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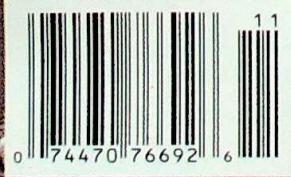
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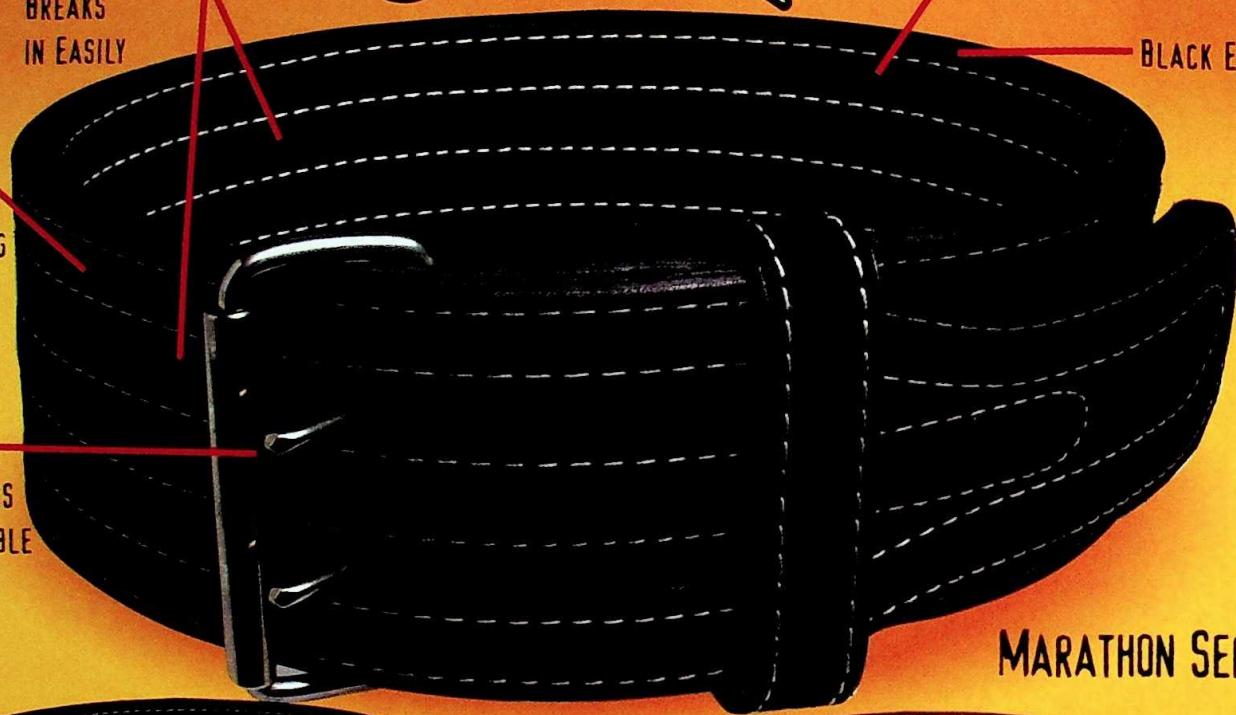
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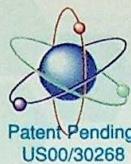
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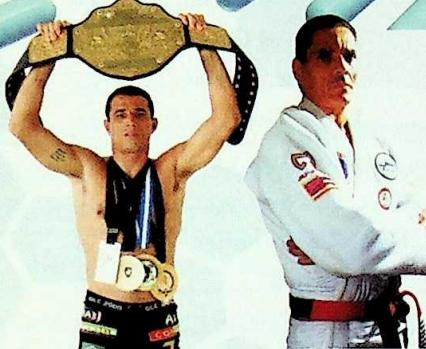
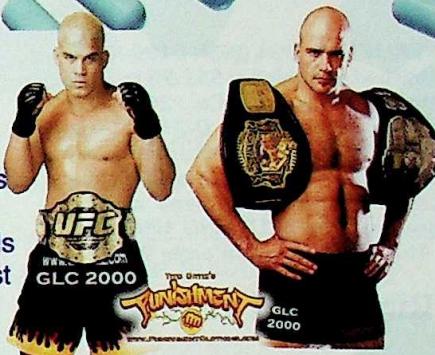
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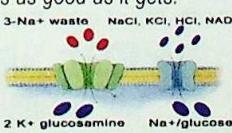
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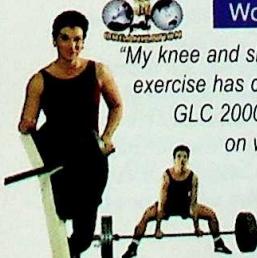


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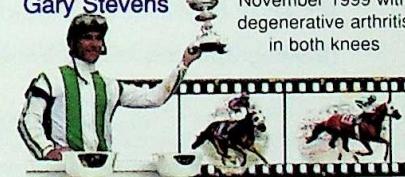


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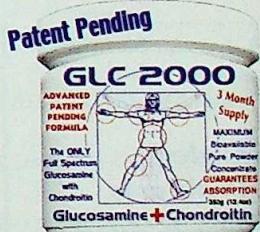
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*ON THE COVER IPF star Alexei Sivokon and the USA's 1st IPF SHW Jr. World Gold Medalist in 18 years, Randal Harris.
(photograph courtesy of the Russian Powerlifting Federation)*

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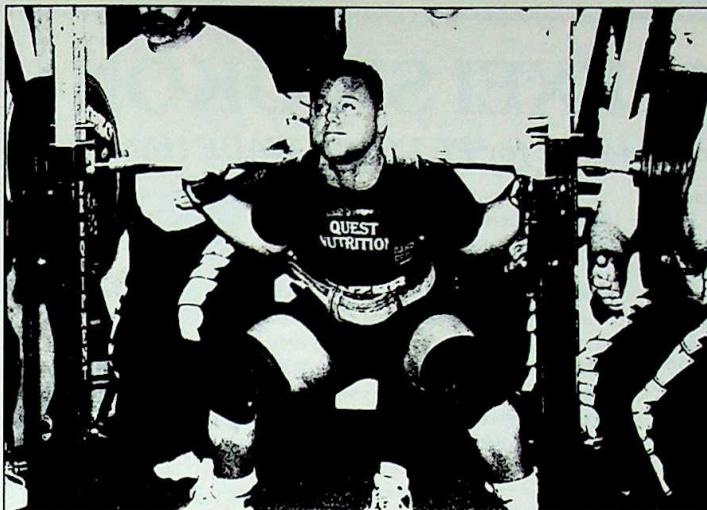
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INTERVIEW

Personal dialogue between
PL USA Magazine and the
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If you have been involved with Powerlifting in the last 10 years then at some point you have probably heard of Alexei Sivokon from Kazakhstan. With a resume like that listed below it is easy to see why he is aptly dubbed one of the greatest powerlifters ... ever.

1991 - IPF European Junior Championships - bronze; IPF Men's world powerlifting championships - silver

1992 - IPF Asian championships - gold (champion of champions)

1993 - IPF Junior world powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold

1994 - IPF Junior world powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold; IPF Bench Press world championships - gold

1997 - World Games - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships

ALEXEI SIVOKON

interviewed for PL USA by WADE HANNA

- gold

1998 - IPF Asian powerlifting championships - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships - gold

1999 - IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench Press world championships - gold

2000 - IPF Men's world powerlifting championships - gold (champion of champions); IPF Bench press world championships - gold

2001 - World Games - gold (champion of champions); IPF Men's world powerlifting championships - gold (champion of champions)

2002 - IPF Asian Championships - gold

World Records: 67.5 kg. (148 lbs.) Bench Press: 215 kg./473.3 lbs., Deadlift: 316.5 kg./697.7 lbs., and Total: 830 kg./1829.8 lbs. 75

kg. (165 lbs.) Bench Press: 225 kg./496 lbs. and Total: 852.5 kg./1879.4 lbs.

I consider it a distinct privilege to have been able to speak with Alexei. I have been fortunate enough to interview a number of very great Powerlifters and Strongmen. I consider Alexei to be one of those great athletes as well as a great ambassador for International powerlifting. It is my sincere hope that we American lifters enjoy this opportunity to hear a little from one of the truly great Powerlifters of our time. So, with no further commentary from me ... enjoy the interview!

WH: Can you give us biographical information like height, weight, age, occupation?

AS: Currently I am 158 cm. tall, weighing 70 kg. (154 lbs), 28 years old. Education: university degree in coaching/teaching. Current job:

coach at a junior sports school.

WH: When and how did you get involved in powerlifting?

AS: I've been involved in weight-lifting (olympic style) since 1985. In 1989 I had a knee trauma, so I became unable to proceed in that sport. After some discussion with my coach, we decided that I should try to perform in powerlifting. In 1989 I made my first attempt to perform at the Championship of Kazakhstan. I won at the event and so remained in this sport.

WH: What are the fundamental aspects of your program that make it so successful for you?

AS: I do my training every day (but Sundays), 2-3 hours at a time. Basically I work with weights 80-90% (of the best result). A very considerable jump in results was after I had begun to use WEIDER NUTRITION products. My favorite supplements are MEGA MASS 2000, Amino Acids, 90% Protein, and Creatine. I always use them for my workout.

WH: Do you have a coach? If you have a coach, please tell us about

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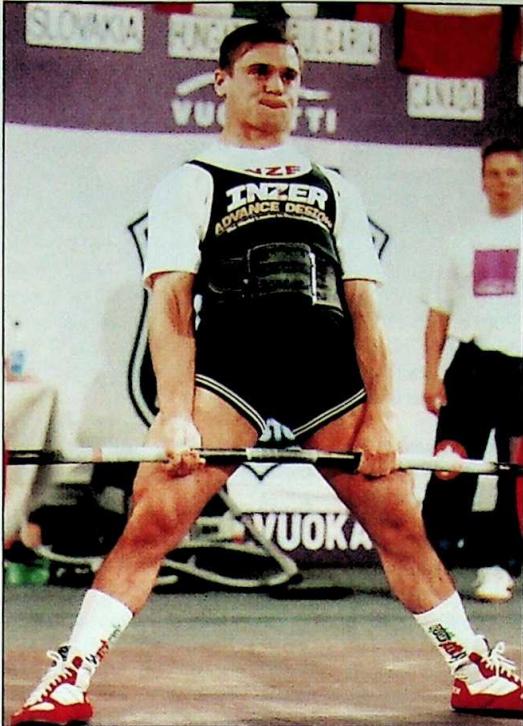
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Alexei winning the 2001 IPF Men's Worlds (Isagawa)

him or her. What does your coach do that is effective?

AS: Now I have several coaches who help me. They are: Arkady Nikitin and Anatoly Bykov. My manager and sponsor is Sergey Kordjev (Secretary General of Kazakhstan Powerlifting). My first coach in powerlifting was Boris Sheiko who had been Kazakhstan's Chief Coach before 1996. Then he migrated to Russia, and now he is Russia's Chief Coach.

WH: Do you plan to stay in the 67.5 Kg. (148 lb.) class? If not, how much longer will you stay there?

AS: All depends on one's own weight. Currently my weight is around 70 kg. (154 lbs.). If it is at least 72-73 kg. (158-161 lbs.), then I'll enter the 75 kg. (165 lb.) class. My feeling is that in the class up to 67.5 kg. (148 lb.) it's possible to raise the world record up to 850-870 kg. (1873 - 1918 lbs.). I will say it again; it all will depend on one's own weight.

WH: Do you have any specific goals that you would like to accomplish as a 67.5 Kg. (148 lb.) lifter?

AS: No.

WH: Do you think an 862.5 Kg. (1901 lbs.) total is possible at such a low bodyweight?

AS: I'm sure it's possible. My best official result is 830 kg. (1829 lbs.), but in workouts I have already lifted 320-230-320 (870 kg. in total). [That is, for the metrically challenged: 705 507 705 1918!!]

{NOTE: Since this interview was originally conducted, Alexei has totaled 860 kg (1896 lbs) as a light 75 kg. at the Kazakhstan Nationals and subsequently followed that with an 852.5 kg. (1879 lbs.) total at the Asian Championships which now stands as the world record in the IPF for 75 kg.)

WH: Do you have any goals, regardless of weight class, before you decide to stop compet-

ing?

AS: So far I haven't been thinking about it. I'm not about to quit my training and performances so far.

WH: What are some other more important aspects of winning a competition?

AS: I spoke about my training. This must be 100% correct. The same is true about the powerlifting gear. I tried to use other companies' products, but Inzer is what I like best of all. It suits me 100%. I see other champion lifters and those winning sportsmen are wearing Inzer gear too. They learned, like me, to lift the most weight you must have the Inzer gear.

WH: What has been your greatest accomplishment in powerlifting?

AS: It is too hard to say.

WH: How would your training differ in preparation for the IPF World Championship to preparation for the IPF World Bench Press Championship?

AS: There's no special preparation for World Bench Press Championships on my part. Between the World Powerlifting Championship and the World Bench Press Championship there are only 3-4 weeks, I simply exclude squats and deadlifts

from my workouts. There is not enough time for me to recover after the World Powerlifting Championship. I'm sure if I trained and performed just in bench press, my results in this exercise would be much better.

WH: You are one of the best lifters of all time! What lifters do you look to for motivation? Who do you consider to be the greatest lifters in the world, both past and present?

AS: No doubt, this is Mr. Inaba from Japan.

WH: What sort of hobbies and interests do you have besides powerlifting?

AS: My spare time I try to spend with my family. I like to go to swimming pools with my son. I'm keen on music, videotaping, and computer games.

WH: Having traveled for your multiple IPF competitions, which places would you want to visit again? Any specific locations you would like to visit?

AS: I've been to numerous countries. Out of those I've been to, it was Canada I liked best. It has beautiful nature with kind and responsive people. The weather is like ours in Kazakhstan. I dream of visiting the United States at least once.

WH: Address any topics you think were missed in this interview. People want to know what you have to say. Any people you would like to thank or issues you would like to talk about?

AS: I'd like to try to perform at professional competitions and earn some money. Surprisingly the IPF bans it under the threat of disqualification. Even in Olympic sports, such as soccer, track and field, tennis, boxing, etc., everywhere there are commercial tournaments where leading athletes may earn money. However, the IPF doesn't hold such tournaments itself, nor allows us to take part in them. I consider it unfair.

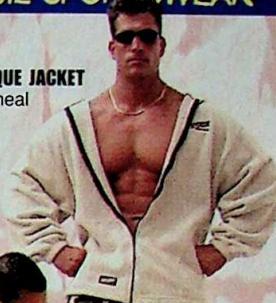
WH: Thank you for your time and thoughts, best wishes in your continued successes both on, and off the platform.

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IPF Jr. World Championships

as told to Powerlifting USA by Peter Thorne



TEAM USA in Sochi, Russia for the IPF Junior Worlds (Greg Simmons)

America's team of 20 lifters, 11 men and 9 women, arrived in Sochi, Russia for the IPF Junior World Championships and, luckily, almost all the luggage arrived with them. Sochi is a resort area on the Black Sea, historically the summer home of Russian Presidents. In fact, Russian President Putin was in town, evident by police on every bridge and at every intersection. The young athletes and officials were housed in hotels near the beach. Buses ran to the venue, about 10 kilometers away. Sandra Peron, USAPL Head Coach, had a full team of lifters, but was short on coaches. Vladimir Bogachev, President of the Russian Powerlifting Federation, helpfully assigned an experienced Russian coach for almost every flight of USAPL lifters. Russian Coach Alexandre Bickchurin actually worked every day coaching the American team. There was additional help by the coach from South Africa, who arrived in Russia with one lifter only to find out that his competitor was too old to compete.

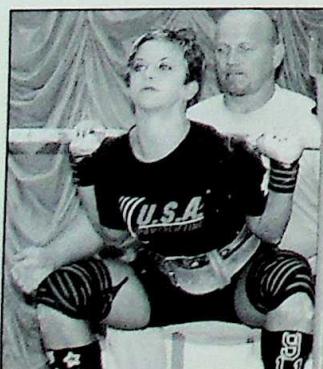
After an opening ceremony of music, speeches, and Russian dancers, IPF General Secretary Heiner Koberich announced the opening of the championships and the lifting was underway with the first flight of 44 and 48 kg. women. The Russians dominated the two classes, but an excited young 44 kg. Erin Crapo got the bronze bench press medal she came to Russia for. The smallest lifter of the competition, Annette Axt, got a personal best squat. The

venue was a theatre with a stage, and was often full and especially on the weekend.

52 kg. class - no American lifters, and another win for Russia as they demonstrated their continuing dominance in the sport at all levels.

56 kg. - a determined Michelle Amsden (USA) came ready to do battle with the best Eastern Bloc lifters. She set 3 national records and totaled 460 kg. on the way to a first place tie with the winning Uzbekistan lifter. After an awesome performance, she was disappointed to lose the gold by bodyweight, as this was her final meet as a junior. Heiner Koberich assured the teary-eyed Michelle that her 541 Wilkes point put her on a par with the best of Russian lifters.

60 kg. class - again a Russian win. America's Robyn Niederkorn ended up 4th, beating lifters from



Michelle Amsden lost the 123 lb. gold on bodyweight. (Simmons)

Poland, Germany and Japan and picked up a bronze bench press medal.

67.5 kg. - There was some confusion about the pre-meet scales and as a result Kim Callier (now Hooper) spent the afternoon in the sauna. Kim made weight just in time to struggle to 4th in this class. Fellow USAPL lifter Desteny Joyner was 5th. Gumińska of Ukraine was first with a 572.5 total.

75 kg. - Katie Ford hit a personal best squat earning 5 place points. The winning lifter from Kazakhstan had, by formula, the 2nd best lifts of the competition.

Yavorska of Ukraine with a Jr. World Record Deadlift and 580 kg. Jr. World Record Total won the 82.5 kg. division, a class with no US lifters.

90 kg.: USAPL's Jessica Watkins was unable to get in a squat and was out. Kurina of Russia started with a world record 262.5 kg. squat, and followed with a Jr. World Record deadlift of 230 kg. and another Jr. world record total of 602.5 kg.

90 kg. + - USA's Sarah Greenup was very strong and started with a personal best 240 kg. silver medal squat. Sarah picked up a bronze in the bench and another silver by making her personal best 200 kg. Deadlift. Sarah's 557.5 kg. total won her a well-earned silver medal.

In the team competition, the USA came in 3rd with 44 points behind first place Russia and 2nd place Ukraine. At 67.5 kg. Lisa Gumińska, of the Ukraine was the best lifter with a 572.5 kg. total and 584.92 points, the highest of the competition.

In the Junior Men's competition the Russians scored 72 points, the maximum number possible, to win their competition. In fact, the Russians won the first five classes. The 11 Russians won 8 gold medals, 2 silvers, and one bronze. Ukraine was 2nd with 54 points. USA came in 3rd with 47 points beating an ever-stronger team from India by 5 points. Nikolai Suslov, at 110 kg., was the best male lifter with a 970 kg. total and 580 points. Suslov, a previous Junior Champion, was also the Men's Open Champion in the 100 kg. class in 1999. This year he will compete in the 110 kg. Men's Open in Slovakia, a big class with 28 lifters already nominated.

The 52 kg. Men's class featured 2 American lifters. Damarrio Holloway picked up 3rd place points and a 220 kg. gold medal Deadlift. Jeremy Scruggs was 4th with a bench press bronze medal. Fedosienko of Russia was 1st totaling 582.5 kgs.

56 kg. - another run away win for Russia as Kazakov totaled 600 kg. USAPL's Micah Kiletico took 6th place and silver medal in the press with a strong 122.5 kg. bench.



Sarah Greenup got a silver in the Deadlift (photograph courtesy the Russian Powerlifting Federation)

The 60 kg. class was yet another win for Russia. Gromov set a Jr. World record 170 kg. bench on his way to a 645 kg. winning total. The USA's Marcus Williams came in 2nd after a scare in the bench. He made his opening 112.5 bench on his third attempt. There was some international excitement surrounding Marcus's 2nd place finish. Russian President Vladimir Bogachev knew that the Ukraine coach had misfigured Marcus's bodyweight at 60 kg., slightly heavier than the Ukraine lifter. Bogachev understood that Marcus weighed 58.8 kgs, slightly lighter than the Ukraine lifter. Bogachev, through his Russian coach, called the weights for Marcus. The result was a tie in totals and the Ukraine lifter ended, unexpectedly, in 3rd place much to the upset of the Ukraine coach. It was a great result for Marcus with a silver medal total, a bronze in the squat, and a silver in Deadlift. Marcus was at his first World Championship, and has 4 more years as a junior - a bright spot in USA lifting.

The 67.5 kg. class was another win for Russia with Korotygin's 690 kg. total. There were no USA athletes in this class. Ahmad of India was very strong with a 672.5 kg. 2nd place total. The Indian team gets stronger. Some of the motivation may come from the fact they can earn as much as \$10,000.00 from their government for a gold medal. Mr. Dutta, the Indian General Secretary, has earned respect and assistance from his government. His work is an example of what can be done in the sport of powerlifting.

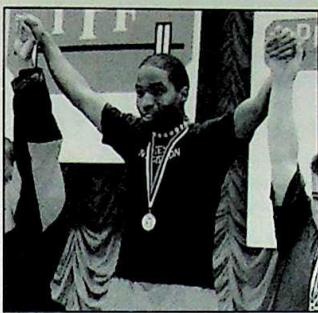
The 75 kg. class produced the 5th consecutive gold for the Russians as Belaev won with 757.5 kg. total. This time there was a surprise challenge by 2nd place Ron Hernan of Venezuela. Ron's 313 kg. squat was a new junior world record. It

came down to the final Deadlift where the Venezuelan lifter missed his pull for a win. The very strong Venezuelan said this was his first international competition and that he was just too nervous to make his lifts. USA's Todd Straub totaled 635 kgs for an 8th place finish.

The 82.5 kg. class was the first in the men's competition where we did not get to hear the Russian national anthem. The two Russian lifters came in 2nd and 3rd behind Ukraine's Sergi Nalekyn's 822.5 kg. total. Young Sergi hit a 332.5 squat on his way to the gold. His coach was his father, Victor Nalekyn, a 400 kg. plus squatter, Ukraine's many time champion and former Mountaineer Cup winner. USAPL's David Zaworski got only his opening squat on his way to a 667.5 total and 8th place.

The 90 kg. class had no American lifters. Vorona of Kazakhstan got his 312.5 Deadlift for the win totaling 822.5. Likchanaov of Russia failed 2 times with the same weight in his try to win and ended with the silver medal.

In the 100 kg. class Barahatov of Russia posted a monster 927.5 kg. total and a Jr. World Record Bench Press of 245 kg. on his way to the gold medal. Khalid from Pakistan had a long trip and a longer stay at customs with visa problems. He missed his plane and got to Sochi



Damario Holloway won gold in the deadlift. (photo is courtesy Russian Powerlifting Federation)

just in time to lift and in time to pick up the silver medal. Khalid is very strong and if he has no more travel problems he will be in Slovakia in November for the Open Championships. Matt Goldin of the USA took 5th place with his 722.5 total and USAPL's James Townsend's 685 kg. total earned him 7th.

The 110 kg. class belonged to Nikolai Suslov. He only took two squats. His 2nd lift, 390 kg. (859 lbs.), was a new Jr. World record. Suslov took a final attempt for a new Deadlift and total world record and did not quite finish the lift. He settled for a 970 kg. (2138 lb.) total and the Best Lifter of the meet award. He saved his third squat as he is gearing up for the 2002 IPF Men's Worlds in Slovakia.

The 125 kg. class was Russian

Medvedev's with a 922.5 kg. total, beating out Yarymash of the Ukraine for the gold. Horset of Norway took the bronze medal. Emilio Saldierna of the USAPL was 6th with a 782.5 kgs total.

125 kg. + - It was the big man with the big lift as USA's Superheavy Randal Harris brought home the gold. It was a great finish for Randal in his last meet as a junior lifter. Randal was concerned about eating new and different foods. The result was a 15 pound weight loss prior to his lifting, but Randal was a crowd favorite. He battled Tallqvist, a huge 345 pound Finn, all the way to the Deadlift. Randal made all three deadlifts, up to his 322.5 kg. for the win and a 930 kg. total. Randal felt his big weight loss hurt his lifts, but he did enough for the win. Tallqvist tried a 317.5 deadlift, but could not make it and ended with the silver medal overall.

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awards banquet Sunday night after the competition. Both Mr. Bogachev and the meet director thanked Inzer Advance Designs, the sponsor of the Sochi Junior World Championships. This writer was personally presented a hand carved Russian Bear for his support and promotional efforts on behalf of the sport of powerlifting. (Note: promotional and support efforts made for powerlifting by this writer are made possible by the support of John Inzer and Inzer Advance Designs). The other sponsor of the Junior World Championship was Ivanko Barbell. It was unfortunate that the complete set of weights presented to the championships by Ivanko got delayed in transit and never made it to the contest in time to be used.

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IPF Jr. World Championships 12-15 SEP 02 - Sochi, Russia

	Women	SQ	BP	DL	TOT
97 lb. class					
Krikunova RUS	292	154	286	733	
Miura JPN	153	165	281	699	
Trubilina UKR	264	121	281	666	
Rutka POL	264	110	264	639	
Hattori JPN	236	121	253	611	
Crapo USA	187	126	203	518	
Axt USA	203	82	198	485	
Apulu FIN	264				
105 lb. class					
Taranova RUS	330	187	330	848	
Dmytryuk UKR	319	176	330	826	
Sechanina UKR	297	181	336	815	
Renuka IND	314	143	325	782	
Ochoa ECU	314	132	308	755	
Hasimoto JPN	286	137	286	710	
114 lb. class					
Dmytryuk UKR	363	187	358	909	
Farque FRA	297	137	325	760	
Dieudonnee FRA	297	176	275	749	
Yakovleva KAZ	286	165	259	710	
Alex IND	275	110	286	672	
123 lb. class					
Malugina UZB	402	192	418	1014	
Amsden USA	380	209	407	1014	
Pavlovskaja RUS	305	209	385	981	
Naidu IND	358	181	358	898	
Moosova CZE	264	159	286	710	
Wilczynska POL	259	143	286	688	
Kehanen FIN	374		385		
132 lb. class					
Sukhacheva RUS	429	209	429	1069	
Gaifulina KAZ	391	220	424	1036	
Amaya VEN	352	159	363	876	
Niederkorn USA	314	170	292	810	
Leszczynski POL	347	143	308	799	
Schreiber GER	286	132	341	760	
Sasagawa JPN	253	132	253	639	
148 lb. class					
Guminska UKR	512	275	473	1262	
Cheputnina RUS	479	281	440	1201	
Jakovleva RUS	440	253	451	1146	
Callier USA	352	170	347	870	
Joyer USA	314	159	341	815	
Takuma JPN	281		319		

165 lb. class

Kudryavtseva KAZ	462	319	451	1234
Mazailova RUS	485	253	468	1206
Toropovska UKR	468	264	451	1184
Petrenko UKR	457	242	462	1162
Ford USA	358	198	391	947

181 lb. class

Yavorova UKR	473	308	496	1278
Boroday UKR	462	275	435	1173
Sliwinska POL	429	253	407	1091
Razhabova UZB	385	198	341	925

198 lb. class

Kurina RUS	578	242	507	1328
Lytvyn UKR	507	281	396	1184
Watkins USA				
SHW				
Sheglova RUS	518	292	440	1251

208 lb. class

Korotygin RUS	584	385	551	1521
Ahmad IND	567	358	556	1482
Posheliuk BEL	507	374	573	1455
Borysov UKR	545	358	551	1455
Adeel PAK	496	314	595	1405

220 lb. class

Goryachok UKR	496	314	578	1388
Jirousek CZE	507	292	507	1306
Jarosiewicz POL	462	286	485	1234
Butt PAK	418	297	451	1168
Nasyrov UZB	457	264	440	1163

242 lb. class

Suslov RUS	606	429	633	1669
Hernan VEN	689	385	573	1647
Kryvochev UKR	595	347	606	1548
Lindholm FIN	606	319	606	1532
Skorlutwksi POL	551	380	573	1504

275 lb. class

Medvedev RUS	793	529	710	2033
Yarymash UKR	777	551	694	2022
Hoyset NOR	727	468	733	1929
Mardel CAN	666	507	672	1846
Hoffman GER	727	407	639	1774

300 lb. class

Benko UZB	551	330	507	1388
Klimov KAZ	595	330		
Nalkeykin UKR	733	462	617	1813
Zvarikin RUS	733	413	639	1785
Ozerov RUS	672	451	639	1763

312 lb. class

Wilk POL	672	429	655	1757
Nikitin KAZ	639	352	633	1625
Loricourt FRA	606	336	644	1587
Yessipov KAZ	595	385	584	1587
Miya JPN	595	451	462	1510

322 lb. class

Hadice GER	518	396	523	1437
McDonald CAN	540	308	562	1410
Lichtenauer GER				
Shiraishi JPN	413	209	407	1030
Kepczynski POL	385	220	424	1030

332 lb. class

Takuma JPN	281	319		

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Team Competition: Russia 72, Ukraine 54, USA 47, India 42, Japan 34, Finland 32,

Kazakhstan 29, Poland 26, Pakistan 17, Armenia 16, Venezuela 15, Canada 14, Norway 13,

Belarus 12, Sweden 12, Germany 11, Netherlands 8, Uzbekistan 8, Ecuador 6, France 5,

Czech Republic 4, Champion of Champions Competition; Suslov 580.33, Fedosienko 575.10, Barkhatov 564.94.

My time here at Powerlifting USA has been one that has been very interesting and exciting. As you probably already know, I work as a sports nutritionist working with a variety of professional athletes including bodybuilders, powerlifters, weightlifters, strongmen, armwrestlers, football and hockey players among others. I have always had a large percentage of my nutritional clientele being powerlifters, but as of late it has really increased. I have had a tremendous response from lifters reading Powerlifting USA magazine. I receive numerous emails regarding proper nutritional planning on a daily basis. Sometimes I have a hard time just keeping up with all the mail I receive from our readers. One of the most asked questions that I receive is how to gain lean muscle tissue while maintaining their current bodyfat percentage. Well, this month you are in luck! I will be discussing with you the Top 25 Ways to Pack on Serious Mass. For all the lightweight lifters out there looking to go up a class, or you mass monsters looking to put on yet more size, this will definitely get you on your way to some serious mass!

#1 - Eat 5-6 Times per Day

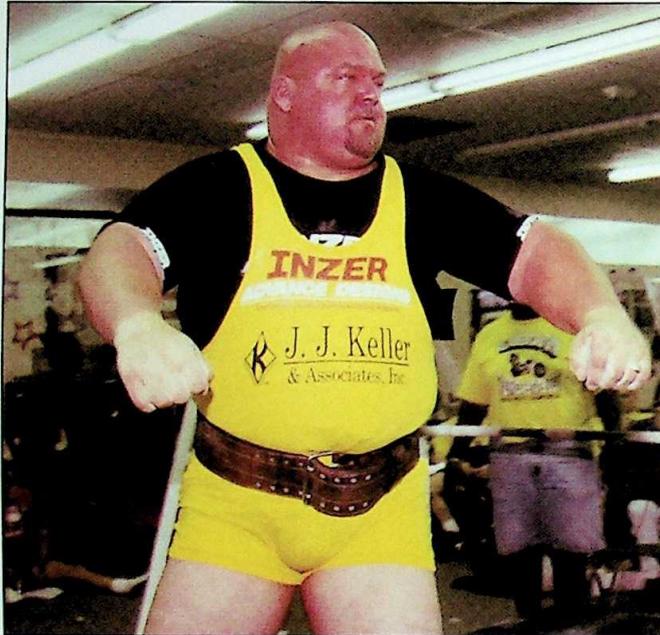
- What did you just say? Eat 6 times per day? Yes, that's right! Don't think that you are going to gain quality size eating 3 square meals per day. The only type of mass you will put on eating this way will be the fat type, and this is not our objective. There is no way that you can reach your caloric or your macronutrient needs eating 3 meals per day. If by some magical reason you can eat them in 3 meals, than you will be so full and bloated, you won't be able to tie up your own shoes let alone pound out some heavy deadlifts. Get rid of the mentality that powerlifters can optimize their performance on three meals per day, it's scientifically impossible. Eating 5-6 times per day will also keep your blood sugar levels stabilized and your metabolism elevated. Eating several times per day instead of the "Big 3" that most are used to, will provide your body with a constant supply of nutrients that you need to recover from your hard workouts. This will cause you to increase your lean tissue, while reducing your bodyfat percentage. Our goal here is to put on lean muscle mass, not take our body fat level to new heights.

#2 - Drink Water - Water is very important for many reasons. Water is good for you, believe it or not. It has many health and performance benefits. It keeps your organs functioning properly, clears toxins, reduces excess sodium from your body, and it hydrates your

NUTRITION

The Top 25 Ways to Pack on Serious Mass - Part 1

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



Garry Frank has changed his nutritional program, per Anthony Ricciuto's recommendations and expects some monster PRs soon

muscle cells. It even liberates fat stores on your body so they are burned off as an energy source. Dehydration will cause a major decrement in performance. Even a 2% state of dehydration will cause your performance to go out the window. Just because most powerlifting events aren't out in the heat, it doesn't mean that proper hydration isn't important. Water plays a major role in cell volumization. This is where nutrients are pulled inside of the muscle cell causing a multitude of reactions that leads to muscle growth. Water is very important in many processes including digestion, transportation and the absorption of nutrients. So how much water should you drink on a daily basis? You should drink on average at least 1 oz. of water per kilogram of bodyweight. This is a figure that can be increased depending on many factors that affect your hydration level. This amount will start as your baseline from which you can build upon. A 220 pound (100 kg.) powerlifter would need to drink 100 ounces or slightly over 3 quarts of

water per day as his minimum daily water intake. There are also many benefits to drinking water. They include lowering your chances for high blood pressure and kidney stones. Both of these nice little health problems can really cause havoc on your training. Try banging out some box squats when you're passing kidney stones the size of jawbreakers. It's not going to happen

#3 - Sleep - This is not considered a food group, so why am I talking about it in my nutritional column you ask? The reason why sleep is going to be discussed here is that it is essential in gaining lean mass. Your body repairs and recovers from your workout as you sleep. During this time, your muscles grow! Remember this, if you aren't sleeping -- you aren't growing and getting stronger. Think back to a time when you couldn't get optimal sleep either during university exam time, or another time when sleep was of the essence. Think back how your strength level was, or how you were actually losing size. So how much

sleep do you need per day? You should be getting at least 8 full hours of sleep per day. If you can get a 1-2 hour nap per day on top of this it would be even better. Getting proper sleep is a must for muscle growth. Without it, you can kiss gains in strength and size goodbye!

#4 - Consume Enough Protein

- "I eat enough protein. I probably ate around 50 grams today." Now if this sounds like you, we are in some serious trouble. That is unless you are a 60 pound child whose major energy expenditure for the day is playing with your Tonka Trucks. Ok, down to the serious stuff here. If you don't eat optimal amounts of protein, you will never put on the muscle mass that you so much desire. You are also hindering your strength gains as well. If you are going up a weight class and you aren't eating the proper amount of protein, guess what? You will put on a nice extra layer of fat around your waist, instead of gaining lean muscle tissue. When trying to put on size, you have to make sure you constantly supply your body with essential amino acids throughout the day. You should consume at least 1 gram of protein per pound of body-weight per day. I have some of my athletes consume between 1.25-1.5 grams of protein per pound when trying to pack on size. If you just jack up your carbs and fat without supplying your body with the protein that it needs, you will end up looking like "Mr. Marshmallow" instead of a strength athlete. Amino acids are the building blocks that you will need to gain lean muscle tissue and to ensure that going up a weight class will be muscle, not fat. Protein helps in the recovery of your muscles from the intense training you perform as a powerlifter. As you probably already know, protein is the main nutrient responsible for increasing lean muscle tissue. You can work out all day long, but if you don't eat the right amount of protein for your specific needs and activity expenditure, than you will never reach your peak in strength, that's guaranteed!

#5 - Maximize your Carbohydrate Intake - Carbs ... You gotta love them. Yes, we all know that they are definitely the tastiest of all the macronutrients, but how do we incorporate them in putting on size. If you are familiar with my previous articles "The Carbohydrate Manifesto" series, then you already know about the different types of carbohydrates and their function. Make sure that when you are trying to gain solid weight, you consume plenty carbs. Now, don't think that there is only one way to do this. I

have had great success with my clients using diets that include both carbs on a daily basis, and plans that restrict them for a certain number of days and then super-compensate on them for a specific number of days. What you need to know is that there is more than one way to get the job done.

When trying to put on size with a nutritional plan where carbs are going to be consumed on a daily basis, you should consume 1.5-3 grams of carbs per pound of bodyweight per day. You must be thinking, how can I eat all that? This doesn't all have to come from food, as there are many good glucose polymer drinks available that can help you fulfill your daily requirements. One glucose polymer drink can supply 100 grams of carbohydrates in as little as 12-16 oz. of water. I just made this a lot easier didn't I? The majority of carbohydrates that you should consume when you are trying to go up a weight class should come from complex carbohydrates. These include oatmeal, whole wheat pasta, potatoes, yams, brown rice, ancient grains including quinoa, amaranth, millet, and teff. I gave you an in depth look into these ancient grains in the last issue of *PL USA*. What's nice about these grains is that they provide variety in your diet and are an excellent source of complex carbohydrates. Let's not forget your fibrous carbs including your salads and vegetables. These are very important and should be consumed with at least 3 of your daily meals. Fiber is very important in the digestion process and eliminating toxins from the body. If you are not getting adequate amounts of fiber in your nutritional plan, it is now time to increase your daily intake. It's hard to pack on size if you have a severe case of constipation. You may laugh, but this is one of the first things that happen to someone trying to gain weight. Many individuals increase their caloric and protein intake yet, they forget to do the same with their fiber and water.

#6 - Bump up your Fat Intake - If you read my article in the June issue of *Powerlifting USA* "Fatten Up Your Total", then you already know the importance of fat in the powerlifter's nutritional program. Fat is where it's at, especially if you are a strength athlete. I know you get as sick and tired as I do of all those aerobicizers telling you that you should eat 10 grams of fat per day. Your fat intake is definitely associated with how strong you will be. Now don't get the wrong idea here. This doesn't mean put extra Mayo on your tuna sandwich, or a quart of gravy on your turkey breast. Nor does it mean to put some extra non-dairy creamer in your coffee, or load up on fatty cuts of bacon and sausage. Yes, you want to increase your saturated fat intake slightly when trying to pack on size for your new weight class, but the majority should come from your polyunsaturated and monounsaturated fats. Fats should consist of 30% of your total caloric intake. This is not written in stone, as I have had my clients on programs that were higher and lower than the above. By the way, fat has 9 calories per gram, so this will help you out with your calculations. Good sources of Omega 3 fats are salmon and other cuts of fatty fish. In the past, athletes and bodybuilders avoided these fatty fish. Now, they realize the benefits of these fish fats and understand how beneficial they are not only for your health, but your performance. You can get some good sources of monounsaturated fats from various nuts and avocados. With this all said and done, you now know that fat is a very important

nutrient in your quest for strength and size. Without it optimized in your plan, you are giving your competition more than a "Fat Chance" of beating you on the platform.

#7 - Drink Milk - Milk ... It does a body good! You should have known this would be on the list. Milk is the drink of all strength champions throughout history. Let's take a look back into the past. Paul Anderson, a man whose strength feats have gone down in history used to drink several gallons of milk per day. I read that he used to drink a gallon of milk just during his workout. If you look at the eating habits of the strongmen and powerlifters of the past, milk was a major part of their diet. Even the old school bodybuilders used to drink large amounts of milk. It supplies the body with an excellent source of protein. Its main source is casein protein, which is a slower released protein source than whey. It also supplies simple carbohydrates, vitamins and minerals to help round things out. Milk has different caloric rates depending on which type you consume. Powerlifters should drink 2% or whole milk, as it will supply you with valuable calories when looking to gain weight. The best time to consume milk is with your protein shake as it can really help with the taste. When trying to pack on mass, milk should definitely be part of your plan!

