue	235* Junior 132 lb.	
181 lb.	J. Kaufman	200*
J. Caffera	290* 4th	210*
(18-19) 132 lb.	Submaster	
D. Collins	210* 132 lb.	
R. Catron	270 S. Blackwell	245*
165 lb.	4th	255*
Z. Ziegler	270 Master (45-49)	
181 lb.	148 lb.	
B. Ford	300* B. Blackwell	245*
198 lb.	4th	255*
W. Shepard	315 (50-54) 123 lb.	
MEN	D. Catron	
Junior	Teen (13-15)	
181 lb.	148 lb.	
R. McKenzie	300* J. Barnes	350*
Submaster	181 lb.	
181 lb.	A. Crabtree	
T. Conner	395 4th	320*
S. Watts	390 (18-19) 165 lb.	
4th	400* R. Catron	405*
L. Betts	340 198 lb.	
275 lb.	W. Shepard	500*
G. Lealifano	550* Junior 242 lb.	
Master (40-44)	S. Fisher	550*
181 lb.	Master (50-54)	
R. Espinoza	265* 220 lb.	
275 lb.	G. Catron	500*
Wigglesworth	405* (55-59) 220 lb.	
Master (45-49)	H. Hartman	—
181 lb.	(65-69) 220 lb.	
E. Teran	315* R. Prater	425*
220 lb.	Open	
T. Boyer	380* 181 lb.	
(50-54) 220 lb.	C. Blackwell	445*
G. Catron	380* 198 lb.	
4th	385* S. Miller	525*
242 lb.	220 lb.	
M. Ferguson	415* M. Ladewski	540
(55-59) 275 lb.	4th	570*
D. Ledford	425* 275 lb.	
(60-64) 198 lb.	B. Myers	525*
W. Smallwood	365* B. Norman	500
(65-69) 220 lb.	308 lb.	
R. Prater	300* J. Lowder	575*
"Son Light Power Indiana State record. Best Lifter Bench Press: George Lealifano. Best Lifter Deadlift: Shawn Miller. The 2001 Son Light Power Powerhouse Open Bench Press/Deadlift Classic was held March 31 at Powerhouse Gym in Richmond, Indiana. The competition was a huge success with 59 competitors and almost as many spectators. A very special thanks to new owner Larry Habschmidt for his hospitality in sponsoring this event. One of the great things about this sport is getting the younger lifters involved; and we did just that, with 14 of those competitors being teenagers. We also had nine lady entries and thirteen master competitors. In the bench competition, junior women's competitor Julia Kaufman was lifting in her first meet, and did well, finishing with her opener of 125. This was a new state record for the 132 class. Melanie Gibson also did well, finishing with a state record 90 for the submaster women's 104 class. This was also a new personal record for Melanie. Also in the submaster division was 132 winner, Susie Blackwell. Susie got all three of her attempts to finish with a personal best and state record 135. Susie's mother-in-law, Barb Blackwell also got a new state record with her 110 bench to win the master 45-49/148 class. Our final women's competitor was 123 master 50-54 winner Donna Blackwell. Donna did fantastic, making all three of her attempts to finish with a personal best and state record 145. Great lifting, girls! In the teenage men's 13-15 age		

group we had two good lifters, both setting new Indiana state records. At 148 it was Joshua Barnes, who also holds the Kentucky state record, finishing with a personal best 180. At 181 it was Andrew Crabtree with 160. This was Andrew's first competition and he did well. At 16-17 there were three competitors, again all setting new state records. Chris Keefer won at 132 with his opener of 165. This was Chris's first competition. Shawn Donohoue finished with his opener of 235 for the title at 148. At 181 it was Jason Carrera with a big 290, missing 300 twice. In the 18-19 group, Darren Collins led off with a state record 210 to capture the 132 title. At 165 it was Robert Catron over Zach Ziegler by bodyweight. Both competitors finished with 270, Robert weighing 155 to Zach's 157. Brenton Ford got a new state record in his win at 181, finishing with 300. This was Brenton's 1st competition. Our final competitor at 18-19 was 198 winner Wes Shepard. Wes finished strong with 315 after missing that weight on his second attempt. Lone junior competitor Ritchie McKenzie set a record there in the 181 class with a strong 300 second attempt. In the submaster division 3 attempts Tracy Conner came away the winner with a strong 395 final attempt. Steve Watts was second with 390, though he did come back with a record fourth attempt at 400. Lance Bettis was 3rd with a personal best 340. At 275 it was big George Lealifano with a record 550 press. In the master 40-44 division Rick Espinoza was the winner at 181, finishing with a record 265. Mike Wigglesworth moved up a weight class to 275, but set the record there with a strong 405 attempt, just missing a final attempt with a pr 425. At 45-49 it was Ed Teran at 181 with a record 315. Ed came close with a final attempt of 335, which would have been a new personal best for him. Also at 45-49 was 220 winner, Tom Boyer. Tom finished the day with a new state record 380 for the title. Gary Catron had a great day of lifting starting with his win at 50-54/220. Gary finished with a personal best and new Indiana state record 380, followed by a 385 fourth attempt for the title. Mike Ferguson won at 242 with a strong 415 state record. Mike also set the record at 242 in the police & fire division, taking that class also. Dick Ledford took the 55-59/275 class with a strong 425, making all three of his attempts with ease. This was also a new state record for Dick. Wayne Smallwood took the 60-64/198 class, finishing with a state record 365, after coming close with 390 twice. Reece Prater won at 65-69/220, again with a state record attempt of 300, which he got on his second attempt. Our final master competitor was the ever youthful Allen Glass. At seventy three Allen just keeps on getting stronger, here breaking his own state record by 20 lbs. to finish with 260. In the open division Joe McGowen won at 165, getting a double bodyweight lift of 330 for the title. At 198 it was Matt Nells, who also broke his existing state record with a 415 fourth attempt, after finishing with 405. In second place at 198 was Tony Ashbrook with a personal best 330 over Shawn Miller, who finished with the same, weighing three pounds heavier. At 220 it was Christopher Smith, getting only his opener of 435, after missing 460 twice. This was still a great lift for Chris and another state record on the day. Billy Vance was second at 220 with 385, making all the of his attempts. Matt Ladewski was third with 320, competing for the first time. Also in his first competition was fourth place finisher Jeff Wyatt. Jeff had some problems with his opener, but finished with a strong 250. At 275 it was best lifter George Lealifano with another record setting performance, here with 550. George actually came within two inches of locking out a personal best 580 on his final attempt. Bill Norman was second at 275 with 380. In the deadlift competition Julia Kaufman continued her winning ways in the junior 132 class, pulling a state record 200 third and 210 4th attempt on the day. Susie Blackwell also won her 2nd title of



Masters 50-54/123 winner at the Son Light Powerhouse Open - Donna Catran with 154 SR. (Photo provided courtesy of Dr. Darrell Latch to PL USA).

2nd of the day. Harry Hartman took the 55-59/220 class with a great 550 state record pull. Weighing in at just 206, Harry locked out all three of his attempts with energy to spare. At 65-69 it was Reece Prater with 220, pulling a record 425 there. Reece was also a double winner on the day, having won his class in the bench also. In the open classes, Craig Blackwell set a record at 181, pulling a personal best 445. Shawn Miller, with pr 308 with an easy pull of 575. A second with 625 and a 3rd 665 should have gone but Joe had problems with his grip. A special thanks to Dave McQueen, Kent Holland and Shane Wyka for spotting and loading. See you all this fall, October 20th! (Thanks to Dr. Darrell Latch for providing the results of this competition to Powerlifting USA).

Ron's Gym BP Contest

17 Mar 01 - Middlefield, OH

WOMEN	S. Torisk-180	375
M. Brinsko-125	145 F. Rummski-175	315
S. Cader-125	140 198 lb.	
M. Lupton-130	95 G. Tarr-191	440
MEN	220 lb.	
Teen	L. Newman-215	380
(16 & under)	242 lb.	
B. Wharry-150	315 P. Vargo-230	510
M. Ramun-120	170 T. Gibson-226	460
D. Ramun-120	165 275 lb.	
Shuffstall-175	185 J. Peshek-265	550
(17-18)	B. Karlovic-264	540
P. Prozy-170	310 SHW	
R. Chamura-230	315 G. Goodrick-275	460
S. Prozy-190	280 T. Rinehart-277	435
M. Timlin-250	300 Master (40)	
148 lb.	D. Miron-175	310
Venturella-145	325 Open	
B. Abied-140	310 Venturella-145	325
165 lb.	T. Edwards-180	300
J. Ferry-160	340 T. Rinehart-277	435
T. Rummski-160	275 L. Newman-215	380
181 lb.	Overall Lifter	
R. Scarnati-179	375 J. Peshek-265	550

(Thanks to Ron's Gym for these meet results.)

WHOLESALE NUTRITION

MEGA-STORE

We Can't Be Undersold...Guaranteed!

- We Carry All Major Nutritional Lines
- All Lines Discounted Daily 40% To 80% Off Retail Prices
- We Ship UPS Ground The Same Day You Order
- FREE Shipping For All Orders Over \$100.00
- We Stock Over 20,000 Items



891 1/2 State Road 436, Casselberry, FL 32707

(407) 261-9383 Fax (407) 261-9384

MAIL ORDERS: Call For The Most Competitive Price Available!

VISIT OUR WEB SITE AT:

WWW.NUTRITIONMEASTORE.COM
(800) 215-2667

**Spring Classic BP/DL
29 Apr 01 - Durand, IL**

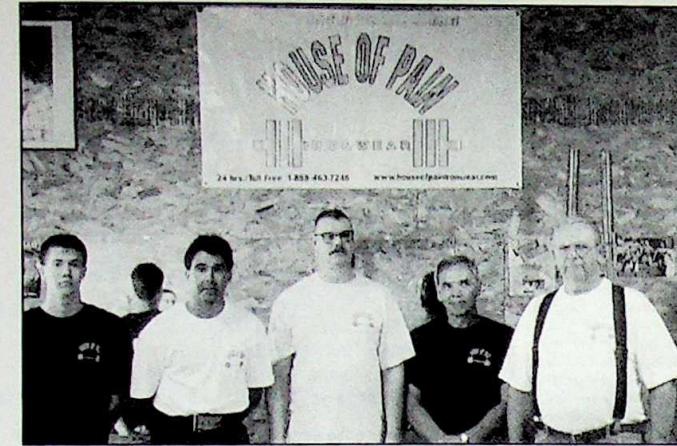
DEADLIFT	132 lb.	
MEN	J. Meyer	145
Teen 132 lb.	148 lb.	
J. Meyer	300	B. Wilke
165 lb.	225	C. Bevars
J. Peterson	380	198 lb.
198 lb.	260	A. Lenz
H. Severson	450	WOMEN
Open 165 lb.	Master 132 lb.	
J. Mack	400	T. Heller
181 lb.	105	MEN
D. DeWitt	530	Open 165 lb.
220 lb.	P. Waters	225
D. Powers	600	J. Mack
275 lb.	200	220 lb.
B. Saunders	575	D. Powers
BENCH	450	275 lb.
MEN	D. Kalina	440
Teen	B. Saunders	440

With a big thanks to Steve & Bobbie Eisen, Owners of the Durand Fitness Center. Also, Dick & Sally Cuthbertson, Jack Haley, Cindy Brick, Joe Vormegele, Paul Johnson, and House of Pain for supplying our staff of helpers with t-shirts. (Thanks to Durand Fitness Center for providing the results of this meet to PL USA).

**Danville Springfest
28 Apr 01 - Danville, IL**

	SQ	BP	DL	TOT
165 lb.	475	295	480	1250
Thomas				
181 lb.				
Brown	600	315	625	1540
Davis	500	350	500	1350
Starks	365	365	485	1250
198 lb.				
Garcia	550	290	585	1425
220 lb.				
Peterson	675	425	630	1730
Hunt	630	430	585	1645
Bethel*	670	380	570	1620
242 lb.				
L. Pace*	650	365	650	1665
275 lb.				
Carroll	700	425	650	1775
Masters (40-44) 220 lb.				
Bethel	670	380	570	1620
242 lb.				
L. Pace	650	365	650	1665

*Master Lifter. This years Springfest Powermeet was held on the last weekend of April and the weather could not have been more perfect, with temps in the low 70s it was cool on the outside but hot on the inside. This meet was a closed meet for the heart of the D'ville Power Team. Unlike other meets when people are spread to thin to be there for someone because of over crowding, this was

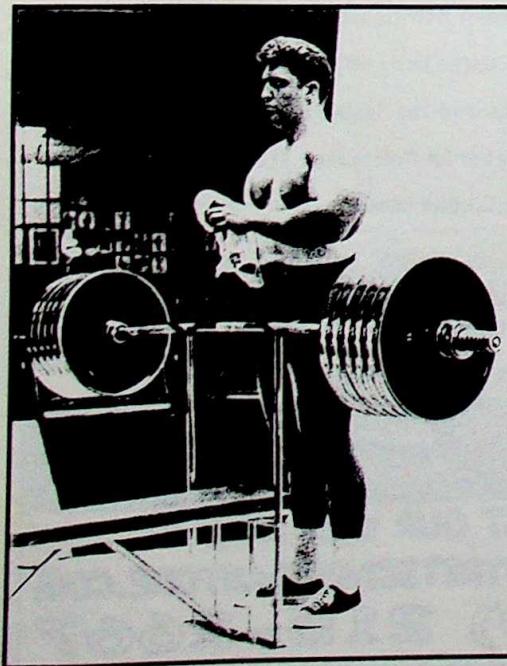


From left to right at the Spring Classic Bench Press / Deadlift: Paul Johnson, Joe Vormezeele, Steve Eisen, Jack Haley, Dick Cuthbertson. (Photo provided courtesy of Durand Fitness to Powerlifting USA).

not the case in this Greg Watson version of his Spring Classic. This meet was fun and smooth. Even with only ten lifters the show was excellent and despite some people being uninterested they all put up some pretty good numbers. With three more meets being planned beginning in June through October the season promises to be even better and better. Onto the lifting. Beginning with the 165 class it was lone entrant Thomas, who came to the meet full of fire and will to make things happen for himself. Having no one to compete against didn't bother him at all and for only his second meet he showed us all what determination means with hard fought out squats to stay in the meet. I look forward to seeing this quite polite young man raise his lifts even higher with more experience. The 181s had top ten squatter and deadlifter Brown to contend with, but it was a smooth ride for Brown as he only took four attempts to save some for the big meet in the fall. I can't seem to believe my eyes but Brown didn't even workout for this meet, he just came over after playing a season of basketball and smokes everyone, what will he do if he trains for a meet! 1650? 1700? Who knows but only the master himself. Davis hasn't done much training either. It's hard to pull him away from bodybuilding which he could be very good at but we are lucky cause Davis does us all proud and did most of his lifts with no supportive gear. I hope to see him at his full potential in the coming months. Another po-

lite lifter with lots of talent is Mr. Starks, doing all his lifting with sans gear the man is strong, more work on his squat and he will be the reason to stay in shape come meet time. Working getting some personal best numbers up was Garcia in the 198s, he had something to prove from the last meet where he did anything but have a good day but not this time. Garcia blasted through nice squats and fine bench to hit his forte the deadlift, his opening pull was nice and strong and his 600 plus pulls are just around the corner. Humorous and trying is his style and room for more improvement is in the works, nice job Garcia. Perhaps the biggest competition of the day took place in the 220 class. It was not clear who would be in control of things until after the warmups and the meet began. Bethel opened the highest with a 640 attempt, Peterson was next with a really strong 625 that looked hard and defiant. Next up was the ROCK, C-ROCK that is with his perfect form style squat of 600. Back at the plate was Bethel who lost his 670 at the top not locking out. Peterson gaining some came in with a very strong 650 that left us wondering (where did that come from). Yeah we really did look at one another Joe. The rock came in at 630 with another strong success. Bethel with plenty of determination came in roaring at his 670 attempt and got it with room for more. Hunt hitting some personal best today try and came very close with 650, not this day but soon for sure. With one attempt left Peterson took a 5

lb. jump over Bethel with a 675 effort that was very impressive to say the least. Now with the meet still not decided with the squats it was on to the bench press. Bethel opened first with an easy 370 followed by Peterson 405, and Hunt 430 respectively, now in the hole Bethel gained some ground with another easy attempt of 380, Peterson stormed out with a nicely done 425. Hunt, with guns blazing tried a PR with 450 that came ever so close, a third attempt was not to be, Bethel took 390 for a ride only to stall 3/4s of the way up. Peterson missing his third of 440 still had the reins in his hands and going into the deadlifts it was evident that mighty Joe was cooking this day, his effortless opener dead gave him a 1730 total and a great look into the future of the 2001 power season. Hunt and Bethel came in with nice lifts finishing second and third respectively. Nice going big Joe for a super win. Master lifter Pace would like to forget this day, not feeling his best by far Pace was looking for some big numbers in the squat and deadlift, hitting near 700 on both the sq and dl in training the big man just couldn't get it together on this day, if you can call a 650 squat and 650 deadlift a bad day. But for Pace it was and he was not happy with the way things were going, never-the-less the 242 class was his alone and with another fine Master total to boot. You can bet Pace will be on Pace in the near future. In the 275 class was veteran lifter Carroll. Having taken off since last year to take some time to reflect on his future in this sport Carroll wanted to prove who was bull of the woods and after only 5 weeks of training hit a very easy and deep 700 that was good for plenty more in the squat, after an easy opener on the bench this trim 275 pounder wanted to deadlift. So what do you do when a 265 pounder wants to deadlift - you let him deadlift! A 650 was not a problem and now it's what to do for the rest of the season. After posting a big 1920 total last year it's easy to say that will fall in the fall, perhaps in the October Halloween bash, what do you say L.A.? Inclosing I want to thank some very special people which in turn this meet and many others would not have taken place. To Mr. Leibach and Mrs. Nichols thank you for your time and effort to see such events take place. Without your support we don't have a team, to you we sincerely thank you. To our spotters and loaders who tirelessly work all day I commend you on a job well done. Those to mention are Loaders - Jeff Harney, Fox Bauer. Judges and experience are Mr. Miller, Hickombottom, & JR. and last but not least is the man behind it all, Mr. Greg Watson. Our coach who understands needs of the lifter and strives to make things not only better but to make them great for all who love the sport. See you in June and August, and October. Thanks to Mike Lambert for his dedication to our sport and for publishing these results. (Thanks to Robert Bethel for sending in the results of this competition to PL USA).



Legendary Pat Casey King of Powerlifters now reveals his training secrets and training techniques

- ◆ First man to bench press over 600
- ◆ First man to squat over 800
- ◆ First man to total over 2000

First Time Ever - actual routines as well as with complete training poundages

Send \$15.95 + 4.50 shipping & handling to:
Bruce Wilhelm Exercise Equipment
P.O.Box 2269
Daly City, CA 94017

Immaculate Heart of Mary BP 31 Mar 01 - Youngstown, OH

BENCH	132 lb.
TEEN	S. Fellows
(17-19)	165 lb.
148 lb.	(20-23)
J. Tammaro	245 B. Dutton
(14-15)	(33-39)
165 lb.	J. Leone
(16-19)	300
T. Whyde	180 198 lb. (20-23)
(17-19)	M. Burton
J. Cambert	220 (33-39)
N. Gennaro	265 J. Maloy
181 lb. (17-19)	(40-47)
F. Cambert	250 D. Freed
M. Kolis	235 (50-59)
198 lb. (17-19)	B. Kolling
J. Smrose	260 Open 220 lb.
220 lb. (14-16)	J. Blackstone
A. Pancoe	225 242 lb. (20-23)
(17-19)	G. Faunda
S. Protopapa	340 Open
K. Pingatore	240 R. Wood
SHW (14-16)	(40-49)
A. Basilon	250 J. Whyde
FEMALE	M. Dutton
114 lb. (33-39)	Police/Fire
K. Blackstone	100 D. Barwick
181 lb. (33-39)	275 lb. (40-49)
C. Freed	85 J. Hough
MEN	SHW (40-49)
Open	J. Wilson

(Thanks to Ron DeAmicis for providing the results of this competition to Powerlifting USA).

A WORLD OF PROTEIN JUST ISN'T ENOUGH!



AMERICAN BODY BUILDING™ IS PROUD TO OFFER THE LATEST SCIENTIFIC BREAKTHROUGH IN GREAT TASTING, READY TO DRINK PROTEIN SHAKES. INTRODUCING **PURE PRO™ SHAKE** — BURSTING WITH 35 GRAMS OF HIGH QUALITY PROTEIN, ONLY 4 TO 6 GRAMS OF CARBOHYDRATES, 0 SUGARS, 1 GRAM OF FAT AND ASPARTAME FREE!

PURE PRO™ SHAKES DON'T CONTAIN SOME CHEAP PROTEIN MATRIX. WE SPARED NO EXPENSE IN USING HIGH QUALITY PROTEIN SOURCES THAT YOU NEED TO BUILD YOUR BODY AND REACH YOUR GOALS WITHOUT COMPROMISING YOUR LOW CARBOHYDRATE DIET REGIMEN.★

AMERICAN BODY BUILDING™ **PURE PRO™ SHAKES** CONTAIN A PROPRIETARY PROTEIN BLEND DERIVED FROM MILK PROTEIN ISOLATE, CALCIUM CASEINATE AND WHEY PROTEIN CONCENTRATE.

MILK PROTEIN ISOLATE (MPI) CONTAINS ABOUT 80 PERCENT CASEIN AND 20 PERCENT WHEY PROTEINS. IN OTHER WORDS, YOU GET THE BEST OF BOTH WORLDS IN THAT WHEY SUPPORTS YOUR BODY'S OWN MUSCLE MACHINERY AND THE CASEIN HELPS SLOW DOWN THE ABSORPTION OF THE WHEY FOR SUSTAINED AMINO ACID RELEASE.★ TO BOLSTER MPI, WE ADDED MORE PROTEIN IN THE FORM OF WHEY PROTEIN CONCENTRATE (WPC) AND CALCIUM CASEINATE. THIS ADDS TO THE TOTAL PROTEIN CONTENT AND PROMOTES THE BENEFICIAL ACTION OF THE WHEY AND CASEIN.

OUR MPI AND WPC ARE PROCESSED FROM WHOLE MILK IN A GENTLE EXTRACTION THAT LEAVES MORE OF THE NATIVE PROTEIN STRUCTURE INTACT AND KEEPS **PURE PRO™ SHAKE** VIRTUALLY LACTOSE FREE. WE ENSURED THESE PROTEINS WERE PROCESSED OUTSIDE OF THE TRADITIONAL CHEESE BYPRODUCT ROUTE THAT CAN OFTEN ROB IMPORTANT NUTRIENTS AND FRACTIONS FROM THE PROTEINS. EACH OF THESE MILK PROTEINS HAS SPECIFIC APPLICATIONS AND SEPARATE HEALTH BENEFITS FOR MAINTAINING AND ACHIEVING OPTIMAL HEALTH AND FITNESS.★ BY USING SPECIALLY PROCESSED PROTEINS WE PROVIDE YOU WITH A PRODUCT THAT IS UNSURPASSED IN THE READY TO DRINK PROTEIN SHAKE MARKET.

EXCEPTIONAL TASTING AND HIGH QUALITY **PURE PRO™ SHAKE**, BY AMERICAN BODY BUILDING™, — OPTIMAL PROTEIN, OPTIMAL FORMULA.



PURE PRO™ SHAKE

35 G OF PROTEIN
0 G OF SUGARS
4 TO 6 G OF CARBS
ONLY 1 G OF FAT
ASPARTAME FREE
GREAT TASTE

A FORCE IN THE GYM™

1-800-627-0627

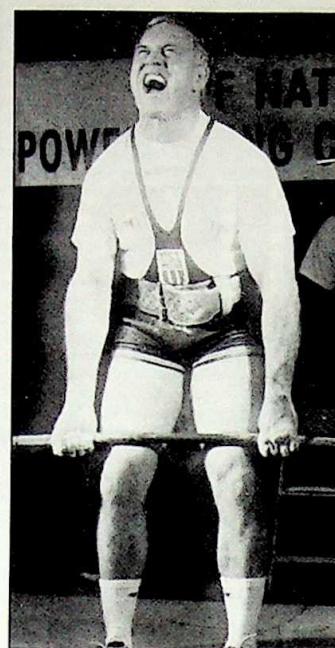
WWW.AMERICANBODYBUILDING.COM

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

Capehart! Joe stayed out of last year's Worlds with a torn bicep, but was back in the saddle again here. My DL sucks, but my SQ improved, and the 9 whites I got on my benches (264) had me celebrating after each lift. For the 2nd year in a row I'm bridesmaid to OLE JOE. At 181, Michael Pouliot, 40, locked horns with Keith McNeish, 40. Mike got 578 SQ but 628 proved too much - twice. Keith had 562 in the bag but 578 was out of reach. Mike took the upper hand 363 to 325. Pouliot got a 578 pull for 1st place. McNeish lifted 601. The margin was too much to breach, so he waived 617 - TOT 1488 - 2nd. I was glad to see Randall Egli back in action after a terrible tricep tear. Now he's a winner once again, at 45-49. Alan Carr, 53, challenged an old warhorse, Les Cramer. The 59 year old Floridian published a PL mag back in the 70s called POWERMAN and held the first ever Teenage Nationals in Erie, PA. Now living in FL, with a new lady at his side, Les made a great 457 SQ and 1129 TOT at 181 for 2nd place. Carr mustered up the victory with 1196. L.B. Baker, 64, is an indestructible machine that can endure free radicals and the ravages of time. He had a darn near perfect day, 8-9. It's because he's married to

a spring chicken (wife Nadine is 44). Mike Scott, 60, would pass for 45 with a full head of luxurios hair, perfect teeth, unwrinkled skin, handsome young face and Pepsodent smile. He was infected years ago with the DICK CLARK SYNDROME (doesn't age). Mike drew battle lines with Edwin Angstrom (60) and somehow managed to nudge Ed for silver. The 198, 40-44 group had a lot of strong dudes: Lester Maslow, 41, was runner-up last year, but took command right off the bat with a 677 final SQ. He got 3 BPs - 402! His DL had really revived - 622 and a just missed 644 for a 1703 winning TOT. Calvin Burgess, 43, of Mumford, ME out of Austin's Gym locked up 2nd. He picked his SQ attempts right on the money! BPs strong too: 380! In the DL, he pulled a fine 628 2nd for 1614 and the silver medal. The bronze battle was contested by three: David Newman, 44, IL, Glen Clayman, 43, representing World Gym in OH, and Justus Owens, 41, a Grade 9 maintenance mechanic from the Los Angeles Lifting Club. Clayman got his 573 SQ, but couldn't handle his big 451 BP opener three times, and was out. Newman managed to get his 578 opener, but lost balance with his 628. Owens got 3W on his 584 SQ start, and went up to 633. With club coach Avigliano calling his depth, Justus got up, but 2R

flashed. This caused Joe to blow his stack. Justus went to 644, started up, but lost his groove and stayed down. Justus is the most radical guy I know when it comes to getting the most out of his equipment. He liked to never get his huge 446 BP opener to touch his chest. It wobbled, but went right up. Reds again. He increased to 451, got it down, and powered it up - good lift! Justus horsed up a lifetime PR 462 on his final try. Owens got a 501 DL, but came up 11 short of bronze. Newman made all 3 DLs to capture 3rd. In the 45-49 198 group Richard White, 46, had the high sign on Idaho's home grown Mike Higgins. White edged out Linda's husband 1405 to 1372! Joseph Sylvia, 47, tossed in the towel after failing his 617 SQ opener. The 50-54 group saw the return, after an 11 year layoff, of Martin Joyce, now 53. After only 6 months back in training he lifted well. Way back in '73 Marty pulled 730 officially at 181 and almost got 765. His pulls look the same. It seems like it takes forever for the weight to clear the platform and it takes forever to finish. He earned gold. Look for him to do a whole lot more next outing. Runner-up was Alfred Irby, a tall black lifter who sported knee length red socks. He took on Scott Velliquette, 53, from the L.A.L.C., who came in 5th last year. Scott did 507, 358



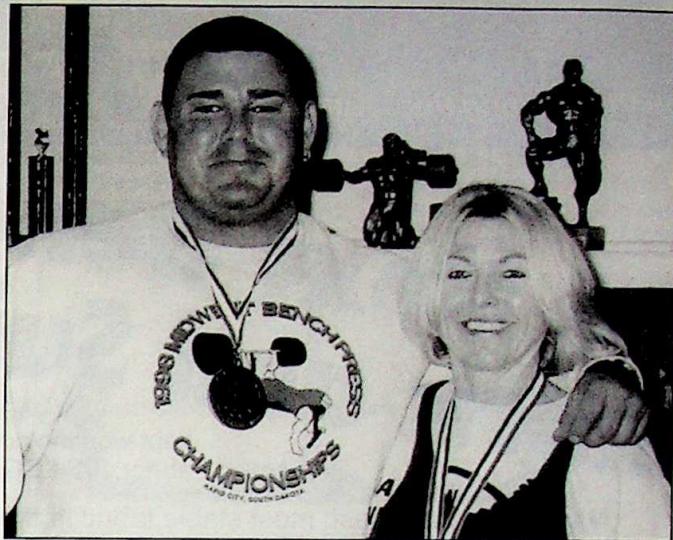
Legendary Marty Joyce pulls hard!

**2001 APF Teenage -Juniors -
Submaster - Masters Nationals
18-20 MAY 01 - Bath, Maine**

BENCH WOMEN	Whalen, Tim	341	181	Angstrom, E.	391	297	413	1102	Levesseur, G.	457	281	446	1184	
114	60-64	40-44	White, Betty	286	132	308	727	33-39	457	281	446	1184		
50-54	Bassman, Bob	325	50-54	Damon, Patricia	319	165	259	744	Whalen, Daniel	683	452	617	1752	
Miller, Sandy	104	45-49	198	Howard, B.	474	220	424	1118	Joyce, Jimmy	523	297	490	1311	
148	33-39	40-44	200	Simonic, Edward	474	220	424	1118	40-44					
45-49	Will, Mark	523	18-19	Howard, B.	485	380	490	1356	Avigliano, Joe	749	446	606	1802	
Khoury, Carol	121	Schoenebeck	441	Gazda, Jeffrey	501	292	545	1339	Fecteau, Ralph	672	374	639	1686	
198	60-64	20-23	Cook, Monica	209	121	253	584	Simonovich, J.	633	319	622	1576		
50-54	Muller, Stan	264	50-54	Frost, Chad	474	264	474	1212	45-49					
Lucas, Tanya	165	242	148	Barris, Andrew	529	352	468	1350	Toderico, M.	601	363	523	1488	
MEN	33-39	60-64	16-17	Maslow, Lester	677	402	622	1703	50-54					
165	Holzapfel, Jr. T.	523	20-23	Burgess, Calvin	606	380	628	1614	Packer, Bob	—	—	—	—	
16-17	60-64	50-54	Delgallo, R.	374	214	391	981	70-74						
Flanders, Ben	204	148	16-17	Newman, Dave	578	429	551	1559	Austin, Richard	529	336	463	1328	
181	65-69	50-54	Clayman, Glenn	584	463	501	1548	275						
20-23	Anderson, Ernie	—	45-49	45-49	—	—	—	18-19	Meyers, Ben	656	374	628	1658	
Morrison, Louie	363	275	70-74	White, Richard	540	325	540	1405	20-23					
33-39	33-39	Richey, Frank	341	Higgins, Mike	501	369	501	1372	Hudak, Zack	661	441	656	1758	
Bellmore, Dan	457	Miller, Ronnie	518	70-74	Sylvia, Joseph	—	—	—	Garza, Jimmy	501	352	512	1366	
40-44	Conquest, Troy	363	165	Joyce, Martin	573	314	584	1471	275					
West, Tom	380	Higgins, Thomas	—	Irby, Alfred	540	292	529	1361	Guest					
50-54	55-59	33-39	20-23	Velliquette, S.	507	358	479	1344	Jeffers, Darryl	—	—	—	—	
Craig, Scott	413	Holzapfel, Sr.T.	429	Smith, William	479	319	452	1251	35-39					
198	308	40-44	Welch, Donald	424	319	424	1168	Orino, Peter	—	—	—	—		
45-49	33-39	55-59	Cayer, Alan	551	374	633	1559	Thompson, D.	—	—	—	—		
Benford, Garry	435	Tucker, Billy	507	Little, Arthur	534	303	578	1416	40-44					
Higgins, Mike	369	Miller, Andrew	474	Lumpe, Steve	479	330	479	1289	Lane, Tim	622	352	633	1609	
50-54	SH	SH	50-54	Santee, Gordon	462	286	534	1284	45-49					
Frost, Jr.Calvin	369	Guest	55-59	Nickele, Joe	441	275	551	1267	Batykefer, Keith	733	515	656	1904	
55-59	Harris, Jamie	711	181	Glossbrenner,H.	347	264	330	942	50-54					
WOMEN	SQ	BP	16-17	Montebault, D.	650	413	589	1653	Bentley, Tim	711	PASS	—	—	
97	DL	TOT	20-23	Worthing, S.	562	275	540	1377	55-59					
40-44	226	132	297	50-54	656	424	633	1692	Lewis, Marshall	601	386	551	1537	
Baker, Nadine	226	297	656	33-39	Atkinson, John	639	402	529	1570	308				
50-54	214	463	18-17	Blanchard, Scott	633	424	633	1692	33-39					
Rodifer, Jo	148	99	463	40-44	Rouse, Jim	601	402	556	1559	Frost, Terry	—	—	—	—
114	214	463	Schiff, Matt	551	275	474	1300	40-44						
40-44	204	463	18-19	Higgins, Josh	474	336	523	1333	Israelson, Matt	782	446	606	1835	
Kilikaukas, M.	220	259	50-54	Minervino, Rico	523	253	534	1311	45-49					
132	584	DL	20-23	Montebault, D.	650	413	589	1653	Cyrus, John	363	297	463	1124	
33-39	33-39	TOT	18-17	Worthing, S.	562	275	540	1377	55-59					
Lercangee, P.	352	231	297	50-54	Olinger, Robert	562	358	529	1449	Meek, Brian	777	474	688	1940
40-44	396	981	33-39	Korenke, Adam	485	275	523	1284	SH					
45-49	404	1107	33-39	Wood, John	617	413	584	1614	Guest					
Fuhrman, Diana	424	209	407	Coode, Tim	540	341	468	1350	Wiers, C.	727	573	727	2028	
40-44	407	1041	18-19	Nautel, Scott	429	330	429	1190	33-39					
Wyatt, Cindy	248	104	297	Pushard, Randy	429	281	452	1162	Mimnaugh, Billy	—	—	—	—	
45-49	253	606	40-44	Pouliot, Michael	578	363	578	1521	40-44					
Griffin, Beverly	286	143	297	McNeish, Keith	562	325	601	1488	Luczkowski, Ken	584	418	452	1455	
Khoury, Carol	226	121	727	45-49	Egli, Randall	601	402	529	1532	60-64				
165	242	589	50-54	Carr, Alan	452	303	441	1196	Mackenzie, Don	446	369	485	1300	
33-39	33-39	DL	55-59	Gramer, Lester	457	281	391	1129	BEST LIFTER: (20-23) - DEREK FELCH 744.8					
Pike, Susan	352	165	418	60-64	Bailey, Bill	402	281	501	1184	pts.; WOMEN (33-39) - DIANA FUHRMAN 749.272 pts.; MEN (33-39) - JOHN WOOD 761.067 pts.; WOMEN MASTERS - NANCE AVIGLIANO 947.586; TEENAGE (14-19) - DAMIAN OSGOOD 724.464; MEN MASTERS - FRANK RICHEY 952.537; BENCH -WOMEN MASTERS- SANDY MILLER 125.410; BENCH MALE TEEN - BEN FLANDERS; BENCH MALE (JUNIOR 20-23)-LOUIE MORRISON; BENCH MALE (33-39)-DAN BELMORE; BENCH MALE MASTERS (40 PLUS)- WILL MARK.				
70-74	347	903	60-64	Geis, Douglas	463	270	429	1162						
Comber, Arlene	137	71	374	18-19	Huff, Melvin	418	248	424	1091					
			Scott, Michael	429	264	429	1124							