#8 - Increase your Meat Consumption - I knew you would like this one. What true powerlifter wouldn't? Now again, don't get me wrong here. The point is that you should increase your lean meat consumption during a mass phase. Note I said lean meat consumption. This doesn't include bacon, ham, sausage, deli meats, beef jerky, or pepperoni sticks. I know you wish that is what I would be recommending, but your ever visibly growing waistline and your triglyceride rating wouldn't be thanking me down the road. The types of meat that you should be consuming should include skinless chicken breasts, lean cuts of steak, extra lean ground beef, turkey, veal and lean cuts of pork. When trying to put on size, you should consume lean red meat on a daily basis. At least one meal of the day should consist of red meat and the other meals can be comprised of fish and lean white meats like turkey and chicken. Make sure that the cuts are lean and you cut off any visible fat. Sorry about that, but if you consume all the fatty meats the only thing that will go up is your cholesterol level, not your performance. Lean cuts of meat should be a staple in all powerlifter's diets.

Here you have the first part in this three part series on how to go up a weight class while making sure that the weight that you put on is lean tissue, not just another roll around your waist. After reading the first installment of this series, you should realize that going up a weight class doesn't mean it's time to load up on your favorite junk food to help fill out your new weight limit. To properly gain quality weight you have to make sure that your nutritional plan is on the money, otherwise you can forget about going up a weight class while retaining your current body fat level. In Part Two of this series (next month) we will discuss another 8 tips to pack on size and strength for your new weight class!

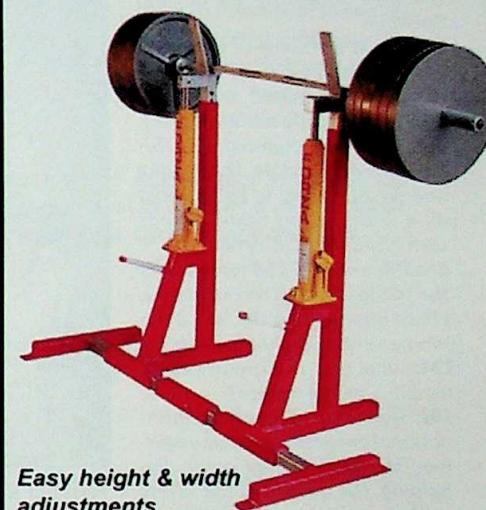
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INTERVIEW

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

LM: Priscilla, give us some background information about yourself.
PR: I am 29 years old and live in Spokane, WA. I have lived there all my life and I am a Project Manager at an Agricultural Bank. I have been lifting weights since December of 1999.

LM: How did you get involved in Powerlifting?

PR: I took basic weight training in High School. I took 10 years off, joined a gym, and entered a meet. Within a week or two of joining the gym I found 2 guys who were powerlifters, a rarity in Spokane.

LM: What are some of the meets you have competed in and what records do you have?

PR: I lift mainly within USAPL and I recently counted 12 USA PL/IPF meets to date. I have done one WABDL meet in 1999. I hold all 4 Washington State records with a 452 squat, 259 bench, 479 deadlift and an 1168 total. I hold the 148 lb. deadlift record at 419. I have also been in the last 2 IPF Women's World championships.

LM: What type of experience was the IPF Championships?

PR: Awesome. The whole international experience is awe inspiring. The pace of the meet, the judging, the quality of the lifters - it's an awesome experience.

LM: I gather you plan on returning for a few more?

PR: I hope to stand on the podium in the near future.

LM: What are the expectations for the US women's team in the future?

PR: In the two years I have been going, it is pretty much the same group of women. It seems like everyone put up PRs at this last meet so we all seem to be getting stronger, working harder on our technique, and working better with our gear. We also are picking our numbers better. I think the future for the US women's team is very bright.

LM: Why do you think we are finishing behind the teams from Russia and the Ukraine?

PR: I think the biggest thing is that Powerlifting is their life. They have their dedicated coaches and they don't have a 40 hr. work week.

LM: Do you think it will make a difference for them having to compete on US soil?

PR: Most definitely. I can't wait for the home court advantage.

Priscilla Ribic

interviewed for PL USA by Larry Miller



Priscilla Ribic ready to deadlift at the 2002 Womens Nationals

They'll have to deal with the time difference and the food difference. I think holding it in a big city like Chicago will be an eye opener for them.

LM: What type of goals do you have for yourself?

PR: I want to continue medaling in the IPF. I got the gold medal for the deadlift this year. Hopefully, next year I can medal for my total. Individual numbers that I am looking for are 500 in the squat, 300 in the bench and 500 in the deadlift and a 1300 lb. total.

LM: That's impressive. If you add a few more pounds, you could qualify for Men's Nationals. What does your training program look like?

PR: I am naturally strong. I take after my dad. I don't believe I have begun to tap into my potential. Right now when I squat, there is no technical part behind it. My coach is Larry Maile and he has helped me out quite a bit with technique. He's also helped me in understanding my gear. I use

Inzer Hard Core for the squat, and Inzer extra heavy duty high performance bench shirts. I train 5 days a week. Monday is my squat day. I take off Tuesday, and Wednesday is heavy bench day. On Thursdays I work biceps, triceps and shoulders. Friday is my deadlift day and Saturday is my light bench day.

LM: Do you learn much from going to meets and watching other lifters?

PR: I do a lot of watching. I have made arrangements with Larry Maile to send him video clips so that he can watch me and critique. I still feel like a novice in the sport so I rely on those people who coach me.

LM: Have you tried working with the bands or chains?

PR: I haven't tried the bands or chains yet. I have used the glutetham machine, which has been great for my deadlift and I also like using the reverse hyper.

LM: What are your views about drug testing?

PR: I think we need more out of meet testing, especially internationally. I have been tested on average 3-4 times a year, both in and out of meet.

LM: How do you feel about the IPF drug suspension periods?

PR: I think if their suspensions follow ours, then I think that is fair. It might help clean up some of the lifters there that we obviously suspect.

LM: What about supplements?

PR: The last 6 weeks of my training cycle I take Glutamine.

LM: What would be your advice to get more women involved in our sport?

PR: I think there is a lot of untapped potential. I think I am the only woman in Spokane that powerlifts. I think we need to publicize it which is what we did with the women's calendar this year. We need to change the image of women and powerlifting. We need to show that powerlifters are not ugly musclebound women. We are real people that you can see in everyday jobs.

LM: Have you had any funny things happen to you in the sport?

PR: I tried on my Hard Core the first time and spent an hour and a half trying to get it off. I have also managed to do a number of misloads on my lifts. At my first meet, I ended up wearing my Champion Suit for the Bench Press. The guys didn't tell me that I could wear a singlet for the bench.

LM: Do you have any lifters you have come to admire over your short career?

PR: The Mailes have been a great help to me over the years and so have the women from the Nationals. We see each other a few times a year and it is like a big slumber party.

LM: How much longer do you plan on competing?

PR: I just plan on competing, setting goals, and then setting new goals.

LM: What are some of your favorite assistance exercises?

PR: For my squats, it is the glutetham and reverse hyper. I do narrow grip benches and tricep push-downs. For my deadlifts, I do good mornings and straight legged deadlifts.

LM: What do you think about all the different organizations and all the different records out there? Do you have any thoughts about the outrageous equipment we see?

PR: There are definitely too many organizations out there. It would be great if we could narrow it down to one or two. It would make a world record have some meaning. I am a gear lover so I say what ever your organization allows, go for it. I don't like to see people using equipment beyond their physical ability.

LM: They are starting to introduce money into the sport. Do you have any thoughts on that?

PR: Money is the root of all evil. I would like to see more money for the women. It seems like the WPO is more geared towards giving money to the men.

LM: Are there any people you'd like to thank for helping you along the way?

PR: First of all, I need to thank my coach Larry Maile and his family. My brother Ivan is my gear guy. He comes to all my meets and wraps my knees. I would also like to thank my work out partner, Brent Mikesell. He helps me in the gym and gives me encouragement.

Ask the Doctor

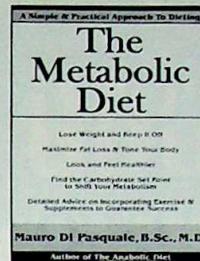
This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your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

DEAR MAURO: I'm doing your Metabolic Diet with success. I want to be more competitive & have less fat & more muscle. I read that iodine & potassium are good for this. What dosage is recommended & why are they good for weight & fat loss? Thanks, **Mike**

DEAR MIKE: Iodine is necessary for the proper functioning of the thyroid, which in turn helps regulate metabolic rate & fat burning. As such, I recommend low levels of iodine in case there's a marginal deficiency present. The most common sources of iodine are iodized salt, milk & dairy products, kelp, & fish. If you're not getting enough of these foods then you can supplement your diet with various iodide salts. Be careful. Iodine excess can be as bad as not enough iodine & maybe worse. That's because the thyroid is unable to reduce iodide uptake in spite of having enough in store. To avoid overdoing the iodine & running into thyroid problems, adults shouldn't consume more than the 1100 micrograms daily. Potassium tends to run low on people who exercise &/or lose weight, more so in women because of their cycles of fluid retention & fluid loss, which tends to deplete potassium. Again too much potassium can be as bad as too little, so you have to be careful. For more information on potassium check out one of my articles at www.coachsos.com/potassium.html. As far as supplementation, In general, I usually recommend a starting daily dose of 50-100 mg of elemental potassium. I took all this into account when I formulated my line of nutritional supplements (see www.MetabolicDiet.com). Cellusol, for example, only includes iodine in one of it's three formulations (ReNew has 150 micrograms of potassium iodide). Potassium, in the form of potassium phosphate (phosphate, BTW, also supports thyroid function) is present in both Metabolic & ReNew, which also contains a small amount in the form of potassium iodide (covers the iodine & the potassium). MVM covers both iodine (since it's used daily I only included 70 micrograms of iodine) & potassium. Power Drink, used while training, contains potassium, & other electrolytes, which are depleted while exercising. BTW have a look at the new powerlifting section of my CoachSOS site at www.coachsos.com/coach_powerlifting.htm. Best of luck, **Mauro**

DEAR MAURO: I'm trying to adopt a diet that will let me keep my hard gained muscle & strength & lose some fat, (2-4%). I just visited your web site & was impressed although I ran into some questions when I read on your "what to eat" site. It has a part of it that I don't understand. I opened the "Strict Carb Diet" & there are some examples in there that confuse me. You are stating that at a strict diet of 2500 calories (week 1) I can eat 4 scrambled eggs w/1tsp butter, 8 slices of bacon, & a cup of coffee. Your stating 0 CARBS? My figuring is 4 large scrambled eggs is 5.4 carbs, then add the butter which isn't much, but it's not 0 either. Now 8 slices of bacon, is around 6 grams of carbs. So my aprox. total is 11.5 grams of carbs. I'm confused. Please advise & explain your figuring. Thanks, **Steve**

DEAR STEVE: You're not confused. I made some calls when I set up the Metabolic Diet so that it would make for easier reading & also make it easier to follow. There is no such thing as zero carbs as even a steak has some carbs due to the glycogen that's present in all mammalian tissues, including fat. I set up the 30 gram carb limit to have at least a plus or minus 10 gram carb variation built into it. As such, anything that has 1 gram of carbs or less, such as a medium sized egg or an ounce of many cheeses, is, according to the way I set up the



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Also check out my other major site, www.CoachSOS.com for powerlifting information and articles. 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?

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Metabolic Diet, a 'no carb' food. The only time that it would become significant is if a chap was having a few dozen eggs a day & that would be rare. Even then the calorie intake would obviously be very high & the chap would likely be in a mass phase, & at that time you can vary from the 30 gram carb limit a tad more, as seen by the higher calorie, 2 week sample diets. The sample diets were also done to make things easy for most people to understand & follow. As far as bacon, it has zero carbs (or at least well under one gram of carbs) unless it's prepared & cured in such a way that carbs are added. BTW all this info is in our food lists in appendices 4 & 5 so that if people wanted to be really strict they could make up their own diets using these charts. Best, Mauro.

G.N.C. NUTRITION UPDATE

"THE DYNAMIC DUO" by Jeff Stout, PhD

Recently, GNC scientists designed one of the most potent synergistic supplements ever to appear on the market — MEGA Creatine. This combination of five grams creatine with one gram of phosphates, along with a patented effervescent delivery technology, has provided a one-two punch like nothing before. Take a gander at the science and I bet you will be as impressed as I was.

Phosphates, or Phosphorus, is a non-metallic element and, following calcium, is the most abundant mineral in the body. Accordingly, phosphates are extremely important in human metabolism. Approximately 80-90% of the phosphorus in the body combines to form calcium phosphate, which is used for the development of bones and teeth. Other phosphate salts, such as sodium phosphate, are involved in acid-base balance. The remainder of the body's phosphates are found in a variety of organic forms, including phospholipid, which help form cell membranes and DNA, which is part of your genetic material. (Bucci, 1993).

Phosphates are also essential to normal function of most of the B vitamins involved in the energy processes within the cell. They are also part of the high-energy compounds found in the muscle cell, such as ATP and phosphocreatine, which are needed for muscle contraction. Glucose also needs to be phosphorylated in order to proceed through glycolysis, which is a metabolic pathway that produces ATP. Finally, organic phosphates are also part of a compound in

red blood cells known as 2,3-DPG (2,3-diphosphoglycerate), which facilitates the release of oxygen to the muscle tissues. (Bucci, 1993). So in a nutshell, you need phosphates for your skeleton, DNA, energy systems, and for oxygen delivery. If that doesn't convince you of the importance of this nutrient, then Elvis truly is alive and kicking.

Creatine, a nitrogenous amine, is naturally occurring in the body (mainly muscle) and in food such as meat. For instance, you'll find about five grams of creatine in 2.5 lbs of meat. Creatine is an essential, natural substance required for energy metabolism and muscular movement. The human body makes creatine from three amino acids: glycine, arginine, and methionine.

How the Combo Works

The mechanism by which phosphate works is based on its ability to buffer lactic acid, improve the body's ability to deliver oxygen to contracting muscles, and enhance the cardiovascular system's ability to deliver more nutrients to the muscle. Creatine supplementation works by increasing creatine phosphate levels in the muscle. Creatine is clearly one of the best and most effective supplements on the market. But when creatine is ingested, it enters the bloodstream as free creatine. It must first be phosphorylated (here comes the need for phosphates again!) in order to be trapped by the muscle cell (the same goes for glucose to make glycogen).

The amount of creatine that is phosphorylated (a phosphate is attached) is dependent on how much phosphate is available. The human body can only supply a limited amount, and unfortunately, that may not be enough. As a result, a lot of creatine may be lost during the loading phase. Furthermore, during intense exercise, muscle fatigue develops quickly as the ability to produce enough ATP for muscle contraction diminishes. The regeneration of ATP for repeated reps and sets in the gym relies more on glycolysis and creatine phosphate. It has been suggested that if phosphates can be provided to the muscles during intense exercise it would prolong the exhaustion of creatine phosphate stores.

Show ME the evidence!

A recent study investigated the effect of supplemental creatine alone versus creatine plus phosphate. Male and female subjects were given either five grams of creatine four times per day or five grams of creatine plus one gram phosphate four times per day for five days. The combination of creatine plus phosphate resulted in a significantly higher performance, suggesting performance benefits over creatine alone (Wallace et al. 1997).

In agreement, a more recent study examined the effects of creatine vs. creatine plus phosphate (Mega Creatine) on anaerobic working capacity (AWC). Male subjects were randomly put into one of three treatment groups: placebo (PL), five grams of Creatine



Dr. Jeffrey Stout — is the Director of Sports Science for G.N.C. Inc.

(Cr) or five grams of Creatine + one gram phosphates (Mega Creatine). Each subject was asked to dissolve his supplements in 16 oz. of water and ingest it four times per day for six consecutive days. The subjects performed a cycle ergometry test to determine AWC. The placebo and Cr group increased AWC by -3.0 and +16.0%, respectively. The Mega Creatine group increased their AWC by an incredible +49% percent (see Figure below; Eckerson et al. 2001). To date, I am unaware of any supplement being able to improve AWC this much.

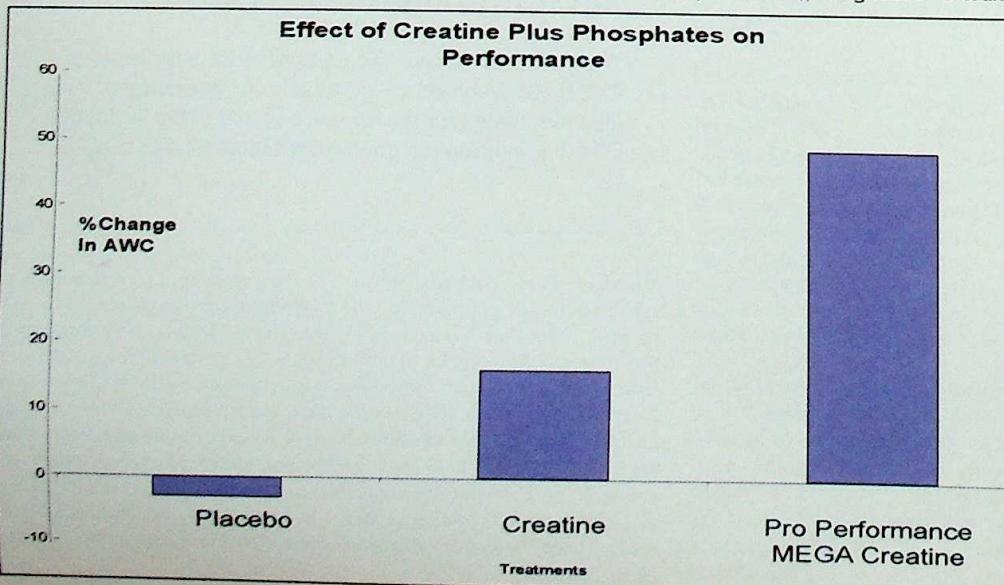
Conclusion

Taking phosphates with creatine may form a potent one-two punch. If you want to boost the effects of creatine, take a one-gram serving of phosphates (preferably a sodium-potassium mix) with every serving of creatine, or just take GNC Pro Performance's MEGA Creatine.

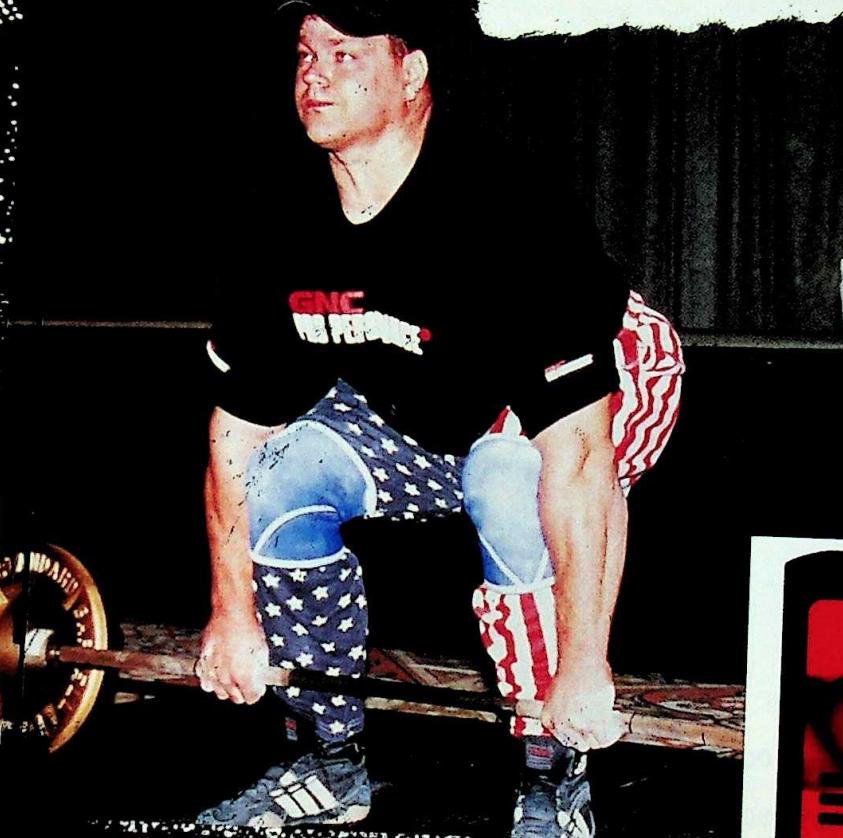
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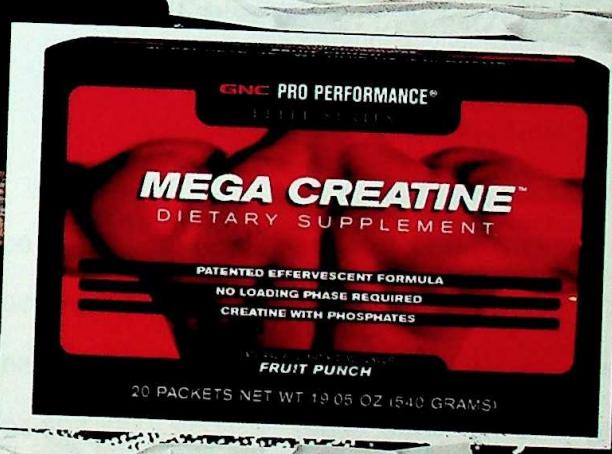
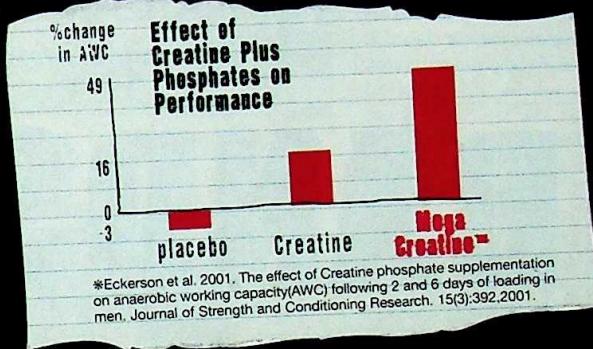
Dr. Jeffrey Stout is the Director of Sports Science for GNC's Pro Performance line, available at all GNC stores. More information is available at www.gncproperformance.com.



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FORCE TRAINING

by Dave Tate of
Elite Fitness Systems

Question: I just purchased the weight releasers and wondered if you had any general guidelines on when to use them and what kind of loads to use.

Answer: Weight releasers are a great way to add heavy eccentrics to your training. Weight releasers can be used on dynamic day and max effort day. There are no set rules on how to use them, but there are several different things that I have used with success. On dynamic bench day, load the bar to 60% of your max, and load 50%

of the max on the weight releasers. This will total 110% at the top of your first rep. You lower 110% of your max but only push up 60%.

"Make sure you are wearing a flat soled shoe. This will allow you to push out on the sides of your shoes without rolling over."

The following two reps are normal speed training. You can use them with your max effort bench days in several ways. You can take a set bar weight and add weight to the weight releasers on every set. Or you can add bar weight and keep the weight on the weight releasers the same. Be careful of using them too often on bench days as the added eccentric loading can cause excessive soreness. We have been using the weight releasers on dynamic squat day, but use chains instead of plates on the weight

releasers. Work up to about 50% your max squat weight with your regular band tension. Then add the weight releasers with one chain or two each side. You will do one rep per set. With each set add another chain until you feel like your head is going to blow off.

Question: When I box squat I have a tendency to lean forward as I come off the box. My glutes will come up first and then my hips will follow. It's almost as if the squat is done in two movements. I don't lose the arch in my back and my training partners say that I am sitting back far enough. How do I correct this?

Answer: It sounds as if your form is the weak link. There are several ways to attack this problem. Make sure you are pushing out on the sides of your shoes. The way to remember this is by having your training partners give you verbal commands during your reps. Have them remind you by saying "spread the floor" or "knees out". Verbal commands are a great way to reinforce technique. Make sure you are wearing a flat soled shoe. This will allow you to push out on the sides of your shoes without rolling over. You may also need to learn to push your abs against your belt during the squat. Try this experiment. Look in the mirror and take a deep breath. If your shoulders rise during the breath, you are breathing wrong. Your air should fill your belly, not your chest. Wear your belt one notch looser than usual and practice pushing your abs against it. Another technique adjustment that may help you is pulling your elbows underneath you as you squat. This will help you keep upright. Your problem may be any one of the above or all of them. Have your training partners examine your form thoroughly and see what needs to be worked on.

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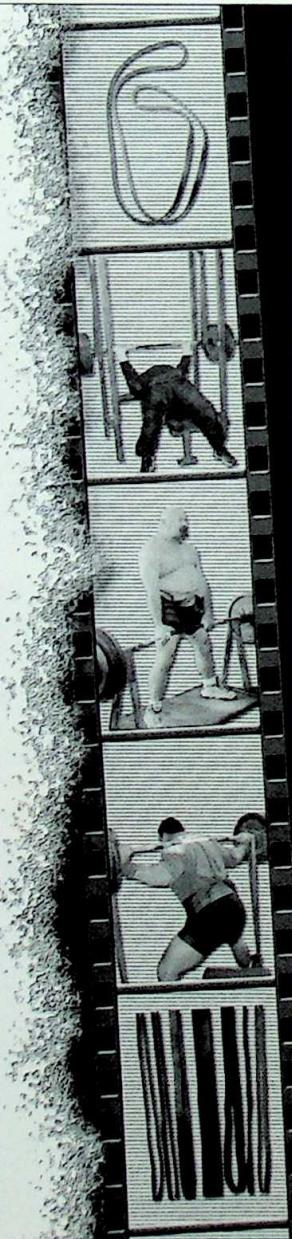
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My friend Daniel showed up the other day with another black eye and skinned up knuckles. (Youngsters!) Someone said the wrong thing to his fiance. I've known him to get in a little scuffle (or two) in the past, but he doesn't talk tough or run his mouth like so many wannabe fighters. Come to think of it, that's generally the way you can recognize a real fighter - he is banged up from fighting.

How do you recognize a real Hard Core Gym? (Anyone can throw a few chains out and talk about how strong they are.)

Powerlifting competition is the great equalizer. A lot of people talk a good game, but don't move serious iron when there are witnesses. Powerlifting is the objective yardstick by which all gym lifters should be judged.

Having said that; what if I told you I know of a gym that challenges everyone in the U.S. to top their drug-tested team?

Meet the Pit Barbell Club team (in their own words):

"Near downtown Evansville, Indiana, a deep red brick building sits unassumingly on the corner of Michigan and Edgar. In the late Sixties the building was a grocery store until it was purchased and made into a gym. The only identifying mark is a metal sculpture of a mace-wielding executioner hanging above the door. This daunting symbol tells everyone who dares to open the door that he is entering The Pit Barbell Club. The red color of the door reminds him of the "blood" shed everyday.

Entering The Pit resembles being warped back into time. The first machines one sees are old, blue, first generation Nautilus machines. Next you notice pictures of historical powerlifting meets proudly lining the walls. As one's eyes move along the wall, one sees early pictures of The Pit and owners Bud Downen and Coach Dick Conner. As one gazes at this photographic collection, one is comforted as he reads JESUS IS THE ANSWER on a plaque. You know that this is more than just a motto. It symbolizes a high expectation of attitude and respect to be maintained in the gym.

Walking into the gym area you see The Pit's slogan painted on the wall: No Carpet, No sauna, Just Iron. This truly epitomizes The Pit since there are no aerobic

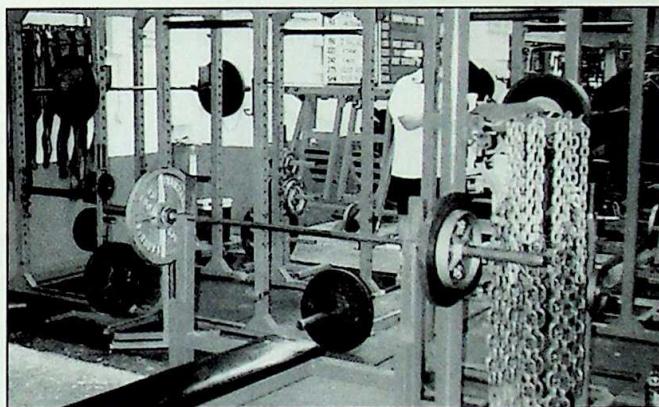
HARD CORE GYM #16

Do You Walk The Walk? (Challenge from The Pit)

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



Above... Drug Tested Contest Records on display at The Pit... Below... Power Racks and Chains up to 40# for use by members of The Pit. (Photographs are provided by courtesy of The Pit)



classes, and there are only three aerodynamics and two treadmills for those who believe in the wimpy act of cardiovascular conditioning. In the first gym area you find about twenty old Nautilus machines and a few odd and end pieces. On the other side of the gym there are pulley machines, Super Slow machines, Hammer Strength machines, pre-set straight and curl bars up to 130 pounds, dumbbells up to 150 pounds, a few machines that Coach has made himself. Venturing to the far side of the gym you can see a header that lists the results of the last drug tested competition that The Pit Team was involved in as well as the best result in each weight class and lift. Several other boards represent state, national and world champions. The Hall Of Fame boards show the name with the very best totals in each weight class for the open and master lifters. Coach's newest board de-

picts drug-tested lifters accomplishing at least a 700 pound squat or deadlift and a 500 pound bench press. Once passing all this, you finally find the powerlifting area wherein stands five handmade power racks capable of holding the entire weight of the gym building and all of its contents. Three flat benches, a Mono-lift and an incline bench press, a Hammer deadlift machine, and a deadlift platform are also scattered throughout the area.

One of the enduring qualities of The Pit is its ability to keep old tradition alive. For example, the look of The Pit compares to the look of an ancient dungeon, not only by the old equipment but also by the concrete floor with only a few rubber mats. The lifter doesn't have to worry about any shiny weights glaring him in the eye or cushiony carpet softening his image here. However, The Pit also strives to bring new ideas into strength training. Lifter

philosophies at The Pit differ as widely as the physiques of the people who lift here. Some lifters believe in using the old school approach of training with the "Go Heavy or Go Home" approach. The older, wiser lifters are constantly trying to teach those who have youth and ignorance that "Lighter is Wiser". Many of The Pit regulars are Super Slow (tm) advocates and are immediately identifiable by the stopwatches hanging from their necks. A few lifters follow the teachings of Louie Simmons. These lifters are the ones who use chains and rubber bands yelling "Speed!" or "More tonnage!" Coach, who incorporates several of these philosophies, recently made the best set of chains that any gym has ever seen. Coach is also giving praises to Arthur Jones, the founding father of modern lifting techniques. Even with all these different philosophies in training The Pit still produces some of the finest drug tested lifters in the county. Coach Conner had produced numerous national champions from teenage to master lifters since 1972. In the opinion of this writer, there is no other gym able to provide its lifters a place to train in close vicinity to their home and able to produce an eleven-man, drug tested team that can beat The Pit Team.

Powerlifting is one of the best ways to test your strength. A Pit lifter can take several challenging tests of strength such as strong man lifts from logs to grippers to either have their name written on one of the boards or to have their name immortalized on a brass plate. Coach is presently creating a unique set of strong men apparatus. Surrounding the gym like a wreath of fame are trophies of every shape and size from almost every organization in the world. This is a testimony to the consistency and strength of The Pit lifters."

OK, folks; I think Pit Barbell has issued a challenge to you and your gym! You can see their numbers in the photos. What have you got? Write me and tell me! If you think your friends are stronger - I'll pass the info on to the guys at The Pit!

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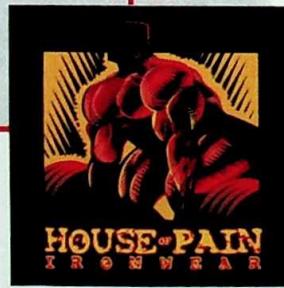
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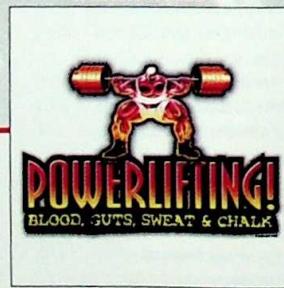
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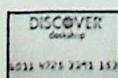
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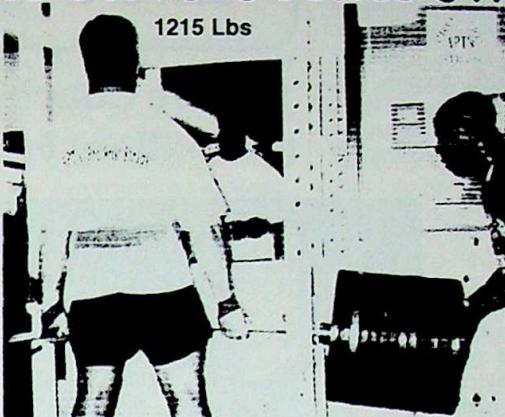
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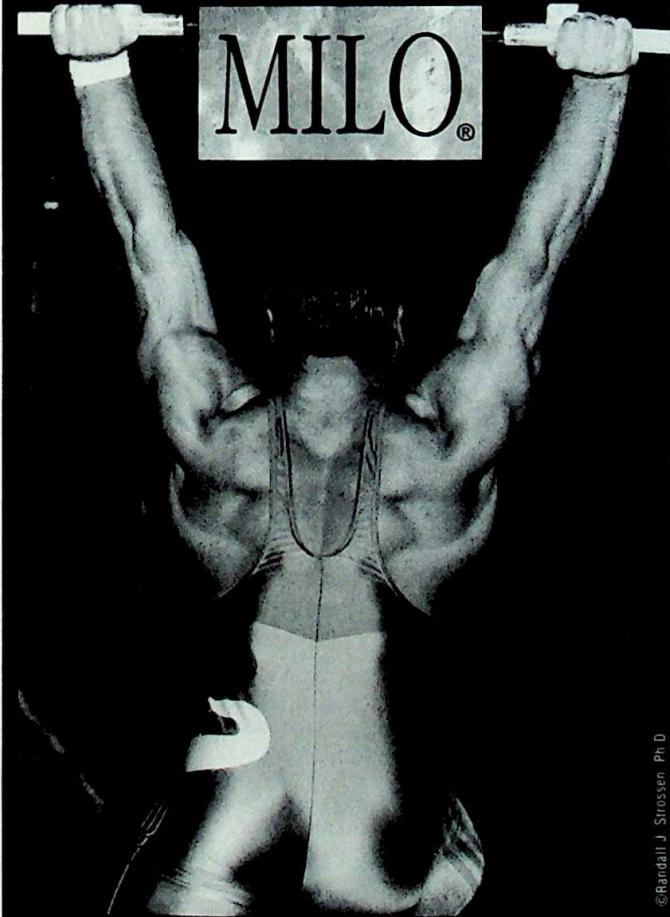
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After my article "Old School", appeared in the August issue of *Powerlifting USA*, my e-mail was jammed with responses, giving new meaning to the phrase "you've got mail". As with almost anything in contemporary sports, opinions stretched across the horizon, with every side insisting they are right. Encouraging to me at least is the fact that a large majority of the mail I received supported

my view that powerlifting needs to be revamped when it comes to drugs, equipment, and officiating. Actually this was extremely encouraging, considering the fact that most people are not motivated to write unless they feel slighted. Needless to say, I had my detractors, too. The old expression "a hit dog will holler" certainly held true to form here. Guys who were offended by the article basically told me that if they wanted to use drugs and equipment it was their business and that I should keep my mouth shut. Some of the language they used to express themselves was ghastly ... words and phrase that would make a New York hooker blush. Very impressive! There was also a number of respondents who really didn't take a stand one way or another. They more or less stood mid-road seeing the pros and cons of each side of the issues being discussed. Very wise!

Anyway, the following are a few excerpts from letters and e-mails, as well as my responses, that I thought might interest you.

Dear Sirs: "On page 35 of August/2002 issue of "DR. JUDD" 2nd paragraph, he says that Pete Rose would never have gotten 4,000+ hits had he played anywhere else but Three Rivers Stadium. "WELL" Pete played at Riverfront Stadium in "Cincy" for most of his career. He also came into the league when the Reds played at Crosley Field, which is grass. He started the All-Star game at 5 different positions, having over 500 hits at each during his playing time - Lifetime .306 hitter "on the road" vs. count them, 14, pitchers who

Dr. JUDD

A Little Coaching From The Peanut Gallery by Judd Biasiotto Ph.D.



Don Reinhoudt did a 2420 total with hardly any "equipment"

are now in the Hall of Fame. DR. JUDD should write about what he knows, that's bashing powerlifting".

D.W.

Dear D.W. "You are perfectly right, Rose did play at Riverfront Stadium in "Cincy", not Three Rivers Stadium in Pittsburgh, which was really a dumb mistake on my part considering that I worked with Cincinnati and before that with Pittsburgh. Still, my point was that Rose most likely would not have had as many hits if he played in a different stadium. Along those same lines I don't believe that Barry Bonds or Mark McGwire would have had 70 home runs if they played in different stadiums. That is not to say that Rose is not one of the greatest hitters in baseball history, nor does it mean that McGwire and Bonds are not two of the greatest home run hitters of all time. I was simply

saying that they would not be able to put up the numbers they did if they played in other stadiums. In the same light, if you put Bonds in Coors Field, he would probably hit significantly more than seventy three home runs. That is not just my opinion either; most people in professional baseball will tell you the same thing. It is not what I would call esoteric information.

The point I was really trying to make was that if rules, equipment, and standards vary significantly from one competitive event to the next, you can not make valid comparisons from one event to the next. That is not exactly penetrating insightfulness either. It's just common sense.

Anyhow, as far as your comment concerning me

bashing powerlifting, that was certainly not my intention. I would never do anything to hurt the sport, and, in fact, what I was attempting to do is keep others from marring and damaging it. The use of unnecessary equipment, gimmicky and poor officiating is, in my opinion, hurting the sport. Of course, that is just my opinion, but because it is my opinion, I feel a responsibility to my readers and the sport of powerlifting to address it. I don't consider that bashing the sport. I consider it an attempt to rectify it. I think we all have a responsibility to make the sport as strong as possible, and if we see something we feel is wrong, we not only have the right to voice that wrong, but a responsibility to do so. Of course, when you criticize something, even if it is corrective criticism, you run the risk of being criticized and rebuked. I understand

that responsibility, and I understand the risk, and I am willing to be held accountable for what I believe.

Dr. Judd "Your position against drug use and equipment to enhance performance is absolutely right. If Powerlifting had more people like you, the sport wouldn't be in the mess it is now". **Constance**

Dear Constance: I just love how clearly and distinctly you see things. Obviously, you have the wisdom of Solomon and the intelligence of Einstein. In other words, thanks for seeing things my way. Still, I have been around long enough and have experienced enough to know that I don't always have to be right, and, in fact, many times I am wrong. This time I believe unequivocally that I am right.

To be honest I would like to think that all of the lifts and records in powerlifting are legitimate. You'd like to believe that all the lifters perform naturally and that their strength is the product of hard work and not drugs or gimmicks. When you achieve something, it should be because you worked hard to achieve it. Still, it doesn't take Lieutenant Colombo to figure out that drugs and gimmicks have become more the rule than the exception in powerlifting. The sad part is that records that once seemed as solid as Mount Rushmore have turned into pharmaceutical and manufactured contrived junk.

Say what you will about Lamar Gant - that he was a genetic freak or that he only pulled his deadlifts three inches. He was real. And so was his 672 deadlift. No drugs, no gimmicks ... just God given talent and hard work. When I was informed that Kaz bench pressed 661 pounds, I didn't have to ask myself "Did he lock it all the way out? Did he have a triple denim shirt on? Was he wrapped in duct tape? Did he touch and go the lift? Was his butt three feet off the bench?" I knew that the lift was genuine. Like Gant, his lifts were real. So were Hatfield's, Pacifico's, and Bridges'.

Dr. Judd "... I recently read that one of the greatest authorities in powerlifting said that he has a bottle of Anadrol 50 and a triple denim shirt sitting in the corner of his gym and until this day neither the shirt nor the steroids have lifted an ounce of weight. What do you say about that?" ... **Vaughn H.**

Vaughn: If the quote is right, I assume, he is saying that it isn't steroids or the equipment that is allowing guys to lift small apartment complexes: it is the athletes themselves.

Let's be real here. I have a hydraulic jack in the corner of my

garage. Till this day it has not lifted a thing on its own. If I use it, though, I can easily lift the front end of a ten ton tractor-trailer. Does that mean I am stronger than Anthony Clark because the most he ever lifted was a two ton automobile?

I have been told by a number of coaches and athletes that steroids, if stacked in a certain way, can increase strength by as much as 20 to 30%. I have also been told that a triple denim shirt can add, conservatively speaking, 10% to 15% to your lift. Now let's do a little math here. You take a guy with a solid 500 pound bench press. You let him train with that stuff in the bottle in the corner of the gym, and if the experts are right, he is going to bench somewhere between 600 and 650. Then you take that triple denim shirt and you stick him in it, and -- presto -- the guy is benching right in the neighborhood of 700 pounds. In other words, you got a guy who would probably be hard pressed to ever break the 500 pound barrier, handling 700 pounds or more. Ben Johnson is a prime example of what I am talking about. With drugs, he was the fastest human who ever walked the face of the earth. When he attempted a comeback, drug free, he was at the very best a mediocre world class

sprinter.

The discouraging part of this type of thinking is that, I hear very few people concerning themselves with the morality or the ethics or the integrity of the sport.

Dr. Judd: "What is your problem? If guys want to use triple denim shirts or other equipment to ensure their safety or enhance their lifting, what is so bad about that? Why do you have to malign and insult them?" **Chris H.**

Dear Chris: Now, let me say right here that I have absolutely no problem with guys using equipment, drugs (if they are lawful), or bending the rules to make lifts that exceed their physiological limits. If a particular organization says that using a hydraulic jack is acceptable for making lifts, I think that is just fine, as long as everyone in that organization has an equal opportunity to use the jack. I don't see that as cheating or anything close to cheating. Cheating is when you surreptitiously use drugs, equipment, money or anything else to gain an unnatural advantage over your opponent. If everyone is using the same equipment, the same drugs and the same rules and/or officiating, then no one is gaining an unfair advantage. I can live with that, but let's be

honest. If you hit a hundred home runs, playing in a field that is 180 feet down the lines and 210 feet dead center, call it what it is ... Little League.

When you compare athletes who lift by the rules set down by the founding fathers against athletes using lifting enhancing aids, the latter group of athletes has a nonsensical, unfair edge. That advantage is compromising the integrity of the record books and the sport. Worse yet, it belittles and depreciates the performance of athletes who have competed under the strict standards that were set down by the organizers of the sport. Is it really fair that there are guys walking around claiming lifts that were made in meets where there were basically no rules? Is it fair that guys who are lifting un-aided are not mentioned in the rankings, while guys who use everything under the sun to get a lift up dominate those rankings? I'll answer that for you ... NO!

Maybe some lifters from the Counter Culture Era, where drug use was the remedy for everything from boredom to psychotic behavior, dismiss the fraudulence of "Better Lifting through Better Chemistry". Maybe we shouldn't worry that lifters jeopardize their health and well-being with anabolic and

thermogenic drugs to bolster their lifts. Maybe we shouldn't care if lifts are being made with illegal equipment or in meets that have fewer rules than professional wrestling, but powerlifting, over and above most sports, is embodied in numbers. Statistics are the sport's life-blood. We study meet scores, compare lifters' totals, memorize the record books, and scrutinize Herb Glossbrenner's powerlifting lists month after month. If you ask Mike Lambert, he will probably tell you that one of the major selling points of *Powerlifting USA* is its ability to bring the reader the most up-to-date statistics and/or lifts that are recorded around the world. The problem now is that those statistics have to be looked at with an incredulous eye.

As far as the safety issue goes, if the equipment - in fact - does decrease injuries, I am all for it. However, from what I have read, heard, and witnessed a lot of the equipment out there may actually increase the risk of injury by allowing lifters to attempt weight that is well beyond their physical parameters.

TO BE CONTINUED

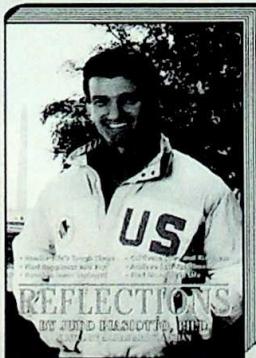
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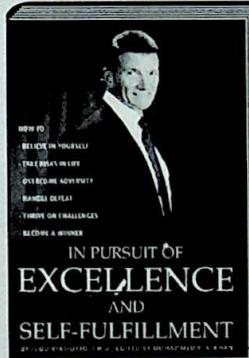
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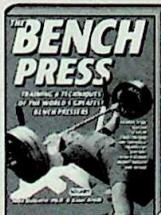
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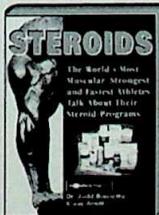
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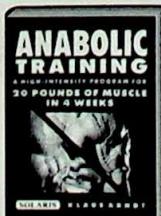
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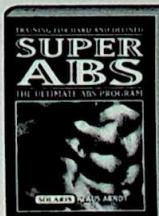
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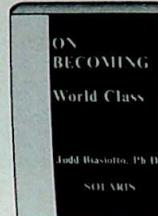
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INTERVIEW

Personal dialogue between
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Sport's Greatest Names.

TS: Thanks for doing this interview Willie. Could you provide some personal information?

WW: My name is Willie Wessels. I have been a teacher for 17 years. My wife, Dione, is also a teacher, but now she stays home with our two girls Whitney (21 months) and Mackenzie (10 months). We live in St. Louis, MO and pray the Rams do better this year.

TS: Growing up, what sports were you involved with and what made you decide to get into the Iron Game?

WW: As with many weight-lifters, I played every sport available to me. Those sports included football, basketball, track and field, and baseball. I did not have time for anything else. Once in college, I realized that playing sports was not my career, therefore, I concentrated on school. Since that time, I have needed an activity to release the extra energy and the competitive side of myself, and I chose weight-lifting which was a perfect fit for me. I had always messed around with weights, but I didn't get serious with them until 1982. I started competing in 1985, and haven't stopped yet.

TS: As a power-lifter, what would you consider your greatest achievement?

WW: As a power-lifter winning

Willie Wessels

as interviewed for PL USA by Tony Soucie

the Nationals and Worlds, in two different weight classes, meant a lot to me. Being the lightest man to ever squat a 1000 lbs. was also nice. Benching 661, totaling 2403 lbs., and being #1 in the 242 weight class in 1997 was the high-

light of my career. Now I coach Dione in powerlifting and I am having a great time. Training with Ernie Frantz were some of my best workout times.

TS: Recently you and your wife have become the head of the North

American Strongman Society (NASS). How did that come about?

WW: I have served as Missouri State Chair for 2 years. Bill Holland and I talked about the future of NASS for a while. This past winter, Bill called and asked me about taking NASS over. On 02/01/02, my wife and I did. I appreciate everything Bill and Linda have done for NASS and for Dione and myself.

TS: Could you elaborate a little about the NASS?

WW: NASS is the premier amateur strongman organization. NASS has grown a lot this year. We have 29 states involved now. The NASS State chairs are some of the greatest people I know. The competitors in NASS are unbelievable. They are strong and dedicated to the sport. Our website is www.nastrongman.com. If you are interested in strongman competitions, please check it out. We have competitions for teens, women, masters, and open competitors. Thanks to sponsors like Rick Brewer from "The House of Pain" and Jeff Bach from "The Weak Get Eaten", we are able to provide a lot for NASS members.

TS: What are the future goals of NASS?

WW: For the future, we want to keep growing. We would also like to add some corporate sponsors. Getting NASS on television is one of our goals for the future along with continuing to develop strongmen and women so they can become professionals and have a shot at the "World's Strongest Man" and "Woman" title. We will continue to provide safe and fun competitions for all strong men and women.

TS: Thanks Willie. Any final comments?

WW: Be strong and train smart. See you soon at a NASS contest.



Willie Wessels pulling the "RV from Hell" at the 2001 NASS Illinois Strongest Man Contest.

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Several years ago, I had the good fortune to chat with a former national champion at a big meet. One comment he made that stunned me was he said some of my articles I wrote for *PL USA* had a positive impact on his career. One article in particular was on setting up to squat. The point I am making is to not pat myself on the back, but to show how much value properly setting up for the squat can be to your results. Witness some novice lifters from the time they sit down to wrap until they finally get the squat signal. These episodes can range from wrapping too soon or too late, to exhausting backouts from the rack. By the time the squat signal comes, they have spent a great deal of physical and mental energy leaving less than desired for the actual squat itself. A close miss could have been changed to a success with better set-up. As an extra added bonus, efficiently setting up to squat can mean not only a bigger squat, but can greatly lessen the chance for injury.

Let's start at weigh-ins. Lifters get measured for bar height and choose their preference to have the racks in or out. "In" means the lifter places his hands outside the racks, near the inside of the collars. Many larger lifters go this route because they can not get their arms in close to the body due to their size and flexibility limitations. Smaller lifters tend to set the racks 'out', meaning the lifter's hands go inside the rack, away from the collars, and closer to the body. Some lifters have their buddies set their bar height for them. I would suggest each lifter personally get measured for the most accuracy. A valuable tip to remember is when you are actu-

STARTIN' OUT

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Setting Up Right for the Squat

as told to Powerlifting USA by Doug Daniels

ally squatting, wearing a tight squat suit may 'shorten' you a bit. For that reason, consider a setting one notch below what you measure without a squat suit on. If you find after your first attempt, it is too high or too low, have the meet workers adjust your bar height for subsequent attempts. In most cases, lifters have the bar set too high. They must tip toe to get the bar out of the racks. This can be tricky with max weights. If the height is set too low, the lifter ends up doing a partial squat to get the bar up and out. Both scenarios waste energy and add to anxiety, not a good thing.

The next step for the squat is in the 'on deck' circle. Being aware and organized in getting your gear on can save a lot of energy from the get go. Start with your squat suit on with the shoulder straps down. When the lifter on the platform takes the weight out of the rack, begin to wrap your knees. In addition to the time it takes the lifter to attempt the lift and the spotters take to get the bar back into the rack, there may be a weight change involved. Combining this with the customary one minute between lifts should provide you with ample time to get into full squat gear. It is

key to not begin the wrapping process too soon as having all that confining gear on for even seconds too long can sap energy. After your knees are wrapped, have a helper get you up from your chair and have him get your shoulder straps of your squat suit up. After that, put your wrist wraps on if you use them. Follow this with getting your lifting belt cinched on. It may be best for a helper to cinch the belt on tightly, again saving energy. Have a helper spread chalk on your back where the will bar rest to reduce the chance of the bar slipping during the squat. Lastly, chalk your hands for a better grip, and then you're ready for your best impersonation of a human forklift. Your helpers are extremely important here, as their main responsibilities are to keep tabs of when you are due to lift and completing the gear-up process.

When the pre-set up stuff is out of the way, we can move to getting into position to squat. The main goal of setting up is to get into ready-to-squat position quickly and safely and with the least expense of energy and anxiety possible. Saving that energy for later during the squat can mean

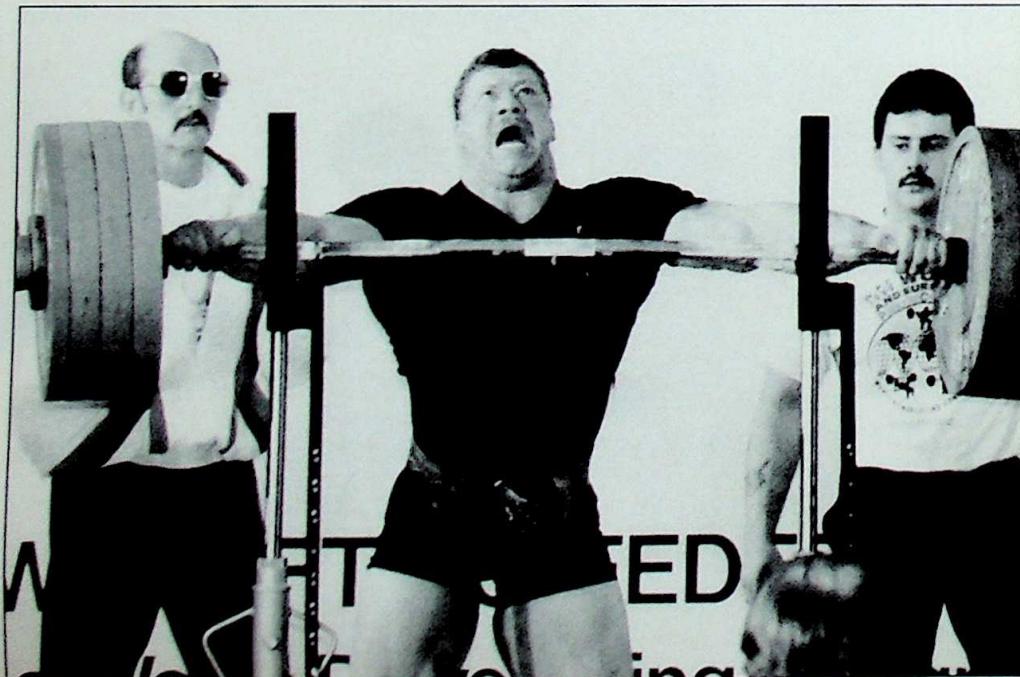
the difference between success and failure. Many lifters waste an extreme amount of energy backing out of the rack and then add to this by shuffling the position of their feet, searching for that perfect stance. I've seen some lifters take numerous steps backward while setting up, taking the spotting team on the hike with them. Never mind they have to walk all the way back to the rack with the weight after the attempt. That can even tough after getting 2 or more red lights. Seems like it's even a longer way back then.

Optimally, the squatter should take one step back with each leg, getting right into starting position for the head judge's 'squat' signal. The only way this can be accomplished is with a lot of practice during your training. Practice backing out of the rack and into position with one step on every rep you do in training, from that 135 warm-up to your max lifts. This will make setting up second nature. If you need more than one step back to clear the rack, I suggest you re-evaluate your squatting style. Perhaps, you do not need as much room between yourself and the rack as you may think.

Setting up can also apply to the spotters; they can make mistakes too. Your helpers can assist in this department. Have them verify that the bar is loaded correctly and evenly and the racks are set to the correct 'in' or 'out' position. The platform tends to get covered with chalk and powder over the course of the meet. Have a helper instruct the spotters to clean it up before you take the platform. Waiting for the spotters to reset the rack or clean off the platform while wrapped and belted can really add to frustration, again draining precious energy.

A lot of hard work and thought go into your contest preparation. All that can go up in smoke if you waste too much energy setting up to squat. Practice setting up efficiently for the squat on every set and rep in training. This type of focus is the only way to insure you are in the best position to get maximum results on contest day. The importance of paying attention to such details can make a difference in your meet results as well as safety. It has made a difference to champions, it can for you also.

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



Racks In allows the bodies of lifters in the heavier classes to be accommodated by the racks more easily.

TRIPLE BODYWEIGHT CLUB

as compiled by Herb Glossbrenner for PL USA

TIMES BWT	LIFTER	NAT	BWT	KG.	LBS	DATE
1	3.6985	SCHICK, MARCUS	76GER	68.94	255.0	562.1
2	3.5361	FOKKEN, ROY(4TH)	USA	68.94	243.8	537.5
3	3.5079	STANASZEK, ANDRZEJ	71POL	50.60	177.5	391.3
4	3.5051	WARR, GREG	69USA	66.00	231.3	510.0
5	3.4242	VILLE-PITTERI, EROLA	FIN	82.50	255.0	562.1
6	3.4168	HALBERT, GEORGE	71USA	89.81	310.0	683.4
7	3.4420	OTSUBO, MAKATO	68JPN	55.20	190.0	418.9
8	3.4318	ISAGAWA, HIROYUKI	53JPN	59.88	205.5	453.0
9	3.4246	KAWAKAMI, T	JPN	59.86	205.0	451.9
10	3.3854	NEALY, DEWAYNE	USA	87.09	294.8	650.0
11	3.3806	CLARK, AUGUST	USA	59.90	202.5	446.4
12	3.3717	WATERMAN, DAVID	USA	84.82	286.0	630.5
13	3.3662	KARLSSON, MAGNUS	67SWE	55.70	187.5	413.4
14	3.3333	ITO, KIMIHISA	72JPN	67.50	225.0	496.0
15	3.3269	IKEDA, NAOYA	JPN	52.00	173.0	381.4
16	3.2766	KELLUM, JESSE	USA	93.44	301.1	675.0
17	3.2589	MIYAZAKI, YUJI	68JPN	56.00	182.5	402.3
18	3.2550	MILLER, LARRY	USA	74.50	242.5	534.6
19	3.2443	SAVINO, GREG	USA	82.45	267.5	589.7
20	3.2414	SIVOKON, ALEXEI	73KAZ	67.10	217.5	479.5
21	3.2343	PARNIAN, TAGY	NDL	58.90	190.5	420.0
22	3.2121	WERNER, SCOTT	USA	74.84	240.4	530.0
23	3.1941	VOROBIEV, ALEXEI	69RUS	81.40	260.0	573.2
24	3.1896	O'NEIL, CHRISTOPHER	USA	52.62	167.8	370.0
25	3.1799	HARA, MIKE	USA	73.90	235.0	518.1
26	3.1761	BOOKER, MICHAEL	USA	53.52	170.0	374.8
27	3.1753	MUKHAMATYAROV, F.	72RUS	55.90	177.5	391.3
28	3.1692	BULLOCK, DAVID	59USA	67.50	213.5	470.9
29	3.1494	PATTERSON, KENNETH	USA	98.43	310.0	683.4
30	3.1474	PAVLOV, KONSTANTIN	73RUS	55.60	175.0	385.8
31	3.1431	RUDULIS, ANDRIS	77LAT	51.70	162.5	358.2
32	3.1385	ITO, DEREK	USA	67.13	210.7	464.5



Marcus Schick of Germany reigns at the top of Herb Glossbrenner's exclusive list of male triple bodyweight plus bench pressers. He is seen at left competing at the Arnold Bench Press Classic in a photograph taken by PL USA editor Mike Lambert

33	3.1333	SAKUTA, S.	JPN	75.00	235.0	518.1	98
34	3.1302	SHERMAN, JEFF	USA	81.87	256.3	565.0	04SEP93
35	3.1298	COUCH, RICK	USA	59.42	186.0	410.0	20NOV93
36	3.1250	COLEMAN, ARNOLD	USA	80.00	250.0	551.1	18NOV00
37	3.1188	CONFESSORE, CHRIS	65USA	81.76	255.0	562.1	17JUL88
38	3.0995	HEATH, DOUGLAS	55USA	60.00	186.0	410.0	07MAR98
39	3.0992	PEREZ, JOSE	USA	74.27	230.2	507.5	26MAR94
40	3.0981	NAKAYAMA, HISAYUKI	JPN	58.10	180.0	396.8	01SEP01
41	3.0932	RORIE, LEE	64USA	88.90	275.0	606.3	07OCT95
42	3.0818	CAPOZZOLO, ROB	USA	105.23	324.3	715.0	MAY02
43	3.0662	ROBBINS, DONALD	USA	82.10	251.7	555.0	16DEC00
44	3.0643	WEIL, RICK	58USA	82.40	252.5	556.7	29JUN86
45	3.0487	HOOPER, WADE	70USA	74.39	226.8	500.0	05MAY01
46	3.0416	UNTEN, KIERWIN	USA	60.00	182.5	402.3	17FEB01
47	3.0357	BUTTERBAUGH, DAVID	USA	56.00	170.0	374.8	11NOV95
48	3.0349	SUCCAROTTE, A.	64USA	82.37	250.0	551.1	23JUL89
49	3.0277	LEE, JULIAN	USA	90.00	272.5	600.8	02APR89
50	3.0155	POKU, ALEX	68USA	65.43	197.3	435.0	13JAN90
51	3.0137	MORISHIMA, ED	62USA	67.36	203.0	447.5	03SEP88
52	3.0080	GALLAGHER, BILL	USA	74.80	225.0	496.0	23JUN01
53	3.0012	BRADLEY, JOE	USA	60.00	180.1	397.0	06DEC80
54	3.0000	WRIGHT, CHAD	USA	54.43	163.3	360.0	13APR96

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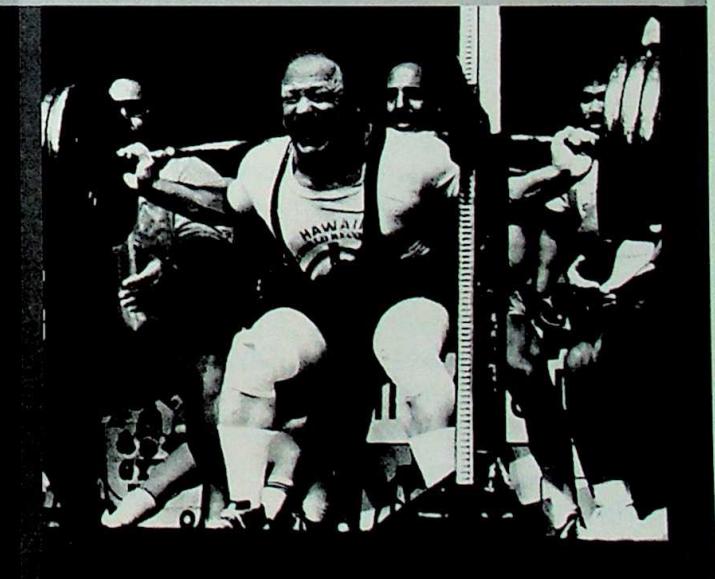
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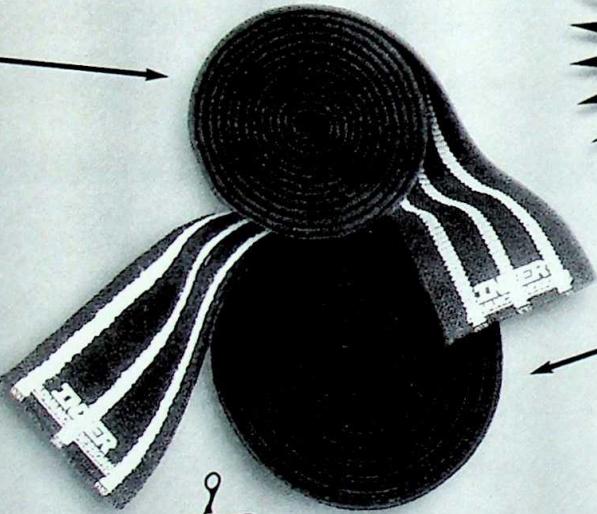
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TRAINING

Fred: A Boldt of Lightning

as told to Powerlifting USA by Louie Simmons

Fred Boldt moved from Buffalo, NY, in October 2001 to Columbus to train at Westside Barbell. His bench press was 400 in the 165 pound class and had been stuck there for a year. After training at Westside for 10 months, Fred pushed his official bench up to 495.

Fred trains intelligently. We

found his weakest areas and corrected them. First, his form needed work. He would push the bar over his face and miss the lock-out. This was due to a weakness in the triceps and lats. We also noticed that his upper back was weak. Fred had always trained using the progressive overload method. He was fairly



Fred Boldt chalks up for a workout at Westside Barbell (D. Black)

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strong, but somewhat slow, lacking explosive power. We switched him from a light/heavy system to a much more effective system of a dynamic method day followed by a max effort day 72 hours later. This brought his speed up very fast, which is extremely important. Remember that force equals mass times velocity divided by time.

Before Fred trained at Westside he was doing triples with 315, then working up to a heavy single. Now his training weight is 185 with two sets of chains, which add 40 pounds at lock-out. This reduces bar deceleration. After 3 weeks, he switches to mini Jump-Stretch bands, which add 85 pounds at the top and 40 pounds at the bottom. The bands also add to the eccentric phase, resulting in a greater stretch reflex. This is accomplished through a gathering of energy in the muscle and connective tissue. This is an extreme workout indeed. Fred performs 9 sets of 3 reps with a maximal eccentric overspeed phase and a quick recovery phase with maximum acceleration to completion.

Instead of doing a so-called heavy day, Fred does a maximal effort day using the conjugate method. Fred used to max out each week, going heavier and heavier until he failed, not aware that training with weights above 90% of a 1-rep max for 3 weeks in a row will result in a lack of progress. Now, Fred will switch a core exercise each week and max out with 100+. This can be done by switching to a new exercise each week. These exercises may include floor press with bands or chains, board press, and overhead band press. Both dynamic and max effort workouts are concluded with first triceps, then lats, upper back, and side and rear delts.

Fred used certain key exercises

on max effort day. First he used board presses with bands. This exercise raised his bench to 450 (in a meet). Then it stalled out. At the time, Fred could out-board-press me. I knew this shouldn't be because I made a 575 at the same meet.

We had him do straight bar extensions to the throat. A 45 pound bar for 5 reps was hard for him. This was the first key to progress. When he could do 95 pounds for 5 reps, his bench was 480. Now what else could help?

Next was push-ups. That's right, simple push-ups. He would place a bar in the bottom of a power rack and elevate his feet on a 13-inch box. Raising the feet simulates an incline press and forces blood into the upper body. When the feet are on the floor, push-ups work like a decline. More weight or reps can

be performed with the feet on the floor. Fred will try for a rep record with bodyweight only or with a 45- or 100-pound plate on his upper back, with one edge of the plate at the base of his neck. He also has personal records with a 150-pound person and a 200-pound person sitting on his back.

Fred's new system of training raised his bench press to an official 495, thus making Westside's record board, which is not that easy.

When push-ups stopped producing results, Fred moved on to dumbbell extensions, two different types. The first is done with the palms facing each other, and the arms are held straight at the beginning of the movement. Then by bending at the elbow, the dumbbells are lowered until one end of the dumbbell touches the delt. Then it is rolled backward until a full stretch is felt in the triceps near the elbows. To start back up the elbows are pulled slightly forward and ex-

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tended to completion. The second method is to lay the two dumbbells vertically on the chest with the elbows out to the sides as far as possible. This removes the lats from the movement and places most of the work on the part of the triceps that attaches to the elbow. This builds the extension of the elbow, and, of course, this is a lot of your lock-out.

At Westside, we frequently hear how good Bill Crawford and his guys are at using their bench shirts. After all, he didn't just break Kenny Patterson's 275 record, he destroyed it with his latest 760 pounds. One of his tricks is to do board press while wearing his contest shirt. First Andre Henry tried it, on max effort day, and made a 635 off two boards and a 675 regular bench in the gym. John Stafford did 585 on two boards and then made a 620 regular bench. I was told that Tony Hutson made a 635 on two boards in the gym and then benched 660 at a meet, a 55

... "Next was push-ups. That's right, simple push-ups. He would place a bar in the bottom of a power rack and elevate his feet on a 13-inch box. Raising the feet simulates an incline press and forces blood into the upper body. When the feet are on the floor, push-ups work like a decline. More weight or reps can be performed with the feet on the floor. Fred will try for a rep record with bodyweight only or with a 45- or 100-pound plate on his upper back, with one edge of the plate at the base of his neck. He also has personal records with a 150-pound person and a 200-pound person sitting on his back." ...

other way. Guys like Bill Crawford are willing to give back to their fellow lifters, and, after all, he is a world record holder. If you are a nobody or a has-been, don't complain about the modern equipment, but rather learn to use it correctly. Hell, if your psychologist tells you using a bench shirt is cheating, save that \$200 an hour and I will buy you a bench shirt, you know, one of those items that is allowed according to the rules.

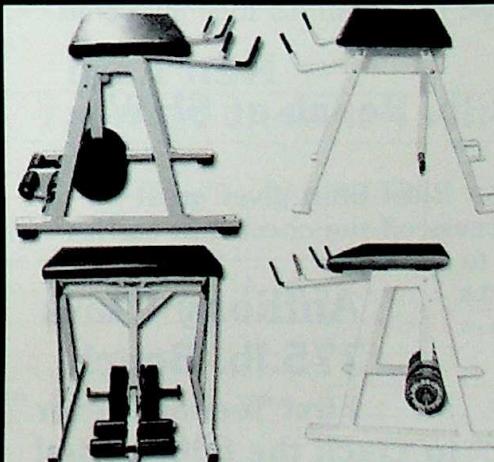
Fred is just learning to find what will raise his bench and what will not. No time is wasted. What's next for Fred? Time will tell. It is important that he stay injury-free and prepare himself for stardom in the middle-weights. At Westside we start a lifter in a direction to sooner or later reach the top. And we think

Fred will Boldt to the top.

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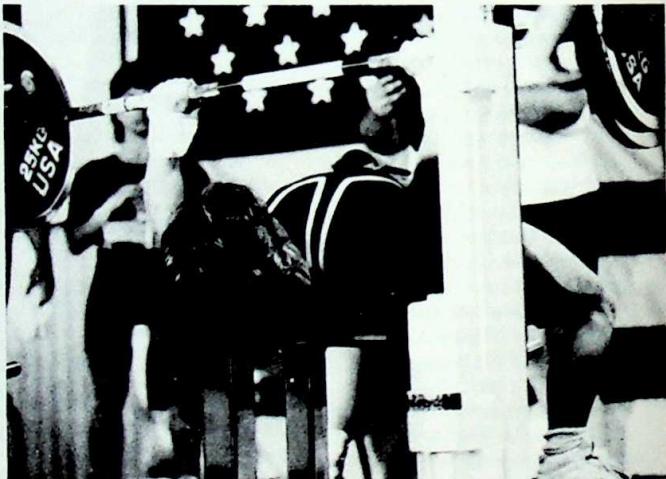
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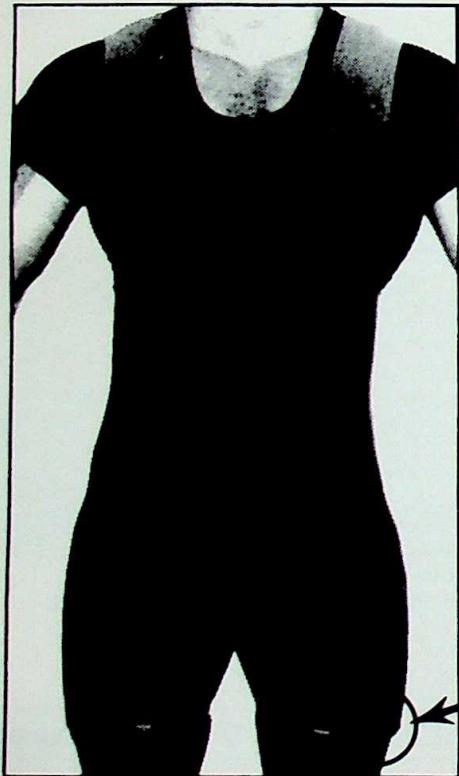
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IMMEDIATE SHIPPING

Z-SUIT

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



Z-SUIT



Z-Lock
(anti-slip
mechanism)

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			

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POWER SCENE



Jamie Harris, Worlds Strongest Elvis impersonator, as "THE KING".

As *POWER SCENE* starts getting near its 100th appearance (this should be about the 93rd), we thought it might be time to start a little update section, catching up on some of the many lifters, coaches, and gyms we've written about over the years.

Perhaps no one has been covered in *POWER SCENE* more than Jamie Harris, so there's probably no better place to begin. Big Jamie is busy aiming to hit the three lift stage, at Russ Barlow's November APF meet in Maine. Jamie's still recovering from a pect tear last January, but his bench is moving back up and he's hard at work on his squats and deadlifts.

Jamie's also running APF meets in the Pittsburgh area; he hosted one in late September and is planning the next one for next January. He's also active as the World's Strongest Elvis impersonator. Jamie spends many weekends doing shows in one (or more) of his three special Elvis outfits. We're looking forward to the day when Jamie can run a meet, lift in it, and put on his Elvis act at the meet. Or maybe he can just do his lifting in the Elvis suit.

Can you get a squat suit or bench shirt in the Elvis style?

We caught up with Ralph Raioli of New York's powerlifting mecca, the Iron Island Gym. Even though



Ellen Stein and Louie Simmons in Las Vegas (Photo courtesy Low)

Iron Island is no longer the site for PL meets, it's still got a lot of active powerlifters training there, among them Joey Almodovar, John Bott, Melanie Diamond, and Gregg Savino. It's also got two Monolifts now, plus bands and chains. For Iron Island info, call them at 516-594-9014.

We also caught up with top USAPL lifter Ellen Stein, who told us she's taking a year off from competition, while she drops ten pounds, then she'll be returning for next year's USAPL Women's Nationals in the 123s. Ellen is doing lots of core stability work with her trainer Basil Butcher, a Level 2 Paul Chek practitioner.

Out here in California, Gold's Gym in Venice had a 37th anniversary party. At over 500 gyms worldwide, it's the world's largest gym operation, and they've always been a strong supporter of *POWER*

SCENE, and always were of *Powerlifter Video*. Just a partial list of the powerlifters videotaped in their powerlifting workouts at Gold's/Venice over the last ten years reads like a who's who of powerlifting: Anthony Clark, Ted Arcidi, Garry Frank, Glen Chabot, J.M. Blakley, Chris Confessore, Scott Werner, Rachel Mathias, Tom Platz, and Joe DeAngelis.

After ten years of videotaping and photographing so many top lifters at Gold's, we want to say thank you (to Gold's and to the lifters) for their wonderful support, and wish them many more decades of success.

To the thousand who haven't been in *POWER SCENE*, we wish you much success, and hope that more of you will be in this column in the future. Until next time, stay strong and healthy, and good luck and good lifting. NED LOW



Gold Gym's 37th Anniversary - (l to r) M. Baker, Mike Kozachenko, Amy Jurist, K. Johnson, & Tracy Burton

WORKOUT of the Month

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

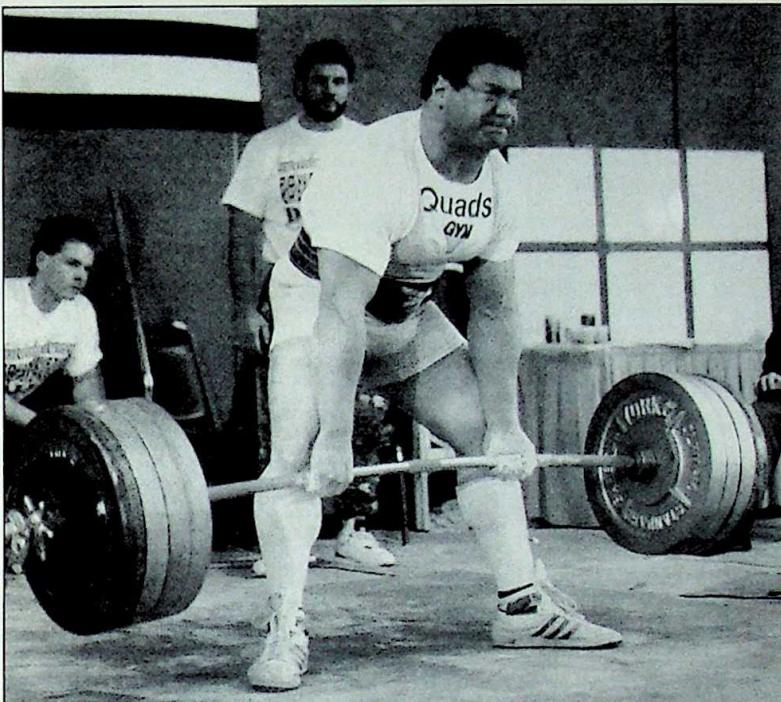
ED COAN'S SUMO DEADLIFT ROUTINE

In my opinion, the DEADLIFT is probably the most important lift in a meet. It is a lifter's last chance to win or lose. That is why I have put a lot of work into it. My cycle for the deadlift is 12 weeks. It consists of 3 weeks of 8 reps, 4 weeks of 5 reps, 4 weeks of 3 reps, and the week before the meet includes just a double at or around your opener.

Assistance work is done on Tuesday, because I deadlift on Saturday. It consists of 3 sets of chinups (with weight) for 8 reps, 2 sets of 8 reps of long pulley rows, and 2 sets of 20 reps of shrugs with a front grip to improve gripping strength. The poundages I have selected for this routine, assume the lifter coming into the routine has deadlifted 600 pounds in his last meet.

When I used to deadlift Sumo style, conventional deadlifts were done after my Sumo deadlifts. If you are a conventional deadlifter, just do your first 3 weeks of the cycle off a 2 inch block.

NO BOUNCING. Regardless of whether or not you are using Sumo or conventional style there are 3



Ed Coan has deadlifted 900 lbs. sumo style in the 220 lb. class ('91 USPF Seniors)

steps to remember: After you set up, do these in order:

1. Drive with the legs.
2. Pull the weight into your

body.

3. Pull the head up and back while pushing the chest out.

Week 1: 135x8, 240x5, 340x3, 425x8, conventional 390x8 (off

block)

Week 2: 135x8, 240x5, 340x3, 445x8, conventional 400x8 (off block)

Week 3: 135x8, 240x5, 340x3, 465x8, conventional 410x8 (off block)

Week 4: 135x8, 240x5, 340x3, 490x5, conventional 435x5 (off block)

Week 5: 135x8, 240x5, 340x3, 510x5, conventional 445x5 (off block)

Week 6: 135x8, 240x5, 340x3, 525x5, conventional 455x5 (off block)

Week 7: 135x8, 240x5, 340x3, 535x5, conventional 465x5 (off block)

Week 8: 135x8, 240x5, 340x3, 555x3, conventional 475 for reps off block

Week 9: 135x8, 240x5, 340x3, 570x3, conventional 485 for reps off block

Week 10: 135x8, 240x5, 340x3, 580x3, conventional 495 for reps off block

Week 11: 135x8, 240x5, 340x3, 590x3, conventional 500x3 off block.

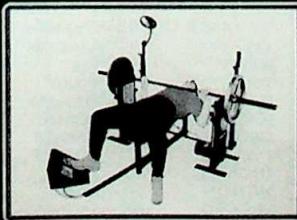
Week 12: 135x8, 240x5, 340x3, 600x2, no conventions..

Meet Day: Attempts: 584, 617, 639.

CONCEPTS 2000 INC PRESENTS

THE ALL NEW POWER PRESS SELF SPOTTING SYSTEM

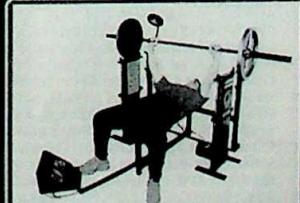
BENCH WITH NO FEAR!



The All-New Power Press incorporates electric actuators into heavy-duty safety stands that the user can activate by foot pedal to spot himself/herself at any time. The stands will lift the barbell and hold it in place when the foot pedal is released. No assembly required. Just set the stands and foot pedal in place, connect the cords, plug into any standard 110V AC and you're ready to safely bench without the worry of getting stuck or the hassle of finding a spotter.

Can be used with virtually any flat bench. Bench, weights, and barbell not included.

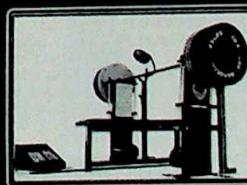
POWER PRESS IS HERE!



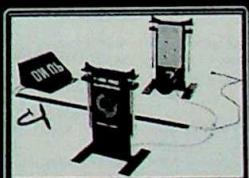
SAFELY BENCH EVERY SET WITH MAXIMUM INTENSITY WITHOUT THE DANGER OF GETTING STUCK OR THE INCONVENIENCE OF FINDING A SPOTTER!