and 479 for 1344 and got the bronze. Irby's passed 529 pull edged Scott out - 1361 to 1344. William Smith, 51, fortified 4th place - 1251 TOT. John Atkinson, 55, had to go it alone in the 55-59 198s. He made a good 639 3rd SQ for a new WPC World Record. He made all his BPs, and hoisted a 529 DL on a 2nd attempt for 1570 also new WPC W/R TOT. Jim Rouse, 60, (Technical Director this meet) got a 600 SQ, 402 BP, 556 DL, 1559 TOT for victory in the 60-64 198 class. He's still mighty strong after all these years. Likeable Bob Bassman, 63, took runner-up with 1184. The 65-69 division featured Don Levesque, 69, from NH. Weighing just under 189 he earned his first ever National title with a 981 TOT. The 220 class saw a tough tussle at 40-44. Leonard Ruiz, 41, battled with Steve Cote, 42, from Barlow's Hardcore gym of Lewiston, ME. Ruiz aced all his squats strongly! Cote used his wide stance power to take a commanding lead with a splendid 749 3rd attempt! Ruiz catching up looked like an impossible task. Cote popped a 341 BP, then pulled a 589 DL - 1681 TOT. Ruiz made his final move in DL - yanking up a 622 opener to assure silver. He needed a big 672 pull as the heavier man (219-218) for victory. That is exactly what he did - a come from behind gold! Dennis Montebault looked sharp going 8-9, stopped only by his 3rd BP - 424! He did 650 SQ, 413 BP, 589 DL for 1653. WORTHING was certainly DESERVING of the silver medal - 1377! Robert Olinger, 50; John Burgard, 52; and Robert Lamb, 51 all won medals at 50-54, in that order. Bill Bailey totaled 1184 in the 60-64 group. He succumbed to the stroke of Robert Damon, 64, whose 501 SQ carried him to victory. Stan Muller, 63, went 8-9 to nab 3rd. Bob Spaulding, the Michigan Marauder, came in with a torn rotator cuff and tokened in that lift. His SQ'd 485 and pulled up 418 cleanly to earn first. Melvin Huff, 73, came roaring out of the blocks to post some great lifts for his age - 418 SQ, 248 BP and 424 DL - 1091 TOT. The 40-44 242s saw LALC coach, Joe Avigliano, in action. Weighing 237 his physique puts hardcore bodybuilders to shame. Everyone couldn't believe he was trying to lift himself after spending the past two previous days and even the morning session coaching all the lifters of the L.A. Lifting Club. You'd think Joe's enthusiasm for all his charges would take it's toll on his lifting, but somehow always is able to reach deep for that extra something to showcase his own prowess! John Simonovich, 42, took bronze with a 1576 TOT. His 633 SQ was a good lift following an opening miss. The increase to 699 was too much to negotiate. Ralph Fecteau, 40, (239) looked sharp in earning the silver medal and securing a World team berth. He nailed his 672 SQ, followed by a final attempt failure with

699; his only miss of the whole day. Avigliano came in at 722 in his upright high bar style. He vaporized it. Everyone was surprised to see it draw two reds. Ernie Frantz defused the situation, called Joe's depth on his next lift - just there - 749 - a good lift. It was a struggle so he aborted his 766 final lift to save it for the BP. Joe underwent arthroscopic surgery on his left elbow earlier this year to remove bone spurs from an old football injury. He was still enduring a lot of pain, but somehow had the grapefruits to lock out 3 good lifts. The final lift stopped cold an inch from lockout. Somehow he managed, after a long struggle, to finally complete it. In the DL, he hauled up 584, then 606, to make a big PR TOT - 1802 and earn his National title! Everyone on the team was proud of Joe, who gave his all for them and somehow managed to have enough strength left to post a top level performance himself. Last year Joe had finished 3rd in this category. In just one year he's improved his SQ 121 lbs, BP by 49 and TOT by 176. Moving up to the 45-49s - Michael Toderico took top honors - 1488 TOT. The 50-54 title was waiting for Bob Packer to claim it, but things didn't pan out. The toughest old yard dog in Maine just has to be Richard Austin. He owns his own gym and is a living example that you can still be fit at 70. This man must be chiseled from solid granite. His 529 SQ, 336 BP and 463 DL (1328 TOT) speak for themselves. Tim Lane, 42, GAINED FAME IN MAINE captured first place in the 275s at 40-44. Keith Batykefer, 46, is a Hoosier powerhouse who trains at Tom Lynch's Gym in South Bend, IN. He made a great 733 SQ. He set a WR 234 kg. (515.8) BP on his 2nd attempt, and almost got 534. His 2nd attempt DL gave Batykefer an excellent result 1904 TOT! Top seed in this division Tim Bentley, 53, managed a good 711 SQ before missing a try to draw even with Batykefer. Tim, 13 years ago, became the first man in the World over age 40 to BP 600 (also a 2199 TOT). He has a real bum shoulder now and found BP warmups impossible; was forced to drop out of the meet. Lewis Marshall, 56, won his first ever National Championship here. He succeeded with 601 SQ before missing 650, got all his BPs (385) and presented 3 unflawed DLs to 551 for 1537. At 308, Matt Israelson, 44, came in at a hefty 301 and looked like a silver-backed gorilla. He brought his pretty 11 year old daughter with him. She really did dig her daddy's lifting. Matt SQed 782 on a 3rd effortlessly. Matt also benched 446 and pulled 601 for a TOT of 1835 about equivalent to his lifetime best. John Cyrus pocketed the gold at 45-49, which was his first National Championship. Brian Meek, 55, who estimates that he's been in over 500 meets in his career won the 55-59 308 division tipping the scales this year at a burly 283. He represented the Los Angeles lifting club. He hit a deep 777 2nd round SQ, and waived his 3rd. His 474 BP opener was like taking candy from a baby, but he missed 507 twice. He delivered a CA State APF record DL of 688 on his 2nd and called it a day - for a 1940 TOT the highest result in the competition. Brian is alive and well despite Internet declaration that he'd been killed in a motorcycle accident two days following this competition. First of all, Brian doesn't own a motorcycle - second, they don't make helmets big enough to fit his cranium. Some idiot out there has a warped sense of humor and needs to be hunted down and given a tabasco enema. A couple of big names were no shows at SH! They were Mark Pasillo, 40 a thousand lb. squatter and 400 lb. John R. Hunt who has a 2300 TOT officially credited to him. This



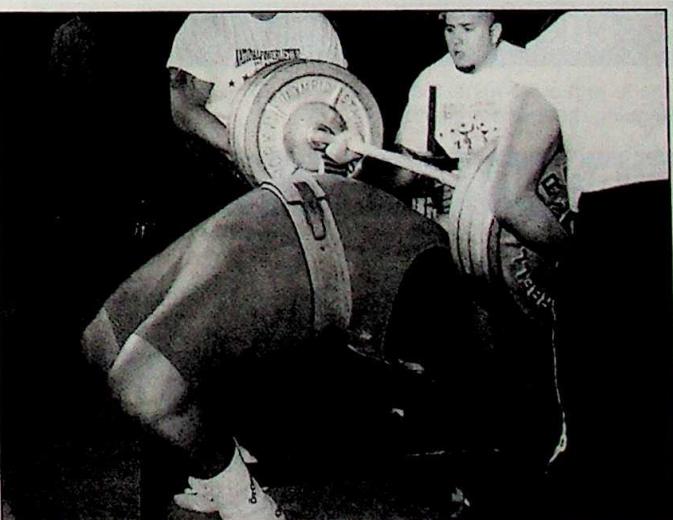
Mother and Son Win.... Sandy Miller of Bellmore, NY took 1st place and Best Lifter and her son Ronnie Miller, now working in South Dakota, have both qualified for the Worlds in South Africa. (S. Miller)

left clear sailing for Ken Luczkowski, 42. He put his 348 lb. GIRTH TO WORK - TOT 1455 and took home the 40-44 Supers crown. Don MacKenzie, 60, tipped the scales at 320.5. He accumulated 1300 to gain a victory for himself at 60-64.

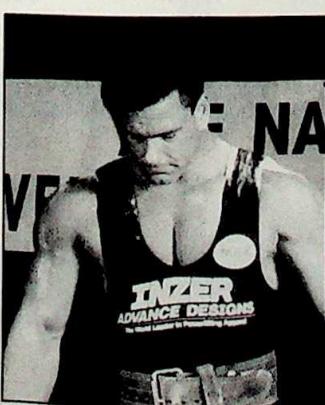
APF BENCH PRESS NATIONALS: One king-size superstar bencher made a guest appearance. It was none other than the Pittsburgh Powerhouse himself - JAMIE HARRIS! Having shed some 40 lbs., he came in at 352, in great shape. Jamie was a bit miffed (putting it mildly) that he wasn't invited to this year's Arnold Classic. He owns the 2nd biggest BP officially of all-time: 760 at 401 bwt. back in Oct. 1996. His critics can kiss their doubts good-bye because the BIG BAD BOY OF THE BENCH IS BACK. He opened at 677 - it went up like a rocket. Up to 711. He handled that weight easily, fast and explosive, and locked out smoothly. I was sure he could handle 727 the same way. Instead, he called for 744. He came out in his bright pink lifting suit all psyched. He lowered the huge weight to his barrel chest and gave it the works. Up it went. About midway the bar rolled on him out of the groove. He did this all without a proper fitting shirt. That situation is being remedied. Harris' guest appearance must have inspired the others.

Dan Bellmore popped 457 in the submaster 181 division. Mark Will, 38, negotiated 523 @ 220. Tom Holzapfel, Jr., 36, rammed up 523 at 240 bwt. Meanwhile his dad (Tom Sr. - age 59) pressed 429 at 260 bwt. A couple of bombourt bugs bit two top level performers. Ernie Anderson, 68, was stymied with 468 at 236 bwt. Thomas Higgins, 37 and a 606 bencher, found 611 his Waterloo here.

Team World Gym of Portland, ME edged out the Los Angeles Lifting Club for the team championship trophy. Now for a few bouquets and thank you's: A huge thank you to Amy Weisberger who flew to this meet exclusively to help all her friends of the L.A. team. Salute to John Planas who accompanied the L.A. Club as official shirt puller-oner, knee wrapper and service provider. A big thank you to LA team coach Joe Avigliano who went to bat for everyone for all of his nine lifters. A great job in this year's production by Russ and Lynn Barlow - two wonderful people. Thanks to the spotters, and loaders who lifted more than anyone in the whole meet, as well as everyone who helped in this great presentation. Hope to see everyone next year in Fresno, CA, OH, by the way, from everybody in the APF and WPC - thanks for all your years of great service and HAPPY BIRTHDAY ERNIE!



The "BAD BOY OF BENCH" Jamie Harris with his miss at 744 lbs.



Joe Avigliano - coach of LALC.

#1 in Powerlifting Performance



The Next Generation of Fabric and Suits are Here

The new millennium ushered in an era of radical change at Titan. We improved our original fabric with Ultra Might Plus. But we knew we could do better. So we kept working and what resulted was a whole new fabric, NXG(Next Generation Fabric). IPF LEGAL

NXG is the strongest, most stable fabric in the lifting world. **NXG** has the least stretch of any fabric used in the lifting world, is run-proof and virtually tear-proof. How much support will **NXG** provide. Read this guarantee carefully.

**We guarantee that even our basic suit will outperform any other suit on the market.
This includes our competitors premium suit that cost over three times as much!**

This is not a marketing gimmick. Our new fabric is simply that good, that strong, that supportive. So imagine what you'll get with our more advanced models such as the Custom A, Custom B, the Centurion, the Dual Quad and Deadlift Suits.

Super Suit Fans – if you miss your Super Suits, then you'll love our suits. There are a few things you'll have to get used to however... no runs, no tears, better support and unparalleled guarantees.

WPC, WPO, IPA etc. – ask about our new **BOSS** suits. This was designed specifically for unlimited divisions and delivers performance exceeding that of canvas!

The most radical performance guarantee ever:

All suits feature 1 YEAR on blowouts and 1½ YEARS on runners!



TITAN SUPERIOR SUIT (VICTOR)

In sizes 26 – 69

IPF✓ \$49.95



CUSTOM A

Custom made with commercial Serger side seams. Regular, meet or competition fit.

IPF✓ \$65.00



CUSTOM B

Custom made with our original 3 cm side seams. Regular, meet or competition fit.

IPF✓ \$70.00



DEADLIFT SUIT

In sizes 26 – 60.

IPF✓ \$49.95



THE CENTURION

Features our patented harness system.
In sizes 26 – 60.

IPF✓ \$85.00



DUAL QUAD

Custom made with our patented harness system. Regular, meet or competition fit.

IPF✓ \$99.00



THE BOSS

Features Boss fabric and our patented harness system. In sizes 26 – 60.

WPC✓ \$130.00



CUSTOM BOSS

Custom made version. Built to your specs.

WPC✓ \$150.00

IPF✓ = IPF approved

WPC✓ = WPC, WPO, IPA legal



POWER WASH

A revolutionary, patented wash that actually strengthens fabric and even makes it more resistant to runs.
Works on any synthetics. i.e. – suits and shirts.

\$7.95

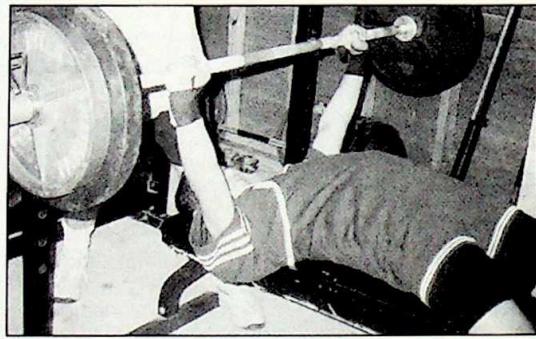
1-800-627-3145 • 361-991-6749 • FAX 361-991-9470

**USPF Rhode Island State
25 Mar 01 - Riverside(?) RI**

BENCH	181 lb.	B. DucharmeBL	*635	380	575	1590
WOMEN	B. MasselioBL	*475	J. Carreiro	525	345	500
Open	J. Signore	335	J. Signore	430	335	535
T. Lucas-195	170 D. MacDonald	305	K. Turchetti	440	315	455
4th	*175 198 lb.		J. Tavares	570	335	635
MEN	R. Babcock	410	N. Paolello	525	375	550
Teen	N. Paolello	375	B. Connell	475	415	450
J. Vessella-19	*445 S. Hudson	365	F. VentrigliaGL	410	250	450
M. Connors-19	300 220 lb.		D. PearlsteinGL	650	385	600
Submasters	P. Elliot	360	E. Faison	225	185	530
J. Reeves-38	500 242		M. DiorioBL	*720	400	720
B. Tucker-39	500 M. Chiello	420	M. Tarro	625	435	605
Masters	275		M. Chiello	635	420	595
Lazzareschi-43	*550 J. Reeves	500	J. Acciardo	600	380	550
Montembault-46	*410 J. Bourgault	450	K. Michels	500	335	575
Donabedian-72	270 308		J. Bourgault	570	450	600
J. Speaks-46	385 G. Lazzareschi	*550	A. Jordan	725	500	625
D. Oenile-47	365 B. Tucker	500	A. Jordan	725	500	625
R. Dame-42	*365 SHW		BL-Best Lifter. GL-Guest Lifter. *-State record.	1850		
148 lb.	A. Jordan	500	I would first like to thank all who helped at this years event. Larry Larsons, Ron Fortin, Dave and Lori Rodericks, Rick Barlow, Mike Bergeron, Ray Roberts, Paul Fisher, Joe Connors and Andy Vale. Because of these people the meet went very well and was a big success. Thanks to Brown University for the use of their athletic facility. Thanks to sponsors Mike Cote at the Motor Medic, Bayside Auto Repair, Regal Electric, Captain Al Reeves Python Sports Fishing, Mike Tarro Attorney at Law, Mark D'orio at MetLife, Hank Capasso and Al Soucie at World Gym Providence and Tommy Klozer at Ocean State Gym for the use of their equipment. A special thanks to Chiropractor Dr. Robert A. L'europa , who has supported powerlifting in RI for ten years and Steve and Diane Reeves owners of Reeves Nutrition who supplied food, drinks and protein shakes for spectators and lifters. In the bench press Tanya Lucas at age 52, benched 175 lbs. for a new state record. In the teenage division Joe Vessella at age 19 and weighing in at 355lbs. in his first meet, benched 445lbs. with no bench shirt. The big battle in the bench was between two lifters 100 lbs. apart in body weight. Both looking for the best lifter award. Weighing in at 179 lbs. Bob Masselio opened at 450 lbs. and then easily benched 475 lbs. on his second attempt for a new state record. Weighing in at 276lbs. George Lazzareschi opened with 530lbs., then finished with 550lbs. for a new state record in the 308lb. class. The battle was won by Bob Masselio for the best lifter award. In the powerlifting portion of the meet, many lifters were looking to set new state records. In the women's division Amy Storti was incredible. At 143 lbs. and			
T. Roselli	260	SQ BP BL TOT				
WOMEN						
Open						
A. Storti-143	325 195 310	*830				
4th	350*	*320				
MEN Teen						
Zaricny-18	365 235 450	1050				
P. Pistacchio-18	315 195 430	940				
D. Marini-18	400 255 *475	*1130				
W. Esquillin-17	275 175 365	815				
G. Gomez-16	350 180 375	905				
K. Moylan-17	345 205 430	980				
M. Connors-19	135 300 *480	915				
4th		*500				
B. Lanoue-GL	475	-	-	-		
Submasters						
B. Ducharme-35	*635 *380	*575 *1590				
M. Tarro-37	*625 435	605 *1665				
Bountempo-37	570 355	550 *1475				
4th	600*					
J. Acciardo 38	600 380	550 1530				
S. Michelson 37	465 270	420 1155				
Masters						
Donabedian-72	*375 270	405 *1050				
Montembault-46	575 *410	500 1485				
4th	*630					
T. Brien-42	600 335	575 1510				
J. Speaks-46	475 385	515 1375				
B. Connell-41	475 *415	450 1340				
K. Donnelly-40	515 350	500 1365				
C. Martin-40	*405 225	*505 *1135				
J. Gonsalves-43	440 250	475 1135				
J. Payette-43GL	445 285	475 1205				
D. Lefevre-44GL	415 250	-	-			
148 lb.						
T. Roselli	350 260	400 1010				
I. Rosales	405	-	-			
181 lb.						

8% body fat, she didn't look like the typical powerlifter. In her first meet, she easily squatted 325 lbs., then 350 pounds breaking the old state record by 60 lbs., she then benched 195 lbs. with no bench shirt. She finished off the day pulling 320 lbs. for a state record. There were seven lifters in the teenage division, all competing for the first time. These lifters from Woonsocket High School, coached by Tim Brien lifted like veterans, making all their lifts and setting some new state records. In the masters division many new records were set. Marcel Donabedian, at 72 years of age and still getting stronger set a new squat and total record. Dennis Montembault did something I've never seen before. He competed in a full powerlifting meet on Saturday and then again on Sunday and lifted even better, setting a new squat and bench record. Jose Goncalves, also lifted on both days. In the 181 lb. class Bob Ducharme was a man possessed, coming in with only one thing on his mind, breaking the 181 lb. squat record. Things soon turned for the worse. After blowing out his squat suit and dumping the weight, Bob came out the warm-up room with a worried look on his face and a lump on his head. After making a shaky opening attempt with 535 pounds. Bob went right to 600 pounds but wasn't until Bob's third attempt when his head started feeling better. The bar was then loaded to 635 pound. After getting a tight wrap and some encouraging words, Bob easily squatted 635 lbs. for a new state record and won the best lifter award in the light-weight division. In the 198 pound class, only 6 months after a severe motorcycle accident, Joe Tavares came back strong, squatting 570 lb. and benched 335 lbs. He then set his sights on breaking the state deadlift record. After an easy 580 lb. opener, he then smoked 635 lbs. But on his third attempt 660 lbs. stopped, only inches from lockout denying him the record. The 242 lb.

class had some great lifters. Mark D'orio, who used this meet as a tune up for the USPF Nationals lifted big. After an easy 665 pound opening squat, Mark then smoked 720 pound for a new state record. Mark who holds the 242 pound deadlift record with an 800 pound pull, lifted very conservatively pulling an easy 720 pounds and taking the best lifter award for the heavy weights. Good luck to Mark at the nationals. Mike Tarro, the most powerful attorney in RI and Mike Chiello battled for second place. After ending up with his opening squat of 625 pounds, Mike Tarro then benched 435 pounds. Mike Chiello, in only his second meet was lifting strong. After a 635 pound squat and a 420 pounds bench, he was only 5 pounds behind Tarro. Tarro then pulled 605 pounds for a personal best and took second place over Mike Chiello, who totaled 1650 pounds for a personal best. At 275 pounds James Bourgault, another wild man who lifted on both Saturday and Sunday hit some good lifts, which included an easy 450 pounds bench. Weighing in at 318 pounds, Antonio Jordan had a good day, hitting a personal best squat, deadlift and total. He continues to get better in each meet he lifts in. Thanks to all lifters for your support! (Thanks to Joe Reeves for providing the results of this competition to Powerlifting USA).



Tony Knight bench pressing 205 lbs. at 132 lbs. bwt. age 12 at the Dungeon Gym BP/DL Challenge. (Photograph provided courtesy of Mike Knight to PL USA).

**Dungeon Gym Challenge
12 May 01 - Galt, CA**

BENCH	J. Toxier	460
MEN	Master (40-44)	
Youth (10-12)	198 lbs.	
66 lbs.	R. Lopez	390*
M. Knight	60*	242 lbs.
132 lbs.	D. Skeva	275
T. Knight	205*	DEADLIFT
220 lbs.	MEN	
V. Tovar	145*	Open
Open	242 lbs.	
198 lbs.	D. Skeva	635
R. Lopez	390*	Master (40-44)
242 lbs.	D. Skeva	242 lbs.
275 lbs.	D. Skeva	635
"Personal Record. In the Youth division, 10 year old, Mike Knight, bench pressed 60 lbs. (RAW) at 63 lbs. BWT. It was a picture perfect lift and tied his PR. At 132 lbs. BWT, 12 year old, Tony Knight, bench pressed a HUGE 205 lbs. for a new PR! And no doubt one of the heaviest lifts ever recorded by a 12 year old! At 210 lbs. BWT, 12 year old, Victor Tovar benched a big RAW 145 lbs. for a new PR! This kid's MASSIVE and benches like his dad. In the Mens Master division, 40 year old, Rudy Lopez, from Salinas, CA, BLASTED UP 390 lbs. at 195 lbs. BWT - DOUBLE BODYWEIGHT and a New PR! In the 242 lbs. class, Darryl Skeva benched a RAW 275 lbs., which he TOYED with. Jaime Tovar, from King City, CA, benched a big 460 lbs. at 265 lbs. BWT, just missed locking out 495 lbs. I 500 is going up next! For the last lift of the afternoon, Darryl Skeva, originally from Chicago, home of THE BEARS and THE BULLS, now residing in Sacramento, CA, at 242 lbs. BWT and 42 years old, he's got TRAPS like GOLDBERG and DEADLIFTS like ANELLO Pulled a HUGE RAW 635 lbs. DEADLIFT to close the show! The meet was a success and a good time was had by all. This meet was a "No FEE" meet sanctioned by WBFB. (Thanks to Mike Knight for providing these meet 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
Current USPF Classification		Referee Status	Current High School	Special Olympian
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
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 _____

3rd WNPF Western PA

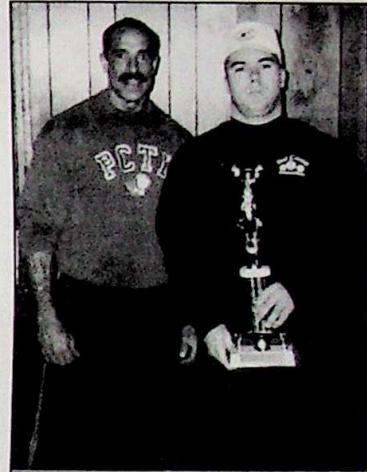
21 Apr 01 - Beaver Falls, PA					
BENCH	FEMALE				
FEMALE	154 lb. (14-16)	T. Matthews	195#		
114 lb.		MEN			
Lifetime					
S. Moore	60# 181 lb. (33-39)	S. Shearer	350#		
123 lb. (14-16)					
T. Miller	160 (50-59)	C. brogan	515#		
148 lb. (17-19)		148 lb. (14-16)			
J. Tammaro	240 J. Misorski, Sr.		270#		
165 lb.	198 lb. (17-19)	S. Mosura	410#		
Lifetime					
M. Hart	285 242 lb. Lifetime				
(50-59)					
R. Karkoska	240 C. brogan				
(14-15)	148 lb. (14-16)				
J. Bednar	165# T. Knepper		375#		
181 lb. (33-39)	RAW 165 lb.				
K. Kopezynski	365 (14-16)	J. Bednar	205		
198 lb.		DEADLIFT			
Lifetime					
N. Catsoules	365 FEMALE				
220 lb. (40-49)	165 lb. (14-16)				
B. Misorski	275 T. Matthews-a		230#		
242 lb.	MEN 148 lb.				
Lifetime					
S. Palucka!	425# R. Neurohr-a		405#		
181 lb.	(14-16)				
Lifetime	T. Knepper-a		450#		
T. Richards	375 165 lb. Lifetime				
(40-49)					
T. Richards	375# M. Hart-r		555#		
242 lb.	(14-16)				
Lifetime	J. Bednar-r		230*		
R. Druga	375 181 lb. (33-39)				
Police/Fire/Mil	S. Shearer-a		465		
J. Blank	275 198 lb. (17-19)				
SHW Lifetime	S. Mosura-a		300#		
J. Wilson	370 220 lb. (40-49)				
(40-49)	B. Misorski-r		400		
J. Wilson	370 242 lb. Lifetime				
SQUAT	S. Palucka		545#		
ASSISTED	SQ BP DL TOT				
RAW					
165 lb. (14-16)					
J. Bednar	205	165	230	600	
Lifetime					
M. Hart	360# 285# 555#		1200#		
(50-59)					
R. Scott	440* 185* 460*		1085*		
181 lb. (50-59)					
J. Welch	455# 320# 500#		1275#		
198 lb. Lifetime					
J. Daubler	435 360 435		1230		
J. Schaffer	405 380 425		1210		
220 lb. Lifetime					
J. Verrico	450# 3315# 580#		1245#		
G. Tisecich, Jr.	440 340 560		1340		
D. Taylor, II	465 285 540		1290		
(40-45)					
B. Misorski	390 275 400		1065		
242 lb. Lifetime					
B. Hennebert	525 370 630		1525		
S. Palucka	400# 425# 545#		1370#		
Police/Fire					
J. Begue	375 325 440		1140		
275 lb. (33-39)					
T. Kristoffl	700* 415 625		1740		
(40-49)					
R. Luklan	455* 395* 515*		1355*		
ASSISTED					
148 lb. (14-16)					
C. Pelich	300 185 315		800		
165 lb. (14-16)					
S. Baker	315# 165# 330#		810#		
Lifetime					
N. Merrorelli	505 380 500		1385		
198 lb. Lifetime					
S. Rowe	580 360 560		1500		
D. Polis	530 370 545		1445		
S. Egenbrode	300 235 345		880		
(50-59)					
J. Phillips	490 365* 500		1355		
220 lb. Lifetime					
B. Clonan	500 315 525		1340		
E. Boehler	475 315 525		1315		
(60-69)					
P. Manion	450 260 475		1185		
242 lb. (14-16)					
W. Dean	320# 315# 410#		1045#		
242 lb. Lifetime					
R. Burrell	650 460 580		1690		
D. Peterson, Jr.	450 475 550		1475		
(50-59)					
C. Evans	405# 340# 425#		1170#		
275 lb. (40-49)					
T. DeSantis	535 400 565		1500		
SHW Lifetime					
B. Powell	730# 500# 620#		1850#		
H. Kress	700 430 500		1630		

I=Best lifter. *=American record. #=State record.

a-Assisted. r-Raw. Lifters from four states came to Black Hawk High School to compete in the Third Annual Western PA Natural. Several new state records were set as well as American records broken. In raw powerlifting new state records were set by Michael Hart in the 165 lb. class as did Scott Palucka in the 242 lb. Class. A battle took place in the 220 lb. class between Jim Verrico and Gary Tisovich Jr. with Verrico edging out Tisovich setting all new state records. New American Records were set by master lifters Ron Scott and Jack Welch as well as Richard Luklan, Tom Kristoffl set a new American record in the squat breaking his old record on his way to winning best lifter in the raw division. In the assisted divisions teen lifters was Dean and Shane Baker set new state records as did master lifter Chuck Evans. SHW lifter Brad Powell from Sharon, PA set new state records on his way to winning the best lifter for the assisted divisions. John Phillips set a new American record in the bench breaking his own record. Several large totals were turned in by Scott Rowe, Nick Mercorelli, and Rob Burriss on their way to winning their divisions. In the raw bench only new state records were set by Shaunna Moore, and Scott Palucka who also took best lifter in the raw bench. American records were set by Shaunna Moore and teen Jay Bednar while winning their divisions. In the assisted bench Tim Richards set a new state record in the masters division and also took best lifter. Jerry Wilson also pushed up a nice bench winning two divisions. In the squat only new records were set by teen Tia Matthews who also set a state record in the deadlift. Teen Taylor Knepper also set new records in the squat and deadlift. In the deadlift only several new state records were set and an American record was set by teen Jay Bednar. Michael Hart pulled a strong 555 lb. in the 165 lb. Class. A special thanks to my crew and spotters who as always made this a successful meet. Also thanks to all the lifters and the people of Black Hawk High School for the support. (Thanks to Ron Deamicis for results).

sales from over 300 spectators, as well as private donations from a variety of sources. Guest speakers at the meet included Sam Barnes, Phil McConkey and Joe Frazier. The meet was organized by Guy Del Corso and Dr. Peter Berger. It all started when Dr. Berger, a local chiropractor in Hawthorne, wanted to do something for the Hackensack Medical Center after his four year old son fought a successful battle against cancer. Guy Del Corso, owner of Del Corso's Strength and Fitness and an accomplished Body Builder, suggested the idea for a Powerlifting meet, while Dr. Berger was training at Guy's Gym. Judging the meet was some of powerlifting's finest lifters including national champions Joe Carini, Larey Miello, Harry Puch, and world champion Jules Pelligrino. Some of the meet sponsors included Dr. Peter Berger, Del Corso Strength & Fitness, Federal Law Enforcement Foundation, Hawthorne PBA, Glen Rock PBA, Oakland PBA, Mahwah PBA, Bergen County Sheriff's Department, and the Passaic County Sheriff's Department, and the Passaic County Sheriff's Department, Ironman trophy's were given to Angelo Aramagno and Nicholas Berger both of whom had won there battle with cancer. The team trophy went to the National Champion Passaic County Sheriff's Team. The following is a partial list of the contestants who won their respective division and weight class. The teenage division was a significant reason why the meet was such a success, and special thanks should be given to the students of the Passaic County Technical Institute. First place trophies went to 132 Jorge A. Rosaldo Jr., 148 Kevin Vanderbeck, 165 Ray Temprano Jr., 181 Dominick D'Amico, 198 Tim Kousha, and 220

Javier Figueroa. In the Masters division: 181 Fred Stahman, 198 John Mitsopoulos, 242 Ray Temprano, and HW Lam Melito. The Open Division first place finishers included: 132 Daren Massey, 165 Keith Trotter, 181 Thomas Gordon, 198 Michael Manno, 220 Peter Berger. The largest and most competitive division was the Police/Fire Class, first place trophies were awarded to 123 Amy Perlmuter, 123 Joseph Weyman, 148 Dave Pukul, 165 Tony Atme, 181 Nick Cassanta, 220 Richard Hess, 242 Martin Gray, and 275 Darin Catlin. (Thanks to Guy Del Corso for providing the results of this contest to PL USA).