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IPA EAST COAST CHAMPIONSHIPS

22-23 JUN 02 - NAZARETH, PA

	TOT	DL	BP	SQ	105w Pro
Janel Farone	800	310	215*	275	110w Pro
114w Amateur	620	265	155	200	123w Amateur
Anna Shander	910	280	200	410	Jenny Burke
132 Amateur	1135	425	300	410	Chris DeCarlo
132w Amateur	725	265	160	300	Karen Carpenter
148 Amateur	1010	400	210	400	Mike Welchcheck
148w Pro	215	215	215	215	Bonnie Graube
165 Amateur	1300	445	330	525	Steve Shanebrook
181 Pro	1565	565	395	605	Mark Van Alstyne
Amateur	1615	540	430	645	David Kirchen
Vinney Coiford	1195	455	335	405	Octavio Marrero
181 JR Amateur	1405	530	355	520	198 Pro
Russell Dell	1650	580	405	640*	Tim Werkheiser
Amateur	1600	550	405	645	Tony Kamand
Pro	1430	540	350	540	Amateur
David Garcia	1455	500	400	605	Robert Clark
Robert Clark	1600	550	405	645	Walter Welchcheck
181 JR Amateur	1405	530	355	520	Ryan Martucci
220 Pro	1575	450	375	750	Paul Bauer
Amateur	1600	500	425	675	Brian Richard
Pro	1500	545	405	500	Jimmy Marvel
Hal Wilson	1430	510	405	515	Amateur
David Alhoff	1530	550	380	600	Jason Cox
242 Amateur	1965	625	500	840	Scott Haddaway
Scott Brady	1925	600	535	725	Nick Watkins
Pro	1660	525	440	600	Kevin Emery
Bobby Field	1925	600	555	725	Amateur
Amateur	2070	700	405	645	David Moore
Sean Donegan	1600	565	405	630	275 Amateur
Steve Castone	1355	450	350	600	Pro
Pro	700	700	450	700	Sebastian Burns
Amateur	1635	540	455	640	John Stahl
Bob O'Brian	1305	500	330	475	Gerald Groff
Pro	1575	530	400	645	John Bott
Amateur	1620	615	490	870	Mark Walts
Pro	1620	615	490	870	Allen Hicks
Amateur	1665	500	505	660	308 Amateur
Pro	1900	600	500	800	Robert Weber
Terry Tsouroulis	1765	600	465	700	Ted Forbes
Ted Forbes	2020	700	470	850	Rocco Capoccia
SHW Pro	2070	650	570	850	Eric Myrishi
Matt Wilson	2055	670	530	855	BIG MEET, BIG LIFTERS, BIG RECORDS. MONTHS OF TRAINING AND PREPARATION CULMINATED IN AN EXPLOSIVE AND POWERFUL SHOWING AT THIS YEAR'S MEET. MANY OF THE SPORT'S PREMIER ATHLETES AND UP AND COMERS STEPPED ONTO THE PLATFORM TO SHOW THE CROWD THEIR STUFF. THIS YEAR'S STRENGTH SPECTACULAR/2002 IPA EAST COAST CHAMPIONSHIPS WERE HOSTED BY NAZARETH BARBELL, HIDDEN IN THE SHADOWS OF THE NAZARETH SPEEDWAY, HALFWAY BETWEEN NEW YORK AND PHILADELPHIA. IPA PRESIDENT AND MEET GURU MARK CHAILLET WAS PRESENT TO ENSURE THAT THE MEET WAS RUN EFFICIENTLY. TOM LEVERING KEPT THE FLIGHTS ROLLING SMOOTHLY WITH THE HELP OF EXPERIENCED STAFF PERSON, MARIA BENTZONI. CLUB OWNERS MIKE MILLER AND DEB AMES HAD AMPLE SPOTTERS AND LOADERS PRESENT TO PROVIDE STRONG SUPPORT TO THE 60 PLUS COMPETITORS. THE VIBE WAS ELECTRIC AND THE CAMARADERIE AND SPORTSMANSHIP DISPLAYED BY COMPETITORS, COACHES, AND SPECTATORS WAS ADMIRABLE. THE EVENT BE-



John Bott had a nice day at the IPA East Coast Meet. (courtesy Miller)

TALK THEM INTO DOING IT ALL OVER AGAIN!
(THANKS TO MIKE MILLER FOR REPORT)

NPA Meet MAR 02 - Freeport, IL

Teen BP	
Josh Burlingame	170
Kirby Puckett	185
Mike Spradling	305
Open BP	
SHW	
Adam Miller	365
Master	
220	
Carl Green	315
275	
Dave Barton	405
Open DL	
SHW	
Joel Miler	560
Full Meet	
220 Open/master	
D. Burlingame	805
410	680
1895	

Competing for the first time were teenage lifters Kirby Puckett and Josh Burlingame, both lifting without gear. Josh put up a strong 170, while Kirby hit a PR of 185. Also in the teenage was Mike Spradling with a great bench, hitting a PR of 305. In the Masters bench press, Carl Green - lifting in his first meet - put up 315 raw, winning the Master 220 class. Dave Barton, lifting in the Master 275 class, put up a strong 405. He will bench 450 and beyond in time. In the SHW Open, it was Adam Miller putting up 365 lbs. for the win. In the full meet, Duane Burlingame had a good day, with a squat of 805, bench of 410, and d/lift of 680 for an 1895 total. In the d/lift, Joe Miller took the win in SHW with a 560 pull. He will pull over 600 soon. Our meet was sponsored by House of Pain and Powerlifting USA. Thank you for your support. (thanks to Duane Burlingame for providing results)

WABDL Great Northern BP & DL 02 MAR 02 - Seattle, WA

BENCH	165 Junior
114 Master	T. McKinney
Jenni Goldberg	80
Traci Andrews	165 Open
132 Teen	Matt Taylor
M. McMillion	95
165 Open	Jody Cranston
Jody Cranston	285
165 Master	Dan Marzheimar
Dan Marzheimar	350
181 Master	Frank Isenorio
181 Teen	181 Teen
Brandon Walton	230
198+ Submaster	Don Decapario
Sheri Wyatt	195
198+ open	Matthew Dixon
Carrie Nouichoff	205
220	Carrie Nouichoff
David Dixon	300
242 Junior	198+ Sub Master
Leon Englund	370
242 Master	Daria Cal
Mike Murphy	225
DEADLIFT	Sheri Wyatt
105 Teen	275 Open
Mahidka Jenkins	200
132 Teen	Jim Westling
O. Doidhowu	225
Deanna Brooks	242
148 Junior	Leon Englund
Keith Walton	365
Mike Murphy	420
Bull Stewart was the meet director and it was held at the Gateway Athletic Club where Bull works as a Personal Trainer. (by courtesy of Gus Rethwisch)	

RENEGADE BENCH PRESS 05 APR 02 - Danville, IL

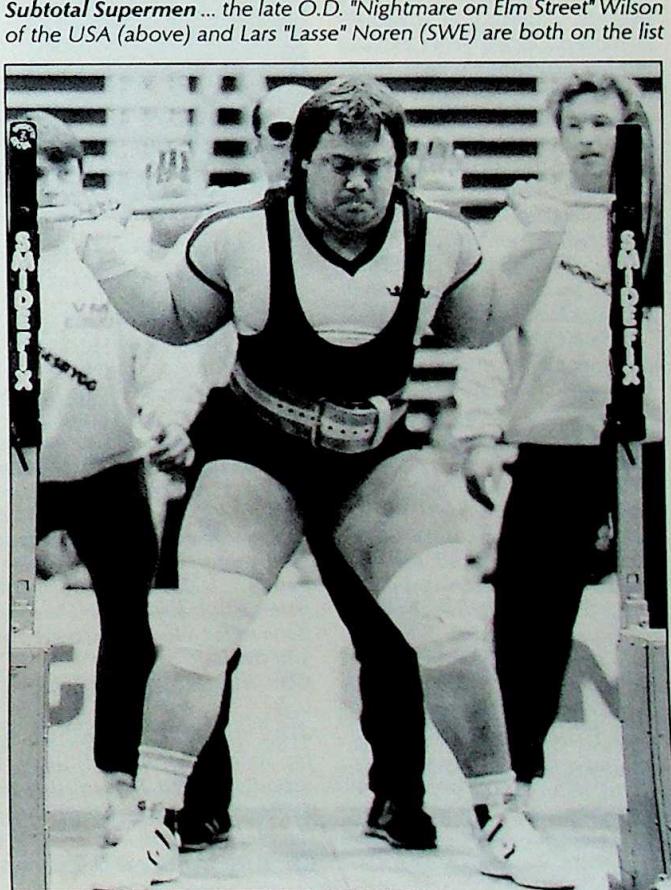
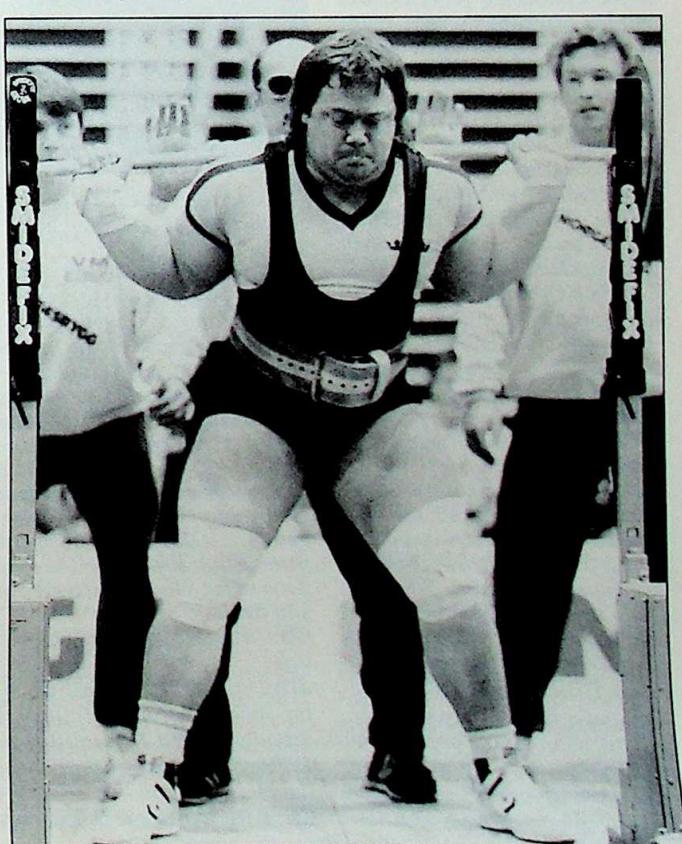
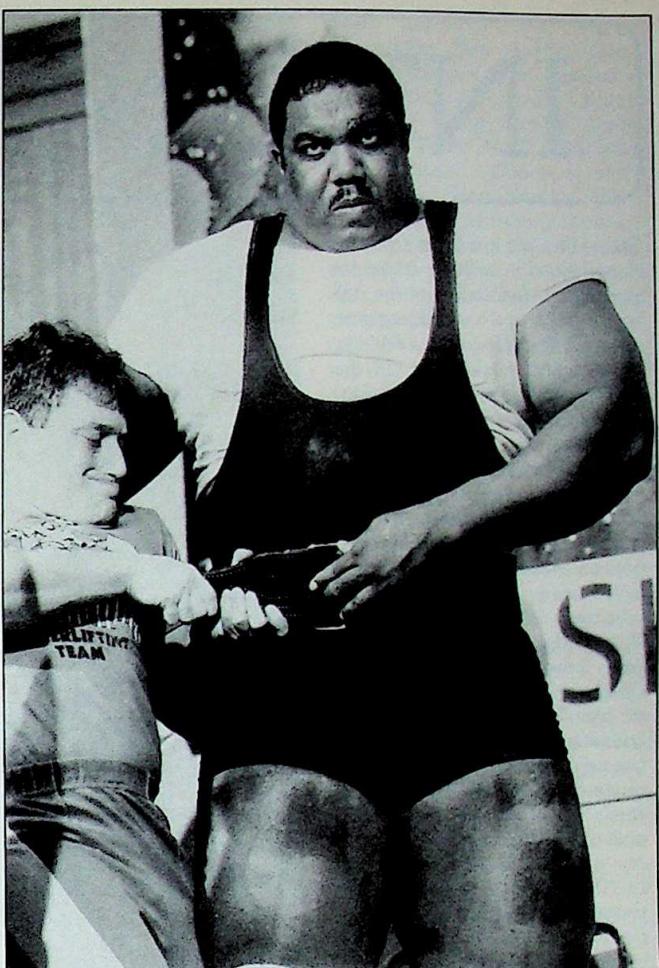
132	SANDERS	175
HAYES	240	198
148	WARD	380
EDWARDS	310	THOMAS
JORDAN	305	ROLAND
OROCHO	250	GARNER
165	ROGERS	295
THOMAS	375	220
SIGMON	315	HUNT
McCORD	290	SALINAS
GONZALES	280	315
181	L. PACE (M)	242
BOOKER	385	LANE
WILLIAMS	380	275
WILLIAMS	340	WILLIAMS
COLLINS	315	SHW
HAYES	240	HESTER
M - MASTER. Thanks to Greg Watson and the spotters/loaders for a great meet and a lot of fun for all that came. Great job Greg! (results provided by courtesy of Robert Bethel)		405

SUPERMEN SUBTOTALS - 100 ALL TIME BEST

compiled for Powerlifting USA by Herb Glossbrenner

TOT	KG	LBS.	LIFTER	NAT	BWT.	SQ +	BP	DATE
1	790.00	1741.65	Frank,G	USA	375	1003	738	24JUN01
2	789.25	1740.00	Clark,A	USA	333	1015	725	28MAR93
3	747.50	1647.95	Mikesell,B	USA	334	1047	601	29JUN02
4	737.50	1625.91	Moore,B	USA	331	920	705	01DEC01
5	737.50	1625.91	Smith,M	USA	346	959	666	16JUN02
6	733.77	1617.70	Moran,L	USA	316	1000	617	08JUL84
7	733.50	1617.09	Coan,E	USA	237	1038	578	12AUG01
8	732.55	1615.00	Kovacs,D	USA	319	950	665	23NOV97
9	730.28	1610.00	Thompson,D	USA	345	950	660	29MAR02
10	730.00	1609.37	Hamalainen	FIN	306	959	650	24FEB02
11	728.50	1606.06	Turtianen,A	FIN	274	1005	601	12AUG01
12	727.50	1603.86	Pasanella,D	USA	275	1030	573	28MAY89
13	727.50	1603.86	Wessels,W	USA	239	953	650	07APR97
14	725.74	1600.00	Hutson,T	USA	351	1000	600	30MAR02
15	725.00	1598.35	Coales,R	USA	307	959	639	12DEC98
16	722.50	1592.84	Fusner,R	USA	294	904	688	19NOV00
17	721.21	1590.00	Hunt,J.R	USA	396	960	630	18NOV01
18	720.00	1587.32	Kamaier,B	USA	330	926	661	31JAN81
19	720.00	1587.32	Midote,D	JPN	290	926	661	00
20	719.84	1587.00	Ware,J	USA	343	987	600	29JAN89
21	718.94	1585.00	Furnas,D	USA	275	985	600	16NOV86
22	718.94	1585.00	Gallo,C	USA	315	1005	580	23MAR02
23	712.50	1570.79	Voronin,J	USA	388	904	666	11JUN00
24	710.00	1565.28	Hall,M	USA	410	931	633	26FEB89
25	710.00	1565.28	Goggins,S	USA	258	1003	562	24JUN01
26	708.00	1560.87	Bolton,A	GBR	328	970	590	28JUL02
27	707.60	1560.00	Ruggeria,M	USA	380	1000	560	24FEB01
28	707.50	1559.70	Hechter,G	USA	347	975	584	02JUN85
29	707.50	1559.70	Karwoski,K	USA	267	1003	556	23JUL95
30	705.50	1555.36	Papazov,V	UKR	282	949	606	12MAY02
31	705.00	1554.25	Wilson,O.D.	USA	380	1002	552	29JAN89
32	704.42	1553.00	Waddington	USA	308	1003	550	13JUN81
33	703.07	1550.00	Barno,D	USA	308	950	600	17JUN00
34	702.50	1548.74	Fely,D	USA	331	981	567	12DEC82
35	702.50	1548.74	Isaac,T	USA	311	975	573	JUN89
36	702.50	1548.74	Childress,P	USA	304	947	601	12AUG01
37	700.80	1545.00	Pitts,G	USA	356	905	640	27MAR94
38	700.00	1543.23	Badenhorst,G	RSA	306	992	551	14OCT90
39	698.53	1540.00	Dimel,M	USA	319	1010	530	03MAY86
40	698.53	1540.00	Vogelpohl,C	USA	220	1025	515	29MAR02
41	697.50	1537.72	Halfield,F	USA	258	1014	523	23MAR87
42	697.50	1537.72	Hamman,S	USA	373	1008	529	10MAR96
43	697.50	1537.72	Nettles,D	USA	344	953	584	16JUN02
44	696.26	1535.00	Skiver,T	USA	330	900	635	23MAR02
45	695.00	1532.21	Robinson,M	RSA	309	937	595	14OCT90
46	695.00	1532.21	Mehan,A	CAN	290	1008	523	20MAY00
47	695.00	1532.21	Barry,L	USA	318	881	650	16JUN02
48	695.00	1532.21	Russ,E	USA	356	970	562	16JUN02
49	692.50	1526.70	Masters,W	USA	304	909	617	05JUL98
50	692.50	1526.70	Basson,O	ISR	308	903	622	16JUN02
51	690.00	1521.90	Saliger,K	AUT	314	926	595	APR93
52	687.50	1515.68	Wrenn,P	USA	340	975	540	12JUL81
53	687.50	1515.68	Nichols,B	USA	275	959	556	21OCT97
54	687.50	1515.68	Mersberg,J	USA	418	942	573	29FEB92
55	687.50	1515.68	Mimnaugh,B	USA	318	942	573	27OCT01
56	687.19	1515.00	Williams,J	USA	343	860	655	06MAY72
57	685.50	1511.26	Kutroff,H	GER	308	916	595	07MAY00
58	685.00	1510.16	Maddy,J	USA	390	848	661	09DEC90
59	685.00	1510.16	Urchik,P	USA	238	959	551	12AUG01
60	685.00	1510.16	Ladnier,J	USA	261	848	661	16JUN02
61	683.11	1506.00	Reinhoudt,D	USA	357	904	601	03MAY75
62	682.65	1505.00	Kuc,J	USA	322	905	600	11NOV72
63	682.65	1505.00	Safford,J	USA	275	900	605	29MAR02
64	682.50	1504.65	Kellum,J	USA	198	903	601	27OCT96
65	680.39	1500.00	Fantano,K	USA	330	890	610	24APR88
66	680.39	1500.00	Waddle,T	USA	300	950	550	05DEC99
67	680.39	1500.00	Bryan,T	USA	380	1000	500	19NOV00
68	680.00	1499.14	Neighbor,J	GBR	275	926	573	27NOV94
69	680.00	1499.14	Siders,B	USA	313	848	650	22JUN02
70	678.12	1495.00	Bartley,M	USA	242	885	610	30MAR02
71	677.50	1493.63	Kidder,K	USA	304	942	551	01JUN96
72	677.50	1493.63	Smith,S	USA	275	859	633	25JUN00
73	675.00	1488.12	Kennedy,V	USA	354	937	551	18OCT92
74	675.00	1488.12	Trevizo,R	USA	273	937	551	07FEB99
75	675.00	1488.12	Grove,J	USA	301	881	606	12AUG01
76	675.00	1488.12	Patterson,K	USA	220	815	672	15JUN02
77	673.58	1485.00	Lowe,G	USA	260	1010	475	14NOV98
78	672.50	1482.61	White,J	USA	341	920	562	31AUG75
79	672.50	1482.61	Noren,L	SWE	307	931	551	15NOV87
80	672.50	1482.61	Young,C	USA	370	970	512	11DEC88
81	672.50	1482.61	Obradovic,J	USA	275	777	705	23FEB02
82	672.50	1482.61	Malanicheva,A	RUS	272	914	567	03MAR02
83	671.77	1481.00	Cole,J	USA	282	901	580	28OCT72
84	671.50	1480.40	Patterson,R	USA	340	907	573	24NOV91
85	671.31	1480.00	Teler,M	USA	308	930	550	15JUN00
86	671.31	1480.00	Nickless,J	USA	325	940	540	27FE80
87	671.31	1480.00	Rychiak,E	USA	345	805	675	24AUG02
88	670.00	1477.01	Donald,J	USA	397	904	573	24NOV91
89	670.00	1477.01	Hayes,M	USA	320	848	628	31JUL94
90	669.04	1475.00	Iams,L	USA	305	875	600	01APR79
91	669.04	1475.00	Wood,J	USA	275	875	600	13NOV88
92	669.04	1475.00	Pearce,R	USA	275	875	600	24FEB90
93	669.04	1475.00	Tale,D	USA	297	935	540	25JUN99
94	668.00	1472.68	Fomin,Y	RUS	323	899	573	30SEP00
95	667.50	1471.58	Warman,S	USA	275	959	512	25JUN92
96	667.50	1471.58	Leslie,C	USA	242	904	567	08AUG93
97	667.50	1471.58	Tregloan,P	GBR	350	881	589	10NOV96
98	667.50	1471.58	Binkowski,J	USA	350	904	567	19DEC99
99	667.50	1471.58	Onasai,J	USA	360	843	628	28APR95
100	667.50	1471.58	Henry,M	USA	405	953	518	04OCT95

12 Nations: USA (84), GB (3), FIN (2), RSA (2), RUS (2), 1 each: JPN, UKR, CAN, ISR, AUT, GER, SWE



INTERVIEW

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

GB: J.D. Carr has been a powerlifting legend in military circles for many years. A member of the stellar Armed Forces Powerlifting teams of the 1980s and winner of multiple national and world titles. In this article you will get a snapshot of the life of J.D. Carr.

JD: My name is John Dewayne Carr and I'm married to Gloria. I have three sons Austin, Zachary, and Sammie Jr. After twenty plus years in the US Marine Corps, I'm now employed at Honeywell Inc. in Houston, Texas.

GB: How did you get involved with lifting and strength training?

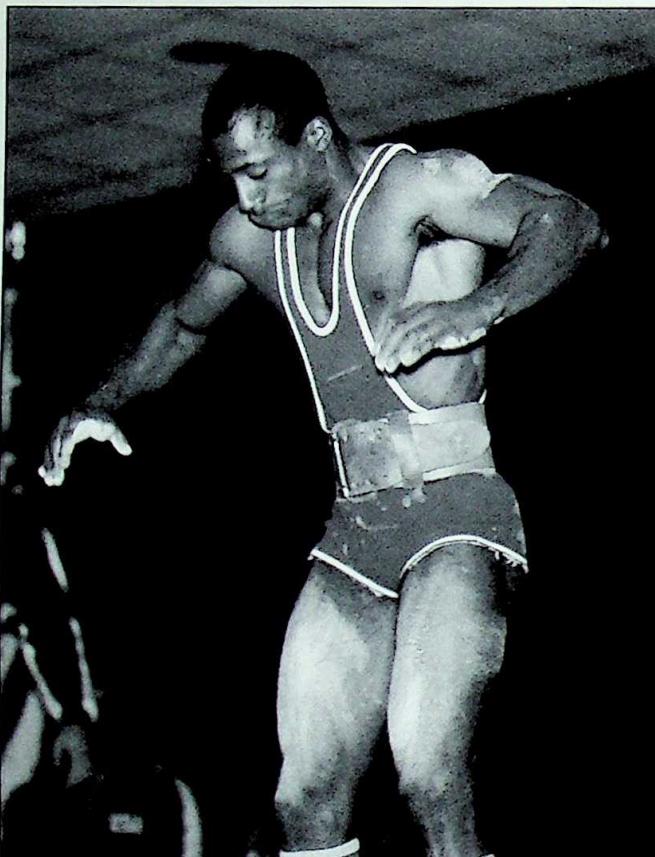
JD: I was born and raised in Chicago, Illinois. I began lifting at age 6, but was not able to compete until I was 8 years of age because the city would not allow anyone to lift weights competitively until they had reached the age of 8. I started mainly because my family resided in the projects of Chicago and we had youth programs that organized activities in all sports. Wrestling is the big sport between myself and my brothers, which led to lifting weights. I clean and jerked 40 lbs. when I was 6 years old. My Mother was directly responsible for me and my siblings entering into the sports program to keep us out of trouble. My Mother was very proactive in civic projects near our home. She was the Southside president of activities and organization for youth programs. She organized gangs into sports teams, such as baseball and basketball. During that time I was able to meet some important people, to include Martin Luther King Jr., Bobby Kennedy, Jessie Jackson, Diana Ross, Gale Sayers, Chicago Mayor Daley and The Jackson 5.

GB: What was your military career like?

JD: I joined the United States Marine Corps at age 17, spent 21 years of service and am very proud of it. The Marine Corps taught me how to deal with life and I truly feel I owe them more than just retirement. The Marines gave me an opportunity to be a World Class Powerlifter in spite of duties and a full military schedule. I thank them for the opportunity to do so.

GB: What other activities were you involved in growing up?

J.D. CARR Marine Powerlifting Legend interviewed for PL USA by Gene Bell



J.D. Carr gets ready to pounce on the deadlift that gave him the victory at the 1984 Juniors and put him on the map in the 132 lb. class.

JD: I mentioned some important people I've met and it was due to the band that my family had. I was the drummer of the group. Our family competed in area competitions, which could have led to music contracts, but at the time they were awarded to the Jackson 5. (Good choice!). The Jacksons had some good backing on their part, more so from their Father. I can also play other percussion instruments. I haven't done so for a long time, but I can still play.

GB: When did you start powerlifting?

JD: I first started lifting in Olympic style lifting (weightlifting). I actually started Powerlifting in 1979 when I became a member of the Marine Corps.

GB: What were some of your high

points in your lifting career?

JD: I will list a few the contests in my lifting career

* 1st powerlifting meet in 1980 (San Diego, CA): I took first place - 123 lb. class

* 1984 Armed Forces Champion

* 1984 USPF Junior National Champion, Deadlifted 589, posted a 1322 total- 132 lb. class

* 1984 USPF Senior National runner-up, 132 lb. Class

* 1986 Armed Forces Champion, 132 lb. class

* 1986 APF Senior National Champion, 132 lb. class

* 1986 APF World Champion, 132 lb. class, posted a total of 1440 with a 620 lb. deadlift

* 1987 APF Senior National Champion, 132 lb. Class, Outstanding lifter

* 1987 APF World Champion, 132 lb. class

* 1988 Armed Forces Champion, 132 lb. class, 606 lb. deadlift for an Armed Forces record

* 1988 USPF Senior National runner-up, 132 lb. class

* 1988 member of the USA Powerlifting team Perth, Australia, 132 lb. class

* 1989 member of the USA Powerlifting team, World Games - Karslruhe, Germany

* 1990 USPF Senior National runner-up, 132 lb. class

* 1998 USPF Master National Champion, 132 lb. class

* 2001 Military National Champion, 132 lb. class

* 2001 USAPL Master National Champion, 132 lb. class, American Record Deadlift 529 lb.

* 2001 USAPL Masters World Champion, 132 lb. class, American Record Deadlift 534 lb.

GB: Can you share a most memorable moment in your lifting career?

JD: The meet was the Junior Nationals in Portland, Maine in 1984. Gene Bell was one of the Armed Forces coaches of the world-class military powerlifting team. I was cramping pretty bad throughout the meet and didn't know if I was going to be able to finish. Going into the deadlifts, I was 88 lb. behind the 1st place lifter. I was actually in 8th place. Someone asked a few of our team members why I was opening so high in the deadlift. When Gene replied, "Just sit back and watch this", Boom, Boom, a new National powerlifting champion out of the military ranks was born. That actually started my powerlifting career and established me as a world class deadlifter. It felt good to go to a meet and have someone have that kind of confidence in me.

GB: What nutritional and supplement plan do you follow?

JD: I take very little supplements because I don't digest them well. My eating habits are o.k. but could be better. I always suggest to everyone to enjoy life now because there is no guarantee tomorrow. You can actually get a lot of nutritional value out of the

foods you eat, it depends on how much you consume, what you consume, and how it is prepared. I've tried numerous kinds of diets and found one that works for me, but I would not recommend for anyone else. I believe you will have to experiment at times to find the right combination.

GB: Any tips on the gear you use for meets?

JD: Ideally, I would prefer not to use any gear at all. However, I've used pretty much every brand of lifting gear known such as Marathon, Frantz, Titan, Inzer, and Crain Muscle World. I've found that Crain suits give me an edge and the suits fit exactly how I like them. I'm not saying that other equipment is not sufficient; it's just finding the right combination for your body structure.

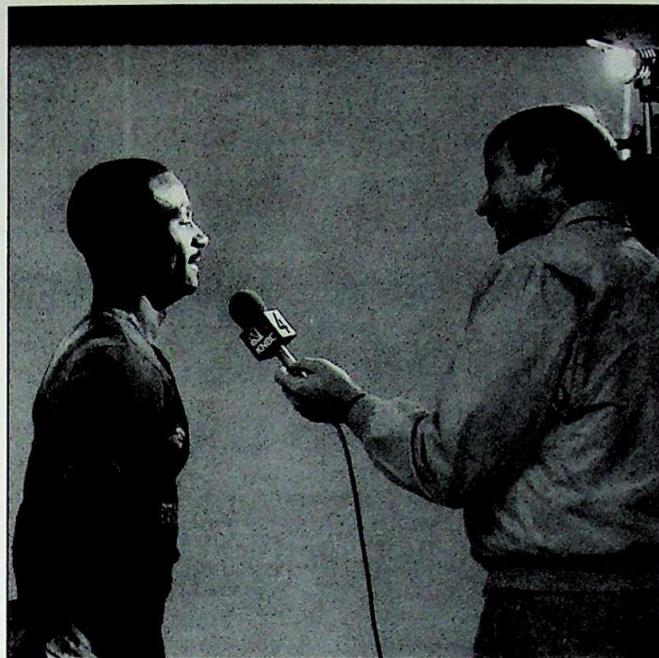
GB: What do you suggest to peak for a meet?

JD: In the past, I would set my training for 16 weeks prior, now I train for 12 weeks. I don't heal as fast as I once did:

* Squat once a week - 15 lb. increases per week @ 6 rep x 3 sets

* Bench once a week - 10 lb. increases per week @ 6 rep x 4 sets

* Deadlift once every other week - 25 lb. increases @ 5 rep x 3 sets



J.D. does a television interview at the 1988 Armed Forces PL Meet.

GB: What are your best lifts in training and in a meet?

JD: My best lifts were at 148 lb. class at the San Jose Open in 1985. Meet squat 562 (Training 590), Meet bench 314 (Training 355) and Meet Deadlift 644 (Training 672). My actual body-

weight at the weigh-in was 142 lbs

GB: Future goals in life and PL?

JD: I plan on retiring from work at age 53, and Golfing and Powerlifting until life ends.

GB: JD, who would you include on your powerlifting dream team?

JD: Lamar Gant, Ausby Alexander, Dan Austin, Gene Bell, Rickey Crain, Sylvester Anderson, Ed Coan, Steve Goggins, Doug Furnas, John Santos, Terry McCormick and O.D. Wilson. Coaching staff would be Sean Scully, Terry McCormick, and Johnny Graham.

GB: Did you have a favorite place to train?

JD: Samsons Gym - Orange, California.

GB: Who were your mentors in life and PL?

JD: My Mentor in life was my late Mother. In Powerlifting my mentor was the Great Terry McCormick. This man taught me a lot about powerlifting.

GB: Any additional comments?

JD: Our sport needs to come back together to enable powerlifting to be a valid sport. The separation has placed doubt in the Olympic Committee's minds. You can only have one and only one true Champion. For example, I won 2 world championships in the APF and I felt a little empty, however when you win against the Eastern Bloc countries it is a sweeter victory! The efforts are set forth for the clean up in the sport. Set the pride aside.

J. D. Carr
World Champion

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POWER - RESEARCH

dedicated to bringing Science to the sport of Powerlifting

How many times have you watched a lifter and wondered, "Why on earth would they do that?" It could be in a gym or at a national meet. It could be a truly bizarre pre-lift ritual, or a beginner's mistake, as simple as chalking thighs and powdering the hands. Whatever the strangeness, if you have been training for a while, you have probably seen it happen.

The amazing counter-point to such phenomena is that we seldom question our own reasoning. We all have habits, learned when we were just starting out. Simple things, like for instance, how we wrap our knees.

I have wrapped my knees the exact same way for the last 20+ years. I wrap in the manner where the wrap crosses diagonally across the kneecap, making what appears to be overlapping "X"s working up the knee. The rationale being that since a wrap is made to stretch lengthwise, more vertical wrap over the knees equals more stored energy and a bigger squat. This method seems to make sense and has

"THAT'S A WRAP?"

as told to PL USA by Gary Reichert

worked well for me over the years.

Nearly every other lifter I know wraps in a spiral, overlapping roughly parallel layers working up or down the knee with almost no wrap placed vertically over the knee. This method was obviously inferior (please note: this is sarcasm) for two reasons. First, wraps stretch lengthwise. If no wrap passes vertically over the knee it cannot stretch efficiently and therefore does not provide maximum rebound. Secondly, that's not the way I did it.

While we all accept some aspects of what we learned as fact, I had never seen any actual data to prove I was right and the other 90% of the world was wrong. So I decided to prove my theory myself in a logical fashion that other meatheads would understand.

It seemed reasonable that the amount of rebound provided by a

wrap would be proportional to the stretch it experienced. The wraps stretch as the knee bends, descending from standing to below parallel in the squat. More stretch should translate to more rebound. Therefore, by measuring the stretch, we can measure the potential rebound provided by each method of wrapping.

The stretch could occur in one of two perpendicular directions, either along the wrap's length or across its width.

To measure the changes in a wrap during a squat, my training partner and I drew a 1.5 inch square on an un-stretched wrap. The box was drawn with sides parallel and perpendicular to the edge of the wrap. We wrapped a knee diagonally, and took pictures of the knee while standing erect, and again at parallel. The procedure was the

repeated with the knee wrapped spirally. We used a 14" box to ensure that the amount of knee bend was identical for both trials. By measuring the change in the 1.5 inch square, we reasoned that we could measure the change in stretch throughout the squat.

After the pictures were developed, measurements were made along the edge of square. We recorded the starting length and the final length of the square in both directions. We used the data to calculate the percentage change, from the initial length. The greater the change in length, the more rebound the wrap should provide.

Yeah, yeah, I know this sounds like a lab report from high school, but if we didn't go through this everyone would figure the article was BS because the conclusions didn't agree with their opinion. Now you can all realize that I'm actually right.

The raw data, change in dimensions and change as a percentage of original length are provided in the following table:



Photograph Number 1 ... Diagonal Wrap, standing position.



Photograph Number 2 ... Diagonal Wrap, standing position.

Trial #1

Spiral Wrap

Change in dimension (units)

Change in dimension (%)

Length Width

Standing	19.3	13.9
Parallel	22.3	15
	3	1.1
	15.54%	7.91%

Trial #2

Diagonal Wrap

Change in dimension (units)

Change in dimension (%)

Standing	17.9	14.2
Parallel	21.4	14.8
	3.5	0.6
	19.55%	4.23%

To summarize the results:

- 1) Using the diagonal method caused the wrap to stretch more along it's length than the spiral method. The stretch increased by 26% with the crossing wrap.
- 2) Using the spiral method caused more stretch across the width of the wrap, than the diagonal method. The perpendicular stretch increased by 83%.
- 3) The total stretch for length and width for both methods were identical.

The \$1,000,000 question is "Which wrapping style will make me squat more?"

Interestingly, the total amount of stretch was identical in both methods. If elastic recoil is equal in both directions (we did not attempt to measure this, and it probably changes between brands of knee wraps anyway) both methods would be pretty close. The only answer I can justify completely is "My way is,

always has been and always will be the best."

That said, if you spiral wrap, take a good look at your knee wraps.

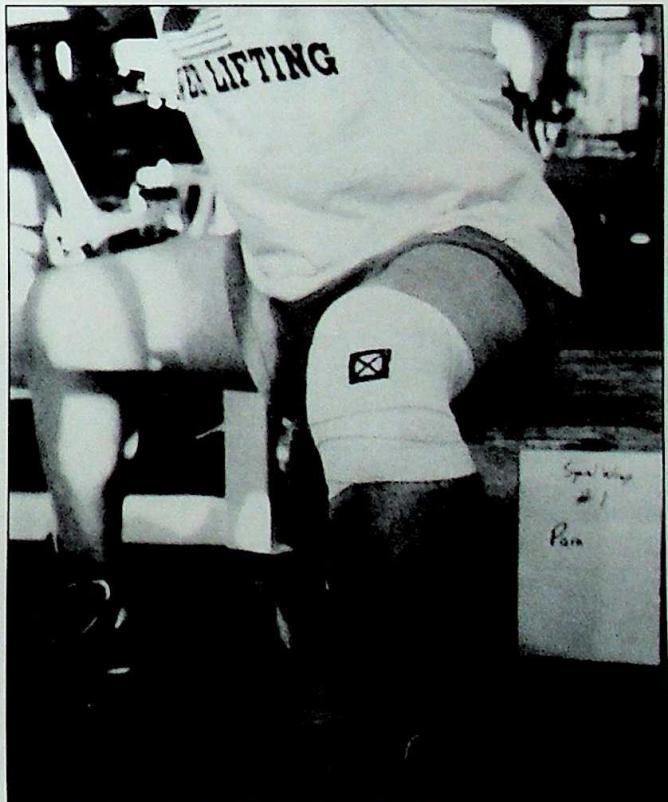
When you spiral wrap approximately 1/3 of the stretch occurs across the width of your wraps (twice as much as with the diagonal wrap). If your wrap is only designed to stretch one direction and you wrap spirally, you lose 1/3 of the potential rebound. If we assume

wraps give an additional 20 pounds, you just gave away 3 to 5 on your squat.

Five pounds won't turn most of us into 1,000 pound squatters, but it could change your placing in a close meet, or make a new PR. The bottom line is to look at your equipment objectively as possible. Smarter training is better training. Over a lifetime of lifting, an additional 5 pounds here and 3 pounds there adds up.



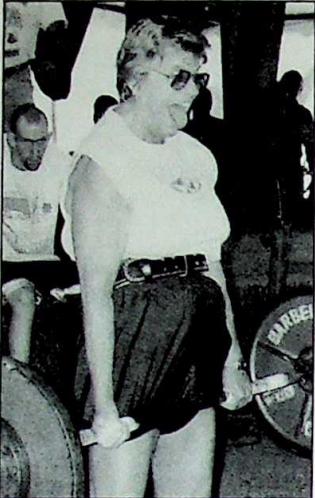
Photograph Number 3... Spiral Wrap, standing position.



Photograph Number 4... Spiral Wrap, parallel position.

**SLP Missouri State Fair BP/DL
11 AUG 02 - Sedalia, MO**

BENCH PRESS	Mall Majerle	525*
junior women	275	
123	Kyle Guldridge	700*
Jennifer Wallace	140*	submaster men
165	198	
Melissa DeVeaue	180*	Warren Holloway 350
submaster women	220	
123	Mark Runyan	425*
Ellen Krueger	105*	master men 40-44
165	123	
Linda Blackburn	325*	James Bryant 160*
181	165	
Cyndi Crossland	285	Anthony Slyman 270
220	181	
Melinda Sykes	135*	John Clark 290
master women 45-49	198	
165	Gene Bauer	375*
Deb Withington	180*	220
master women 65-69	Terry King	365
Nancy Northcull	80*	master men 45-49
teenage men 13-15	148	
114	Mike Slyman	265*
Dominic Scalise	120*	165
teenage men 16-17	John Kesler	310*
165	Roger Broeg	285
Beau Wickham	190*	181
181	Leon Shaw	300*
Nathan Genges	335*	220
198	Jim Braithwaite	360*
Chris Holloway	355*	master men 50-54 198
teenage men 18-19 132	Floyd Ouderkirk	300*
Charles Johnson	240*	Greg Stacherski 290
148	220	
Derick Beanland	205*	Ken Russell 360*
165	master men 60-64 198	
Aaron Armstrong	340*	Tom Barth 285*
275	master men 70-74	
Kyle Guldridge	365*	Kenneth DeBoer 185*
junior men	police & fire	
165	181	
Mike Beanland	335*	Dan Bequette 370*
Sam Wry	255	Mike Scalise 310
181	275	
Zac Cooper	410*	Jeremy Murrell 485*
Nick Breeding	350	open men
198	114	
Bob Boothe	415	Andrew Hrenchir 220*
C. J. Watson	385	148
Doug Prall	375	Joe Willard 260*
Brian Beanland	355	165
220	John Kesler	310
Richard McKeefre	450*	Troy Jarvis 285
242	181	
Brandon Griffin	440*	Jaime Proctor 375*
275	220	
David Guldridge	500*	Keith Parrish 545*
Chris LaStrada	405	242
Kevin Ballenger	385	Jun King 550*
DEADLIFT	Demetrius Davis	325
submaster women	181	275
Cyndi Crossland	375*	Ron Ogle 500
master women 45-49	Mark Austin	500
165	Ted Bell	160
Deb Withington	300*	junior men
master women 65-69	165	
165	Ryan Snelling	580*
Nancy Northcull	185*	275
teenage men 16-17	David Guldridge	650*
181	submaster men	
Nathan Genges	500*	220
Joshua Hurdle	350*	Mark Runyan 475
teenage men 18-19	open men	
165	Jon Heisinger	525
Aaron Armstrong	445	41h 550
220	Brandon Cass	800*



Nancy Northcull's 185# deadlift

BENCH: Best Lifter - lightweight - ZAC COOP/COOPER heavyweight - KEITH PARRISH. **DEADLIFT:** Best Lifter - lightweight - RYAN SNELLING, heavyweight - BRANDON CASS. The 2002 Son Light Power Missouri State Fair Bench Press/Deadlift Championships were held August 11 at the Show Me Stage on the fairgrounds. Thanks to everyone at Special Events for all their help once again. This year we had seventy-three competitors, our largest turnout ever, with several new lifters from Kansas and Oklahoma. In the bench press event Jennifer Wallace set the record at junior 123 with a solid 140. Jennifer now holds records for that class in three different states. One of our newest members from Oklahoma, Melissa DeVeaue, had a great day at junior 165, finishing with a new state record of 180. In the submaster women's division Ellen Krueger broke the existing state record at 123 with 105. At 165 was one of the nations top female benchers at 148 and 165, Linda Blackburn. Weighing in at a light 151, Linda finished with a state record 325, before missing her final attempt of 335! Cyndi Crossland took the 181 class with an easy 285 while Melinda Sykes won at 220 with her state record 135 opener. This was Melinda's first competition. Debbie Withington got a big pr and state record 180 with her win at master 45-49/165. Our final lady lifter was sixty-eight year old Nancy Northcull, the 'meanest woman in Holt's Summit', Missouri. Nancy set the record for the 65-69/165 class with 80! In the teenage men's division Dominic Scalise set the record at 13-15/114 with 120. Beau Wickham set the record at 16-17/165 with 190. Another record fell at 16-17/181 with Nathan Genges' opener of 335. Chris Holloway also broke the state record for his class, finishing with 355 at 16-17/198. At 18-19/132 it was Charles Johnson with 240 while Derick Beanland won at 148 with 205. Aaron Armstrong got 340 at 165 and Kyle Guldridge got a strong 365 at 275. All of the lifters the 18-19 age division set new Missouri state records! We had a big group of junior competitors with thirteen lifters in six different classes. First up at 165 was Mike Beanland, who won that class with a 335 state record second attempt. Second place at 165 went

to Sam Wry who finished with just his opener of 255. Birthday boy Coop Cooper was the big winner at 18 1, finishing with a personal best and new Missouri state record 410! Also taking the best lifter trophy for the lighter lifters gave Coop the best of birthday presents! Second place at junior 181 went to Nick Breeding, who finished with 350. Bob Boothe got a new pr at 181 with his win there, making his third attempt with 415. C. J. Watson was second with 385 while Doug Prall finished third with a personal best 375 over Brian Beanland who got a pr 355 for fourth place honors. Richard McKeefre, the current WABDL national champion at 220, set the Missouri record there with 450. Brandon Griffin got a new state record at 242, finishing with 440. The biggest lift of the junior competitors came from Big David Guldridge, who got his first 500 bench, the title at 275 and a new state record. Second place at junior 275 went to Chris LaStrada who finished with 405 while Kevin Ballenger settled for third with 385. This was Kevin's first competition. In the submaster men's division Warren Holloway successfully defended his title at 198, finishing with 350. Mark Runyan set the state record at 220 with a personal best and new state record 425. James Bryant set the state record for the master 40-44/123 class with 160 and the win there. Anthony Slyman won at 165 with 270 while John Clark took the 181 class with a personal best 290. Gene Bauer broke his own state record at 198, setting a personal mark there with 375. Then at 220 was Terry King for the win with 365. In the 45-49 age group Mike Slyman set the record at 148 with 265. John Kesler broke the record at 165 with his 310 winning bench while Roger Broeg finished second with his personal best 285. Leon Shaw won at 181 with 300, setting the state record there. Then at 220 Jim Braithwaite set the state record there with his 360 final attempt. In the 50-54 age division Floyd Ouderkirk got his first 300 bench as he won the title from Greg Stacherski, who finished with 290 after missing his final attempt with 305. Ken Russell also set a new state record, finishing with 360 at 220. Oklahoma's favorite son, Tom Barth, made this meet his comeback from shoulder injuries. Finishing with a new Missouri state record of 285, Tom won again at 60-64/198. Kenneth DeBoer won at 70-74/198 with 185. In the police & fire division Dan Bequette got the win at 181, finishing with a new state record 370. Mike Scalise was second at 181 with 310. Also at police & fire was Jeremy Murrell, who won at 275 with another state record of 485. In the open division Andrew Hrenchir broke the existing record at 114 with a personal best 220. Joe Willard won at 148 with 260, another state record. John Kesler won his second title of the day at 165 while Troy Travis finished in second place with 285, making just his opener. At 181 it was Jamie Proctor with a new state record of 375. Keith Parrish got a big pr and state record with his win at 220, finishing with 545. Doing the same at 242 was training partner Jim King, who got a big 550 for his final attempt. Second place at 242 went to Demetrius Davis who finished with 325. This was Demetrius' first competition. At 275 it was Ron Ogle, taking just his opener of 500. Also getting 500, which was a pr for him, was Mark Austin, who weighed twenty-eight pounds heavier. Third place went to Ted Bell who got a personal best 160. Best lifter honors for the heavier lifters went to Keith Parrish who finished with 545 @ 216. In the deadlift competition Cyndi Crossland broke the state record at submaster 181 with 375. Debbie Withington broke her second state record at master 45-49/165, finishing with a personal best 300. Up next was that mean woman from Holt's Summit, taking the master women 65-69/165 class with 185. After getting two red lights on her final attempt Nancy threatened to beat up me and my whole family, so after some deep discussions with the side judge (my daughter Christine) good lift! Nathan Genges pulled his first 500 deadlift at 16-17/18 1, setting the state record there. Also at 16-17 was 200 winner Joshua Hurdle who finished with a state record 350. Aaron Armstrong finished with 445 for the title at 18-19/165 while Mall Majerle set the state record at 220 with 525. Kyle Guldridge pulled a big 700 state record at 18-19/275 for the win there. In the junior men's division 165 winner Ryan Snelling pulled a 580 state record which also gave him best lightweight lifter honors for the competition. David Guldridge got the record at 275 with an easy 650, just missing a fourth with 675. At submaster 220 it was Mark Runyan for the win, finishing with 475. In the open division Jon Heisinger pulled a 525 third, followed by a 550 pr fourth for the win at 220. Up next was the long-awaited pulls of Brandon Cass. Having

tried 800 for a number of times in the past year, he was ready. Third attempt and Brandon goes for the magical 800 with plenty of power and a lockout that even I could not find fault with. Congratulations, Brandon, you deserve every bit of it ... best lifter, heavyweight! Thanks to my sons D. C. and Joey, my daughter Christine and Sheny Stevens for all their help. See you all again next year! (Thanks to Dr. Darrell Latch for providing the meet results.)

**PowerWorks Dungeon Drug Free
27 APR 02 - Constantine, MI**

Teen Bench Press	Chris Marlow	405
123	Jason Breneman	380
12	Josh Smith	350
David Baty	80	Greg Stewart 295
14-16		242
Cody Patterson	175	AJ Swolenski 435
165		Brian Stears 425
16-17		Dave Currie 425
Bobby Logan	285	Ray Michalek 400
17-19		Jason Carter 335
Nick Ball	210	Bill Mosher 300
242-16-17		275
Jeff Iciek	330	Rubin Buckley 465
275		Richard Wilson 430
14-15		Justin Jacobs 400
Chris Underwood	155	Mike Fry 400
18-19		Brian Amundsen 375
Billy Ferris	375	Tim Kniahia 360
Sub Master BP		SHW
148		Steven Jarausch 505
Tom Holloway	290	Kevin Stanley 450
181		DL Teen
Tim Schuiteboer	325	123
Joe Randazzo	290	12
198		David Baty 180
Wade Bly	405	14-15
220		Cody Patterson 270
Patrick Morris	400	132
Ron Robinson	385	14-15
Master BP		Tom Allies 235
181		242
Jon Smoker	295	16-17
Jerry Hammond	280	Jeff Iciek 420
Mark Hagenbuch	260	275
Tom Hoffman	225	18-19
198		Billy Ferris 565
Darrel Horn	350	DL Master
Fred Stokes	350	132
Dennis Bona	320	George Rorex 525
Dave Dempsey	360	Don Larkin 455
Myron Williams	360	181
Greg Fay	315	Jerry Hammond 385
242		220
Tom Iciek	400	Tony Decker 575
G. Washington	350	275
Ray Zimmerman	365	Garry Krueger 500
Pete Van Camp	335	DL Open
275		123
Gary Krueger	405	Cody Patterson
Tim Kniahia	360	Brian Young
SHW		Chad Dailing 575
Tom Bennell	450	Scott Oulman 515
W. Banacewski	340	Greg Green
Open BP		220
123		Josh Smith 600
Cody Patterson	175	Chris Marlow 515
165		Jason Breneman 450
Nicholas DeLuise	375	242
Andrew Davis	300	AJ Swolenski 570
198		Bill Mosher 545
Chad Dailing	415	275
220		Vincent Tubbs 615
Michael Newell	480	Brian Amundsen 590
Teams : 1st - PowerWorks Dungeon. 2nd - The Health Store.(thanks to Mark Mellinger for results)		



Best Lifters - Brandon Cass, Ryan Snelling, Keith Parrish and Coop Cooper (Latch)

**USAPL CALIFORNIA BENCH PRESS
15 JUN 02 - Northridge, CA (kg)**

WOMEN	Michael Green
M2 Women 132	M5 men 198
Gerrie Shapiro	62.5 Ed Rust 122.5
open women 148	open men 220
Melody Jordan	87.5 John Prather 180
open women 198	C. Register 137.5
A. Mitchell	102.5 Nick Wahidi 132.5
MEN	M1 men 220
M1 men 132	M. Womelsdorf 137.5
Mark Schultz	82.5 Ed Owens 112.5
T1 men 148	M4 men 220
Michael Spector	90 Bob Evans 160
open men 148	open men 242
Jerry Swift	137.5 Alvin Waldon 205
M1 men 148	open men 242
Jerry Swift	137.5 M3 men 242
open men 165	Alvin Waldon 205
Jason Rollo	open men 275
M5 men 165	Rodney Sheetz 182.5
Jim Merlino	130 M1 men 275
M3 men 181	Chuck McGuire
Edgar Martinez	140 M5 men 275+
open men 198	Denny Falter 125
Thanks to USAPL for providing the meet results)	

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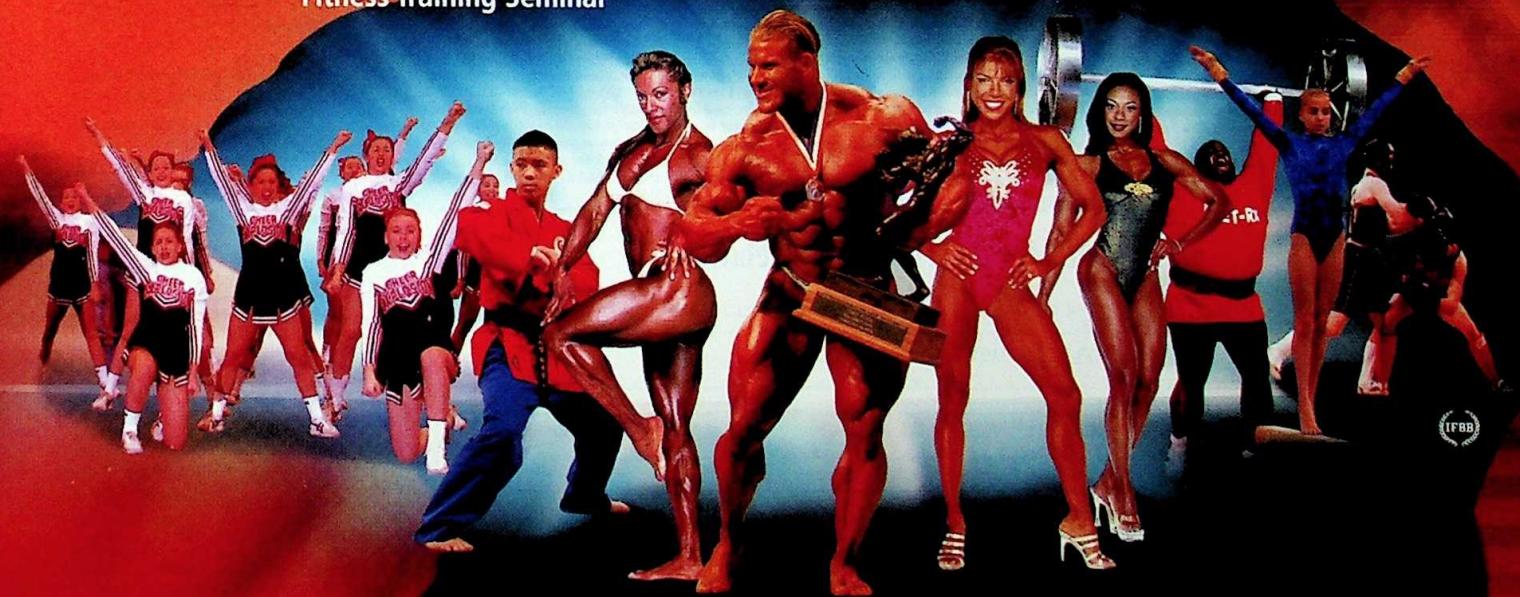
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SLP FT HAMILTON DAYS
06 JUL 02 - Hamilton, OH

BENCH PRESS	master men 45-49
teenage women 18-19	198
132	Bill Kelble 250*
Crystal McCredie	105*
submaster women	220
97	Tom Boyer 390
Melanie Gibson	95
148	master men 50-54
Kelly Whitaker	145*
148	181
Jody Hurm	105
master women 45-49	242
165	Mike Ferguson
165	275
Marcia Ferguson	390
open women	Charlie Peer 420*
165	4th 430*
Marcia Ferguson	250*
165	master men 60-64
Casey Freidlander	198
198	W. Smallwood 385
Marie Gehle	160*
teenage men 13-15	Jeff Telljohn 415
123 Tyler Gibson	105*
4th	242
teenage men 16-17	Mike Ferguson
165	275
Chad Warvel	275*
220	Bob Snyder 405
Jeremy Peters	340*
242	308
Mike Brown	430*
teenage men 18-19	Dave Kelhoffer 270*
165	165
Jason Cain	260
165	Jason Chappell 290
Steven Schwab	250
181	181
Adam Kelble	280
198	Eric Felts
David Schmitz	385*
198	220
Donald Sizemore	250
242	Nale Wilson 430
Aaron Butler	320
275	Mathew Haumesser
Brad Watkins	325*
Junior men	Drex Welch 555*
148	275
Jay Zurlinden	255
181	John Martinez 550
Richie McKenzie	330
198	Patrick Shiland
David Hanson	425*
198	shw
Josh Doran	355
submaster men	John Louallen 520*
220	181
Abe Napier	365
242	Adam Kelble 405
Jeff Ritzler	450
master men 40-44	Richard Anderson 365*
181	Junior men
Tracy Conner	440*
198	148
Steve Walls	425*
4th	Jay Zurlinden
242	master men 45-49
M.Wigglesworth	430*
198	350*
	4th 360*



Best lifters at SLP Hamilton BP/DL (Left to right): **Tracy Conner BL-BP** - LT, **Derek Barnickel BL-BP-HVY**, **Eric Felts - BL-DL**, and **Fitness One Owner - Wayne Smallwood** (Photograph courtesy Dr. Darrell Latch)

Class Winners Only	198 Open	340
Women	Randy Fry	340
198 Teen	242 Open	405
Susan Schuman	140*	John Kester
148 Open	308 Open	405
Jenny Stanek	140*	Glen Woychik
Men	Shw Open	510
198 Teen	Scott Kennelly	370
Kyle Laack	235 Sub 242	470
275 Teen	Mike Kaufman	470
Chris Alitz	365 Master 1	470
ShwTeen	275	470
Santiago Garza	335* Rick Ingalls	315*
123 Open	Master 2	470
Brian Poellinger	210 165	470
181 Open	Al McCredic	305
Craig Kofler	345 Master 5	470
	181 Chris Romer	205
Best Lifter - ERIC FELTS	"Son Light Power Ohio	
state record. The SLP Ft. Hamilton Days Bench		
Press/Deadlift Championships were held July 6,		
2002 at the Sports Zone in Hamilton, Ohio. A		
special thanks to Fitness One owner Wayne		
Smallwood who once again hosted this event.		
Thanks also to Wayne's son Barry for all his help		
loading and spotting. In the bench press event		
Crystal McCredie came all the way from Wisconsin		
to make this her second competition ever, leaving		
with a personal best and Ohio state record of 105		
with her win at teenage 132. State record holder		
Melanie Gibson again won at submaster 97, finishing		
with just her opener of 95. Kelly Whitaker won		
at submaster 148, finishing with a new state record		
there of 145, while Jody Hurm was second with a		
personal best 105. In the open women's division		
Marcia Ferguson set the state record at 165 with a		
strong 250 final attempt. Casey Friedlander was		

198's with state records for both his third (425) and fourth (430) attempts. Mike Wigglesworth got a new pr as well as a new state record at 40-44/242, finishing with 430. Al McCredie set the state record at 45-49/165 with an easy 305 while first-time lifter Bill Kelble got the record at 198 with 235. Tom Boyer won at 220 with 390. In the master 50-54 division Jim Abney got a state record at 181 with 315 as Bob Bean took the 198's with 390. Al 242 Mike Ferguson failed to get his opener in, failing at 365 three times. Charlie Peer won at 275, setting the state record there with his 420 third and 430 fourth attempts. Wayne Smallwood took the 60-64/198 class with 385. It was Jeff Telljohn's sixtieth birthday and I would say he had a good one, finishing with a personal best and new state record 415 for the 65-69/shw title. While Mike Ferguson failed to place in the police & fire/242 class, Bob Snyder got a pr at 275 with 405, which tied the existing state record. Carl Walls set the record at police & fire/308 with 365. In the open division Dave Kelhoffer broke the state record with his win at 148, finishing with 270. Jason Chappell won at 165 with 290 while Eric Felts and Chris Crabtree failed with their openers in the 181 and 198 classes respectively. At 220 Derek Barnickel came away the winner, breaking his own state record with his opener of 525. Second place at 220 went to Nate Wilson who finished with 430. Mathew Haumesser took the title at 242 with 425. Drex Welch, who just last month joined the '600' club, was only able to get his opener in at 275. Finishing with a new state record of 555, Drex won a close one over John Martinez, who finished with a personal best 550. Patrick Shiland failed to get in a lift, but showed improved form with his new shirt. John Luallen won at shw, setting the state record there with 520. In the deadlift competition Steven Schwab set the record at teenage 18-19/165 with his 335 final attempt. Also at 18-19 was 181 winner Adam Kelble who finished with 405. Richard Anderson set the state record at 18-19/220 with 365. In the junior division, 148 winner Jay Zurlinden upped his own state record by five pounds to finish with 350. Bill Kelble set his second state record of the day with his second win at 45-49/198, finishing with 350, then following up at 360 for his fourth attempt. Tom Boyer set the state record at 220 with a solid 400 pull. Bob Bean broke his own state record at 50-54/198 with his final pull of 555, while Dennis McCune won at police & fire/master 50-54/181 with 410, another state record. Carl Walls won his second title of the day with his win at police & fire/308, pulling a strong 500. In the open division Dave Kelhoffer won at 148 with a state record pull of 400. Eric Felts pulled a big state record 580 at 181 for the win and best lifter honors. Mathew Haumesser took the 242 title with 550. Thanks again to Wayne and all his helpers and to my son Joey for all his help. See you all again this fall! (Thanks to Dr. Darrell Latch for these results.)

10th MVFC BENCH PRESS CLASSIC
4 MAY 02 - Dunlevy, PA

BENCH	Butch Zemitis	450
Women	Wayne Sempre	315
Kathy Blair	155 Sub Master Amature	
Women Teen	Lee Bishop	450
Gena Romano	225 Master	
Men Teen	Pat Mulroy	315
Wesley Dean	350 Paul Henderson	400
Josh Marks	330 DEADLIFT	
Chris Guerra	260 Women Open	
Dustin Crissey	190 Tina Pamberton	300
Dave Fisher	160 Women Submaster	
Troy Baxendell	195 Kathy Blair	235
165	Tina Pemberton	223
Pat Mulroy	315 Women Master	
198	Nancy Schuehert	255
Tyrell Sterfield	405 Men	
Kieth McNeish	400 181	
Ed Freeze	320 Brad Posi	450
220	198	
Sean Varrati	380 Ed Freeze	510
Jeff Crispin	365 198	
Chuck Dornetto	330 open	
Travis Godden	500 Keith McNeish	570
242	220	
Scott Pollard	540 Jeff Crispin	550
Jeff Holt	470 Chuck Dornetto	550
Joe Ross	220 Sean Varrati	500
242 Amature	242 Open	
John Rolen	600 John Bolen	535
Robert Miller	550 242	
Doug Havilesko	460 Jeff Holt	600
275	275	
Dean Romano	505 Keith Troupe	470
Keith Troupe	385 308	
275 Amature	Al Baker	600
Marlin Gatti	425 Masters	
Chris Bishop	415 Walt Donaldson	520
308	Submasters	
Al Baker	560 Kevin Cyprowski	320
Buster Godden	440 Bob Fleming	315
SubMaster	Brad Posi	286
Dean Romano	505 Wayne Sempre	267

(Thanks to MVFC for providing these meet results.)

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"Lifting for Lifters"

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State or Province _____ Zip Code _____ Country _____

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Elite Am _____

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

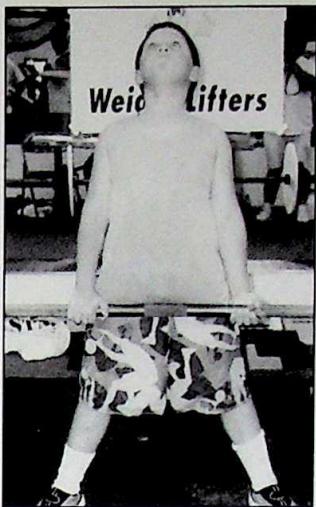
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Payment is accepted in the form of cash or money order only. Payment can be made to your state chairman.
Payment can be mailed to: IPA, c/o Mark Chaillet, 2536 Eastern Blvd., #515, York, PA 17402

**SLP Chain O' Lakes "Brats in the Lot"
27 JUL 02 - Waupaca, WI**

BENCH PRESS	220	
master women 40-44	Mike Amboya	450
105	242	
Janet Heiner	90*	Jeff Myers
master women 45-49	275	420
165	Jeff Reed	465
D.Goldsmith	100*	4th
4th	110*	DEADLIFT
open women	Junior women	
97	123	
Michelle Johnson	105*	Amanda Doman
148	260*	open women
Michelle Zank	160*	97
teenage men 16-17	Michelle Johnson	255*
shw	148	
Eddie Saenz	350*	Michelle Zank
teenage men 18-19	305*	
123	Jen Biscoe	275*
Keith Koch	125*	teenage men 13-15
4th	130*	148
148	Jake Mountjoy	265*
Scott Donahue	265*	4th
junior men	teenage men 18-19	
148	123	
Jeremy Hemmrich	295	Keith Koch
165	210*	
4th	225	
Evan Hagen	270*	148
181	Scott Donahue	340*
Pete Bowen	370	junior men
submaster men	148	
220	Jeremy Hemmrich	380*
John Righheimer	325*	165
master men 40-44	Evan Hagen	400
198	submaster men	
Dave Rabe	225	220
275	John Righheimer	395
Jeff Reed	465	4th
4th	470*	master men 40-44
master men 45-49	198	
165	Dave Rabe	325
Jim Blackburn	175	220
181	Mike True	510
Dave Parker	310	master men 45-49
4th	320	198
198	Ron Femando	485
Gary Koch	130	master men 50-54
220	165	
John Koenig	340	Bob Goldsmith
4th	350	435*
master men 50-54	Gary Sofia	340
148	4th	350
Bob Heiner	285*	master men 55-59
242 Terry Turner	360*	165
4th	370	Bary Hein
master men 55-59	master men 60-64	385*
165	181	
Bary Hein	260*	Jim Sodolski
police & fire	41h	390*
220	master men 80-84	400*
John Klarkowski	415	165
275	Bob Stephan	340
Jamie Kuffel	445	open men
open men	97	
165	Tyler Johnson	110*
Kelly Peterman	300	4th
181	181	120*
Pete Bowen	370	Jay Teela
181	181	465
Dave Parker	310	Tim Lencki
4th	320	275
Brian Durham	680*	

* Son Light Power Wisconsin state record The Son Light Power Chain O' Lakes "Brats in the Lot" Bench Press/Deadlift Championships were held July 27, 2002 at Health & Fitness Headquarters in Waupaca, Wisconsin. We had a great turnout with fifty entries and a good crowd of spectators to cheer them on. A special thanks to Bob and Janet Heiner for all the work they put into this competition and to the hospitality they showed to my son Joey and me. In the bench press competition feisty Janet Heiner lifted for the first time, finishing with a new Wisconsin state record of 90 for the master 40-44/105 class. Dorothy Goldsmith had a great day, making 100 for her third attempt, then followed up with a 110 fourth as she won the master 45-49/165 class. This established the state record there also. Michelle Johnson won the open 97 class with a personal best and state record 105, while Michelle Zank set the record at 148 with 160. Lifting in her first competition, Michelle also won the best lifter award for the women. Eddie Saenz won the teenage men's 16-17/shw class with 350, setting the state record there. Keith Koch set the record at 18-19/123 with 125, followed by a fourth attempt with 130 while Scott Donahue broke the state record at 18-19/148 with 265. Jeremy Hemmrich was tough at junior 148, finishing with a state record 295 for the win. Evan Hagen set the record at junior 165 with 270, another state record! Pete Bowen was strong at 181, ending the day with 370 and the win there. In the submaster division John Righheimer set the state record at 220, taking the win with a personal best 325. In the master men's division we had our largest group with nine competitors. Taking the win at 40-44/198 was Dave Rabe, who finished with 225. Jeff Reed broke



9 yr old Tyler Johnson, @ Brats in the lot", with a state record 120 (Photograph by Dr. Darrell Latch)

his own state record at 275 with a 465 third and 470 fourth attempts. Jim Blackburn got his opener in at 45-49/165 with 175 for the win there. Dave Parker finished with 310, then came back with a personal best 320 fourth attempt for the title at 45-49/181. First-time competitor Gary Koch finished with 130 for the win at 45-49/198. John Koenig got a personal best with his fourth attempt of 350, after finishing with 340 for the win at 45-49/220. Bob Heiner looked strong at 50-54/148 as he broke his old state record with a personal best 285. Terry "The Preacher" Turner regained his state record at 50-54/242 with a great 360 third attempt, followed by an even stronger fourth of 370. Al 55-59/165 Bary Hein broke his own state record at that weight with 260. In the police & fire division 220 winner John Klarkowski only got in his opener of 415 after missing a state record 435 for his last two attempts. Training partner Jamie Kuffel finished with 445 after his final attempt with a new state record 460 failed. In the open division Kelly Peterman got a new pr with his first 300 bench, winning the 165 class. Pete Bowen won his second title of the day with his 370 at 181. Dave Parker was second at 181 with 310. Best lifter among the men, Mike Amboya, won at 220 with a personal best 450. Jeff Myers won at 242 with 420 while Jeff Reed won again at 275 with 465/470. In the deadlift competition Amanda Doman won the junior women's 123 class with a new state record of 260. Michelle Johnson broke her own state record by five pounds with her 255 pull for the victory in the open 97 class. Michelle Zank won her second title of the day with

her great 305 state record pull at 148. Then at 181 it was Jen Biscoe, setting the record with a solid 275, just missing a final pull with 300. Best lifter honors for the women went to Michelle Johnson who pulled 255 @ 96! In the teenage men's division Jake Mountjoy pulled four great deadlifts to finish with a 280 pr and state record for the 13-15/148 class. Keith Koch won at 18-19/123 with a 210 third and 225 fourth attempt to set the state record there. Scott Donahue broke the state record at 18-19/148 with his win, finishing with 340. Jeremy Hemmrich won his second title of the day at junior 148 with his great 380 pull while Evan Hagen won at 165 with 400. John Righheimer took the submaster 220 title with 395 before pulling a personal record 420 fourth attempt. Dave Rabe won at master 40-44/198, finishing with 325 while Mike True pulled a big prl 40-44/220 with 510. At master 45-49/198 Ron Fernando pulled a solid 485 for the win there. Bob Goldsmith won at 50-54/165 with 435, breaking the existing state record. Gary Sofia was second at 165 with 340, followed by a 350 fourth attempt. Bary Hein won at 55-59/165 with 385, another state record. Al 60-64 Jim Sodolski broke the state record twice, with his 390 third and 400 fourth attempts. Eighty-one year old Bob Stephan wowed the crowd once again as he pulled a great 340 @ 165, just missing a state record 365 final attempt. In the open division nine year old Tyler Johnson had a great day, pulling four times to end up with a new Wisconsin state record of 120 for the title at 97. This was Tyler's first competition and with each pull his form just kept getting better. Great job, Tyler. At 181 it was Jay Teela over Tim Lencki 465 to 440. Best lifter Brian Durham finished the day with a great 680 for the title at 275. This was also a new state record for Brian. Thanks to world champion Jack Twel for his help judging and to my son Joey and Bob Heiner for their help loading, spotting and judging. See you all at the fair! (Thanks to Dr. Darrell Latch - results)

MASTERS MEN 40-49	220	Dwayne England	419	352	535	1306
OPEN MEN	148	Bryan Chatwell	374	298	396	1069
	165	Andy Ellis	441	342	523	1306
	165	Kevin Tialaferrro	353	248	402	1103
	181	Charlie Salazar	429	341	529	1301
	181	Chad Hogan	491	270	462	1224
	181	Scott Douglas	336	265	391	992
	198	Justin Stewart	457	325	518	1301
	198	Rick Brewer	407	391	462	1262
	198	Cluck McGirmis	424	265	501	1190
	220	Darin Field	507	363	601	1472
	220	Alberto Valdez	325	287	424	1036
	242	J.C. Roy	441	319	507	1268
	242	Joseph Cox	275			
		Bubby Moore	562	402	573	1538
		BEST LIFTERS: BEST LIFTER MEN - Andy Ellis Open Men				
		Men 165. BEST BENCH MEN - Kris Chitty Open Bench				
		181. BEST SQUAT MEN - Chad Hogan Open Men				
		181. BEST DEADLIFT - Andy Ellis Open Men				
		181. BEST LIFTER WOMEN - Melinda Baum Open Women				
		181. BEST BENCH WOMEN - Melinda Baum Open Women				
		181. BEST SQUAT WOMEN - Melinda Baum Open Women				
		181. BEST DL WOMEN - Melinda Baum Open Women				
		(Thanks to Seguin Fitness for providing the results.)				

**USPF FIREFIGHTER OLYMPICS
07 JUL 02 - Midland, TX**

OPEN BENCH PRESS	Herb Cavanaugh	402	
181	220		
Kris Chitty	380	Emilio Carvajal	375
181	242		
Charlie Salazar	341	Davy Sanchez	331
198	242		
Chuck McGinnis	265	Joseph Cox	
220	275		
OPEN WOMEN	SQ	Bubby Moore	402
	BP	DL	TOT
114			
Dana Deutsch	143	94	236
123			473
Tricia Swavey	254	116	248
148			617
Robin Gerdes	182	88	221
181			491
Malinda Baum	363	215	402
181			981
Deanne Tooker	276	143	276
MASTER'S MEN 50+			694
242			
Smith Ribble	352	341	369
			1064

**LaCrosse Interstate Fair Bench Press
20 JUL 02 - W. Salem, WI**

Class Winners Only	Craig Kofler	345
Women	198 Open	
198 Teen	Randy Fry	340
	Open	
Susan Schuman	140*	242 Open
148		John Kesler
Chuck McGinnis	265	405
220		
Jenny Stanek	140*	308 Open
Men	Glen Woychik	510
198		
Teen	Sub 242	
Dana Deutsch	143	Kyle Laack
123		Mike Kaufman
Tricia Swavey	254	Master 1
148		275
Robin Gerdes	182	Chris Alitz
181		Rick Ingalls
Malinda Baum	363	Master 2
181		Santiago Garza
Deanne Tooker	276	335* 165
MASTER'S MEN 50+		123 Open
242		Al McCredic
Smith Ribble	352	210 Master 5
		181 Open
		181 Chris Romer 205

* indicates PR. Thanks to Roland Geitz and Rick Procter for all your help spotting and loading SUPER! (Thanks to Dennis George for the results.)

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		AGE
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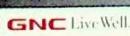
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SLP MID SOUTH BP & DL
20 JUL 02 - Paducah, KY

junior women	police & fire
123	242
Jennifer Wallace	140*
teenage men 13-15	Jim Kenny
148	415*
Derek Stepp	180*
teenage men 16-17	Bill McDonough
220	open men
Eric Walker	165
teenage men 18-19	Justin Perkins
220	320
James Travis	181
Junior men	Greg Bridges
132	335
Grant Rogers	242
198	275
Jon Whitehead	James Westerfield
305	230
4th	410*
submaster men	210
275	4th
Matt Day	440
master men 40-44	Haywood Lee
148	380*
master men 45-49	master men 45-49
220	220
Haywood Lee	300
275	Jim Bell
Robert Rath	435*
master men 50-54	Gerry Barsky
198	500*
Wally Strosnider	370*
4th	4th
275	520*
master men 55-59	open men
308	305
Butch Adams	415*
Best Lifter - JOE CARTER * Son Light Power Kentucky state record The Son Light Power Mid-South Bench Press/Deadlift Championships were held July 20, 2002 at Gold's Gym in Paducah, Kentucky. Thanks to Butch Adams for his help organizing this event once again and to the management of Gold's Gym for their sponsorship. A special thanks also to my son Joey and to William Foster for their help loading and spotting. In the bench press event Jennifer Wallace came from Truman State University to take the junior women's 123 class, posting a new state record there with a personal best 140. This Missouri and Illinois champ has now added Kentucky to her list of wins. Derek Stepp won at teenage 13-15/148, finishing with a new state record of 180. Derek also holds the state record at 13-15/132. Eric Walker got his first 300 in competition with his win at 16-17/220. This was also a new state record for the first-time competitor. At 18-19/220 James Travis set the state record with 315, making just his opening lift. In the junior division Grant Rogers set the Kentucky state record at 132 with his second attempt of 275. Jon Whitehead won at 198 with 305, then came back with a successful fourth of 310. This was Jon's first competition. Submaster 275 winner Matt Day finished the day with 435 for the win there. In the master's division it was current state record holder Haywood Lee for the title at 40-44/148, finishing with 300. Robert Rath won at 40-44/275 with a solid 475 state record, just missing the lockout with a personal best 500. Wally Strosnider set the state record at 50-54/198, making his third with 370 and a fourth attempt with 375. All of Wally's lifts were "raw". Taking the 55-59/308 class was current	



Best Lifters Awards, at the MidSouth BP/DL, (Left to right) Joe Carter - DL, Robert Rath - BP (This photograph is courtesy of Dr. Darell Latch)

ANPPC World Cup champion Butch Adams. Finishing with 410 Butch set the Kentucky state record there. Jim Kenny set the state record in the police & fire division, 242 class with a strong 415, getting just his opener. Police & fire world champion Bill McDonough failed with his opener of 550 twice then passed on his final attempt. In the open division Justin Perkins won at 165, finishing with 320. Greg Bridges, another first-time competitor, won at 181 with 335. James Westerfield took the 242's with 230. This was James first competition as well. Joe Carter won at 275 with 435. The best lifter award went to Robert Rath from Marion, Illinois. In the deadlift competition Eric Walker earned his second title of the day at 16-17/220, making a 410 third, followed by a 430 fourth attempt to set the state record there. Haywood Lee also won his second title of the day with his win at 40-44/148 with a state record pull of 380. Jim Bell came all the way from Missouri to win at 45-49/220, finishing with a state record pull of 435. Then at 50-54/242 it was Gerry Barsky, all the way from Jericho, New York for the win and a new state record pull. Gerry finished with 500, then pulled a 520 fourth. Best lifter Joe Carter only got in his opener of 660 for the win at 275, which was still another Kentucky state record for the day. Thanks again for everyone's support. See you all again November 16 for the SLP Kentucky State BP/DL Championships. (Results thanks to Dr. Darrell Latch)

USAPL Cornhusker Summer Games
20 JUL 02 - Lincoln, NE

123 SQ BP DL TOT
 123 HAFENBRACK, M 325 190 360 875
 132 HINRICHES, JON 270 185 410 935
 123 SINDELAR, BILL 305 265 460 1075
 132 YOUNG, T. 365 445 800
 242 BOSTOCK, J. 240 150 350 740
 242 DAILY, KEVIN 200 130 300 630
 242 HOLMAN, BUCK 350 265 460 1075
 242 HUFFMAN, H. 320 320 420 1045
 242 PROBASCO, J. 415 415 410
 242 YOUNG, DON 410 410

198 GEISTLINGER, D. 405 405
 198 HART, JAMES 275 475 750
 198 MUELLER, DEREK 275 275
 198 PUTZ, JIM 295 295
 198 SCHMIDT, PAM 75 225 300
 220 BISHOP, ROBERT 155 155 250 560
 220 DAILY, KEVIN 200 130 300 630
 220 HOLMAN, BUCK 350 265 460 1075
 220 HUFFMAN, H. 305 320 420 1045
 220 PROBASCO, J. 415 415
 220 YOUNG, DON 410 410

198 SINDELAR, BILL 305 265 460 1075
 198 YOUNG, T. 365 445 800
 275 275

COE, MARK	400	315	400	1115
WALTERS, BRIAN	550	480	450	1480
275+				
BADER, BRIAN		135	230	365
CARPER, ROBERT	230	205	315	750
F-97				
SIEPS, BARB	185	90	200	475
F-105				
CRAPO, ERIN		125	225	350
F-114				
VAN MEVERN, C.	175	100	230	505
F-132				
BIRMAN, LINDA	175	90	190	455
HANDLEY, ANNA		80	205	285
HARTMAN, L.	280	100	305	685
242				
ROELFS, ALLEN	405	290	440	1135
F-165				
CARLSSON, KELLI	270	125	235	560
HOLMAN, R.	155	110	250	515
MERRICK, T.	165	105	255	525
SWANSON, R.	280	210		
F-198				
KLEIN, JESSICA	300	135	360	795
The Meet directors: James C. Hart and Erin Crapo. (Thanks to USAPL for providing the meet results.)				

Big East Bench Press

08 DEC 01 - Keene, NH

Men's Open	148	Sam Maloney	335
Jamie Floyd	275	Jamie Floyd	275
Alex Collares	175	Kevin Fisk	285
165		Sub Master Men	33-39
Dyke Naughton	380	Angelo Ramirez	430
Peter Solo	310	John Flynn	500
Irvin Rodriguez	275	Dyke Naughton	380
181		Chris Brien	350
Angelo Ramirez	430	Lloyd Miles	340
Joel Monroe	375	Master Men 40-44	
Chris Brien	350	Frank Quirk	325
Sam Maloney	335	Phil Thomsen	380
Frank Quirk	325	Lionel Fisk	325
198		Craig Burns	325
Mickey Ruiz	480	Mark Wilder	275
220		Master Men 45-49	
Phil Thomsen	380	Ned Giroux	325
Joe Morse	350	Master Men 55-59	
Lionel Fisk	325	Peter Solo	310
242		Novice Women	
John Flynn	500	Ivonne Vasquez	130
Lloyd Miles	340	Master Women	
Teen Men 16-17		Panchi YuYu	110
Jarod Burns	285	Mens Novice	
Kevin Ellis	230	Phil Thomsen	380
Nick Smith	235	Jamie Floyd	225
Justin Willette	205	Jorge Ortega	280
Todd Tucker	185	Lionel Fisk	325
Teen Men 18-19		Craig Burns	325
Joe Morse	350	Mark Wilder	275
Andy Crowder	200	Chris Campbell	225
J.R. Men 20-23		Alex Collares	175
Men's Open Best Lifter - Mickey Ruiz. Teen Men best lifter - Joe Morse. Men's Master best lifter - Peter Solo. Wome's Best lifter - Panchi YuYu. Team Champions - M.R.H.S. Weight Club. Meet director Louie LaPoint. Judges - Joe Romano, Jim Supry, Bill Durant. Table Dave LaRoche, Spottors - Jerry Boucher, Phil Thomsen, Tim Nash. (Thanks to Louie LaPoint for providing the results to PLUSA.)			