Co-meet organizer, Guy Del Corso w/ 1st place finisher in the police/fire 220 lb. wt. class, Richard Hess. Richard, an officer w/ the Oakland Police Dept. and member of the German American Law Enforcement Association won his class with a BP of 455 lbs. Since graduating from the NJ State Police Academy in April 2000, Richard has put over 100 lbs. on his BP while under the tutelage of Guy Del Corso. (Photo provided by Del Corso).

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
\$15.00 HIGH SCHOOL
\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
WNPF, PO BOX 142347, FAYETTEVILLE, GA 30214
(770) 996-3418

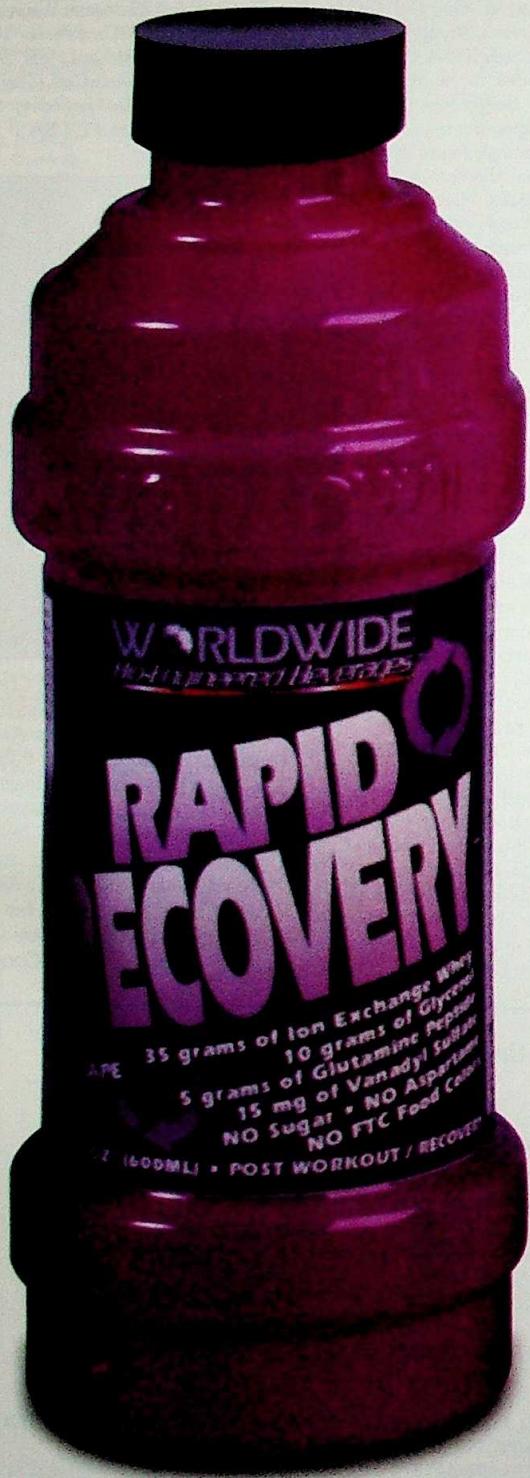
SIGNATURE / PARENTS SIGNATURE IF UNDER 18 _____

DATE _____ (memberships expire on 12/31, those purchased after Nov. 1 will expire 12/31 of the following year)

I agree to submit to any testing procedures in or out of contest by WNPF officials and shall accept the results and will not challenge them in any way. I also agree not to sue the WNPF for injuries that may occur during competition, traveling to or away from competition. I realize that powerlifting is a dangerous sport and I choose to compete at my own risk.

WORLDWIDE
Bio-Engineered Beverages™

No Added Sugar. No Aspartame. No FTC Food Colors.



**Your Muscles Are
Going To Thank Us
For This.**

**Our Competitors
Are Another Story.**

The innovative, bio-engineered formula for **Rapid Recovery™** has reached a new milestone in post workout drink technology.

You're looking at 35g of low molecular weight whey protein isolates with superior bio-availability to help repair and rebuild your muscles after serious training. Plus branch chain amino acids and 5g of anti-catabolic glutamine peptide to help increase protein synthesis and drive nutrients into your muscles. There's also 25 glycemic balanced grams of carbohydrates with 10g of super-hydrating glycerol to support the refueling of muscle glycogen and 15mg of vanadyl sulfate to give you the pump of your life!

There are three things it doesn't have: sugar, aspartame and FTC food coloring. But who needs those?

The truth is, *no other drink even comes close.*

So if you wouldn't settle for last year's workout, then don't settle for last year's formulas.

Available in Fruit Punch, Grape and Orange Cream.

Rapid Recovery™—Anything Else is Ancient History.™



Available at select **GNC** LiveWell gyms and healthfood stores nationwide.

Anything Else is Ancient History.™

For more information call 1-800-854-5019. Be sure to visit us on-line at www.sportnutrition.com

MASS AND MUSCLE

Pump up With

Get defined.

Streamlined.

Ultra firm.

Build muscles.

Get lean.

Develop stamina.

Increase energy.

Get motivated.

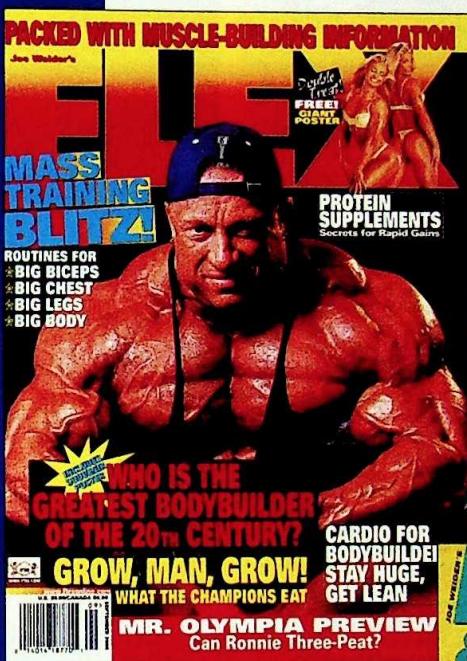
Be inspired.

**Subscribe online
and SAVE OFF the
newsstand price!**

**OR CALL TOLL FREE
1-800-493-4337***

* Refer to code YDBW

FIND US ON THE NET

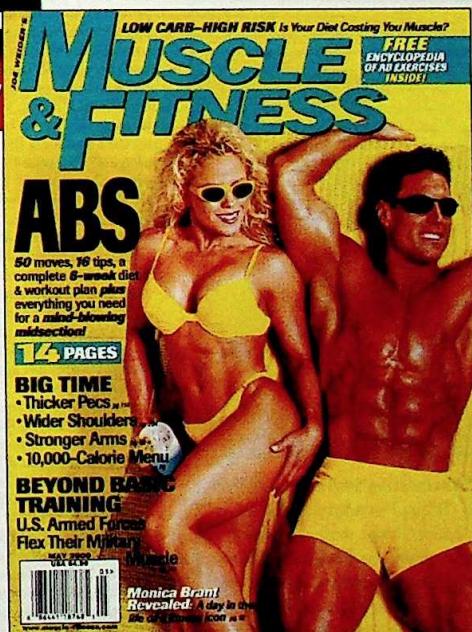


FLEX, the Voice of Champions, shows hardcore bodybuilders how to add size and symmetry for awesome results.

One Year (12 issues)
\$29.97 Save 58%

MUSCLE & FITNESS is the fitness trainer for goal-oriented men and women who want to reach peak physical condition.

One Year (12 issues)
\$34.97 Save 51%



www.flexonline.com

www.muscle-fitness.com

Rates good in the U.S. only. Outside the U.S., please write to:
WEIDER PUBLICATIONS, INC., P.O. Box 37230, Boone, IA 50037-0230

27TH USAPL Ozark (kg)					
21 Apr 01 - St. Louis, MO					
WOMEN	SQ	BP	DL	TOT	
Open 44 kgs./97 lb.					
E. Dickey	87.2	50	120	257.5	
Open 56 kgs./123 lbs.					
K. Miller	77.5	60	92.5	230	
Open 67.5 kgs./148 lbs.					
M. Slaughter	92.5	42.5	115	250	
Open 82.5 kgs./181 lbs.					
C. Martin	162.5	92.5	167.5	422.5	
Teen (18-19)					
67.5 kgs./148 lbs.					
W. McKelvey	115	50	130	295	
MEN					
Open 56 kgs./123 lbs.					
A. Whigham	205	120	—	—	
60 kg./132 lbs.					
K. Womack	182.5	80	185	452.5	
67.5 kg./148 lbs.					
R. Accardi	165	100	197.5	562.5	
82.5 kg./181 lbs.					
D. Austin	320	160	320	800	
Krockenberger	242.5	137.5	252.5	632.5	
90 kgs./198 lbs.					
R. Petzoldt	220	172.5	252.5	645	
G. Ludwig	245.5	167.5	227.5	637.5	
S. Reando	227.5	155	240	622.5	
T. Miller	202.5	160	232.5	595	
J. Baudendistal	210	155	225	590	
M. Poirier	202.5	150	225	577.5	
T. Wald	—	—	—	—	
Y. Chakur	—	—	—	—	
100 kgs./220 lbs.					
R. Lawrey	287.5	192.5	317.5	797.5	
T. Stanley	240	170	230	640	
110 kgs./242 lbs.					
K. Slaughter	207.5	155	240	602.5	
123+ kgs./275+ lbs.					
M. Werges	290	185	282.5	757.5	
B. Mitchell	1925	165	232.5	582.5	
Master (40-44) 60 kgs./132 lbs.					
K. Womack	182.5	85	185	452.5	
Master 82.5 kgs./181 lbs.					
Krockenberger	242.5	137.5	252.5	632.5	
Masters 90 kgs./198 lbs.					
G. Ludwig	242.5	167.5	227.5	637.5	
90 kgs./198 lbs. (55-59)					
L. Bargatz	192.5	117.5	2070.5517.5		
Master 100 kgs./220 lbs.					

Front Squats are Back!



With the Amazing New Front Squat Harness™ by PowerAtomic (U.S. Patent 5,472,398) "Finally, work your quadriceps muscles, getting the full benefit of a free weight front squat without struggling to hold the bar. Add more weight, do more reps... Solid steel harness with welded steel pins fully support your weighted barbell in proper position. Inch thick foam padding provides complete comfort. Excellent for use on the Smith Machine, too!" Send check or money order for \$159.99 (for regular size), or \$199.99 (for XL, 55 plus inch chest size only). Includes UPS shipping and handling in the cont. US, to PowerAtomic, Inc., PO Box 271, Swampscott, MA 01907. Call or E-Mail for brochure: (781) 581-6929, FrontSquat@aol.com. New pricing effective Oct. 1, 2000.

A. Dicandia	195	152.5	200	547.5
Masters 125 kgs./275 lb. (45-49)				
J. Voster	160	157.5	200	517.5
Novice 60 kg./132 lb.				
K. Otte	115	92.5	127.5	335
67.5 kg./148 lbs.				
C. Edwards	185.5	117.5	200	500
75 kg./165 lbs.				
R. Snelling	200	145	240	585
82.5 kg./181 lbs.				
C. Covington	182.5	1020.5	182.5	467.5
90 kg./198 lbs.				
W. Cooper	192.5	142.5	222.5	557.5
J. Koerner	195	145	205	545
100 kg./220 lbs.				
P. Schaub	227.5	160	272.5	632.5
Teen (18-19) 67.5 kgs./148 lbs.				

Best Lifters Open WOMEN: Cathy Martin. **Open MEN:** Dan Austin. **Teen Women:** Wendy McKelvey. **Teenage Men:** Ross Accardi. **Novice MEN:** Ryan Snelling. The Ozark competition had quite a few empty gaps in it, as is expected when holding two separate meets. With more divisions it dilutes the competition, but for out of state lifters, it gives them the chance to compete. I'll touch on some of the highlights of this portion of our meet instead of list all classes and winners. In the Women's 97 lbs. class, Erin Dickey of Plainwell, MI, lifted some enormous numbers for a girl of her weight. Just a teenager, she squatted 192 lbs., benched 110 lbs., and pulled a whopping 264 lb. deadlift. Her sum of the day was 567 lbs., which nearly netted her the best lifter award. Veteran lifter Cathy Martin from up around Macomb, IL, missed just one lift the entire day en route to her total of 931 lbs. Cathy lifts in our meets pretty often and makes a habit out of completing her lifts. She was the Ozark best lifter for the Women's division. 6 time National Champ Allen Whigham came from Jackson, Mississippi to move some iron in the 123 lb. class. Unable to complete a deadlift he'll go back to the drawing board and get the deadlift in order. His attempt was 607 lbs. and although I didn't see it, I'd bet that he lifted it, but just couldn't get it past the refs. Over the years, the folks of Missouri have been blessed with witnessing some of the top names in powerlifting. Names like Mike Bridges, Anthony Clark, Benemerito, Gillingham, Rosciglione and going way back, Jim Cash and probably even the great Larry Pacifico. Well gang, we can now add one more to the list. Dan Austin came up from Oklahoma to qualify for the Nationals and to try out his new weight class. Up from the 165's, Austin is a light 181 lbs and had no trouble qualifying. When you've won 9 world titles qualifying isn't the question; what kind of records you set is the question. After making a nice 705 lbs. squat and 362 lbs. in the bench press, Dan opened at 644 lbs. in the deadlift. Up it went, with precision and perfection. On his 2nd attempt, he jumped to 705 lbs. and once again a good lift made to look easy. For his third, he selected 338 kgs., which is 745 lbs. His goal was to break Ray Benemerito's 6 year old American Record deadlift set in the '95 Nationals. After a careful and methodical setup, he began pulling and up the bar went, all the way nearly to completion. At the top though he couldn't quite get his right leg locked before the bar slipped out. Folks, he was a hair away from breaking the record and looked good for it. Count on him doing it in Nebraska. Austin was by far the Ozark meet's best lifter and gave a great interview after the meet was over. Congratulations to Dan Austin on a fine meet!

In the 220's, we saw Rodney Lowery, who has yet to be beaten in our area. The Hot Rod repeated as the Ozark champ, complete with a nice 699 lb. deadlift. His weight was finally up near the 220 lb. class and his lift showed it. In the 275's, Mike Werges won this one by quite a bit over Brian Mitchell. But I have to say, Brian Mitchell has made some nice progress in just a year and a half. He's managed to put 150 lbs. on his total and has room to grow. With his frame he will handle much more in the future. Hats off to Lance Bargatz as well. Lance made 8 out of 9 lifts and ended with a 457 lbs. deadlift. I'm not sure, but this has to be one of his best meets yet. These guys just keep getting better with age. A few final notes... I'm pleased with the influx of new lifters. We saw a lot of new faces, and I'm glad to see that. However, there are quite a few weight classes where state titles are left up for grabs with no competitors entered. If you have a lifter that can compete, by all means have them compete. It would be an honor to be on the list that includes names like Sample, Mafuli, Krockenberger and



Dan Austin hasn't been on the world championship platforms since 1996 in Austria. Will he be able to make the USA Team for 2001?

others. Rolla Power's George Heroine looked like a completely different person from when I last seen him at Cape. He is one of the few that do powerlifting AND bodybuilding, and lost 33 lbs. in the last 5 months. No wonder his BP shirt fit like a windbreaker. The Missouri team title was won by the Bodyworks/Universal Fitness/Universal Physique powerlifting team. Heck, the guys from Cape have changed their names so many times, I'm not exactly sure what they go by these days. It was a close one though. The Above All team has re-emerged and should give the crew from Cape G some trouble next year. Jerry Pledger indicated that in all the years of the state meet, they never been beaten. Thanks to the crew that spotted and loaded. They were Jim Bell, Justin Newsome, Josh Anderson, Bob Scott and a host of others I'm sure I missed. This is by far, the hardest job of the most. Thanks to the Cissell family who keeps on putting out a great product for the lifters. Dr. Mike could easily have generic plates printed for the awards that say only "1st Place," etc., but he likes to make it a bit nicer and include the weight class and division along with the placing. That's why it sometimes takes longer to get the awards presented at the end. Everything is ordered ahead of time, counting on the lifters in certain weight classes. But when they fail to make weight, it throws a wrench into things. So, thanks for bearing with us when we figure the results. And to wrap it up, Dr. Mike pulled a fast one on this author. We present the Leroy Marsh award annually to a lifter coach or staff member that goes out of their way to promote the sport. Each year Mike and I decide and agree on who it should be. After the bench presses, we planned on presenting the award while the house was still full. Since I was close to Leroy, I usually announced who the winner was, and followed it with a brief speech on the person. Well, was I ever in for a surprise. Dr. Mike had the award and started announcing it, so I thought, "Cool, Mike's going to present it

this year. What the lifters sake. So, essentially, in my eyes, it's a "by the lifters, for the lifters" situation. Thanks again. Next stop? The Steeler HS powermeet on May 19th. Bring your kids. It'll be a great meet! For more information, contact us at www.USAPLNationals.com. (Thanks to Rick Fowler for providing results).

2nd W. Lafayette Classic 29 Apr 01 - W. Lafayette, OH

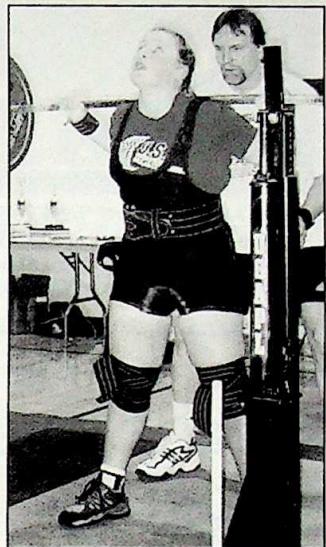
BENCH	275 lb.
Raw Open	P. Tedrick
148 lb.	DEADLIFT
M. Jobe	215 114 lb.
D. Rippee	225 Teen (13-15)
Open	B. Birkheimer
D. Rippee	230 165 lb.
181 lb. Master	T. Whyde
R. Williamson	215 181 lb. (17-19)
Raw Teen	A. Plunkett
Teen (17-19)	J. Brock
198 lb.	M. Maxwell
A. Hicks	285 198 lb.
Raw Submaster	Submaster
D. Casasanta	300 D. Casasanta
Open	415
J. Ankrom	365 J. Murphy
220 lb. Submaster	220 lb.
B. Dotson	390 Teen (17-19)
K. Crilow	330 275 lb.
Open	J. Sampsell
J. Maloy	325 Master
K. Crilow	330 E. Owens

John and Kayleen would like to thank the following judges: Ralph Young, Dave Roof and Lonnie Ridenbaugh. Plate Loaders: Avery Dotson and Shane Cowan. Scoretable: Jim Whyde. Food Table: Mary Hunter. Special Thanks to Brent Tracy for use of equipment. (Thanks to Meet Directors, John and Kayleen Blackstone, Musclebound, for these results).

USAPL Oregon State

24,25 Mar 01 - Medford, OR

	SQ	BP	DL	TOT
44 kg. Teen (14-15)				
Garcia, L.	66	66	154	287
52 kg. M1(40-44)				
Lopez, S.	110	66	165	342
56 kg. Open				
Ruff, D.	165	160	254	579
60 kg.				
Moore, E.	276	154	292	722
Beach, H.	193	99	237	529
Teen (14-15)				
DeLeon, K.	160	88	198	446
65.5 kg.				
Callahan, T.	303	231	331	865
Teen (16-17)				
Ellingsworth, T.	160	77	231	468
75 kg. Open				
Chilcott, C.	237	176	298	711
Teen (18-19)				
Perry, L.	226	127	231	584
90 kg. (16-17)				
Rudometkin, R.	408	193	364	965
MEN 52 kg. Teen (14-15)				
Berman, J.	116	66	127	309
67.5 kg. M3 (50-54)				
Randazzo, J.	314	198	342	854
Open				
Hundrup, C.	408	270	480	1157
McFarland, C.	320	187	408	915
Teen (14-15)				
Sousa, E.	143	105	226	474
75 kg.				
Munsey, A.	220	127	347	694
Borchardt, D.	237	138	320	694
Hughes, r.	143	110	265	518
Teen (18-19)				
Scheid, J.	380	237	408	1025
82.5 kg. M-1 (40-44)				
Wilson, T.	513	303	535	1350
Open				
Serry, P.	507	386	562	1455
(16-17)				
Mitchell, R.	402	237	463	1102
Ford, R.	287	165	375	827
(18-19)				
Fannin, W.	270	220	364	854
90 kg. M-2 (45-49)				
McFarland, C.	430	276	513	1218
Hahn, J.	413	320	463	1196
M3 (50-54)				
Magistad, G.	408	259	452	1119
M5 (60-64)				
Tuten, K.	452	281	524	1257
Open				
Reyes, M.	513	309	474	1295
Giles, B.	276	270	331	876
100 kg.				
Eller, K.	518	303	546	1367
Taylor, A.	408	287	474	1168
110 kg. M4 (55-59)				
Banz, J.	579	386	584	1549
Open				
Piscitelli, N.	634	413	612	1659
Rector, J.	639	380	573	1593
Rigdon, R.	480	441	474	1394
Kopta, T.	474	353	502	1328
McGrath, J.	424	303	452	1179



Record Breaker Rebekah Rudometkin on her way to the record smashing 182.5 kg. squat at the USAPL Oregon Championship. (Photo by Mike Mooney).



Erin Moore drops deep into the hole on her way to victory in the USAPL Oregon State Championships. (Steve Moore photograph).

USPF Alabama State/SE Regional

28 Apr 01 - Birmingham(?) AL

	SQ	BP	DL	TOT
BENCH				
MEN Regional				
M. Cassebaum	380			
C. Fennelle	350			
165 lb.	242 lb.			
S. Carter	350	R. Molay	430	
198 lb.	J. Flowers	405		
T. Gonnering	380	308 lb.		
220 lb.	T. Sullivan	485*		
MEN				
Open-Alabama				
181 lb.				
A. Machristie	525	330	550	1405
198 lb.				
J. Baumgart	620	425	640	1685*
220 lb.				
R. Gray	470	330	525	1325
242 lb.				
H. Davis	425	300	445	1180
275 lb.				
B. Vessels	640	500	735	1875
S. Khader	525	375	575	1475
308 lb.				
C. Coaker	680	450	650	1780
E. Roberts	725	385	650	1760
Open-Regional				
181 lb.				
R. Hagedorn	525	335	575	1435
D. Williams	570	350	510	1430
A. Machristie	525	330	550	1405
198 lb.				
M. Philips	670	385	670	1725*
J. Baumgart	620	425	640	1685
220 lb.				
R. Gray	470	330	525	1325
242 lb.				
H. Gray	435	300	445	1180
275 lb.				
B. Vessels	640	500	735	1875
308 lb.				
E. Roberts	725	385	650	1760
Novice-Alabama				
123 lb.				
D. McCook	330	140	350	820
165 lb.				
L. Washington	425	265	480	1170
J. West	385	265	405	1055



Shop Secure online for all your powerlifting needs...

www.ironviking.com

15% off Summer Sale

COMPETITION BELTS



- 1/2" Competition Lever Belts - \$74.99
- 1/2" Competition Buckle Belts - \$64.99

Call - 1 - 800 - 600 - 8241
the IRON VIKING - located in London, Canada

Iron Viking Logo
Now Legal for all IPF Competitions

D. Hagan	460	320	475	1255	J. Ward	350	225	420	995	
A. Phothisane	450	265	475	1190	J. Mooney	135	75	195	405	
198 lb.					181 lb.					
B. Smith	510	275	535	1320	N. Girdner	335	230	455	1020	
220 lb.					N. Poppell	290	185	435	910	
D. Carpenter	530	350	500	1380	198 lb.					
242 lb.					B. Smith	510	275	535	1320	
J. Flowers	500	405	475	1380	220 lb.					
B. Whittington	425	315	525	1265	G. Washington	440	275	470	1185	
R. Selman	405	330	510	1245	W. Hardy	405	275	400	1080	
H. Davis	435	300	445	1180	P. Kimbrell	350	175	405	930	
275 lb.					J. Dickinson	330	190	405	925	
S. Hendricks	500	425	530	1445	J. Rittman	250	145	300	695	
C. O'Barr	535	330	475	1340	275 lb.					
P. Savage	550	330	450	1330	C. Obarr	535	325	475	1340	
B. McConnel	655	385	555	1595	The 2001 USPF Alabama State and Southeastern Regional Powerlifting and Bench Press Championships for the Keys 4 PKU Foundation had an even better turnout than last year. The quality of lifters was superb and so was their patience as the meet ran a little long due to lack of staffing. Special thanks goes out to Dr. Tim Hudson and David Coleman, our two excellent international judges, for their great effort. Thanks also goes out to Becky and Sarah Ellis, wife and daughter to the locally famous Sandy Ellis, for all their work at the judges table. Thanks to them, the contest ran like clockwork. And a big, huge thank you goes out to Steel City Fitness of Birmingham, Alabama, whose staff worked tirelessly to create a supportive and smooth running meet. The PKU Foundation was very pleased with the fantastic support and participation of the competitors and the spectators and raised a considerable sum to support PKU research. I want to applaud the fantastic efforts given by our lifters and I hope to see them all back next year. (Thanks to Jeff Green for providing the results of this meet).					
M. Cassebaum	380									
C. Fennelle	350									
165 lb.										
L. Washington	425	365	450	1170						
181 lb.										
R. Hagedorn	525	335	575	1435						
220 lb.										
T. Butler	535	360	600	1495*						
242 lb.										
H. Davis	435	300	445	1180						
275 lb.										
S. Khader	525	375	575	1475						
181 lb.										
R. Hagedorn	525	335	575	1400*						
220 lb.										
C. Fennelle	55	350	225	630						
242 lb.										
H. Davis	435	350	445	1180						
275 lb.										
S. Khader	525	375	575	1475						
WOMEN										
Open 132 lb.										
E. Burton	300	160	280	740*						
148 lb.										
D. Amos	200	150	335	685						
Masters										
S. Endress	250	165	315	730						
V. McNeely	215	110	240	565						
High School										
K. McCurley	145	65	210	420						
M. Woodfin	170	80	140	390						
L. Evans	125	75	165	365						
High School-Alabama										
114 lb.										
C. Slater	195	140	225	560						
J. Mitchell	120	75	165	385						
123 lb.										
D. McCook	330	140	350	820						
C. Spivey	225	140	300	645						
M. McCook	140	85	175	400						
132 lb.										
M. Honeycutt	145	90	235	490						
148 lb.										
C. Jackson	240	155	335	730						
S. Oakes	250	115	335	700						
165 lb.										
J. West	385	265	405	1055						

(Thanks to Eddie Horton for the meet results).

7th Snake River BP/DL
10 Mar 01 - Idaho Falls, ID

BENCH	J. Thompson	446
WOMEN	K. Kreimann	418
Teen (18-19)	308+ lb.	
132 lb.	A. Stone	407
K. Sargent	Submasters	
MEN	165 lb.	
Teen (12-13)	J. Cunningham	391
132 lb.	181 lb.	
K. Thompson	88*	347*
181 lb.	J. Toolson	
N. Webster	170*	Hernandez(BL) 446*
(14-15) 148 lb.	242 lb.	
D. Winslow	154	D. Thompson 451
165 lb.	B. Woodbury	325
C. Linamen	236*	275 lb.
M. Duncan	143	J. Thompson 451*
242 lb.	308 lb.	
I. Filiaga	330*	T. Filiaga(BL) 540*
(16-17) 114 lb.	Masters (40-44)	
N. Roberts	115*	148 lb.
148 lb.	J. Smith	231*
R. Benson	181	165 lb.
B. Harris	176	M. Adamson 325
181 lb.	198 lb.	
K. Vollmer	248*	C. Palmer(BL) 440
J. Eilander	231	D. Clayton 402
198 lb.	242 lb.	
T. Jicha	253	S. Berger 336*
C. Webb	225	275 lb.
242 lb.	S. Akano	363*
K. Snapp	352	(45-49) 242 lb.
(18-19) 132 lb.	A. Anderson	369*
J. Ward	203	Tom Wood 369
Z. Kresser	—	275 lb.
Supers	K. Anderson	413*
A. Stone(BL)	407*	(50-54)
WOMEN	181 lb.	
Novice 105 lb.	G. Merrell	275*
T. Barnes	104*	198 lb.
165 lb.	A. Scardino	281
R. Kreimann	94*	242 lb.
Masters (40-45)	D. Ward	341
P. Beisner	126*	(55-59) 220 lb.
MEN	C. Douglas	352*
Novice 148 lb.	DEADLIFT	
E. Lara	—	Youth 64 lb.
165 lb.	D. Penny	94*
P. Wallace	275*	WOMEN
181 lb.	Teen (18-19)	
L. Akerman	303*	132 lb.
B. Sullivan	303	K. Sargent 231*
F. Barnes	—	Master 132 lb.
J. Tripp	—	P. Beisner 253*
220 lb.	Teen (12-13)	
A. Leavitti(BL)	424*	75 lb.
S. Linamen	253	K. Winslow 170*
242 lb.	132 lb.	
M. Labelle	413	K. Thompson —
M. Sowder	352	(14-15) 148 lb.
K. Korenke	286	D. Winslow 350*
Junior 165 lb.	165 lb.	
J. Vallo	248*	C. Linamen 402*
181 lb.	(16-17) 114 lb.	
L. Akerman	303*	N. Roberts 203*
J. Lempke	286	148 lb.
A. Korenke	275	R. Benson 380*
198 lb.	181 lb.	
C. Rasmussen	—	J. Eilander 402
220 lb.	242 lb.	
S. Craig	363*	K. Snapp 402*
242 lb.	(18-19) 132 lb.	
M. Choelo(BL)	402*	J. Ward(BL) 418*
275 lb.	Novice 181 lb.	
J. Galvin	391*	B. Sullivan 407*
308+ lb.	220 lb.	
P. Colburn	363*	S. Linamen 380
Open 165 lb.	242 lb.	
J. Cunningham	391	K. Korenke(BL) 501
D. Winslow	314	R. Lopez 457
A. Johanson	—	M. Sowder 402
181 lb.	Junior 181 lb.	
L. Akerman	303	A. Korenke 501
198 lb.	198 lb.	
Hernandez(BL)	446	G. Montanez 363*
C. Palmer	440	308+ lb.
J. Weber	319	P. Colburn 595*
220 lb.	Open 165 lb.	
C. Chandler	424*	D. Winslow(BL) 551
R. Wehle	407	J. Cunningham 402
B. Hill	358	181 lb.
J. Fisher	275	K. Penny 562
242 lb.	198 lb.	
D. Thompson	451	J. Hernandez 507
C. Lewis	446	220 lb.
D. Fortner	418	B. Hill 639*
D. Wolf	336	J. Fisher 457
C. Carlin	—	242 lb.
J. Finley	—	R. Lopez 457
275 lb.	—	D. Wolf 429
J. Thompson	451	C. Carlin —

275 lb. Masters (40-44)
J. Thompson 677* 148 lb.
Submasters J. Smith 225*
165 lb. 198 lb.
J. Cunningham 402* D. Clayton 550*
198 lb. (50-55) 198 lb.
J. Hernandez 507* A. Scardino(BL) 473*
275 lb. (55-59) 220 lb.
J. Thompson(BL) 685 C. Douglas 363
BL-Best Lifter. ~Snake River record. As the
Chinese say, Beware what you wish for'. Promotors
and lifters sometime wish for more competition in the weight classes. How much
more can the Idaho Falls YMCA take? The
numbers keep increasing: both in competitors
and spectators. The lifting platform size is also
increasing, now 20' by 18'. The walls seem to
be bulging with people! It's nice to see after
seven meets the novice and open classes filling,
six in the open 242. Sculptures for all five
top finishers, next time! The team competition
increased from one team to 'seven' teams!
Next meet will have to include placing for the
top three teams. Four teams were competing
for the bench team sculpture, Team Fitness
(Pocatello, ID), Team Provo (Provo, UT), Jerome
Fitness (Jerome, ID), and the Snake River Team
(Idaho Falls, ID). Based on the highest placings
Jerome Fitness and Team Provo were the best,



Front (l-r): Joel Ward "Best Teen" lifted 423 lbs. at 132 bwt, Katie Sargent lifted 231 lbs. in 132's, Adam Korenke lifted 501 lbs. in 181's. Standing: Keith Penny lifted 563 in 181's, Kirk Korenke "Best Novice" lifted 501 lbs. in 242's. (Photo provided by Linda and Mike Higgins).

The POWERBELT™ . . . worn by Champions

	Style A \$89.99 3 Color Suede Double Thickness		Style B \$84.99 2 Color Suede Double Thickness		Style C \$79.99 1 Color Suede Double Thickness		Style E \$69.99 4" Tapered Suede Single Thickness
	Style F \$31.00 4" Leather Single Thickness		Style H \$23.00 4" Tapered Leather Single Thickness		Style I \$55.00 Economy Suede Belt		Style J \$24.00 4" Nylon Adjustable Belt with velcro
	Style L \$79.99 Lever Action Belt 1,2,3 Color Suede Lever only \$18.00		Style M \$35.00 Import Economy Suede Belt		Style P \$99.99 THE ULTIMATE POWER BELT 1,2,3 Color Suede MAXIMUM Thickness		Style 1 \$35.00 FULL DIP BELT DIP BELT WITH LOOP AND CHAIN
	Style O \$109.99 Same as Style C w/embroidered name		Style 2 \$20.00 Same as Style L w/embroidered name				



CRAIN'S
Muscle World, Ltd.

THE ONLY SQUAT SHOE EVER DESIGNED FOR SQUATTING BY A WORLD CLASS SQUATTER

- Wedge Heel • 2 Velcro Straps For Support
- Cowhide Outer For Stiffness • Pigskin Inner For Comfort
- Sizes 03-15 • Made in U.S.A.