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

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

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

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

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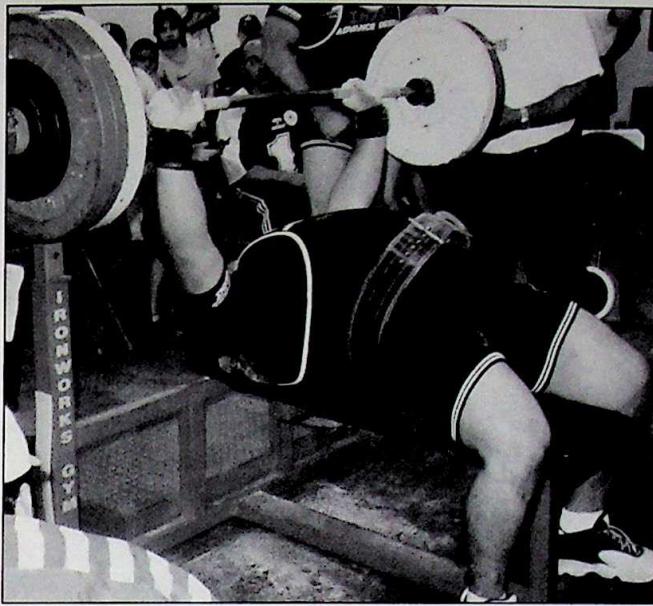
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**WABDL Idaho State BP & DL
06 APR 02 - Nampa, Idaho**

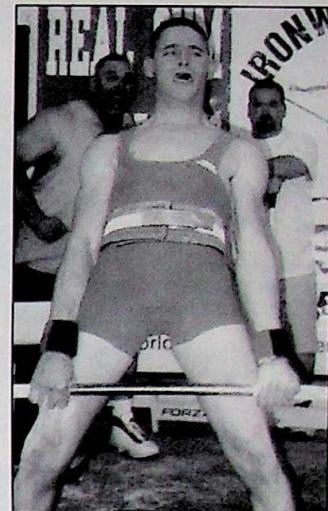
DEADLIFT	198	
WM 47-53	Saam Motlagh	319
Claire Heckathorn	Jason Rooney	336
UL		
Wilma Cadavon	TJ Wing	300
Jr. W 20-23	Class 1 Men	
123	148	
Rachel Long	L.Scott Graves	286
165	165	
Stacy Hammer	Ramiro Heredia	231
Teen W 13-15	Justo Hernandez	325
132	Robert Hughes	303
Kaila Fairchild	Curt McKenzie	242
W		
114	181	
Jenny Macy	Noe Gomez	336
Open		
165	Brian Adams	303
Curt McKenzie	Dan Montereocca	55
181	Jason Rooney	336
Noe Gomez	Gary Hughes	352
James Preston	Bruce Nichols	413
Class 1	Ryan Nielson	369
148	Mel Weil	402
Jeremy Brower	Allen Leavitt	455
165		
Curt McKenzie	275	
220	Mariano Godoy	402
Ryan Nielson	Shane Palmer	429
Mel Weil	Gary Brower	501
242	Super	
Paul Haskell	James Preston	352
275		
Mariano Godoy	Sub M 34-39	
Shane Palmer	485	
308	Filemon Ramirez	253
Gary Brower	198	
Teen M 13-15	Dan Montesdeoca	55
105	220	
Dusty Nourse	Gary Hughes	352
123	242	
Bobby Hughes	Allen Leavitt	455
148	275	
Jeremy Fairchild	Darren Thompson	512
165	Teen M 13-15	
Daniel Winslow	105	
181	Dusty Nourse	99
Rob Logan	148	
198	Jeremy Fairschild	148
Jesse Haney	181	
220	Rob Logan	203
Jacinto Alvarez	220	
SHW	Jacinto Alvarez	198
Tyson Bosen	SHW	
Teen M16-19	Tyson Bosen	154
165	Teen M 16-19	
Will Ayotte	325	
Gary Rowell	132	
95	Scott Tucker	181
Tyler Nourse	132	
Law/Fire 40-47	Jesse Lamberson	187
275	165	
Ken Eyre	Will Ayotte	203
Jr. M 20-25	Andy Lopez	308
148	Gary Rowell	
Jeremy Brower	220	
242	Cody Gilbert	236
TJ Wing	95	
M 40-46	Tyler Nourse	99
165	M 40-46	
Danny Winslow	165	
242	Robert Hughes	303
Brad Stewart	Danny Winslow	314
275	242	
Ken Eyre	Brad Stewart	330
308		
Gary Brower	253	
M 47-53	Ken Eyre	374
220	308	
Raul Lopez	Gary Brower	501
BENCH	501	
Jr W 20-25	220	
123	Raul Lopez	330
Rachel Long	275	
165	Law/Fire 40-47	
176	Ken Eyre	347
Stacy Hammar	Open	
W	123	
114	Scott Tucker	181
Jenny Macy	132	
WM 47-53	Jesse Lamberson	187
165	148	
176	L.Scott Graves	286
Claire Heckathorn	181	
UL	Noe Gomez	336
Wilma Cadavon	220	
Teen W 13-15	Cody Gilbert	236
132	Bruce Nichols	413
Kaila Fairchild	110	
Jr M 20-25	275	
165	Tom Lusk	369
Ramiro Heredia	Darren Thompson	512
321	SHW	
	Eli Martinez	540

In the bench press in Open Men in Open 275 Darren Thompson set a Idaho State Record with 512 and Eli Martinez almost got a huge 556 but had to settle for a 540 Idaho State Record at super. In Master Men Law/Fire 40-47 Ken Eyre set a Utah Record at 275 with 347. In Master Men 40-46 at



Elias Martinez's 540 pound BP @ SHW (Photos courtesy E. Martinez)

Hughes set an Idaho Record with 225. At 148 Jeremy Fairchild set an Idaho Record 220. At 165 Daniel Winslow set a World Record 462 at age 14 -That's huge. At 181 Rob Logan set a State Record 385. At 198 Jesse Haney set a State Record 435. At 220 Jacinto Alvarez set ab Idaho State Record 341. At super Tysen Bosen set a World Record 369. In 13-15 97 Class Tyler Nourse set an Idaho State Record 225. In teen 16-19 at 165 Gary Rowell set an Idaho Record with 413. In Class I dead Curt McKenzie set a Idaho State Record 418 at 165. At 220 Ryan Nielson set an Idaho State Record with 523. At 242 Paul Haskell set an Idaho State Record with 600. Anytime you can hit 600 on the dead and your drug free you are an accomplished dead-



Jeremy Brower's 391 pound DL

lifter. In Open Women Jenny Macy set an Idaho State Record with 286 at 114. In teen Women at 132 in the 13-15 age group Kaila Fairchild pulled 214 for an Idaho State Record. In junior Women Rachel Long pulled 270 at 123 for an Idaho State Record and Stacy Hammar set an Idaho State Record with 314 at 165. In Master Women Claire Heckathorn set an Idaho State Record with 275 at age 51 in the 165 Class. In the Unlimited Wilma Lee Cadavona set an Idaho Record with 325 in 47-53 age group. I would like to thank James and Heidi Preston the meet directors for doing a great job. The next meet they put on will be in a better venue in the ballroom of the Holiday INN Airport in Boise. The judges were Gus Rethwisch, Eli Martinez, Johnny Hernandez and Andy Lambert. James Preston was the MC. The sponsors were House of Pain with Rick Brewer and Inzer Advance Designs. There were 57 lifters. (Thanks to Gus Rethwisch for meet report)



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3-14+15+16-03 APF Jr. Nationals Powerlifting/Bench Press Championships (Boston, Mass.)
3-22-03 APF Jacksonville Open Powerlifting Championship (Jax, Fl.)
4-5-03 APF FLordia State Bench Press Championships (Daytona Beach, Fl.)
4-11+12+13-03 AAPF Nationals Powerlifting + Bench Press (Chicago, Ill.)
4-26-03 AAPF Florida State Powerlifting Championship (Tampa, Fl.)
5-9+10+11-03 APF Masters, Junior + Teenage Nationals (Daytona Beach, Fl.)
5-30+31+6-1-03 APF Mens+Womens Senior Nationals Powerlifting + Bench Press (location tba)
6-14-03 APF Florida State Powerlifting Championship (Daytona Beach, Fl.)
7-12-03 APF Florida Push/Pull (Daytona Beach, Fl.)
8-15-17-03 AWPC Worlds Powerlifting + Bench Press (Saco, Maine)
9-6-03 APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, Fl.)
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12-6+7-03 APF Southern States Powerlifting Championship (Daytona, Fl.)

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or write us at 606 N. Halifax Ave., Daytona Beach, Fl 32118

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

22-24 NOV (new location), 1st WNPF Drug Free for Life World Powerlifting, BP, DL, SQ, and Ironman Championships (Atlanta, GA) Troy Ford, Box 142347, Fayetteville, GA 30214, 770-996-3418
23 NOV, USAPL Southwest New Mexico Open, Doug Lees, 501 Broken Arrow Dr., Silver City, NM 88061, 505-538-8806
23 NOV, USAPL Tri-Servic Meet, Peter Balke, 31121 Paterson, West Point, NY 10996, 845-515-1465
23 NOV, USAPL Longhorn Open, Kim Beckwith, 8216 Burleson Rd., Austin, TX 78744, 512-385-5420
23 NOV, NASA Kansas Regional (Wichita, KS) PL, BP & Power Sports, Rich Peters SQBPDL@aol.com or 405-527-8513
23 NOV, USAPL Idaho State/Open, Bill Davis, 1800 Garrett Way #19, Pocatello, ID 83201, 208-233-8035
23 NOV, Planet Fitness APA Winter Classic (PL, P/P, BP, DL) Roger Broeg, 525 S. Garfield, Burlington, IA 52601, 319-753-0676, iowAAPachair@apawpa.com
23 NOV, USAPL Mass/Atlantic States Open (Warwick, RI) Greg Kostas, Box 483, Whitman, MA 02382, 781-447-6714 (8-10PM)
23 NOV, Eastern American BP (Holiday

Inn - Forsyth, GA - I-75 / Exit 186 - Open Over 40 - Women - Novice - Teen - Police/Fire, Submasters) Sandy Ellis, 150 Sagebrush Rd., Stockbridge, GA 302, 770-474-2633
23 NOV, Omaha Open (full meet, BP, DL, Push-Pull) 4808 Cass, Omaha, NE 68132, Keith Machulda 402-444-5596
23 NOV, USAPL Police & Fire Nationals PL & BP, Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King
23 NOV, USPF Pan American Bench Press Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 6 0 3 - 6 2 6 - 5 4 8 9 , www.usabodybuilding.com, usabodybuilding@hotmail.com
23 NOV, USPF Pan American Deadlift Championship, Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-626-5489, www.usabodybuilding.com, usabodybuilding@hotmail.com
24 NOV (new date), 2nd Body Structure Bench Press (touch and go, 24" trophies 1st-5th, men & women, open, novice, 20-23, 33-39, 40-49, 50+, 14-16, 17-19 - open raw) Chuck Ventrella, 718 Mabel St., New Castle, PA 16101, 724-654-4117
24 NOV, SLP Lake Shelbyville Open II BP/DL Championships (Shelbyville, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com
24 NOV, APF Pine Tree State Open + National Qualifier, Russ Barlow, 175 Kennebec Trail, Turner, ME 04282, 207-225-5070
24 NOV, USAPL Ohio State PL & BP (2 contests - open mens and women, mens

and women raw, mens master, mens masters raw, police & fire, mens teen) Kings Gym, 24775 Aurora Rd., Bedford Hts., OH 44146, 440-439-5464, Ed and Frank King.

30 NOV, USAPL Midwest Senior States, Tim Anderson, 207 W. 4th St., Kennar, NE 68034, 402-427-8085

30 NOV, 1 DEC, 2nd annual YESPA Powerlifting & Bench Press Nationals & AAU Youth & Teenage Maryland State, Youth Exercise Services Inc., 123 Main St., Fruitland, MD

21826, Fred Vanderveen 410-742-9201, Trend Dashiell 410-749-9101

30 NOV, USAPL Midwest Senior States PL & BP, (Omaha, NE) Tim Anderson, 402-427-8085, timanderson@hunet.net, <http://www.nebraskapowerlifting.com>

30 NOV, USAPL 3rd Annual University Cup, (Louisiana) Jon Magendie, Home: 985-446-0654, Work: 985-448-4811, Fax: 985-448-4814

30 NOV, NASA Texas Regional & Police & Fire, (Waco, TX) PL, BP & Power Sports, Rich Peters SQBPDL@aol.com or 405-527-8513

30 NOV (NEW DATE & INFO), APF/AAPF IronDawg Open PL, BP, (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, lbaker@irondawg.com

30 NOV, 100% Raw Bench Press Worlds, Paul Bossi, 4007 Timmerman Dr., Elizabeth City, NC 27900, 252-238-2004

30 NOV, APA Mississippi Open BP, DL (Vicksburg, MS) Scott Taylor, Box 27204, El Jobean, FL 33927, 941-697-7962, scott@apa-wpa.com

30 NOV, CPA Championnat Quebecois BP & DL, Push & Pull, Curl (Montreal Marcel St. Laurent, 457, 7 ieme Avenue Nord #1, Sherbrooke, Qc., J1E 2S2, 8 1 9 - 3 4 6 - 9 4 6 6 , marcelslaurier@sympatico.ca

30 NOV, APF Southern States (light day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

1 DEC, The Best of the BP/DL Raw #6 (sculptured trophies) Body Fitness Center, McMurry, PA, Steve 724-941-7270

1 DEC, New England Raw PL/BP, Joe Reeves, 33 Pine St., Riverside, RI 02915, 401-437-1729, joemusclehead@cs.com

1 DEC, APF Southern States (heavy day - qualifier for APF Sr. Nationals - Daytona Beach, FL) 877-HUG-IRON, hugeiron@logicalcity.com

5-8 DEC 02, IPF World Bench Press (Luxembourg)

7 DEC, USAPL Blacksmith Open PL & BP, Michael Overdeer, 124 W. Van Buren, Columbia City IN 46725, 260-248-4889

7 DEC, USAPL World Gym Holiday Push Pull, Liz Willett, 4701 Cleo Rose Ln, Ferndale, WA 98248, 360-383-9041

7 DEC, Toys-For-Tots Bench Press @ Four Seasons Sports Complex, Hampstead, MD (All weight classes & age groups for male & female) Info: Glenn Murphy, Jr., P.O. Box 1013, Westminster, MD 21158

7 DEC, Iron Island Classic PL/BP, APF/AAPF Sanctioned, Iron Island Gym, 3465 Lawson Blvd, Oceanside, NY, Info: JTB2040@aol.com (John Bott) or PWRFRK650@aol.com (Chris Taylor)

Coming Events

7 DEC (revised date), Body Factory BP/DL, Jim Parrish 610-863-1090, 436 Blue Valley Dr., Bangor, PA. 18013

7 DEC, APF Big Iron Open/Nebraska State, PL, BP, Push-Pull, Florence Community Center, 2902 Bonderson, Rick Hussey, 462-392-2446, Big Iron Gym

7 DEC, (new date) USAPL Maryland State, Mark Daniel, 9413 Squires Ct., Laurel, MD 20723, 301-317-5572

7 DEC, Immaculate Heart of Mary Holiday Bench Press, Youngstown, Ohio, Ron Deamicis (330) 792 - 6670

7 DEC, USA Power Open BP + DL Championships, B&R Health Club, 1040 Mill Creek Dr, Feasterville, PA 19053, David West, 215-355-2700

7 DEC, USA Power Open Bp & DL (separate events) David West, 1040 Mill Creek Dr., Feasterville, PA 19053, 215-355-2700

7 DEC, NASA Tri-States Regional, PL, BP, & Power Sport, (Davenport, IA) Rich Peters SQBPDL@aol.com or 405-527-8513

7 DEC, ISA presents Full Power II, PL, Push/Pull, BP, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

7 DEC, 19th Annual SE Cup PL and BP, Buddy Duke, 201 N. Burwell Ave, Adel, GA 31620, day - (229) 896-3988, night - (229) 896-3989, bduke@alltel.net (corrected e-mail address)

7 DEC, APA Patriot Open (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

7 DEC, APF 49th Iron Man Open PL & BP Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658-5437, 322-6805

7 DEC, MPA Miller Chevrolet Christmas BP Classic (19 & under, open - non-residents welcome, masters, police/fire/military, 40+ police/fire/military) The Gym in Elk River, 550 Freeport Ave., Elk River, MN 55330, Dave - 763-441-4232 (d), Jerry 763-753-6064 (n)

7 DEC, USAPL New York State BP/DL Championships (Brewster, NY) Bruce Swanson 845-279-2346, David Corsi 845-279-3817, <http://www.geocities.com/bruceswan500/index.html>

7 DEC, SLP Christmas For Kids BP/DL Classic (Mattoon, IL) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

7,8 DEC, AAU World BP, Push-Pull, DL (River Palms Casino - Laughlin, NV - open, masters, lifetime, junior, youth, mil/law, disabled, submasters - equipped or raw - men & women) Martin Drake, Box 108, Nuevo, CA 92567, 909-928-4797, ntrlpwr@pe.net

7,8 DEC, USAPL Virginia State PL/BP, John Shiflett, Box 941, Stanardsville, VA 22973, valifiting@aol.com

8 DEC, USAPL Colorado State, Dan Gaudreau, 155 S. Dearborn Circle, Aurora, CO 80012, 303-475-3366

8 DEC, River Valley Classic Bench Press, Horseheads High School, Horseheads, NY, (all divisions) John Comereski, 113 Halloran Dr., Breesport, NY 14816, 607-739-7322

7 December 2002

APF 49th Annual Iron Man Open Powerlifting & Bench Press Challenge, Mr. Iron Man, Ms. Iron Woman, Over 40 Mr. Iron Man (Fresno, CA) Bob & Kim Packer, 559-658- 5437, 322-6805

8 DEC, Big Bench Shootout IV (Men, Women, Teen, JR, Submaster, Master) Louie LaPoint, 337 Roxbury St., Keene, NH 03431, 603-352-8590

8 DEC, APA Nutmeg State Open BP & DL (Norwich, CT) Donna Slaga, 38 John Brook Rd., Canterbury, CT 06331, (860) 546-2091, djslaga@yahoo.com

8 DEC, 10th Raw ADAU "Coal Country" Classic (separate BP & DL contests, open & all age groups - men & women - Bigler, PA) Siegel Engraving, 304 Daisy St., Clearfield, PA 16830, 814-765-3214, al@pikitup.com

14 DEC, USAPL Ketchikan Record Breakers, Doug Gregg, 1225 S. Higgins, Ketchikan, AK 99901, 907-247-8463

14 DEC, AAPF Michigan State, Coopersville Farm Museum, Contact: lifthuy1@yahoo.com or call Andy Briggs 616-844-6350

14 DEC, USAPL KY State Bluegrass Open PL & BP, Steve Corum, 1614 S. Green St., Henderson, KY 42420, 270-826-8354

14 DEC, Utah Winter Open PL & BP, RMAC, 1968 West 6000 South, Roy, UT 84067

14 DEC, SLP Little Rock Open BP/DL Championships (Little Rock Ar.) Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

14 DEC, Hall County BP, Gainesville, GA (raw, equipped, men + women, teen, masters, open) David Waddell 770-531-0750, dduk@bellsouth.net

14 DEC, NASA Missouri Regional PL, BP, & PowerSports, (Carthage, MO) Rich Peters SQBPDL@aol.com or 405-527-8513

14 DEC, 15th Elkhart BP Classic, Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683

14 DEC, ABF Monster Bench Tour (Orlando, FL) Rusty Irby, (352) 793-8796, P.O. Box 2335 Bushnell, FL 33513, Kineticstrength.com

14 DEC, USAPL "North American Gladiator", Michigan State Open BP & DL, Gladiator broadswords and helmets as major trophies, many side contests and giveaways. Plainwell Highschool, Plainwell MI 49080, Mike Poirier, 1279 103rd Ave, Plainwell, MI 49080, 269-685-5614, Mike Deevenney, one_on_one_fitness@yahoo.com, www.one-on-one-fitness.com/maythe20wes.html

14 DEC, CPA Championnial Regional PL & BP (Granby, Quebec) Benoit Brodeur, 450-378-7666, 450-372-0087

14 DEC, Christmas Bench Press, John Shifflett, Box 941, Stanardsville, VA 22973, valifting@aol.com

15 DEC, USAPL Champion Sport & Recreation Open, James C. Hart, P.O. Box 82264, Lincoln, NE 68501, 402-470-3672, Fax: 402-470-3684

15 DEC, USAPL American Open (King of Prussia, PA) Steve Mann, Kim Neuman, Box 639, Fairfield, PA 17320, 717-642-8582

15 DEC, AAU Massachusetts State (Scituate, MA) Dennis Brennick, Work: 617-567-5177, Home: 617-387-1891

15 DEC, WNPF Sarge McCray BP, DL + Ironman (Bordentown, NJ) Troy Ford, Box 142347, GA 30214, 770-996-3418

21 DEC, APF Hardcore Christmas Bench Press Championship + Party, Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

28 DEC, USAPL Nor Cal Winter Classic PL, BP, DL, (Napa, CA) Jason Burnell, 5 1 0 - 2 3 2 - 4 7 5 5 , deepsquatter@deepsquatter.com

28 DEC, SLP The Last One! BP/DL Classic, Dr. Darrell Latch, 122 W. Sale St., Tuscola, IL 61953, 217-253-5429, www.sonlightpower.com

4 JAN, USAPL Midwest Squat Meet, Open, Masters, Women's, teens (Granite City, IL) Maureen Post, 618-345-6574 lv msg., mpost57@msn.com

11 JAN, NASA Ohio State Bench Press, West Liberty High School, West Liberty OH, Spanky Cordial 937-653-5504, squat@foryou.net

18 JAN, USAPL Icebreaker Bash, Tommy Peterman, SCI Rockview, Box A Rt. 26, Bellefonte, PA 16823, 814-355-4874, Ext. 229

18 JAN, USAPL Wisconsin State, Jeff Johnson, 19031 Otter Trail, Muscoda WI 53573, 608-739-4292

18 JAN (NEW DATE), 3rd APF Michigan Bench for Cash, State BP Champion-

ships (cash prizes 1st-5th based on Reshel Formula - \$1000 for 1st place) Jim Harboone, 1018 Coolidge Ave., Clawson, MI 48017, 313-610-2019, jimharboone@comcast.net

18 JAN, APA Texas State (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

19 JAN, The Winter Blues PL/BP Meet (Goshen, IN), Jon Smoker, 30907 CR 16 W., Elkhart, IN 46516, 219-674-6683

24-26 JAN, USAPL 2003 Women's

Nationals, Johnny Graham, 1706

Shoemaker Dr., Killeen, TX 76543,

254-526-0779

25 JAN, WNPF Delaware State (Newark, DE) WNPF, P.O. Box 142347,

Fayetteville, GA 30214, 770-996-3418,

WNPF@AOL.COM

25 JAN, Iron Boy Push/Pull Championships, Winston-Salem, North Carolina, Keith Payne 336-766-3347, keith@ironboyenterprises.com

25 JAN, White's Truck Stop/YMCA Winter Bench Press and Deadlift, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

JAN, PPL Augusta Open Drug Free, Tee Meyers, 2250 Lumpkin Rd., Augusta, GA 30906, 706-790-3806, PYTHONGYM@AOL.COM

1 FEB, NASA Power Sports Nationals (Lexington, KY) Rich Peters SQBPDL@aol.com or 405-527-8513

1 FEB, Body Factory Power Challenge/BP, Jim Parish, 610-863-1090, 436 Blue Valley Dr., Bangor, Pa. 18013

1 FEB, APA Houston Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

7 FEB, USAPL Bill Beckwith Classic VI BP & DL Qualifier, Richard Van Eck, 45451 Peninsula Dr., Grand Junction, MI 49056, 616-521-4031

8 FEB, APF West Coast Push Pull (San Mateo, CA - Stark's Gym) John Ford, 650-757-9506

9 FEB, WNPF Ohio State, Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

9 FEB, AAU MO State PL, X-Treme Fitness, 607 North Highway 47, Union, MO, 63084, (636) 583-1179, Darin Gilley, 2820 Old Gray Summit Rd, Pacific, MO 63069, (636) 742-4537 daringilley@aol.com

15 FEB, WNPF Tennessee State (Cleveland, TN) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

15 FEB, IPA Beast of Bench, Mike Miller 610-746-700, nazbar@enter.net

15 FEB, USAPL Minnesota State JR/

Master & Novice Open, Joe Cooper, 5344 Ugstag Rd, Duluth, MN 55811, 218-729-8940

15 FEB, The Fitness Connection Tomah Winter Class BP (Tomah, WI) DWG Productions, 2018 Jackson St., LaCrosse, WI 54601, 608-787-5693, 372-3883

15 FEB, AAPF Gulf Coast Open (Tampa FL) 386-252-8193 or email hugheron@logicalcity.com

15, 16 FEB, Gary Grosso IPA Dedication Meet (Harrisburg, PA) Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

15-16 FEB, NASA OH State HS & Teenage Nationals PL, BP & PS (Springfield, OH) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com

16 FEB, WNPF Georgia State (Atlanta, GA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

22 FEB, NASS Strongman Contest - St. Louis, MO (AM) Rick King - 314-423-2525, Willie Wessels - 314-609-6031, dwes370162@msn.com or www.nastrongman.com

22 FEB, APF Missouri State Record Setters (PM), Rick King 314-423-2525, Willie Wessels 314-609-6031, dwes370162@msn.com or www.nastrongman.com

22 FEB, Saratoga YMCA Bench Press, John Hart, 20 Old Gick Rd., Saratoga, NY 12866, (518) 587-3000, www.muscleworkspowerteam.com, BigBenchers@hotmail.com

22 FEB, WABDL Pendulum Fitness Texas State BP + DL (Dallas, TX) Bob Garza, 281-820-5923

28 FEB - 1, 2 MAR, Arnold Classic Bench Press Challenge & WPO Finals, Classic Productions, Inc., 1456 Worthington Woods Blvd., Worthington, OH 43085, 614-431-2600, FAX 614-431-3493, www.arnoldfitnessexpo.com

1 MAR, WNPF Natural Northeastern (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

1 MAR, 12th Annual Larry Frederick Jr. Memorial BP Challenge, North Penn YMCA, Lansdale, PA, Steve Unrath, 215-368-1601

1 MAR, USAPL Great West BP & PL, Steve Howard, 2107 Arrow Ct, Rapid City, SD 57702, 605-348-4039

1 MAR, IPF North American Cup (Philadelphia) Robert Keller, Box 829 Ambler, PA 19002, rk@verizon.net

1 MAR (NEW DATE), USAPL Virginia Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

1 MAR, NASA Western State Nationals PL, BP, & PS, (Mesa, AZ - Masters Nats Qualifier), Rich Peters SQBPDL@aol.com or 405-527-8513

1 MAR, APA Teenage Nationals/Tri State Open, (Houston, TX) Tom McCullough, Paul Revere Middle School, 10502 Briar Forrest Dr., Houston, TX 77049

1 MAR, USPF/AAU Oklahoma State PL/BP/DL, Rickey Dale Crain, 3803 N. Bryan Rd., Shawnee, OK 74804, 800-272-0051

1, 2 MAR, USAPL Pennsylvania State, (Philadelphia - Open, Teen, Junior, Collegiate, Master, Police/Fire/Military) Robert Keller, Box 829 Ambler, PA 19002, rk@verizon.net

1, 2 MAR, APF California State Meet (Red Lion Inn, Sacramento) Al Garcia, 916-482-2868

2 MAR, WNPF Pennsylvania State

APF California State Championships

March 1st & 2nd, 2002

RED LION INN

Sacramento, California

Masters Men/Women

Best Lifters 40-49, 50-59, 60-69

AL GARCIA - 912-482-2868

(Lancaster, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

2 MAR, NJ High School Drug Free Powerlifting Championships (Students Only), Paul Sacco 609-567-0046

2 MAR, NPA Northern Illinois Open BP, DL, & PL (Drug Tested) Fitness Lifestyles, 641 W. Stephenson St., Freeport, IL 61032

8 MAR, WNPF South Carolina State (Greenville, SC) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

8 MAR, USAPL 5th Annual Michiana PL meet, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186

8 MAR, USAPL Michigan State Collegiate/Jr. PL & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles, MI 49120, 269-687-8186

8 MAR, NASA BENCH PRESS & DEADLIFT NATIONAL CHAMPIONSHIPS, Offering a "New" Unlimited Equipment Division along with our regular Single Ply Divisions in the BP only (Springfield, OH) Rich Peters SQBPDL@aol.com or 405-527-8513

8 MAR, USAPL Battle of the Great Lakes VI PL/BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com

8 MAR, All Church Contest (open to all church members and church sponsored teams) Pastor Pete Amerman, Hillside LBC, 113 S. Hillside Ave., Succasunna, NJ 07876, 973-584-7410, pamerman@worldnet.att.net

14-16 MAR, APF Jr. Nationals PL/BP (Open to all APF lifters who have not won the Seniors and meet qualifying total) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-6696

15 MAR, WABDL Michigan Meet, Bob Garza 281-820-5923

15 MAR, Winona Spring Class BP (Winona, MN) 608-787-5693 or 507-452-7133, DWG Productions, 2018 Jackson St., LaCrosse, WI 54601

15 MAR (NEW DATE), APF Jacksonville Open Powerlifting Championship (Jax, FL) 386-252-8193 or email hugeiron@logicalcity.com, 904-378-1551 (gym), 904-219-6754 (cell)

15-16 MAR, APF Massachusetts State (Open to all APF lifters, all Divisions) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-255-5070 or Steve Smith 508-277-669

15,16 MAR, NASA NATURAL NATIONALS PL, BP & Power Sport (Okla. City, OK) Rich Peters SQBPDL@aol.com or 405-527-8513

21-23 MAR, USAPL High School Nationals, James Hart, 4418 NW 50th St., Lincoln, NE 68524, 402-470-3672

22 MAR, WNPF Western PA (Beaver Falls, PA) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670

22 MAR, WNPF Alabama State (Montgomery, AL) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

22 MAR, ADAU Great Lakes Championship (National Qualifier - Open + All Age Groups, Men and Women) Joe Orengea, 4468 W. 26th st., Erie, PA 16506 814-833-3727, www.pikitup.com

22-23 MAR, Canadian Powerlifting Championships, Bruce Greig, Box 4, Okotoks, Alberta T1S 1A4, Canada, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com

23 MAR, USPF Rhode Island State Powerlifting + Bench Press Championships, Ted J. Isabella, 40 Hillcrest Dr., Cranston, RI 02921, 401-946-5350, Email: uspf-rl@cox.net

29 MAR, WNPF Dayton Open (Dayton, OH) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

29 MAR, 4 Seasons Spring Bench Press, Kevin Deming, Four Season Association, 904 Four Seasons Rd., Bloomington, IL 61701, 309-663-2022 ext. 34, Kevin@4Seasons-club.com

29 MAR, NASA VA State Championships, PL, BP & PS (Charlottesville, VA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com

29 MAR, APF/AAPF Georgia State Open PL & BP (APF Sr. Nationals Qualifier - Holiday Inn, Marietta, GA) L.B. & Nadine Baker, 770-725-6684, www.irowdawg.com

30 MAR, Pittsburgh Monster BP & DL (men & women - all divisions - all classes - cash prizes - Holiday Inn Airport -- Moon Township, PA) Mike Barravecchio, 301 Springwater Ct., Moon, PA 15108, 724-457-2708

MAR, APR, USPF Virginia State Open PL/BP, Gayle Schroeder, strength@exis.net, 757-481-6963, Info: http://www.powerandstrength.com (Online Entry Soon)

5 APR, WNPF Lifetime Drug Free Bench Press & Deadlift Nationals, Ironman & Powercurl (Atlantic City, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

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

5 APR, APF Florida State Bench Press (Daytona Beach) 386-252-8193 or email hugeiron@logicalcity.com

11-13 APR, AAPF Nationals Powerlifting + Bench Press (Chicago IL) 386-252-8193 or email hugeiron@logicalcity.com

12 APR, WNPF American Championship & Virginia State/Ralph Peace Memorial (Durham or Henderson, NC) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

12 APR, Downtown Fitness BP (Reedsburg, WI) 608-787-5693 or 608-524-4282

12 APR, NASA Ohio State PL, BP, Power Sport, (Springfield, OH) Rich Peters SQBPDL@aol.com or 405-527-8513

12 APR, ISA Superman (Clean & Jerk, BP, and DL), Push/pull, BP contest, 24-Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

12 APR, White's Truck Stop/YMCA Spring BeP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

12,13 APR, USAPL Collegiate Nationals, Michael Cissell, 1796 Henke, Lake St. Louis, MO 63367, 636-561-1242

12,13 APR, Power Palooza V PL, BP, DL, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

13 APR, 18th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 60174, 630-377-7527

25 APR, 25th anniversary Met-Rx USPF Women's Sr. National Powerlifting Championship (cash prizes - Wayfarer Inn Convention Center, Bedford, NH) Dave Follansbee, NUTRITION 101, 865 Second St., Manchester, NH 03102, 603-6226-5489, www.americanpowerlifting.com, davefollansbee@aol.com

26 APR, Azalea Festival Strongman Challenge, Norfolk, VA. Gayle Schroeder, strength@exis.net, 757-481-6963, Info: http://www.powerandstrength.com (Online Entry Soon)

26 APR, Chickahominy YMCA BP Classic (Teen 15, 16-17, 18-19, Junior 20-23, Open 24 and Over, Masters 40+: Five year increments) Chickahominy Family YMCA, 5401 Whiteside Rd, Sanston, VA, 804-737-9622

26 APR, AAPF Florida State (Tampa, FL) 386-252-8193 or email hugeiron@logicalcity.com

26 APR, 9th Annual Dungeon Powerworks Slam Bench & Deadlift, Drug Free Only, Mark Mellinger, 15681 Featherstone Rd., Constantine, MI 49042 (616) 435-7586 or Tyrone Ward (616) 273-1092

26,27 APR, NASA High School National Championships, PL & Power Sports, (OKC, OK) Rich Peters SQBPDL@aol.com or 405-527-8513

26-27 APR, WNPF PAN-AM Championships - Stuart, FL (30 miles west of Palm Beach), 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

26-27 APR, NASA WV State Championships, PL, BP & PS (Ravenswood, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wirefire.com

APR, IPA AM OPEN Bench Press Championships + Pro Invitational Bench Press, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823

APR, PPL Georgia State "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

APR, Laughlin's River Run BP (Laughlin, NV - men, women, masters - book early!!!) Chris Kostas, 1854

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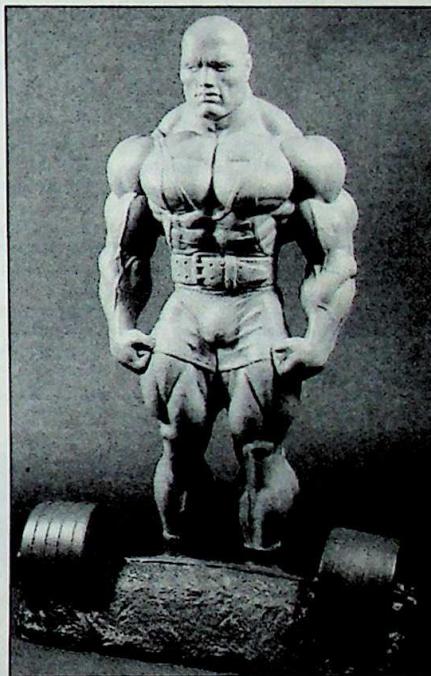
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Pineridge Rd., Frazier Park, CA 93225, 661-215-0115,

kostas@frazmtn.com

2-4 MAY, USAPL Masters Nationals, Paul Fletcher, 6224 Snowden, Baton Rouge, LA 70817, 225-

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3 MAY, USAPL MI State HS/Teen & Qualifier, Mike Michelakis, 1111 Marshlyn Dr, Niles MI 49120, 269-687-8186

3 MAY, NASA KY State Championships, PL, BP & PS (Lexington, KY) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wifire.com

4 MAY, WNPF Teen, Junior, Youth National Championships (Philadelphia, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

9-11 MAY, APF Masters, Juniors + Teenage Nationals (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

10 MAY (NEW DATE), APA Buckeye BP (Springfield, OH) Bruce Stotler, apa_ohio@yahoo.com

10 MAY, Old Dominion BP and Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

17 MAY, WNPF Raw Nationals & Powerfest 2k3 (Stamford, CT) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

17 MAY, 2nd USPF Open BP and Deadlift Contest (Sponsored by Erie C.C. Football Team - Buffalo NY) Open - Women - Teen - High School - Submasters - Masters. Dennis Green 716-851-1898

17 MAY, USAPL New England States Open, Greg Kostas, 113 Linden St., Whitman, MA 02382, 781-477-6714

17 MAY, ADAU "NO druggies Allowed" Squat - Bench - Deadlift Championships (No total - single lift national qualifier - open + all age groups - men + women) Joe Orenja, 4468 W. 26th St., Erie, PA 16506, 814-833-3727, www.pikitup.com

18 MAY, WNPF Police Nationals (Edison, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

24 MAY, 4th Annual Police & Fire Powerlifting Nationals, Capital Center Inn, 914 S.E. Madison, (Madison

8 February 2003

APF West Coast Push Pull (San Mateo, CA - Stark's Gym)

**John Ford
650-757-9506**

Entries at www.calapf.com

& 10th St. exit) Topeka, KS 66106, 888-421-9020 or 785-232-7721, or James Duree, 5619 Pawnee Ave., Kansas City, KS 66106, 913-596-7326 or E-mail JDuree7086@aol.com
30-31 MAY, 1 JUN, APF Mens + Womens Senior Nationals Powerlifting + Bench Press 386-252-8193 or email hugeiron@logicalcity.com
MAY, NASA MD State High School BP (Keymar, MD) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wifire.com
MAY, NASA PA State Championships, PL, BP & PS Championships (Uniontown, PA) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wifire.com
6-8 JUN, WABDL Pendulum Fitness Nationals BP+DL Championships, Houston, TX, Bob Ganza, 281-820-5923
7 JUN, IPA PA State / NE Regionals - Bangor, PA, Gene Rychlak Jr., 143 2nd Ave., Royersford, PA 19468, 610-948-7823
7 JUN, USAPL Pete Lenzi Memorial BP (Cleveland, OH - M/F Open, H.S. I & II, Jrs., Collegiate, Masters, Women, Police/
Fire/Mil, Raw, Novice) Gary Kanaga, 440-884-7608 (h), 330-908-6199 ext 5261, bigkanaga@aol.com
7 JUN, Strawberry Fest. Strongman/woman, RAW BP Outside, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
7,8 JUN, WNPF Mens Elite Nationals & Women's Nationals (Lancaster, PA) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214
7,8 JUN, NASA Masters/Submasters National Championships PL, BP, & PS, (Mesa, AZ - You must qualify to lift if you live in State where NASA conducts meets), Rich Peters SQBPDL@aol.com or 405-527-8513
14 JUN, APF Florida State (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com
21,22 JUN, WNPF Drug Free Nationals (World qualifier) Ron DeAmicis, 6531 New Rd., Youngstown, OH 44515, 330-792-6670
21-22 JUN, WNPF USA Championships (Atlanta, GA) 770-996-3418,

WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

3 JUL, Iowa/Midwest Open Touch and Go Bench Press (teen, novice, open, sub-masters, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

12 JUL, NASA WV Open/High School State BP & DL (Buckhannon, WV) Greg Van Hoose, RTE 1 Box 166, Ravenswood, WV 26164, (304) 273-2283, gvh@wifire.com

12 JUL, APF Florida Push/Pull (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com
12 JUL, Independence BP & Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com

18-20 JUL, USAPL Men's Nationals, Steve Howard, 2107 Arrow, Rapid City, SD 57702, 605-348-4039

19 JUL, WNPF New Jersey State (Bordentown, NJ) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

20 JUL, WNPF Newark Open BP/DL (Newark, DE) 770-996-3418, WNPF@AOL.COM, P.O. Box 142347, Fayetteville, GA 30214

JUL, ISA Presents 5th Annual Limestone Classic Bench Press and Push/Pull Contest, to be held at the Boys Club in Bedford, Indiana, (866) push-pull, (770) 739-0184, or (770) 838-1009, ISA, 951 Maple Street, Carrollton, GA 30117

JUL, PPL Southeastern "Drug Free", Python Power League, Tee "Skinny Man" Meyers, 2250 Lumpkin RD, Augusta, GA 30906, (706) 790-3806, Pythongym@aol.com

9 AUG, Blue Ridge Strongman/Woman, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
15,16,17 AUG, AWPC Amateur World Championships, (Saco, Maine) Russ Barlow, 175 Kennebec Trail, Turner, Maine 04282, 207-225-5070

16 AUG, USAPL Mid Atlantic Open PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932,

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Rules: You must use Power Hooks and perform a 10 repetitions bench-press lift. Start with Power Hooks on the overhanging bar at any height and finish with the Power Hooks at that same height on the bar with no help.