Power Deadlift Slipper \$12.00
Sizes 01-15 Call for Colors

Power Deadlift Shoe \$50.00
Sizes 03-13 Call for Colors

Otomix "The Ultimate Trainer" MODEL #4444 \$99.00
White/Black
White/Charcoal
Black Sizes 04-14

Power Shoe™



\$115.00

White w/Black
White w/Navy Blue

Otomix "The Ultimate Trainer" MODEL #4444 \$99.00
White/Black
White/Charcoal
Black Sizes 04-14

with all competitors receiving first place. When the coefficients were added Team Provo was the winner, with 775 points to 745 points. The father and son combo, Tui and Isley Filigia were major players. 14 year old Isley made 330 lbs, and father Tui made 540 lbs., but paid a price! The price was a tricep injury on his 540 lb. lockout. Tui immediately left the meet to get medical attention. Several happy lifters have come to the championships and broken records. It's sad to see injuries and our best goes out to Tui! Teammate Allen Stone (19 yrs.) was the second strongest on the team with a 407 lb. bench. Stanton Akana bunched 363 lbs. in his first appearance at the championships. Chris Chandler (Owner Jerome Fitness) put a strong team together to finish second. Team member Toni Barnes impressed the crowd with a 105 lb. bench at 52 kg. bodyweight. Toni should be proud for having the highest coefficient on the teams. (That makes Linda's day when those lightweight girls 'do the numbers'! Linda occasionally mentions a 303 lb. deadlift at 114 lb. body weight in Cape Town, South Africa in eight months.) Coach Chandler finished second by coefficient on the team with a PR (personal record) 424 lb. bench. Congrats Chris! Mike Coelho was fired up for his 402 lb. bench to win his class. Team Fitness just missed

second by half a point! Sean 'Professor' Anderson was happy with a bench PR! (Another success story for Louie Simmons bench training) Andy Scardino was the strongest team member by coefficient. The Snake River team finished fourth with some exciting newcomers. 114 lb. Nevill Roberts was the lightest, youngest, and "strongest" by coefficient. Congrats Neville with a double bodyweight bench press! Junior lifter Jonas Galvin benched 391 lbs... and showed much promise. The surprise achievements of these kids, and the happiness on their faces is just awesome! The deadlift teams came fired up for top honors: Raw Doggz (Boise, ID), Team Xtreme (Wyoming), and the Snake River Team (Idaho Falls, ID). Surprisingly the Snake River Team was unstoppable lead by teenage newcomer Joel Ward. Joel's 3.3 times bodyweight lift gave Snake River more than enough to beat Team Xtreme, and also earn Joel "Best Teen Deadlifter." Joel's training had projected 380-400 lbs, but his determination and the audience enthusiasm enabled him to throw out the training cycle projections. Joel is now training for the nationals in May. "Bring home the whole trophy table Joel!" Throw out the training cycle projections had a different meaning for team member Keith Penny. Keith's 562 lb. opener was no problem. His jump to 623



Best Bench Team: Team Provo - Stanton Akana, Allen Stone "Best Teen Lifter," Tui Filigia "Best submaster lifter," and Isley Filigia. (Photograph provided courtesy of Linda and Mike Higgins to Powerlifting USA).



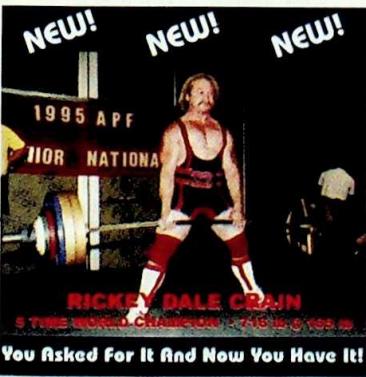
THE NEXT GENERATION IN POWER GEAR

By

CRAIN'S MUSCLE WORLD, LIMITED



The Genesis® DEADLIFT SUIT



You Asked For It And Now You Have It!

Devastatingly Hi-Tec
And Unbelievably Effective

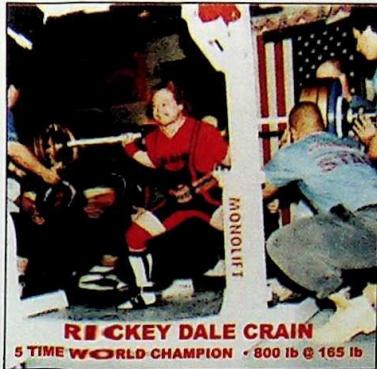
So Incredibly Superior,
It Should Be Illegal

We find that the support and explosive power generated in the squat and deadlift, by the

Genesis Power Suit®, and the

Genesis Deadlift Suit, surpass any other suit manufactured in today's market!

The Genesis® POWER SUIT®



The Genesis POWER SUIT® \$55.00

U.S. Trademark Reg. #1544517. Size - 18-46. Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgundy, White - Two & Three Color Available.

The Genesis DEADLIFT SUIT \$55.00

Double Thick *Genesis® POWER SUIT®* No Straps \$109.00

Training *Genesis® POWER SUIT®* No Straps \$42.00

Double Thick Training *Genesis® POWER SUIT®* \$83.00

Genesis® POWER BRIEF™ \$29.00

Double Thick *Genesis® POWER BRIEF™* \$57.00

The POWER SUIT® \$39.00

U.S. Trademark Reg. #1544517. Size - 18-46. Navy Blue, Black, Red, Royal Blue, Light Blue, Forest Green, Gold, Burgundy, White - Two & Three Color Available.

Training *POWER SUIT®* No Straps \$29.00

POWER BRIEF™ \$19.00

Custom Alterations \$10.00 - UP

FOR ALL RUBBER ORDERS GIVE HEIGHT / WEIGHT / THIGH MEASUREMENTS

LYCRA/COTTON LIFTING SINGLET - XS - XL \$35.00

Navy Blue, Black, Red, Royal Blue, other colors & prints available

XXL ... \$37.00 XXXL ... \$39.00 XXXXL ... \$41.00

INZER ADVANCED DESIGN

Patent #4473308 Navy Blue, Black, Red, Royal Blue Give Chest/Bust/Shoulder Measurement Size 34-64

Blast Shirt \$42.00

Blast Shirt Double Thick \$75.00

Heavy Duty Blast Shirt \$60.00

Heavy Duty Blast Shirt Double Thick \$100.00

High Performance Heavy Duty Blast Shirt \$79.00

High Perf. Heavy Duty Blast Shirt Double Thick \$127.00

Extra High Perf. Heavy Duty Blast Shirt \$104.95

Extra High Perf. Heavy Duty Blast Shirt Double Thick \$150.00

Erector Shirt \$42.00

ALL PRICES SUBJECT TO CHANGE

CHECK / CASH / CREDIT CARD / C.O.D. (\$25.00 min.)

Outside USA and Canada Customer Service Call 1-405-275-3689

FAX: 1-405-275-3739

Call Toll Free - Orders Only

1-800-D-272-0051



\$19.95

APF Legal 2.5 meters \$25.95



\$16.95

IPF Legal 50 CM \$16.95



\$17.95

REDLINE Power Wrist Wrap™
Power Wrist Wrap.....(Vented Material W/Velcro).....\$10.95

Outside U.S.
Handling \$6.00

30% Surface or 40% Airmail
Minimum \$6.00

Oklahoma Residents
Add 8.5% Sales Tax

CRAIN'S MUSCLE WORLD, LTD.
3803 North Bryan Road
Shawnee, OK 74804-2314 U.S.A.
e-mail: crain@onet.net
web page: www.crainsmuscleworld.com
power forum: www.venus.beszen.com/board/room1/26492

lbs. was up to his knees when oxygen deprivation stopped it, and Keith as well! Keith dropped the weight, took two wobbly steps, and was down for the three count. Passed out! Came too saying, "what happened, did I get the lift?" Junior Phillip Colburn has been so helpful in the past meets and finally made it to the platform to lift. Phil only had four weeks of training and pulled 595 lbs. In August Phil should go 700-500-650. Team Xtreme was runner up for the team deadlift award. Newcomer Pam Bisner impressed the crowd with her dense muscle separation and a nice 253 lb. pull in the masters 132 class. Both Thompson's brothers, Joe and Jim, are aiming for the "700" lb. club by August, pulling 683 lbs. and 677 lbs. Joe took 'Best Sub Master Deadlifter' of the meet. Doug Clayton was happy with his 550 lb. pull (a new meet record). Team Raw Doggz was led by the Winslow family. Coach/father Danny Winslow hasn't been on the scene for over a year due to surgery. The rest did him well because he came through on his promise of a 550 lb. pull at 165 lb. body weight. Danny will break the world record of 530 lbs. on his opener in May. Danny's son, Daniel at 15 yrs. pulled 350 lbs. at 148. Wow! Brother Kevin pulled 170 lbs. at 13 yrs. as well. Rocky Lopez also added team points with a 407 lb. pull in the novice division. It was nice to have all the teams participating this year, and the sculptured trophy will be impressive in their gym! Congrats and thanks! For the bench press competition Coach Caleb Douglas trained and brought some strong newcomers to the championships. Robie Benson and Carl Lineman are football players from Casper, WY. With the records they set at the championships, they'll have a great season and be stronger than ever! Robie Benson received first place for his 176 lb. bench in the 16-17 yrs. 148 lb. class. Brian Harris was second with 176 lbs. Robie also set a new deadlift record at 402 lbs. Then buddy Carl set a new bench record at 236 lbs., and a deadlift record at 402 lbs. Kris Vollmer, coached by dad, beat Jake Eilander for first in the 181's. Newcomer "J.T." Jicha benched 253 lbs. for first in the 198's; Cody Webb second with 225 lbs. Provo, Utah's Allen Stone was 'Best Teen Bencher' of the day with his 407 lb. bench. Robin Kreimann (women's open) won her class but was more excited about her hubby's performance!! Keith Kreimann had coached his lovely wife for weeks in benching techniques, only to enter himself at the last minute. In doing so, Keith obtained not one, but two PR's. Congrats go to Robin, who probably planned the whole thing! "Behind every good lifter is a great woman"! Keith laughed at his final 423 lb. bench. And yes, Keith is yet another, Louie Simmons success story. Only now has Keith begun to bench! Allen Leavitt took first in the Novice 220's with a 424 lb. bench, which also won him 'Best Novice Bencher'. Newcomer Mark Labelle won the novice 242's with a shirtless 413 lb. bench. Mark trains with ex-Olympian Rob, at Teton Valley Fitness. Marc Sowder's 353 lb. bench won him second place, and Kirk Korenke took third. Brendon Sullivan came over from Ketchum, ID. and benched 303 lbs. to win the novice 181's. Mike Coelho won 'Best Junior Bencher' with his 402 lb.

bench in the 242's. Lance Akerman won the junior 181's with a 303 lb. bench, Jon Lemppke second with 286 lbs., and Adam Korenke third with a PR 275 lb. bench. John Hernandez won 'Best Open Bench' and won the open 198's. Craig Palmer (last years winner) opened heavy at 440 lbs. and took second, Jim Weber- third and happy with a new PR. Chris Chandler's nice PR 424 lb. bench won the 220's, Wyoming meet promoter Rick Wehle second with 407 lbs., and Benji Hill third with 358 lbs. Benji helped his friend Kevin Mora open a gym in Ketchum, ID. Both are sporting more muscle mass and will be exciting on the platform in August. The open 242's were loaded, six competitors! Darren Thompson (Blackfoot, ID) won out by only 6 lbs. over Clint Lewis. Dave Fortner third with 418 lbs. Joe Thompson won the 275's with 451 lbs. and brother Jim took second with 446 lbs., Keith Kreimann third. Tui Filiaga won 'Best Sub Master Bench' with 540 lbs. Jon Cunningham (best bencher last meet) did a PR 4th attempt and made the "400 Club" with 403 lbs. at 165. Congrats Jon!! (We've seen so many PR's at the championships; you should come and check it out!) John Toolson was missed last year but came back to win the sub's 181's with a 347 lb. bench. Bryce Woodbury tested the spotters when his thumb less grip slipped and the bar crashed to his chest! "Great Job & God Bless Larry & Chris", the spotters! Craig Palmer entertained the crowd and TV crew with his psyching techniques, which won him 'Best Master Bench'! That's a feat in itself considering the master's have a weight and age coefficients. Sean Anderson improved his PR and won the Master's 242's with a 369 lb. bench. He and Tom Wood did identical lifts but Sean won on body weight. Congrats to master Greg Merrell who returned to the championships to beat a long delayed PR, and increase the meet record by 20 lbs. Youth David Penny opened the deadlift competition with some nice deadlifting. The youth lifting is a parent-supervised event. Katie Sargent won the women's teens with her 231 lb. deadlift. After "two" knee surgeries, and a year of rehab, Katie is ready to test Dr. Rorke's work (Orthopaedic's of Jackson). So get ready! The

novice 242's had three competitors. Kirk Korenke took first with a PR "500 Club" lift, Rocky Lopez second with 457 lbs., and Marc Sowder third with 402 lbs. Phillip Colborn won 'Best Junior Deadlifter' with 595 lbs. Danny Winslow pulled 551 lbs. to take the open 165's and win 'Best Open Deadlifter'. Benji Hill was runner up for the honors, but won the open 220's with a 639 lb. lift. Allen Leavitt pulled 600 lbs. for second, Jerry Fisher third, Rocky Lopez and David Woll were close in the open 242's. Lopez winning for first and Wolf second. Jim Thompson, closing in on the "700 Club," pulled 677 lbs. for first in the 275's. The Subs and Masters drew seven competitors. John Hernandez won 'Best Sub-Master Deadlifter' of the day. 165 bench phenomenon Jon Cunningham pulled 402 lbs. for first place in the Subs. Andy Scardino won 'Best Master Deadlifter' out of a field of four competitors. Andy broke the state record by "50 lbs." as well! Doug Clayton was runner up for the honor with a 550 lb. pull, and broke another state record by "50 lbs." Caleb Douglas won the master's 220's and was just after Clayton for best master by coefficient. Caleb pulled 363 lbs. in the 55-59 yr. class without even having his head into it. If life's things settle down by August he'll reach his peak! More improvements are in store for the lifters at our August championships! Thanks to some notations by Y-staffer Kim Croft. World Champion Priscilla Giddings didn't entertain the crowd with any world class lifting this time; just came to pay homage to the meet that got her lifting! She's off to the Air Force Academy in June. And if she gets serious again, "Force" to reconcile will be the key word! Priscilla has the 'force' to become one of the few teens to ever squat and deadlift "400 lbs." (Her best so far is 353 lbs. and 378 lbs.) We'll miss her! Chris and Larry did awesome job spotting during the bench. The deadlift spotters were even more awesome, I just can't recall who they were at this time! Thanks to Jim Heeding, Bruce Roberts, and Sean Anderson for judging. Un-sanctioned meets are sometimes tougher on the judges than sanctioned! The complete YMCA staff must be commended for all their efforts!

If Gary Benford had half the professionalism when he had the "YMCA Nationals" it must have been a super meet! Orthopaedics of Jackson Hole, WY and the Teton Outpatient Clinic generosity enabled us to have another fantastic championships!!! Many of the competitors have said it's the best in the northwest. We owe our sponsors for this complement! The sculptured trophies, and free food the lifters enjoy is thanks to our great sponsors! One Dr. Champa's clients in Jackson is Rulon Gardner, last year gold medal heavyweight Olympic wrestler. Anderson Lumber is thinking of marketing the unbelievable platform we lift on! Meet promoters will have no more platform complaints with his floor thrist platform! Thanks to Outback Steakhouse, Papa Kelsey's, Domino's, IGA Food's, and Brownstone for supplying great food and beverages. Sure adds a special touch! Best in power to you! And bring your personal records to the championships August 18 & 19th. (Thanks to Linda & Mike Higgins for these meet results).

242 lb.	P. Eberhardinger—	—	215	215
A. Parrillo	475	300	450	1225
275 lb.	R. Duff	400	270	430
M. Kleckner	325	255	360	940
J. Grove	390	275	455	1120
SHW	M. Miller	700	—	700
(Thanks to the Body Factory for providing these meet results to POWERLIFTING USA)				

Nordic BP Championships

5 May 01 - Randers, Denmark (kg)				
WOMEN	R. Kaattari	140		
48 kg.	V. Arpala	77.5	A. Kurjenkallio	142.5
52 kg.	H. Svahn	97.5	T. Iversen	130
R. Luumatainen	90	67.5 kg.	M. Rasmussen	117.5
I. Laine	85	E. Rajala	T. Ahopelo	152.5
56 kg.	56 kg.	75 kg.	D. Rizdamans	140
M. Sirkia	87.5	J. Andersson	M. Eriksson	167.5
67.5 kg.	75	A. Riis	K. Gustavsson	165
B. Arntsen	107.5	82.5 kg.	H. Svensson	102.5
K. Miller-101	75	90 kg.	K. Karvonen	87.5
L. Martin-122	175	112.5	L. Rasmussen	75
D. DeFranco-181275	180	190	T. Mahnke	47.5
MEN Open 148 lb.	315	K. Haugland	75 kg.	180
K. Cramer	370	K. Madsen	A. Halvarsson	100 kg.
165 lb.	255	260	H. blinnikka	95
T. Yohey	390	110 kg.	A. Pedersen	92.5
J. Martin	430	235	J. Liimatainen	87.5
S. Larriey	500	280	R. Engelund	105
181 lb.	485	1265	S. Madsen	97.5
C. Condillo	385	1235	92.5+ kg.	260
M. Christopher	335	540	S. Formgren	130
198 lb.	210	440	S. Saksa	117.5
R. Zavakey	360	985	T. Andersen	112.5
B. Klink	380	425	K. Noxua	100
220 lb.	250	1050	MEN	125+ kg.
T. Nichols	410	525	N. Steiniker	100
J. Martin	435	460	56 kg.	270
L. Dalton	435	1170	U. Wiklund	265
K. Brown	350	410	(Thanks to Heikku Orasmaa for these results).	

Body Factory Power Challenge

24 Feb 01 - Pen Argyl, PA

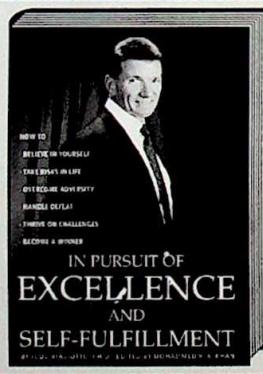
WOMEN	SQ	BP	DL	TOT
K. Miller-101	75	45	120	240
L. Martin-122	175	130	260	565
D. DeFranco-181275	180	315	770	
MEN Open 148 lb.				
K. Cramer	370	255	400	1025
165 lb.				
T. Yohey	390	200	375	965
J. Martin	430	255	415	1100
S. Larriey	500	280	485	1265
181 lb.				
C. Condillo	385	310	540	1235
M. Christopher	335	210	440	985
198 lb.				
R. Zavakey	360	285	425	1070
B. Klink	380	250	420	1050
220 lb.				
T. Nichols	410	285	525	1220
J. Martin	435	275	460	1170
L. Dalton	435	240	465	1140
K. Brown	350	210	400	960

To order books send check or money order (U.S. funds only) to Solaris. For S&H please add: U.S. and Canada \$4 for 1 book, \$6 for 2 or more books (COD \$2 extra). Foreign orders: prepaid only, for S&H please add \$9 for one book, \$14 for 2, \$19 for 3 (U.S. funds only). Dealer inquires welcome!

Dr. Judd's Reflections on Sports & Life

"Reflections" is a treasure-chest of magnificent stories that will warm your heart, enlighten your mind, and inspire your soul to greatness. This book is a magical chronicle of Dr. Judd Biasiotto's rich and varied experiences as a renowned sports psychologist, an award winning speaker and writer, a celebrated educator and a world class athlete. A splendid manuscript about love, compassion, tolerance, courage and self-assurance. Once you read this book you will look at your life anew. It will give you the confidence to do or become whatever you want. Nasser El Sonbaty, IFBB Pro, Mr. Universe, says: "Simply put: One of the best books I have ever read. I absolutely loved it."

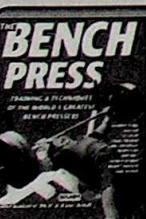
Hardcover, 133 Pages
just \$19.95



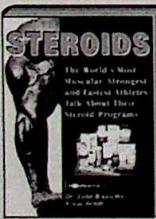
Dr. Judd on The Pursuit of Excellence

"In Pursuit Of Excellence And Self-Fulfillment" is a collection of Dr. Judd Biasiotto's entertaining and informative lectures, which were delivered worldwide over the last decade. After you read this book you will look at your life anew. Each chapter is filled with true and inspiring stories that will broaden your perspective of what it means to be fully human. It will enlighten you as to how compassion, courage, love and inner strength can be made a part of your daily life. Curtis Leslie, Multiple World Champion Powerlifter, says: "This book can and will enrich your life. It certainly did mine!" Mike White, All-Pro Cincinnati Bengals: "This book will make you feel like you can conquer the world."

Hardcover, 150 Pages
just \$19.95



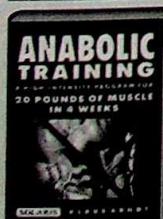
Superior Bench Training
Bench press training with the best athletes in the game: Clark, Tokarski, Lain, Arcidi, Confessore, Hall, Williams, Pfraumeni, Bruegger, Saliger. Their exact training routines, tips & tricks, techniques equipment, contest preparation.
Paperback, 126 Pages
just \$19.95



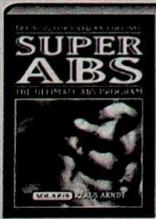
Drugs in Weightlifting
Revealed: The drugs and dosages professional athletes are using! Bodybuilders and Powerlifters talk straight about the incredible amounts and combinations of Steroids, IGF-1 and Growth Hormone today's athletes are using.
Paperback, 110 Pages
just \$19.95



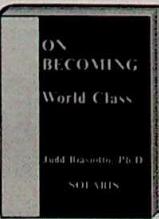
Planned Success
Quickly record important lifting data, saving time each day. Pre-fabricated boxes and input fields for every detail of your workouts and diet, supplements and the rest you get. See at a glance what you put in and what you got out.
Spiral Binding, 150 P.
just \$8.95



European Bulk-Up
Gain 20 pounds and more in only four weeks! Professional preparation for the mass-training phase, top mass exercises, proven super-intensity techniques, lots of photos and a detailed 4-week routine with weights & reps.
Paperback, 100 Pages
just \$9.95



Rock-Hard Abs
Brief, hard, convincing results: Special abdominal training for an incredibly lean and ripped midsection. New and improved exercises, the best exercise combinations, increased intensity, how to avoid the most common mistakes.
Paperback, 80 Pages
just \$6.95



Best of Dr. Judd
On becoming World Class will stun you, it will make you laugh out loud, and it will help you to make the best of your weightlifting career. Dr. Judd reveals how to get a winning attitude by overcoming defeat & believing in yourself.
Paperback, 179 Pages
just \$12.95

TOP 100

For standard 114 lb./ 52 kg. USA lifters in results received from May/2000 through Apr/2001.

PL USA Top 100 Achievement Awards

SQUAT

1	501 Booker, M..11/3/00
2	418 Gainer, E..11/14/00
3	390 Scruggs, J..3/24/01
4	375 Lloyd, M..3/24/01
5	370 Holloway, D..12/2/00
6	370 Henderson, C..3/24/01
7	365 Marrero, S..6/24/00
8	360 Campanero, M..3/24/01
9	360 Garcia, D..3/24/01
10	355 Yarbrough, J..3/24/01

BENCH PRESS

1	315 Pham, H..8/5/00
2	309 Booker, M..11/3/00
3	308 Culp, L..6/3/00
4	286 Galner, E..7/9/00
5	255 Cintron, S..4/28/01
6	235 Snell, S..6/3/00
7	215 Murphy, Jr., G..6/10/00
8	215 Pitts, L..8/12/00
9	215 Lloyd, M..3/24/01
10	210 Scruggs, J..3/24/01

DEADLIFT

1	479 Gainer, E..7/9/00
2	455 Holloway, D..12/2/00
3	445 Snell, S..7/0/00
4	429 Tyree, V..11/16/00
5	425 Lloyd, M..3/24/01
6	410 Scruggs, J..3/24/01
7	400 Jackson, A..3/24/01
8	395 Davis, J..6/15/00
9	395 Houston, L..3/24/01
10	385 Henderson, C..3/24/01

TOTAL

1	1173 Gainer, E..11/14/00
2	1102 Booker, M..11/3/00
3	1015 Lloyd, M..3/24/01
4	1010 Scruggs, J..3/24/01
5	1000 Snell, S..6/3/00
6	995 Holloway, D..12/2/00
7	935 Jackson, A..3/24/01
8	935 Henderson, C..3/24/01
9	905 Marrero, S..3/4/01
10	903 Rodriguez, J..6/10/00

11	353 Jackson, A..3/24/01
12	350 Snell, S..6/3/00
13	341 Barlow, L..10/28/00
14	323 Hill, J..4/6/01
15	336 Hartwig, S..1/20/01
16	330 Jones, E..3/24/01
17	325 Davis, J..6/15/00
18	325 Hafnback, S..3/30/01
19	325 Jackson, H..4/6/01
20	319 Rodriguez, J..6/10/00

21	205 Monies, G..3/24/01
22	203 Rodriguez, J..6/10/00
23	203 Tyree, V..11/16/00
24	198 Hilton, T..3/30/01
25	187 Beckerich, J..9/16/00
26	187 Hartwig, S..1/20/01
27	186 Foster, W..3/24/01
28	185 Goodman, B..2/11/01
29	185 Hafnback, S..3/30/01
30	184 Davis, J..6/15/00

31	385 Monies, G..3/24/01
32	380 Rodriguez, J..6/10/00
33	380 Marrero, S..3/4/01
34	375 Ona, R..3/24/01
35	375 Callaway, K..3/24/01
36	375 Velazquez, C..3/24/01
37	375 Teaff, N..3/24/01
38	375 Isenhour, A..3/24/01
39	375 Sifuentes, J..3/24/01
40	375 Gratton, P..3/17/01

41	900 Davis, J..6/15/00
42	885 Campanero, M..3/24/01
43	880 Barlow, J..3/24/01
44	875 Monies, G..3/24/01
45	865 Hartwig, S..1/20/01
46	848 Hafnback, S..3/30/01
47	845 Houston, L..3/24/01
48	840 Jones, E..3/24/01
49	835 Jackson, H..4/6/01
50	832 Street, E..1/20/01

51	300 Niedoluwka, V..5/7/00
52	300 Serrano, A..3/24/01
53	297 Dewaters, D..3/30/01
54	295 Foster, W..3/24/01
55	295 Phillips, W..4/6/01
56	292 Gaines, J..3/30/01
57	290 Jones, W..3/24/01
58	290 Isenhour, A..3/24/01
59	290 Sifuentes, J..3/24/01
60	286 Bowers, S..10/17/00

61	180 Jackson, A..3/24/01
62	180 Parrish, S..10/7/00
63	170 Birchak, N..11/3/00
64	170 Coulombe, T..11/16/00
65	170 Holloway, D..12/2/00
66	170 Furemaux, J..12/17/01
67	170 Campanero, M..3/14/01
68	170 Baqui, C..1/20/01
69	170 Moses, S..1/26/01
70	170 Clasner, D..3/16/01

71	360 Jones, W..3/24/01
72	360 Parrish, S..10/7/00
73	355 Campanero, M..3/24/01
74	355 Foster, W..3/24/01
75	355 Turner, A..4/6/01
76	355 Callaway, K..3/24/01
77	355 Velazquez, C..3/24/01
78	355 Isenhour, A..3/24/01
79	355 Sifuentes, J..3/24/01
80	355 Gratton, P..3/17/01

81	790 Hawthorne, R..4/6/01
82	788 Bray, J..6/17/00
83	785 Isenhour, A..3/24/01
84	782 Khan, S..3/30/01
85	781 Foster, W..3/24/01
86	778 Goff, K..1/20/01
87	777 Gaines, A..3/30/01
88	775 Stephens, J..3/24/01
89	775 Serrano, A..3/24/01
90	771 Dewaters, D..3/30/01

91	165 Bray, J..6/17/00
92	165 Young, D..8/19/00
93	165 Jones, W..3/24/01
94	165 Sifuentes, J..3/24/01
95	165 Grattion, P..3/30/01
96	165 Foster, T..3/24/01
97	165 Teaff, C..1/20/01
98	165 Moses, J..5/20/00
99	165 Vickery, J..1/26/01
100	165 Russell, L..3/16/01

101	150 Serrano, A..3/24/01
102	150 Garcia, A..3/24/01
103	150 Ochoa, M..3/24/01
104	150 Jackson, H..4/6/01
105	150 Turner, A..4/6/01
106	150 Gandy, K..4/6/01
107	150 Hill, J..4/6/01
108	150 Sommers, K..4/28/01
109	150 James, A..2/17/01
110	150 Sanchez, C..2/24/01

111	315 Cintron, S..4/28/01
112	314 Booker, M..11/3/00
113	314 Gratton, P..3/30/01
114	314 Baqui, C..1/20/01
115	314 Sealey, D..7/29/00
116	314 Foster, W..3/24/01
117	314 Garcia, A..3/24/01
118	314 Coscarat, L..3/30/01
119	314 Hafnback, S..3/24/01
120	314 Snell, S..6/3/00

121	700 Houlroyd, K..4/27/01
122	700 Shear, J..6/3/00
123	700 Renn, C..6/10/00
124	700 Gordon, K..1/20/01
125	700 Baqui, C..1/20/01
126	700 Hafnback, S..3/24/01
127	700 Snell, S..6/3/00
128	700 Lewis, D..1/26/01
129	700 Hafnback, S..3/24/01
130	700 Gandy, K..4/6/01

131	305 Delacruz, J..3/24/01
132	305 Groom, M..4/6/01
133	305 Lee, S..4/6/01
134	305 Barnett, D..11/16/00
135	305 Gagliardi, D..3/24/01
136	305 Hitchcock, A..3/30/01
137	305 Sealey, D..7/29/00
138	305 Baqui, C..10/7/00
139	305 Lewis, D..1/26/01
140	305 Gandy, K..4/6/01

141	297 Mahan, A..3/30/01
142	295 Jordan, S..3/16/01
143	295 Page, Q..4/6/01
144	295 Cintron, S..4/21/01
145	295 Stitt, L..4/28/01
146	295 Grogan, T..4/21/01
147	295 Mollohan, T..5/21/00
148	295 Richardson, C..3/24/01
149	295 Gandy, K..4/6/01
150	295 Sharkey, C..3/16/01

151	297 Marrero, S..3/30/01
152	295 Snell, S..6/3/00
153	295 Boqui, C..10/7/00
154	295 Baqui, C..10/7/00
155	295 Gandy, K..4/6/01
156	295 Hafnback, S..3/24/01
157	295 Snell, S..6/3/00
158	295 Lewis, D..1/26/01
159	295 Gandy, K..4/6/01
160	295 Hafnback, S..3/24/01

161	285 Barbier, M..12/2/00
162	285 Odell, C..4/6/01
163	285 Nichola, P..8/12/00
164	285 Baqui, C..10/7/00
165	285 Gagliardi, D..3/24/01
166	285 Hitchcock, A..3/30/01
167	285 Sealey, D..7/29/00
168	285 Baqui, C..10/7/00
169	285 Lewis, D..1/26/01
170	285 Gandy, K..4/6/01

171	285 Gandy, K..4/6/01

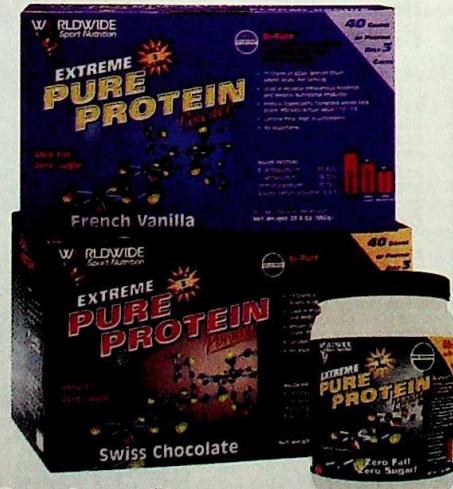
</tbl

To Our Extreme Pure Protein Powder,TM Your Muscles Look Exactly Like This.

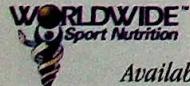


Extreme Pure Protein PowderTM—One of The Quickest and Most Readily Absorbed Forms of Protein.

Extreme Pure Protein PowderTM contains Bi-PureTM, a specially formulated all natural whey protein isolate composed of beta-lactoglobulin and alpha-lactalbumin, *the quickest and most readily absorbed forms of protein*. In fact, the protein source used in Extreme Pure Protein PowderTM is so superior, it's even prescribed by doctors for the treatment of severe catabolic tissue injury. Extreme Pure Protein PowderTM is high in lactoferrin for immune system support and has a total of 17 grams of branched chain amino acids. With no fat, no sugar and no aspartame, it's the clear choice for those who wish to build and maintain lean muscle tissue. Available in Swiss Chocolate and French Vanilla.



Extreme Pure Protein PowderTM—The Strongest Protein Ever Developed™



800.854.5019 • www.sportnutrition.com

Available at **GNC LiveWell** and other fine gyms and healthfood stores nationwide.

Both Flavors
Now Available
in A New
1 lb. Size.

INZER

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEETM MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort.

Extra firm leather will conform over time for a permanent personal fit.

Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style

suede both sides, suede inside only, or smooth leather both sides.



• ZINC PLATED STEEL BUCKLE

• TONGUE LATCH
RIVETED NOT SEWN

• LOCKSTITCHED WITH
CORROSIVE RESISTANT
HI-DENSITY NYLON

• SAME RIVETS AS USED ON
THE SPACE SHUTTLE

• Highest quality suede provides non-slip surface

• NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE

• New, closer prong holes for more choice in precise fit

INZER

WE MAKE IT



INZER®

POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.



SOLE MOLDED TO PERFECTION

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

INZER POWER SHOE \$119.95

Available in solid white with scarlet red logo.
Solid black available soon. Sizes 4 1/2 - 15

**INZER®
ADVANCE DESIGNS**

The World Leader In Powerlifting Apparel
P.O. Box 2981 • Longview, Texas 75606
800-222-6897 • 903-236-4012