Judging: Points will be awarded depending on contestant's age, bodyweight and total weight lifted for ten reps.

Finalists will be contacted during the first week of Nov. 2003. We will then need a video of you weighing yourself in on a scale (bathroom scale is ok) and then weighing the dumbbells individually followed by the ten rep dumbbell lift.

Top five entrants will be listed on **WWW.POWERHOOKS.COM** updated monthly

WDFPF NEWS

Calendar of Events 2002:

22-24 November - World Single Lift Championships - Como, Italy

2003

17-19 October - World P/L Championships - Palace of Youth & Culture, St. Petersburg, Russia

Bids are being negotiated for the WDFPF World Single Lift Championships & European Championships in 2003

Enquiries from new countries

Full details of affiliation procedures and details of drug control requirements have been passed on to new drug-free groupings in Armenia (Arsen Gevorgyan), India (Vishal Chaturvedi) and Morocco (Mohamed Elmamoun). All three bodies have agreed to begin implementing WDFPF procedures on out-of-meet testing. Laboratory contacts have been made, and the issue of test kits to those countries has been authorized. The latest enquiry of WDFPF affiliation comes from a group in Romania, whose representative Iurie Terna has asked us for details of WDFPF conditions of membership. It appears that we are now beginning to make real headway in expansion in Europe and elsewhere. The WDFPF depends for its drug-free status on the commitment and integrity of our own officials in member countries around the world. At this time we have every confidence that all our officials - without exception - share a common dedication to the drug-free principle, and to the procedures designed to safeguard our drug-free international platform. The WDFPF therefore has no need to employ the services of outside agencies to implement out-of-meet testing of lifters in our various member countries. Our own officials within those countries can be relied upon to carry out this function themselves. Reminder: In addition to categories of competition typical throughout powerlifting - the WDFPF is the only international body to sanction world and regional championships and records in RAW or "unequipped" competition.

valifting@aol.com, www.virginiausapl.com
16,17 AUG, North American Powerlifting Championships, Capri Center, Red Deer, Alta, Bruce Greig, Box 4, Okotoks, Alta-T1S1A4, Can, P: 403-938-3067, F: 403-938-0489, www.CPC-powerlifting.com

23 AUG, Body Factory Power Challenge/Bench, Jim Parrish 610-863-1090, 436 Blue Valley Dr., Bangor, Pa. 18013
23 AUG, ISA Presents Full Power III, Powerlifting, Push/Pull, And Bench Press Championships, 24- Hour Total Fitness, Lithia Springs, GA, (866) push-pull, (770) 739-0184, or (770) 838-1009, \$400.00 to be won in this contest, ISA, 951 Maple Street, Carrollton, GA 30117

23,24 AUG, USAPL Bench Press Nationals, Joe Morreale, 350 Rt. 46, Rockaway, NJ 07866, 973-627-9156

6 SEP, APF Bench Press Qualifier for WPO Bench Bash Semi's in New Orleans (Daytona Beach, FL) 386-252-8193 or email hugeiron@logicalcity.com

5 OCT, 19th APF Olympic BP, Olympic Fitness Center, 224 N. Fourth St., St. Charles, IL 600174, 630-377-7527

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

25 OCT, AAPF Southern States Powerlifting Championship (Daytona Beach FL) 386-252-8193 or email hugeiron@logicalcity.com

OCT, PPL USA "Drug Free" Powerlifting Championships, Full Power, Bench Only, Deadlift only & Iron Man, Python Power League, Attn: Tee "Skinny Man" Meyers, 2250 Lumpkin Rd, Augusta, GA 30906,

7 0 6 - 7 9 0 - 3 8 0 6 ,

Pythongym@aol.com

NOV, Iowa/Midwest Open BP, DL, Trap DL (teen, novice, open, subs, master 1-2-3, women) Wayne Hammes, Box 433, Oskaloosa, IA 52577, 641-673-5240

6 DEC, USAPL Virginia State PL & BP, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
6-7 DEC, APF Southern States (Daytona, FL) 386-252-8193 or email hugeiron@logicalcity.com

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

13 DEC, Christmas BeP Classic/Curl, John Shifflett, Box 941, Stanardsville, 22973, (434) 985-3932, valifting@aol.com, www.virginiausapl.com
26-28 MAR 04, USAPL High School Nationals, Bruce Sullivan, 1545 41/2 mile Rd, Racine WI 53402, 262-639-3210

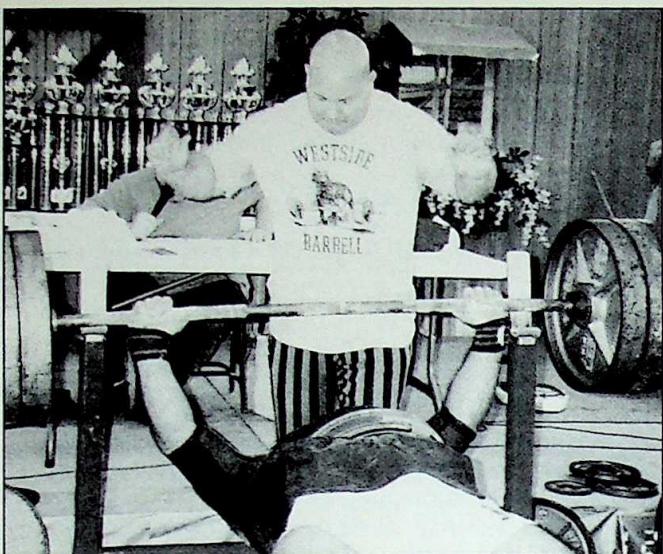
P.S. when writing include a Stamped, Self-Addressed Envelope. (USA meets only). If you phone, please note if there is a specific time to call and DON'T CALL COLLECT.

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

MEET DIRECTORS... there are HUNDREDS of meets for 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!!

**SLP DUQUOIN STATE FAIR BP/DL
31 AUG 02 - DuQuoin, IL**

BENCH PRESS	242
teenage women 13-15	275
97	275
Bianca Puello	100*
4th	110*
open women	police & fire/ master men 40-44
148	198
Christi Keams	205
teenage men 13-15	215
Brian Hagene	190
Junior men	Wes Hinkle
242	41h
Trent Hudgens	440*
4th	455*
submaster men	198
220	Chad Hillard
Jeff Porrill	400
4th	420
master men 40-44	181 Mike Ward
165	41h
Mark Hagene	200
4th	205
242	Lloyd Edwards
Mark Aydt	435
master men 45-49	Scott Crosier
275	41h
Bob Walker	570*
4th	600*
DEADLIFT	242
open women	Mark Rose
148	41h
Christi Keams	285*
4th	300*
police & fire/ master men 40-44	242
198	41h
Tony Carwyle	500*
275	220
Wes Hinkle	495*
4th	510*
police & fire/ submaster men	242
BENCH: Best Lifter - BOB WALKER.	
DEADLIFT: Best Lifter - ED CLARK	



Bob Walker locks out his first 600 BP @ the SLP DuQuoin State Fair

personal best and new Illinois state record 455 on his fourth. Jeff Porrill did well at submaster 220, making a 400 third, followed by a 420 pr fourth for the win there. Mark Hagene took the master men's 40-44/165 class, matching his personal best of last year with 205 for his final attempt of the day. Also at 40-44 was 242 winner Mark Aydt, who finished with 435. At 45-49/275 was Bob Walker, two-time

attempt. In the open division Mike Ward won at 181 with 400, but came back with a successful fourth of 420 to tie the existing state record. Chris Grant had some problems with his shirt and was only able to get his opener of 250 to the win there. At 220 Lloyd Edwards had a great day, finishing with two new prs with his third (420) and fourth (430) attempts, taking the victory there. Scott Crosier was second at 220 with 330 and a fourth of 345. Both were new prs for this first-time competitor. Ed Clark won at 242 with a solid 540, then just barely missed a pr 570 final attempt. Our final competitor was 275 winner Mark Rose, who finished with personal bests of 550 for his third and a fourth with 560. Great job, Mark! The best lifter award went to Bob Walker. In the deadlift event, Christi Keams won her second title of the day, breaking the state record for the open 148 class with each of her pulls. Christi finished with a 280 pr third attempt, then returned for a great 300 fourth! At police & fire master 40-44/198 it was Tony Carwyle for the win, finishing with a new state record of 500. At police & fire master 40-44/275 was Wes Hinkle with state record pulls of 495 and a fourth with 510. Josh Mileur was strong at police & fire 220, finishing with 500 for his third and a 525 fourth. This was Josh's first competition. In the open division Scott Crosier got a pr at 480 for his third attempt and a great 500 pr for his fourth for the win there.

Tammy Flowers	225	110	185	520
Teen 18-19	198			
Stephen Hewer	645\$*	385\$	505\$	1535\$*
Drug Free	198			
Josh Ash	450	305	500	1255
Junior 20-23				
J. Steigerwald	475	325	503	1303
Submaster 33-39	220			
Dan Flunker	475\$	433\$	600	1508\$
Master 40-44				
David Muntz	565\$	405\$	520\$	1490\$
Drug Free 242				
Larry Fenli	640	475	670\$	1785
Submaster 242				
Michael Kubricht	435	365	500	1300
Open 242				
Randall Pike	500	315	520	1335
Teen 18-19	275			
Caleb Rowton	620\$	460\$*	620\$*	1720\$*
Submaster 33-39				
275				
Steve Burischell	575	433\$	550	1558
\$ Texas record. * World Record. I would like to thank Paul Rever Middle School and the Houston Independent School District for giving us the facilities to host this meet and John Inzer of Inzer Advance Design for his sponsorship and continued support. Special thanks to our spotters, judges Shannon McDougald and Jim Royce and officials Susan McDougald, Jack and Ela Ruth McCullough, without the help of these individuals, this meet would have not been possible. All the lifters did a fine job and we came out with 17 new Texas records and 5 new world records. Keep an eye out for 18 year old Caleb Rowton from the Woodlands, Texas and 18 year old Steven Hewer from Deer Park, Texas. These two young men have been setting Texas on fire with their big lifts. (Thanks to Tom McCullough for providing the meet results.)				



Ed Clark, Dr. Darrell Latch, Bob Walker & daughter Rachel



Bianca Puello's State record 110 @ 97lbs

Best lifter Ed Clark finished the day with 575 for the win at 242. Thanks to my son Joey who did what he could with his broken foot, but thanks also to David Lowe who helped unload the equipment and to Brian and Mark Hagene who spotted and loaded during the meet and even helped load the equipment after the competition. See you all next year! (Thanks to Dr. Darrell Latch for the meet results.)

Best lifter Ed Clark finished the day with 575 for the win at 242. Thanks to my son Joey who did what he could with his broken foot, but thanks also to David Lowe who helped unload the equipment and to Brian and Mark Hagene who spotted and loaded during the meet and even helped load the equipment after the competition. See you all next year! (Thanks to Dr. Darrell Latch for the meet results.)

**APA Houston Record Breakers
27 JUL 02 - Houston, Texas**

Bench Only				
Junior 20-23				
132				
Jeffrey Enoch	265			
Open 220				
S. McDougald	365	181		
Drug Free 242				
Teen 13-15	SQ	BP	DL	455\$
148				
Justing Kubricht	200	155	255	610
Junior 20-23				
148				
Aaron Muntz	375	220	365	960
Drug Free				
148				
Chris Frei	225	220	350	795
Drug Free				
165				

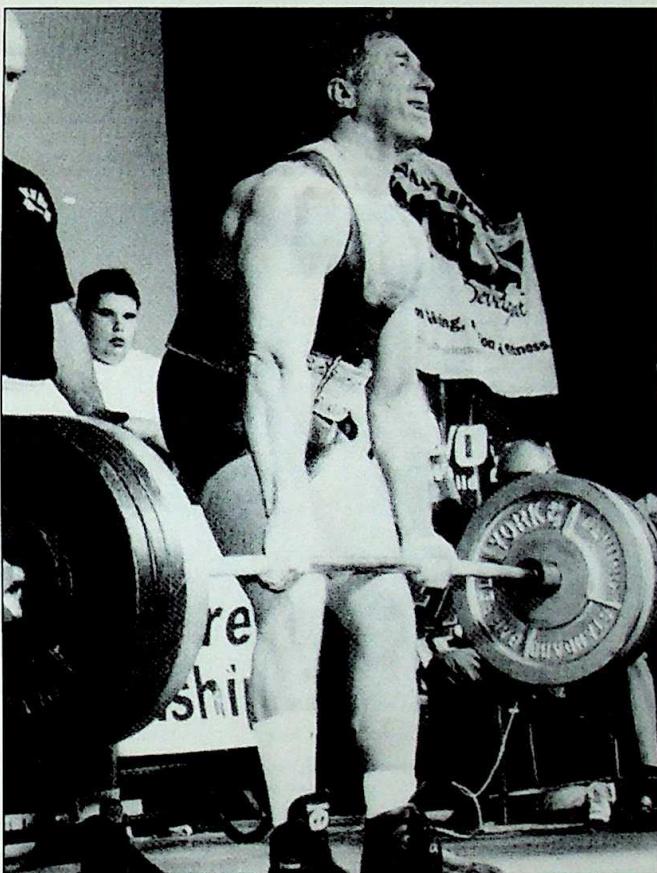
**IOWA OPEN SUMMER BP CLASSIC
3 JUL 02 - Sigourney, Iowa**

Women	198
master 2	Stein, Eric 350
105	220 novice
Stigier, Karo	80 VanderHelden, D. 315
148 Open	Dunkin, Dennis 305
Fehrle, Margaret	160 open
132 teen	Jennings, Tim 320
Graham, Adam	190 submaster
165	Hauschildt, Scott 420
Millage, Brandon	325 Ruse, Doug 335
181	Jennings, Tim 320
Bensmiller, Dustin	130 master 1 Hansen, Jeff 310
198	
Walker, Josh	300 242 open
220	
Strange, Richard	305 Voss, Tim 510
Hendricks, Brian	305 Risius, Travis 455
hwt	submaster
Schroeder, Tyrel	270 Matthews, Jake 400
148 novice	master 1 Grandfield, Gary 310
Coker, Benton	210 master 2 Risius, Fred 405
148 master 2	275
Rutgard, Jeff	100 open Leach, Jeff 475
165 open	submaster
Hungerford, Brent	285 Leach, Jeff 475
181	master 1
Hennigar, Roger	340 Cozine, Cozy 500
Dressier, Kirk	335 Sombie, Ron 325
Tremmel, Don	300 master 2
Towsley, Jeremy	300 George, Ron 325
181 submaster	Hwt open
Hennigar, Roger	340 Storey, Reed 380

Thanks to all that made the meet possible by helping including Mark Hennigar, Greg Peiffer and others. A good group of lifters for the July outdoor meet. Karo Stigier and Margaret Fehrle looked strong in the women's divisions. Adam Graham lifted well pushing up 190 at 132 teen. Brandon Millage is a very good teen bencher to watch in Iowa and had the biggest teen bench putting up 325 in 165 class. Roger Hennigar always does well and lifted 340. Eric Stein and Scott Hauschildt benched well in their weight classes. Tim Voss had the biggest bench of the meet with a strong 510. Jake Matthews looked good putting up 400. Jeff Leach put up a fine 475 and will soon do 500 in competition. Reed Storey look good at heavyweight. Cozy Cozine has been lifting in the Midwest for years and hit a personal best 500 at this meet. Hats off to him and Tim Voss for their accomplishment. Our next area meet is 10 November in Oskaloosa, Iowa. Call Wayne Hammes at (641) 673-5240 for information or to get on our mailing list. See you in November! (Thanks to Wayne Hammes for providing these meet results.)

WABDL Riverfest BP & DL
18 MAY 02 - Gadsden, AL.

DEADLIFT	275	Jack Hezelman	165	181
WOMEN	Eric Roberts	633	4th	181
Master 40-46	Teen 16-19		Master 40-46	Richard Anderson 209
114	123		220	220
Vickie McNeely	270	Jeff Tucker	363	Harry Woods 473
181	R. Hawthorne	503	242	Blane Tindall 385
Susan Adkinson	Queulin Jarrell	391	Keith Taylor	534 Special Oly/Disabled
Open Women	Michael McCook	336	Blane Tindall	407 198
123	148	4th	418	Chad Ward 297
Annette Wright	Ryan Caprari	424	Steve Khader	308 Teen 16-19
4th	319	4th	451	132
165	Ben Martin	451	4th	132
Nickie Pylant	231	Mathew Elrod	429	Michael McCook 165
181	4th	181	Open	165
Susan Adkinson	Bobby Kelly	413	181	Ben Martin 242
Master 47-53	198	Daniel Hagan	341	Bobby Kelly 192
148	Rex Hubbard	501	A. MacChristie	336 Adam Hix 380
Patty Ehmen	4th	4th	341	G. Washington 264
4th	270	Brant Bishop	424	Treat Corey 115
Law/Fire Open	Nicholas Poppell	473	220	132
148	220	Harry Woods	473	Jeremy Itson 225
Melissa Webster	Adam Hix	551	308	Seth Greene 203
4th	253	Steve Khader	451	165
Class 1	G. Washington	529	4th	165
148	264	Mathew Elrod	429	Richard Mizzell 198
Melissa Webster	Seth Becker	473	SubMaster 34-39	4th 214
4th	Teen 13-15	4th	165	Micah Poppell 181
Teen 16-19	165	Eugene Gardner	341	
148	Richard Mizzell	402		
Kayla McCurley	Micah Poppell	391		
Submaster 34-39	BENCH			
148	Women			
Susan Hilton	Submaster 34-39			
MEN	148			
master 54-60	123			
220	Annetta Wrig	148		
Skip Hall	181			
242	Susan Adleinson	148		
Rex Harrison	534			
47-53	Law/Fire Open			
181	148			
Ron McNeely	121			
Rick Hagedorn	551			
40-46 Master	Master 40-46			
Steve Khader	603			
181	165			
Cindy Weber	137			
Susan Adkinson	181			
Law/Fire Master 48+	148			
220	Master 47-53			
Teb Buller	600			
Junior Men	Patti Ehmen	99		
165	Law/Fire 40-47			
Michael Aultman	429			
4th	Class 1			
181	446			
Casey Dunaway	148			
220	Melissa Webster	121		
William Hamilton	534			
275	132			
Bobby Snyder	507			
Jack Dyer	165			
Class 1	Jeremy Itson	225		
123	Daniel Brown	253		
Quentin Jarrell	181			
165	Ben Martin	121		
William Mosley	391			
Daniel Brown	165			
181	Aaron Hagan	341		
A. MacChristie	545			
Daniel Hagen	501			
Cris Holder	220			
198	Brain Fox	385		
Brant Bishop	485			
Isaac Holden	556			
220	Jeff Ray	363		
Bobby Myers	567			
Troy Nichols	275			
4th	Adam Hix	363		
Skip Hall	551			
242	Bill Poston	352		
Gary Bell	407			
275	4th			
Bobby Snyder	336			
512	Junior 20-25			
148				
Bobby Snyder	507			
165	Daniel Weekley	308		
165				
Bubba McConnell	573			
Open	Mathew Elrod	429		
123				
R. Hawthorne	181			
503	Casey Dunaway	330		
220	220			
A. MacChristie	545			
545	Josh Nelson	358		
220	William Hamilton	319		
Jeff Ray	655			
Bobby Snyder	655			
308	Blane Tindall	407		
J.D. McDuffie	319			
SubMaster	733			
181	Law/Fire Open			
Richard Anderson	242			
341	Blane Tindall	407		
4th	4th			
369	Rex Harrison	325		
220	Law/Fire Master 48+			
Jeff Ray	655			
Bobby Myers	220			
Troy Nichols	617			
556.5	Ted Buller	341		
4th	Master 47-53			
567	Master 47-53			
275				
352	Bill Poston	352		
4th	4th			
369	Bill Poston	369		
Rick Padgett	650			
Master 80+				



Meet Director Rick Hagedorn pulls a World Record 603 deadlift at the WABDL Riverfest BP (Photograph is courtesy of Gus Rethwisch)

The event was held in conjunction with Riverfest a combination Rock n' Roll country and western music festival. In the bench press in Teenage 13-15 97 T. Corey set a Georgia and World Record with 115. At 137 Jeremy Itson benched 225 for a Georgia Record. At 165 Richard Mizzell set an Alabama Record with 214. In Teen Men 16-19 220 Class Adam Hix set an Alabama Record with 380. In disabled Chad Ward coached by Bob Vessels benched 297 at 198. In Submaster 165 Eugene Gardner set a Tennessee Record with 341. At 220 Harry Woods benched 473 for a Alabama Record. In Open Men at 165 Mathew Elrod benched a Alabama Record 429 at 165. At 181 Andrew MacChristie benched a Georgia Record 344. At 198 Brant Bishop benched an Alabama Record 424. In Master Men 40-46 242 Blane Tindall set an Alabama Record 418 but Keith Taylor came right behind him and shattered it with 534. At 308 Steve Khader set an Alabama Record with 473. In Master Men 47-53 275 Bill Poston set an Alabama Record with 369 on a 4th attempt. In Master Men 80+ Jack Hezelman set a World Record with 181. In Law/Fire Open bench press Blane Tindall set an Alabama Record 418 at 242. In Junior 148 Daniel Weekly set a Florida Record with 308. At 165 Mathew Elrod set an Alabama Record with 429 only about 20 from the World Record. At 181 Chad Rutherford set an Alabama Record with 363. At 220 Josh Nelson set an Alabama Record with 358. In Class I bench press at 132 Jeremy Itson set a Georgia Record with 225. At 282 Chris Holden set a Florida Record with 341 on a 4th. However Daniel Hagen was 1st with 341 and Andrew MacChristie was 2nd with 336. In Class I 200 there were 4 combatants and Brian Fox was the winner with 385 and an Alabama Record. At 242 Gary Bell set a Mississippi Record with 374 and at 275 Bill Poston set an Alabama Record with 369. In Women Law/Fire Master 40-47 148 Patsy Rowe set a World Record with 176. In Open Women 123 Arnette Wright set an Alabama Record with 148 and at 181 Open Susan Adkinson set a Florida Record with 148. In the deadlift in Teen 13-15 at 165 Richard Mizzell set a Georgia Record with 402. In Teen 16-19 deadlift Richard Hawthorne who trains with Tony Caprari set a World Record 503 in both Teenage and Open weighing only 122. Quentin Jarrell was 2nd with a respectable 391. At 132 Michael McCook set an Alabama Record 336. At 148 Ryan Caprari set a Mississippi Record 424. At 165 Ben Martin set an Alabama Record with 462. At 198 it was a good battle with Nicholas Poppell.

bama Record 418 at 242. In Junior 148 Daniel Weekly set a Florida Record with 308. At 165 Mathew Elrod set an Alabama Record with 429 only about 20 from the World Record. At 181 Chad Rutherford set an Alabama Record with 363. At 220 Josh Nelson set an Alabama Record with 358. In Class I bench press at 132 Jeremy Itson set a Georgia Record with 225. At 282 Chris Holden set a Florida Record with 341 on a 4th. However Daniel Hagen was 1st with 341 and Andrew MacChristie was 2nd with 336. In Class I 200 there were 4 combatants and Brian Fox was the winner with 385 and an Alabama Record. At 242 Gary Bell set a Mississippi Record with 374 and at 275 Bill Poston set an Alabama Record with 369. In Women Law/Fire Master 40-47 148 Patsy Rowe set a World Record with 176. In Open Women 123 Arnette Wright set an Alabama Record with 148 and at 181 Open Susan Adkinson set a Florida Record with 148. In the deadlift in Teen 13-15 at 165 Richard Mizzell set a Georgia Record with 402. In Teen 16-19 deadlift Richard Hawthorne who trains with Tony Caprari set a World Record 503 in both Teenage and Open weighing only 122. Quentin Jarrell was 2nd with a respectable 391. At 132 Michael McCook set an Alabama Record 336. At 148 Ryan Caprari set a Mississippi Record 424. At 165 Ben Martin set an Alabama Record with 462. At 198 it was a good battle with Nicholas Poppell.

set an Alabama Record 534. In law/fire master 48+ at 220 Ted Butler the World Record holder pulled 600. In master Men 40-46 at 308 Steve Khader pulled 644 for an Alabama Record. In master Men 47-53 181 the meet director Rick Hagedorn pulled a World Record 603 to beat John Tyres record. These two will have a real battle at the Worlds. In master Men 54-60 242 Rex Harrison pulled 534. In Submaster Women at 148 Susan Hilton pulled 286 for an Alabama Record. In Teen Women 16-19 Kayla McCurley pulled an Alabama Record 286 getting close to the World Record. In law/fire Open deadlift at 148 Melissa Webster set an Alabama Record with 264. In master Women 47-53 Patty Ehmen pulled an impressive 270 at 148 for an Alabama Record. In Open Women at 123 Arnette Wright pulled a Alabama state Record 319. At 181 Susan Adkinson pulled a Florida State Record 358 and also got the Florida Record in master 40-46 181. In Master Women 40-46 114 Vickie McNeely pulled an Alabama Record with 270. I want to thank Rick Hagedorn, Brant Bishop, Bobby "House" Priscoll, Bubba McConnell, Golds Gym of Rainbow City, Rick Brewer of House of Pain. There were 92 lifters in this meet. (courtesy of Gus Rethwisch)

Utah State Championships
23 MAR 02- Brigham City, UT

Open Bench Press	67.5	67.5	67.5	65
Dave Edmondson	90	Giovanni Ozaine	85	
82.5		Master's Bench Press		
Jon Cunningham	175	67.5		
Shane Vernon	142.5	Dave Edmondson	90	
90		90		
Joseph Adams	132.5	Andy Scardino	125	
100		110 (40-44)		
Tuffy Watson	172.5	Sean Anderson	165	
Jason Gibson	152.5	110 (55-59)		
110		Bud Davis	160	
Sean Anderson	165	125 (40-44)		
Scott Christensen	142.5	Terry Hawes		
125		125 (55-59)		
Clint Lewis	192.5	Ed Acey	165	
SHW		SHW		
Dave Merchant	235	Dave Merchant	235	
Teen Bench Press				
Open Powerlifting	67.5	SQ	BP	TOT
Dave Edmondson	200	90	195	485
82.5				
Justin Barrett	157.5	105	220	482.5
Shane Vernon	152.5	142.5	165	460
90				
Clint Thomas	245	147.5	235	632.5
100				
Jason Gibson	230	152.5	265	647.5
Jesse Branhame	255	150	227.5	632.5
Matt Hansen	165	137.5	197.5	500
110				
Scott Christensen	185	142.5	192.5	520
Lance Davis				
125				
Steve Denison	305	217.5	305	827.5
Byron Anderson	195	137.5	212.5	545
Teen Powerlifting				
67.5				
Ryan Webster	112.5	70	155	337.5
Isaac Martinez				
75				
Kyle Durr	157.5	95	195	447.5
90				
Dallas Drecksel	205	132.5	247.5	585
Michael Bennett	125	97.5	160	390
140				
Victor Castillo	180	100	222.5	502.5
Master's Powerlifting				
67.5				
Dave Edmondson	200	90	195	485
125				
Steve Denison	305	217.5	305	827.5
(Results courtesy Rocky Mountain Athletic Center)				

Steel City Bench Press
10 AUG 02 - Steel City, Missouri

Open	Wally Strosnider	162.5
Women	Niles Smith	165
Jessica Ray	62.5	Wayne Childers
Jennifer Ray	52.5	Men
Women	Open	
Master	123	
Maureen Post	90	Jonathan Wallace 65
Men	198	
14-16	198	Rodney Wood 207.5
Justin Newsome	142.5	Rick Nigh 130
Men	220	
17-19	17-19	Terry Stanley 182.5
Jim Treakle	120	Wally Stonsnider 162.5
Master	242	
40-49	40-49	Michael Porter 172.5
Ed Fennell	202.5	SHW
Michael Porter	172.5	Jeff Lewis 260
George Heleine	142.5	Dion Rhodes 227.5
Master 50+	50+	Brad Manion 185
Greg Chrun	222.5	

(Thanks to USAPL for providing the meet results.)

**SLP Indiana State Fair BP/DL
17 AUG 02 - Indianapolis, IN**

BENCH PRESS		
master women 45-49	181	Slan Fowler
148	350*	Mike Lindsey
Marcia Ferguson	250*	4th
master women 50-54	220	330
165	Tom Boyer	380
Peggy Berry	180*	275
4th	185*	Linn Allen
open women	308	430
148	Dave Allen	460*
Marcia Ferguson	250*	master men 50-54
Nicci Dean	185	242
teenage men 16-17	Mike Ferguson	420*
220	4th	430*
Ryan Michalski	300*	master men 55-59
242	181	
Eric Michalski	240*	John Howard
teenage men 18-19	police & fire	305
148	242	
Steven Schwab	245*	Mike Ferguson
junior men	4th	420*
165	open men	430*
Daren Sea	255	165
220	Steve Benson	375*
Eric Allen	310	Ron Langwell
242	198	
Nick Polley	345*	Michael Coe
submaster men	460*	Jesse Pryor
165	Rico Killebrew	420
Michael Evans	375*	4th
Scott Pingleton	365	220
Vincent Garlin	345	Marty Mills
220	Robert Cools	530
Keith Nicholson	405	424
George Lealifano	530	Dennis Smith
master men 40-44	500	Mike Murphy
181	470	Joe Kathman
John Tabasco	250	365
220	Jon Fowler	355
Jeff Cardinal	420	Jason Colidiron
242	275	
Brett Kramer	420	Jeff Beaton
DEADLIFT	4th	435
youth	George Lealifano	530
Davon Inman	70	308
4th	80	Jay Montgomery
Andre English	120	500
open women	Doug Ahr	560*
148	master men 55-59	
Nicci Dean	355*	165
teenage men 18-19	M. Montgomery	450*
148	181	Jon Howard
Steven Schwab	325*	open men
165	165	
Benjamin Martin	500*	Steve Benson
242	198	475
Richard Anderson	370*	Michael Coe
submaster men	605*	Jesse Pryor
220	220	500
Keith Nicholson	605	Richard Harrell
242	242	550
John Koval	480*	Aaron Dashiell
master men 45-49	540	Jon Fowler
181	275	480
Stan Fowler	485	Randy Bee
master men 45-49	600	610
		John Biddle
man-woman	165 S. Benson/N. Dean	540
181	765	
J. Tabasco/P. Berry	400*	
2-man		
M. Lindsey/J. Pryor	850	
220 A. Dashiell/R. Harrell	1050	
Bench: Best Lifter - lightweight - MICHAEL EVANS		
Best Lifter - heavyweight - MARTY MILLS		
DL: Best Lifter - lightweight - BENJAMIN MARTIN		
Best Lifter - heavyweight - MICHAEL COE		
The 2002 Sun Power Indiana State Fair Bench Press/Deadlift Championships were held at Broad Ripple Fitness in Indianapolis, Indiana on August 17. Many thanks to owner Jerry Kemna for his hospitality in hosting this annual event. In the bench press event one of Ohio's top bodybuilder/powerlifter, Marcia Ferguson, broke the master women's 45-49/148 state record with a strong 250 final attempt. Marcia also won the open 148 class, also setting the state record there. Peggy Berry took the master 50-54/165 title with a great pr 180 third attempt, followed by a stronger 185 fourth, establishing a new state record there. Second place at open 148 went to Nicci Dean who finished with a personal best 185. At teenage 16-17 it was the two Michalski brothers, Ryan at 220 and Eric at 242. Both finished with new state records for their respective classes. Ryan finished with 300 while Eric closed out the day with 240. In the teenage men's 18-19 age group, it was Steven Schwab for the win at 148, making a 245 state record with just his opener. Junior men's competitor Darren Sea won at 165 with 255 while Eric Allen took the 220's with his opener of 310. Nick Polley won at junior 242 with a new state record of 345. At submaster 165 it was Michael Evans with a new state record of 375 over Scott Pingleton who finished with 365. Celebrating his thirty-fifth birthday was Vincent Garlin, who finished with 345 and third place. Keith Nicholson tied his own state record at sub-		



Special Award to host Jerry Kemna with Dr. Latch (Photo by Latch)

master 220 with a 405 finish. George Lealifano had problems with his shirt and had to lift 'raw', then finished with 530 for the title at 275. In the master men's division 40-44/181 winner John Tabasco finished with his opener of 250 while Jeff Cardinal won at 220 with a personal best 420. Brett Kramer took the title at 40-44/242 with 420, just missing a fourth with ten pounds more. Stan Fowler looked strong at 45-49/181, taking the title there

pr and Indiana state record at 198 with 460. Jesse Pryor was second with 425 while Rico Killebrew was third with 420 followed by a successful fourth of 430. This was Rico's first competition. Marty Mills won at 220 with 530, followed by Robert Cools who finished with a personal best 435. Dennis Smith captured his first state title at 242 with his 500 second attempt after missing a third with a pr 515. Mike Murphy was second at 242 with

Andre English also go a new pr with his win at heavyweight youth, finishing with 120. Nicci Dean had a great pull at open women 148, finishing with a new state and personal record of 355. In the teenage men's 16-17 division, Steven Schwab set the state record at 148 with just his opener of 325 while Benjamin Martin set the record at 165 with 500. At 242 it was Richard Anderson with a record 370 pull. Keith Nicholson set his second state record of the day with his win at submaster 220, finishing with a personal best 605. John Koval won at submaster 242, setting the state record there with 480. In the master men 45-49 division Stan Fowler finished with 485 for the win at 181. In our oldest age bracket, Martin Montgomery set the record at 165 with 450 while Jon Howard bowed out of the competition. In the open division Steve Benson won at 165 with 475 while Michael Coe set a new personal and state record with 605 at 198. Second place at 198 went to Jesse Pryor who finished with 500. Richard Harrell got a big pr with 550 for the win at 220. At 242 it was Aaron Dashiell over Jon Fowler 540 to 480. Randy Bee got two new prs with his 600 third and 610 fourth attempts for the win at 275. Second place at 275 went to John Biddle who finished with 540. In the man-woman event Steve Benson and Nicci Dean combined for a 765 total at 165 while John Tabasco and Peggy Benny pulled a new state record at 181 with 400. In the 2-man event Mike Lindsey and Jesse Pryor pulled 850 at 181 while the team of Aaron Dashiell and Richard Harrell locked out successfully with 1050. Best lifter awards for the deadlift went to Benjamin Martin (500 @ 165) and Michael Coe (605 @ 197). Thanks to my son Joey and Mike Ferguson for all their help loading and spotting and to Amalia Lotaki and Heather Bryce for their help (?) at the table. See you all again next year, hopefully back at the fair again (results-Dr. Darrell Latch)



Steve Benson and Nicci Dean with a team man/woman deadlift 765

with a new state record of 350. Mike Lindsey was second at 181 with a 320 third and a 330 fourth attempt for the day. Tom Boyer won at 45-49/220 with his 380 opener, missing a state record 400 twice. Linn Allen took the 45-49/275 class with 430 twice, while cousin Dave Allen won at 308 with a new state record of 460. At 50-54/242 it was Mike Ferguson setting a new state record with his 420 third and 430 fourth attempts while John Howard finished with 305 for the title at 55-59/181. Mike Ferguson also captured the police & fire title at 242, again setting the state record with 430. In the open division Steve Benson won at 165, setting a new state record with 375 over Rob Langwell who finished with his opener of 340. Michael Coe, fresh from his win at the APF Senior Nationals, got a new

470 while Joe Kathman was third with 365. In fourth place at 242 was Jon Fowler with 355 while Jason Colidiron failed to get his opener of 455 in. At 275 it was Jeff Beaton for the win after George Lealifano ripped his shirt off his opener of 610, causing him to drop down to 530 and lift 'raw'. Jeff finished with 475. Second place went to Randy Bee who got a pr on his fourth attempt of 450. At 308 it was Kentucky born preacher Jay Montgomery. Jay finished with his opener of 500. Big Doug Ahr won at shw with a state record 560 after just missing a pr with 580 for his last attempt. Best lifter awards went to Michael Evans (375@163) and Marty Mills (530@212). In the deadlift competition five year old Davon Irman finished with a 80 pr for the win in the lightweight youth division.



Marcia Ferguson with a State record 250 lbs at 148 lb bodyweight

Central Virginia BP & DL Champs

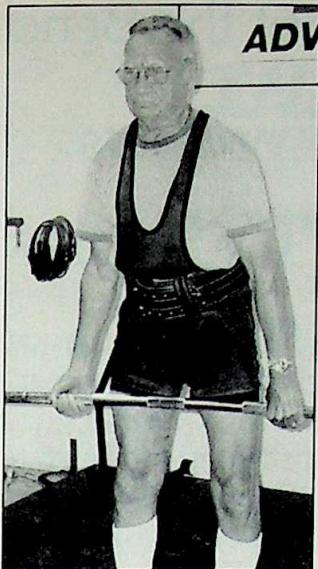
03 AUG 02 - Fredericksburg, Virginia

BENCHPRESS	148	Chris Milam	385
Scott Zerby	345	Nicholas Tibbs	350
Ike Kinlaw	260	MEN'S 181	
MEN'S OPEN 181		Ron Marks	530
Brian Abernathy	345	Jeremy Schreifler	355
Thomas Comfort	280	MEN'S 198	
MEN'S OPEN 198		Ben Liebermann	530
George Ferrell	480	Bill Snow	485
Brian Heitzel	300	John Dowdell	435
MEN'S OPEN 220		Robert Hampton	405
William Byers	525	Michael Baughm	350
Shawn Batelem	470	MEN'S 220	
Ron Barley	440	Shawn Batelem	640
Carlos Osegueda	325	Mike Canaday	440
MEN'S OPEN 242		MEN'S 242	
Andrew Rozewicz	460	Andrew Rozewicz	570
Randy Brooks	415	MEN'S 275	
MEN'S OPEN 275		Brent Lever	760
Allen Hicks	675	Ryan Horton	650
Jeff Turner	515	MEN'S SHW	
Bud Drummond	435	Bert Wagner	600
MEN'S OPEN SHW		MEN'S SUBMASTER	
Carroll Thornton	450	Robert Hampton	405
MEN'S SUBMASTER		MEN'S MST 40-49	
Randy Robinson	530	Bert Wagner	600
Danny Pullen	485	MEN'S MASTERS 50+	
MEN'S MASTERS 40-49		Ron Marks	530
Jack Cox	450	TEEN	
Johnny Dean	350	Nicholas Tibbs	350
Mark Moats	335	WOMEN	
Rick Fox	325	Gracey Manuel	300
MEN'S MASTERS 50+		Wendy Monoskey	275
Sam Morris	525	Mary Kozlow	250
Ron Barley	440	Mallory Anspach	225
Randy Brooks	415	MEN'S 181	
MEN'S RAW		Ron Marks	530
James Nowlin	450	Jeremy Schreifler	355
Julius Smith	290	MEN'S 198	
Michael Sweeney	340	Ben Liebermann	530
Mike Canaday	350	Bill Snow	485
John Dowdell	325	John Dowdell	435
Mike Fiore	270	Robert Hampton	405
Tad Bliss	245	Michael Baughm	350
TEEN		MEN'S 220	
Brett Maness	250	Shawn Batelem	640
Adam Moats	280	Mike Canaday	440
Tray Smith	185	MEN'S 242	
Bob Wails	190	Andrew Rozewicz	570
David Robinson	220	MEN'S 275	
WOMEN'S OPEN		Brent Lever	760
Bonnie Graube	225	Ryan Horton	650
Laurie Galante	165	MEN'S SHW	
Mallory Anspach	145	Bert Wagner	600
WOMEN'S RAW		MEN'S SUBMASTER	
Wendy Monoskey	150	Robert Hampton	405
Patricia Courville	120	MEN'S MST 40-49	
Julie Compher	115	Bert Wagner	600
Krislin Lichtenfels	115	MEN'S MASTERS 50+	
Martha Oliver	115	Ron Marks	530
Mary Kozlow	85	TEEN	
Jen Myers	80	Nicholas Tibbs	350
DEADLIFT CONTEST		WOMEN	
MEN'S 148		Gracey Manuel	300
Ike Kinlaw	440	Wendy Monoskey	275
Mike Fiore	375	Mary Kozlow	250
MEN'S 165		Mallory Anspach	225

(Thanks to John Graube for providing these results)

SLP WISCONSIN RAPIDS BP/DL
29 JUN 02 - Rapids, WI

BENCH PRESS	220		
m. women 50-54	Mike Fleming	420	
148	242		
Ann McCredie	75*	Shawn Becker	505*
teen women 18-19	275		
132	Jamie Kuffel	450*	
Crystal McCredie	100	open men	
148	148		
Kelly Flanagan	175*	Allan Myszka	415*
teenage men 16-17	4th	420*	
165	165		
Brian Kundert	320*	Shawn Brehm	335*
275	165		
Mike Ryun	345*	Paul Zanchetti	300
teenage men 18-19	198		
148	Andy Adrian	440*	
Scott Donahue	240	220	
Junior men	Joe Cozza	465*	
148	4th	470*	
Jeremy Hemmrich	285*	220	
181	Matt Nielsen	450	
Pete Bowen	370	4th	465
198	242		
Brad Hanneman	380*	Shawn Becker	505
198	275		
Jeff Zastrow	290	Steve Day	530
220	4th	540	
Eric Leverance	420*	Guy Powell	500
submaster men			
181	275		
Paul Smith	335	Jeff Reed	450
198	4th	460	
Andy Jensen	370	308	
4th	380	Glen Woychik	525*
master men 40-44			
181	308		
Jim Bravick	330	Ray Flint	515
275	308		
Jeff Reed	450*	J. Wojciechowski	415
4th	308		
308	460*	Scott Bromeisl	405
J. Wojciechowski	415*	DEADLIFT	
master men 45-49			
165	165		
Al McCredie	310*	Brian Kundert	460*
4th	275		
315*	Mike Ryun	600*	
181	165	teenage men 18-19	
Tim Sullivan	390*	148	
220	275*	Scott Donahue	275*
Joe Cozza	465*	4th	300*
4th	470*	junior men	
220	148		
Mike Gillette	410	Matt McCredie	340*
242	41h	4th	350*
V. Rasmussen	405*	Brad Hameman	460*
275	198	4th	500*
Steve Fronek	365	master men 40-44	
275	181		
Robert Brodt	345*	Jim Bravick	500
shw.	198	master men 45-49	
Don Jansen	440*	Tom Glembin	605*
master men 65-69	198	master men 50-54	
275	605*		
Don Murphy	285	Bob Goldsmith	420*
police & fire	165	master men 80-84	
181	420*		
Paul Smith	335*	165	
198	Bob Stephan	360	
Andy Adrian	440*	open men	
220	165		
John Klarkowski	430*	Shawn Brehm	445



81 Year Old wonder Bob Stevens locks out 360 lbs (Photo by Latch)

with 415. In the 45-49 age group we had six great lifters, beginning with 165 winner Al McCredie, who broke his own state record there with a personal best 310. Tim Sullivan won at 181, finishing with a new state record of 390. Joe Cozza had a great day, taking the 220's and breaking his old state record with 465. Joe then came back with a successful fourth to up that record to 470. Second place at 220 went to Mike Gillette, who finished with 410. Verlyn Rasmussen got all three of his attempts in, finishing with a state record 405 for the win at 242, while Steve Fronek settled with his opener of 365 and the win at 275. Robert Brodt set the state record at 50-54/275 with 345 while Don Jansen did the same at shw with a solid 440. Don Murphy won at 65-69/275 with 285. In the police & fire division Paul Smith won his second title of the day, taking the 181 class and establishing a new state record with 335. Andy Adrian set the record at 198, taking the victory there and finishing with 440. At 220 John Klarkowski edged out Mike Fleming 430 to 420 for the win and the state record. Shawn Becker got a new state record as well as a new personal record of 505 with his win at 242. Then at 275 it was Jamie Kuffel for the win and a new state record of 450. In the open division Allan Myszka wowed the crowd with his lifting at 148. Allan finished the competition with a personal best 415, followed by a great 420 fourth, which were both new Wisconsin state records! At a bodyweight of just 144, Allan also won best lifter honors among the lighter lifters. At 165 it was Shawn Brehm for the win, finishing with a new

state record of 335. Paul Zanchetti was second at 165 with 300. Andy Adrian won his second title of the day, setting his second state record of the day, with 440 at 198. Joe Cozza also won a double, breaking his record at 220 with 470. Matt Nielsen was second with 450, followed by a pr 465 fourth attempt. Shawn Becker won at 242 with 505, his second win of the day. Steve Day came away the winner at 275 with 530. Steve came back with a personal best 540 fourth for the title over Guy Powell, who finished with 500. Weighing in at just 253, Steve was awarded the best lifter trophy for the heavier lifters. Jeff Reed was third with 450. Our largest class had the largest guys at 308. Must be all the beer in Wisconsin! There was quite a battle going on between the current state record holder, Ray Flint, and the eventual winner, Glen Woychik. Going down to the last lift, Ray finished with a pr and state record 515. Glen then came back with a successful 525 to claim the win and record. Third place went to Jacob Wojciechowski who finished with 415, followed by Scott Bromeisl in fourth place at 405. In the deadlift competition Brian Kundert won his second title of the day at 16-17/165, finishing with a new state record of 460. Mike Ryun also won his second title of the day, finishing with a big state record pull of 600 at 16-17/275. Scott Donahue also doubled at 18-19/148, finishing with a 275 third and a 300 fourth attempt, both new state record pulls. Junior 148 winner Matt McCredie had a great day, finishing with 340 followed by a great 350 fourth attempt pull, breaking his own state record there. Brad Hanneman also got all four of his attempts at junior/198, finishing with a state record of 500. At master 40-44/181 it was Jim Bravick again with a new personal record of 500. Tom Glembin moved the state record up to 605 with his win at 45-49/198. At 50-54/165 it was Bob Goldsmith with a new state record of 420 for the win. Then at 80-84/165 it was legendary Bob Stephan. Eighty-one year old Bob tied his own state record with 360, after failing to completely lock out a 365 fourth attempt. In the open division Shawn Brehm won at 165 finishing with 445. The best lifter award went to Tom Glembin who pulled 605@ 198. Team honors went to Wisconsin Rapids Power Team. Thanks again to Ray and Shawn, to loaders and spotters Paul Smith, Eric Leverance and others, and to my son Joey for all their help and to Bob and Janet Heiner. See you all again next year! (Thanks to Dr. Darrell Latch for providing these results/report.)

USAPL Mountain State PL & BP
11 MAY 02 - Bluefield, WV

BENCH	220			
Teen (14-19)	Rick Perkins	370		
132	60+ 181			
Matt Knoff	185	Ken Samples	225	
181		Open		
Steve Kiem	300	242		
Masters (40-44)		Ronnie Harbert	545*	
Powerlifting	SQ	BP	DL	TOT
Teenage (14-15)				
Mervi Sirkia	147			
56				
Mervi Rantamaki	170	85	172.5	427.5
Lane Andreassen	122.5	62.5	137.5	322.5
Kate Vestergaard	117.5	67.5	137.5	322.5
60				
Eeva Rantanen	180	125.5	195	500
B. Hammarstrom	130	90	157.5	377.5

* - Denotes New West Virginia Powerlifting or Bench press record! (Thanks to USAPL for results.)

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. _____

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\$15.00 HIGH SCHOOL
\$30.00 ADULTS

FILL OUT ENTIRE APPLICATION AND MAIL WITH FEE TO:
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 (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.

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-

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ANPPC WORLD CUP

13 JUL 02 - Tuscola, IL.

BENCH PRESS	master men 40-44
junior men	open men
master men 55-59	198
165	Ronnie Ozbourn 420*
Lester Mast	295* 165
308	Lester Mast 295
Butch Adams	400* 242
181	Doug Haycraft 505*
Mike Strom	380* 181
police & fire	Wade Phillips 405
submaster men	181
165	Jason Carson 405
Lester Mast	295* master men 45-49
181	181
Wade Phillips	405* Daryl Evrard 385
181	181
Lee Roy Banks	415* Tyrone Carson 245*
242	242
David Walker	550* David Walker 550*
275	master men 50-54
Stewart Venable	455* 181
275	Richard Palmer 280*
Brian Holmes	430 275
148	SQ Barry Blackmon 420*
teenage women	BP DL TOT
Brandi Funburg	255* 120* 230 605*
open women/148	
Christi Kearns	305 200* 275 780
teenage men 16-17/198	
Adam Robinson	450 300 460 1210
4th	500 1250
teenage men 18-19/198	
Brett Zeibarth	550 330 480 1360
4th	500 1380
teenage men 18-19/198	
Health Severson	410 250 550 1210
4th	575 1250
teenage men 18-19/220	
Andy Lentz	475* 310* 425* 1210*
submaster men/181	
Wade Phillips	600* 405* 505* 1510*
submaster/181	
Daryl Evrard	500 385 460 1345
submaster men/275	
Stewart Venable	550* 455* 600* 1605*
master men 40-44/181	
Manuel Rivera	475 390* 525* 1390
4th	400* 1400
master men 40-44/198	
Tom Carnaghi	820* 390 640* 1850*
master men 40-44/220	
Tom Riemer	710* 380 640 1730
master men 40-44/242	
Jeff George	600 335 600 1535
master men 50-54/shw	
John Magee	750 485* 500 1735
master men 55-59/308	
Butch Adams	400* 405* 450* 1255*
police & fire/242	
Jeff George	600* 335 600* 1535*
open men/181	
Wade Phillips	600* 405 505 1510
open men/198	
Tom Carnaghi	820 390* 640 1850
open men/198	
Scott Kuderick	700 400 540 1640



Christi Kearns locks out 275 for the win at 148 (Photo by Latch)

pull for a 1210 total. Adam did come back with 500 for a successful fourth pull to up his total to 1250. At 18-19/198 Brett Zeibarth led the way, beginning with a great 550 squat. Brett followed that with a 330 bench and a 480 deadlift for a 1360 total. He too pulled a fourth with 500 for an unofficial 1380 total. Wisconsin's own Heath Severson finished second at 198, making all eleven of his attempts. Finishing with a 410 squat, Heath got a 250 bench and a 550 pull for a 1210 total. Heath then came back with a 425 squat and a truly great 575 deadlift on his fourth attempt to raise that total to 1250. Teammate Andy Lentz set all new world marks at 18-19/20, making a 475 squat, 310 bench and a 425 deadlift for a 1210 total. Wade Phillips got a big pr and world record 600 squat with his win at submaster 181. Wade also set world record marks in the bench (405), deadlift (505) and total (1510). Last year's winner, Daryl Evrard, finished second with a 500 squat, 385 bench and a 460 deadlift for a great 1345 total. Stewart Venable was our last submaster competitor, taking the 275 class in style. Coming all the way from Kansas, Stewart posted all new world and national record with his win, going 600-335-600-1605. In the master 40-44 division Manuel Rivera successfully defended his title once again, finishing with a 1390 total. Taking just his opener squat of 475, Manuel came back with a 390 bench, followed by a 400 pr and wr fourth. A 525 world record pull gave Manuel a big 1400 total (with his fourth attempt bench). Tom Carnaghi got the biggest total of the competition with his win at submaster 198. His 820 squat, 640 deadlift and 1850 total were all new world records for the class. At 220 it was Tom Riemer with a 710 squat, 380 bench and 640 pull for a 1730 total. Tom's 710 squat tied the existing world record there. Jeff George took the 40-44/242 title with a 1535 total. Jeff squatted and deadlifted 600, together with a 335 bench for the win. Big John Magee won again at 50-54/shw with a 1735 total. John only got in one of each of his lifts, starting with a 750 squat. John followed that with a world record 485 bench and a 500 pull. Butch Adams also got only his openers in, finishing with 400-405-450-1255 for the win at 55-59/308. Butch established all new world record marks with his lifting. Jeff George won his second title of the day with his win at police & fire 242. Jeff's squat (600) and deadlift (600) along with his total of 1535 were all new world records for the police & fire division. In the open division Wade Phillips won at 181, breaking the existing world mark in the squat with 600. Tom Carnaghi had been training for the all-time squat record at 198, hoping for 910 to break Ed Coan's mark of 904, but it just wasn't in the cards on this day. Opening with 820, Tom missed 870 for his second attempt. Two weeks earlier Tom had gotten an easy 882 at Ernie Frantz' gym in Aurora, Illinois where he has been training. But even though he seemed to be out of the groove, Tom decided to go for the record, calling for 905. Good depth, just not enough strength on this day. Well, back to the gym and aim for the nationals in October. Still, very impressive to see someone with that much weight on his back! Scott Kuderick was second at 198, finishing with a 700 squat, 400 bench and a 540 deadlift to total a personal best 1640. Tom Riemer won at 220 with his great pr 1730 total. Dennis Long was second at

220 with 1420, making a 575 pr squat, 320 bench and a 525 deadlift. Teammate Jeff Robison was third with a 500 squat, 300 bench and a 440 pull for a 1240 total. At shw it was John Magee, breaking his own world record in the bench with his 485 opener. Best lifter honor once again went to Tom Carnaghi, a 1850 total at a 198 bodyweight! In the bench press event Lester Mast broke the existing record in the junior 165 class, finishing with 295. Mike Strom got a new pr and new world mark as he took the junior 181 class with 380. Wade Phillips won the submaster 181 class with another world record bench of 405. David Walker upped his own submaster 242 record to 550 with his win there, as Stewart Venable did the same at 275 with 455. New competitor Ronnie Ozbourn took the master men's 40-44/198 class with his wr 420 third attempt. Doug Haycraft set a new pr along with his world record at 40-44/242, making good with 505. Tyrone Carson won his first world title with his record setting performance at 45-49/181, finishing with 245. Richard Palmer also got a new world record at 50-54/181, finishing with 280. Barry Blackmon posted a new world mark at 50-54/275 with his 420 final attempt. Our final master competitor, Butch Adams, set the mark at 55-59/308 with his 405 opener. In the police & fire division it was Lester Mast with his second world record of the day at 165. Lee Roy Banks won at 181, setting the mark there with 415. David Walker's second win of the day came at 242 while Brian Holmes won at 275 with 430. In the open division Lester Mast won his third title of the day with his 295 at 165. Wade Phillips won at 181 with 405 while Jason Carson was second with that same weight, weighing in just 2 pounds more than Wade. Third place at 181 went to Daryl Evrard who finished with 385. David Walker won his third title along with his third world record bench with his victory at 242. David also won the best lifter trophy for the bench press competition. Thanks again to everyone who helped out and to the City of Tuscola for their support. See you all at the ANPPC Nationals on October 26! (Results by Dr. Darrell Latch)

South Florida Summer Bench Blast

17 AUG 02 - South Florida, FL

Women:	Masters
Open	55-59
105	181
Ann LaComb	143 John Mitsopoulos 347
132	220
Ded Toby	132 George Walker 397
148	Masters 65-69
Fran Napolitano	116 181
Men:	Bill Tinkler 254
Teen	Open:
13-16	165
Dennis Long	575 Brian Schwab 451
20-29	220 Adam Rubin 424
Stephen Petras	193 John Crowell 298
Teen	Brandon Ward 287
17-19	Will Halloway 287
165	Steve Powers 276
Jason Castiglione	287 Patrick O'Grady 276
308	181 Rich Daniels 397
Bill Frisch	524 198
Junior	Derek Penkava 457
275	D. Permenter 287
Jeff Tingler	463 220
SHW	Lance Mosley 474
Andrew Collura	650 Jeffrey Walker 364
Submasters	242
165	Rich Meyer 551
Adam Rubin	424 275
220	Jay Macartney 529
Jeffrey Walker	364 Jim Taylor 518
242	Paul Donahue 452
Harry Garcia	402 John LaComb 441
275	SHW
John LaComb	441 Lenny Persin 463
Special Thanks To: Ed Rectenwald, Dwayne Kouf, Doug Hollis, Sarah Moss, Mike Necoletto, Jay Macartney, Brian Scwab, Tony Defalco, Greg Larkins, Fran Napolitano, David Ward, Brandon Ward, Derek Penkava, Lance Mosley, Cynthia Gelvert, Eric Martin, the Santaluces HS cheerleaders, Our Sponsors: Inzer Advance Designs and Elite Fitness Systems (www.elitesystems.com or 888-854-8806). This was our second meet and it ran smoothly. We had no misloads and the meet was done in less than 3 hours. The lifting was outstanding. Bill Frisch made his first official 500 pound bench by hitting 524 in the teens. In the Juniors Andrew Collura stole the show. Big Andrew hit a very strong 650 and he did it with no equipment at all. That's right, he did it in a t-shirt with no wraps or belt. Adam Rubin hit 424 in the 165 Submasters. George Walker led a strong Masters group by hitting 397 at 220. Brian Schwab hit a big 451 at as a light 165. Look for Brian to take a shot at the WPO bench record in the 148s. Rich Meyer got a huge PR by hitting 551 at 242. Our next meet will be on October 26th. Please contact us by e-mail (southsidebarbell@hotmail.com) or phone (561-718-9877). (Results - Courtesy Southside Barbell)	



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- 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.
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PO Box 10,000
Lake Buena Vista, FL 32830

ASSOCIATION OFFICE COPY

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Adult Athletes in the Following Sports:	Not Available		25.00
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Adult Taekwondo Athletes	20.00	Not Available	
Adult Powerlifting Athletes	30.00	35.00	
MEMBERSHIP CATEGORY	CHECK ONE:	Athlete	Coach
	ONE:	_____	_____
	ONE:	_____	Official
	ONE:	_____	Volunteer
Club No.:	Club Name:	E-Mail:	

THE AMATEUR ATHLETIC UNION OF THE UNITED STATES, INC.

Date of Birth:	Age:	Sex:	Application Date:	Social Security Number:	ARE YOU ALREADY COVERED WITH HEALTH & ACCIDENT INSURANCE? <input type="checkbox"/> Yes <input type="checkbox"/> No
First	Middle	Last			
Address					
City		State	Zip Code		
County		Phone (With Area Code)			Member's Signature _____
					Parent/Guardian Signature _____
NOTE: Parent/Guardian signature required if member under 18 years old.					

2002 APA BAY STATE BP & DL
05 OCT 02 - Northampton, MA

BENCH	Open 242
Womens Open	Open 424
D. Slaga	215 M. Mitchell 450
R. Crapo	145 M. Slaga 425
F. Ruggiero	155 G. Sibley 260
Womens 40-49	Open 275
C. McComb	155 K. Clark 520
C. Carl	150 J. Bourgeault 430
WOmens 50-59	Open 308
F. Ruggiero	155 V. Dizenzo 705
Teenage	275 4th 730
C. Wasniewski	335 J. Hart 535
Junior	335 B. Tucker 510
N. Rybicki	345 DEADLIFT
4th	385 Women Open 300
J. Beaudry	335 F. Florelle 280
M. Brockway	260 C. Fontaine
M. Morin	215 4th 290!
S. Kershner	705 Women 40-49
Submaster	730* C. McComb 265
V. Dizenzo	340 4th
4th	350* 270!
C. Byrnes	425 Women 50-59
4th	340 F. Ruggiero 300*
R. Daly	415 300*
L. Cruz	340 G. Jackson
G. Jackson	40-49
B. Tucker	510 C. Wasniewski 585
D. Montembault	425 Junior
C. Clapp	425 H. Riddle 530
F. Willard	425 J. Beaudry 550
S. Dussault	345 M. Brockway 515
M. Slaga	425 A. Pagano 475
K. Willett	315 E. Bochner 550
R. Cole	425 Submaster
50-59	315 E. DiFruscia 585
T. Whalen	335 L. Cruz 500
V. Klein	290 40-49
B. Paolletti	575 D. Montembault
Open 148	575 C. Clapp
C. Byrnes	340 J. Milne
N. Rybicki	335 50-59
C. Rata	270 V. Klein 430
Open 165	Open 148
R. Beattie	310 M. Dimarco 445
E. Quintlin	280 C. Rataj 365
M. Morin	260 Open 198
Open 198	335 E. DiFruscia 585
M. Brockway	335 H. Riddle 530
Open 220	335 M. Brockway 515
C. Jenkins	430 Open 242
C. Clapp	425 C. Clapp 575
J. Milne	410 E. Bochner 550
	G. Sibley 430

- denotes Massachusetts record. * denotes World Record. I would like to thank Universal Health & Fitness for providing a great meet venue, the spotters who put in a lot of hours doing a fantastic job with several saves, the referee's who performed an excellent job with some great judging, Donna Slaga for providing some great meet equipment,



Carla McComb pulls a MA Master record at the Apa Bay State DL

and all others who were involved in making this a memorable and fun event. Several records were set. At the time of this writing I have not had time to research all the records that were set but did jot down a few which I mentioned in this write up. If your name is not mentioned, fear not because your name will appear in the records listings soon. Several members of Southside Barbell were on hand helping lifters out. A few of the folks that were helping people out were Billy Minnaugh, Mike Olmo & Disa Halfield. Special thanks to others who were also there. I don't remember everybody's name and I apologize for that. I will say that the folks mentioned were classy people and I would be happy to see them at any event. A lot of great lifts were registered in both the bench press and dead-

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
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Date of Birth	Age	Sex	Mail and make checks payable to APA P.O. BOX 27204
Social Security Number			EL JOBEAN, FL 33927

Registration Fee: \$20 High School Athlete: \$10

Parents Initial	I Certify that the above answers are correct
<input checked="" type="checkbox"/> X	

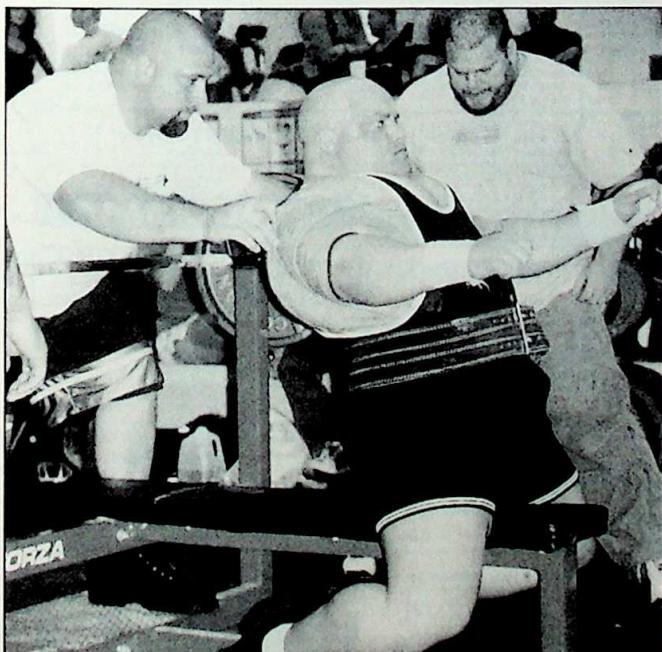
lift portions of the event. The 148's saw a tough battle with Byrnes (133.5 bodyweight) taking the show with 340 and then going for a 4th attempt for a record lift with 350. Following close in his heels was Neil Rybicki who ended up with 335. Vince Dizenzo benched over 700 pounds four times during the event and ended up with a 730 Submaster World Record on his 4th attempt. He missed his 3rd due to a very technical interpretation issue as the sleeves on his bench shirt were a little long and it was hard to determine the lockout. When the sleeves were shortened a hair the weight flew up yet again and the record was registered indisputably. Referee's from several organizations including USAPL showed up as spectators and they all came up afterwards and commented on how clear cut and cut and dried his lift was. The meet was a lot of fun. I got to meet lifters and officials from several federations and they were all fantastic people. It was nice to have a gathering with such a variety of folks under the same roof and even better was the fact that channel 22 came in and televised the contest. I could go on and mention almost every lifter in the meet but the results speak for themselves. Lifting quality was high and some very big lifts were done under some very light judging. Once again, thanks to the lifters, spotters, referee's, those helping lifters, and the spectators for making this an event to remember. It was a great day and lots of fun. (Thanks to Scott Taylor - APA President - for providing the meet results and meet report.)

WNPF Lifetime Drug Free Nationals

14 SEP 02 - Bordentown, NJ

	POWERLIFTING	SQ	BP	DL	TOT
WOMEN 80-9-10 RAW	SULLIVAN	65*	35*	80*	180*
148 OPEN RAW	HOMICH	245*	140*	290*	675*
MEN					
80 11-13 RAW	TOTH	105	55	120	280
100 9-10 RAW	TOTH	75	45	115	235
148 14-16	GITTO	270	190	300	760
OPEN RAW	ALAS	315	315	400	1030
OPEN	PENN	320	210	440	970
165 OPEN	MAXWELL	460	245	445	1140
40-49	MAXWELL	460	245	445	1140
198 OPEN RAW	CHAVES	550	315	450	1315
40-49 RAW	DAVIS	405	195	410	1010
220 14-16	TOMASZEK	300	195	315	810
242 OPEN RAW	COOPER	565	405	745	1715
	FRENICK	360	315	425	1100

* - WNPF AMERICAN RECORD, BEST LIFTERS - COOPER: POWERLIFTING, MALTEZOS: BENCH PRESS, THOMAS: DEADLIFT. (THANKS TO WNPF FOR PROVIDING THE MEET RESULTS TO PLUSA.)



Vince Dizenzo prepares to demolish the WPA Submaster World Record. Vince benched an incredible 730 pounds at the APA Bay State Open Bench Press (Photographs are courtesy of Scott Taylor.)

187 Jason Puleri int 205	230 145	375	187 Jack Thomas mp 227	140 112.5 170	422.5	170.8 James Allen sm1 250.2	220 160 265 645
Jon Marshall jr 154.3	272.5 177.5 250	700	Scott Striepeke nov 119	182.5 137.5 182.5	502.5	Patrick Holloway sm1 250.2	272.5 222.5 320 815
Raul Velazquez jr 187	217.5 137.5 230	585	Aaron Eliserio nov 187	87.5 57.5 107.5	252.5	Thomas Burke sm1 shw	295 167.5 295 757.5
Carl Lehman jr 315	232.5 187.5 -250	170	Cortney Teasley nov 187	227.5 150	250 627.5	Don Kravolez sm2 315	307.5 197.5 267.5 772.5
Brey Vacchino m1 127.8	282.5 172.5 227.5	682.5	Michael Brown nov 205	220 140	227.5 587.5	Raul Valenzuela smp 154.3	280 262.5 752.5
John Bissen m1 154.3	162.5 95	190	Jason Powers nov 227	177.5 112.5 175	465	Stephen Goldberg teen 119	102.5 90 155 347.5
Alex Martinez m1 170.8	162.5 140	237.5	Jeff Berard pure 127.8	65 52.5	137.5 255	Ben Shedroff teen 315	122.5 87.5 117.5 327.5
George Smith m1 227	240 140	262.5	John Bissen pure 154.3	162.5 95	190 447.5	Brey Vacchino whs 127.8	292.5 172.5 227.5 692.5
Aw Ashley m3 154.3	237.5 135	65	Alex Martinez pure 170.8	162.5 140	237.5 540	Nicole Lipko whs 187	80 50 97.5 227.5
Lance Janhunen m3 187	127.5 85	182.5	James Allen pure 187	220 160	265 645	Taralyn Galligan wsm1 154.3	145 75 122.5 342.5
Willie Kindred mp	197.5 147.5	245	Jason Puleri sm1	230 145	375	Laura Ortega youth	147.5 75 166 388.5

youth
Tommy Manno 32.5 45 37.5 115
(Thanks to Mike Adelmann for providing results)

NASA Arizona Regional

11 NOV 1 (kg)

Bench Only	S. Kirkpatrick	142.5
m3	pure	227
154.3	John Lopez	110 Rob Turner 197.5
m3	pure	280
154.3	Lance Janhunen	90 David Bernardi 235
m3	sm1	170.8
205	S. Kirkpatrick	142.5 Robert Serafin 142.5
nov	sm1	227
137.8	Tony Abaca	130 Rob Turner 197.5
nov	sm2	280
154.3	Justin Kirkpatrick	137.5 David Bernardi 235
m3	sm2	280
205	S. Kirkpatrick	142.5 Raul Valenzuela 205
pure	teen	154.3
154.3	Justin Kirkpatrick	137.5 Justin Kirkpatrick 137.5
m3	teen	205
205	S. Kirkpatrick	142.5
Powersports	SQ/C BP DL	TOT
bphs		
127.8	William Dattilio	77.5 77.5
bpjr		
170.8	Matt Berretta	120 120
bpm3		
170.8	Mike Stainbrook	85 85
bpronov		
187	David Waldman	147.5 147.5
cjr		
170.8	Matt Berretta	52.5 52.5
cm3		
170.8	Mike Stainbrook	90 90
dlnov		
187	David Waldman	210 210
hs		
127.8	Leiland Tanner	32.5 62.5 122.5 217.5
170.8	Justin Allard	40 112.5 167.5 320
jr		
170.8	Matt Berretta	52.5
m1		
187	David Tanner	60 110 195 365
m3		
170.8	Mike Stainbrook	40 85 90 215
187	Don Bushwell	52.5 77.5 147.5 277.5
m5		
187	Scott Henry	70 150 210 430
m5		
187	Chuck Folinus	65 130 215 410
m5		
187	Timothy Ahearn	55 105 177.5 337.5
nov		
170.8	Matt Berretta	52 115 182.5 349.5
nov		
187	Greg Seal	52.5 122.5 192.5 367.5
nov		
280	Jeremy Kolmer	65 170 250 485
sm1		
227	Jim Allison	67.5 192.5 302.5 562.5
sm2		
250.2	Jim Drane	72.5 155 232.5 460
sqm1		
205	Hans Boon	105 105
sqm5		
187	Chuck Folinus	170 170
sqnov		
280		

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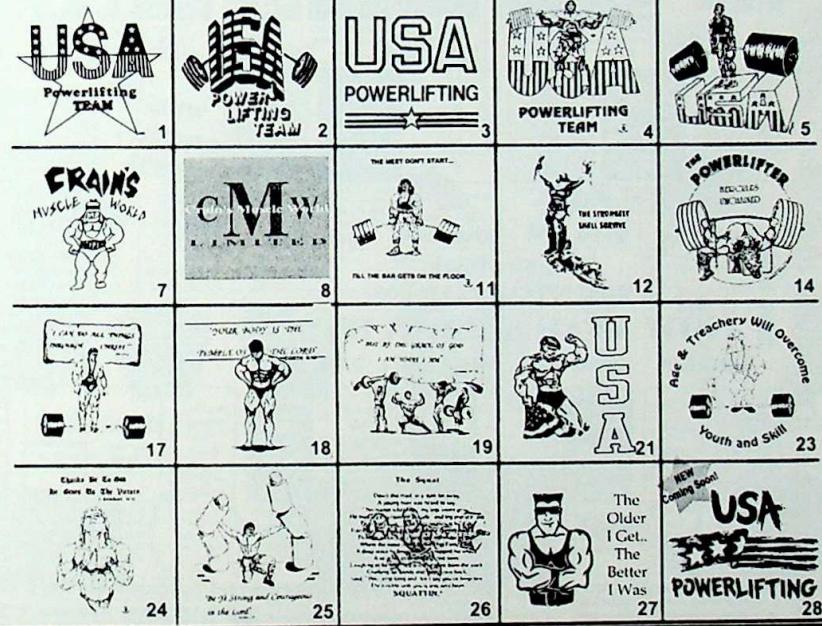
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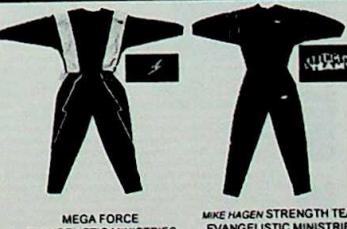


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Jeremy Kolmer	237.5	237.5	127.8	Teri Ishimatsu	85	57.5	105	247.5	170.8	Sidney Curley	150	James Denune	185	154.3	Chad Warvel	112.5	112.5	
sqsm1	227		wnov		m3	227			227	Glen Burley	157.5			cm3				
Jim Allison	277.5	277.5	127.8	Teri Ishimatsu	85	57.5	105	247.5	170.8	Harry Rome	87.5			170.8				
wbpnov	138.8		154.3	Dee Walter	102.5	52.5	115	270	m5		nov		Sidney Curley	55		55		
Angela Jurewicz	60	60	wpure		227				227	Tom Boyer				hs				
Powerlifting			127.8	Teri Ishimatsu	85	57.5	105	247.5	177.5	J. Q. Scott				Dave Douglas	41	72.5	152.5	266
hs			154.3	154.3					m5				Brendon O'Reilly	57.5	117.5	205	380	
Danny Torrejon	57.5	137.5	57.5	Teri Ishimatsu	85	57.5	105	247.5	227	Glen Burley	157.5			int				
hs	187		154.3	154.3					227	pure				227				
Marlin French Jr.	137.7	147.5	70	Dee Walter	102.5	52.5	115	270	J. Q. Scott				Russell Yee	70	180	297.5	547.5	
hs	227		170.8	154.3	154.3				152.5	Mike Giese	167.5			m5				
Cesar Lopez	182.5	115	182.5	Diane Manno	130	65	122.5	317.5	250.2	pure				280				
int	205		170.8	154.3	154.3				315	Glen Burley	157.5			M. Wigglesworth	75	152.5	215	442.5
John Pena	295	177.5	262.5	Diane Manno	130	65	122.5	317.5	250.2	pure				Damon McGinly	87.5	165	272.5	525
int	205		170.8	154.3	154.3				315	Ray Flint	207.5			int				
Tommy Manno	27.5	17.5	35	Augie Delbert	80				250.2	Isaac Thomas	215			Russell Yee	70	180	297.5	547.5
youth	80		(thanks to Mike Adelman for providing results)	Derek Rohrer	180				250.2	sm2				280				
Jon Marshall	287.5	165	255	Bob Lickliter	170.8				250.2	sm2				Howard Liviskie	205	125	205	535
int				170.8	167.5				250.2	sm2								
shw				170.8	167.5				250.2	sm2								
Joseph Anderson	275	172.5	282.5	Tom Ballenger	87.5	152.5			250.2	sm2								
jr	187			170.8	167.5				250.2	sm2								
Carl Lehman	235	185	237.5	David Lykins	125				250.2	sm2								
jr	227			170.8	167.5				250.2	sm2								
Ronny Hudson	252.5	147.5	227.5	Steve Tharp	122.5				250.2	sm2								
m1	138.8			Tom Boyer	177.5	153			250.2	sm2								
John Bissen	192.5	100	210	Powersports	SQ/C				250.2	sm2								
m1	154.3			177.5	153				250.2	sm2								
Alex Martinez	165	130	235	bphs	BP				250.2	sm2								
m1	187			177.5	153				250.2	sm2								
Walt Sword	230	155	227.5	Brother Iron	Sister Steel / Draper				250.2	sm2								
m1	205			177.5	153				250.2	sm2								
Marty Einstein	237.5	160	230	Toning Your Body / Bently & Harfield	\$24.95				250.2	sm2								
m2	187			177.5	153				250.2	sm2								
Willie Kindred	217.5	152.5	265	Garrett Ballenger	65				250.2	sm2								
m2	205			177.5	153				250.2	sm2								
Fred Millan	235	100	232.5	Jeff Wilson	155				250.2	sm2								
m2	227			177.5	153				250.2	sm2								
James Turpin	275	182.5	250	Keys To The Inner Universe / Pearl Hirsch	\$19.95				250.2	sm2								
m5	205			177.5	153				250.2	sm2								
Steve Weslrich	190	125	200	Legendary Abs II / Robinson	\$16.95				250.2	sm2								
m5	250.2			177.5	153				250.2	sm2								
Karl Deutsch	265	167.5	250	Stretching Video / Anderson	\$16.00				250.2	sm2								
nov	170.8			177.5	153				250.2	sm2								
Michael Lechuga	250	140	227.5	Super Abs / Amidi & Biasiotti	\$12.95				250.2	sm2								
nov	205			177.5	153				250.2	sm2								
James David	175	110	205	Abs! / Harfield	\$10.00				250.2	sm2								
nov	227			177.5	153				250.2	sm2								
Alex Dacanay	255	167.5	215	All Sports Training Manual / Eversion	\$8.00				250.2	sm2								
nov	280			177.5	153				250.2	sm2								
Corey Anderson	212.5	130	222.5	Keys To The Inner Universe / Pearl Hirsch	\$19.95				250.2	sm2								
pure	205			177.5	153				250.2	sm2								
John Pena	295	177.5	262.5	Legendairy Abs II / Robinson	\$16.95				250.2	sm2								
pure	250.2			177.5	153				250.2	sm2								
Karl Deutsch	265	167.5	250	Stretching Video / Anderson	\$29.95				250.2	sm2								
pure	250.2			177.5	153				250.2	sm2								
Todd Haefner	215	167.5	227.5	Heavy Iron Video / Harfield	\$29.95				250.2	sm2								
sm1	170.8			177.5	153				250.2	sm2								
Michael Lechuga	250	140	227.5	The Serge Redding Story / Harfield	\$29.95				250.2	sm2								
sm1	227			177.5	153				250.2	sm2								
Jim Allison	277.5	192.5	302.5	Might, Muscle, & Miracles / Harfield	\$29.95				250.2	sm2								
sm1	227			177.5	153				250.2	sm2								
Bryan Thompson	272.5	165	237.5	Anatomy Of Strength / Harfield	\$29.95				250.2	sm2								
sm1	227			177.5	153				250.2	sm2								
J. Wiseman	272.5	165	252.5	Rick Weil THE BENCH PRESS	\$29.95				250.2	sm2								
250.2	227			177.5	153				250.2	sm2								
Todd Haefner	215	167.5	227.5	Speed Hurdle Video / Kell	\$29.95				250.2	sm2								
sm1	280			177.5	153				250.2	sm2								
Raul Valenzuela	272.5	205	255	#1 - Add 50-75 lbs To Your Bench Press Video / Kell	\$29.95				250.2	sm2								
want	170.8			177.5	153				250.2	sm2								
Diane Manno	130	65	122.5	#2 - Ken Lain's Over Workout Video / Ken Lain	\$29.95				250.2	sm2								
wm5	138.8			177.5	153				250.2	sm2								
Renee Fox	75	50	90	#3 - The Man And His Motivation Video / Ken Lain	\$29.95				250.2	sm2								
wmp	138.8			177.5	153				250.2	sm2								

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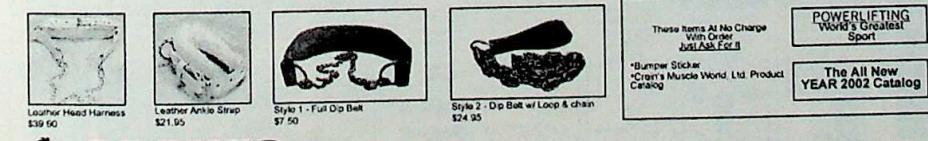
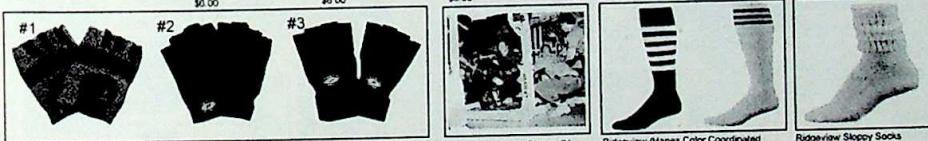
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2002 USAPL/NAPL National Collegiate Championships - Louisville, KY - 2 tapes

2002 USAPL/NAPL National Collegiate Championships - Louisville, KY - 2 tapes

jr		m5	sm2	Carol Frank	95	42.5	125	262.5
205		205	205	wm2	170.8			
Aaron Simmons	170	110	182.5	Greg Krouse	192.5	157.5	215	565
jr		m5	John Walko	197.5	137.5	230	565	Stephanie Fischer 87.5 62.5 120 270
250.2		205	sm2	wm5	154.3			
Greg Panora	300	212.5	317.5	Mike McGonagle	182.5	117.5	182.5	482.5
jr		m5	250.2	Jeff Ritzler	250	195	205	650
280		315	Women's PLing	want				Patricia Frock 107.5 65 147.5 320
Jeff Baker	192.5	175	205	187				wnov
m1		Art Wooten	S. Fletcher	160	100	160	420	154.3
315		nal	whs					Michelle Lickliter 92.5 60 120 272.5
Art Wooten	272.5	170	215	101.40				wsm1
m2		657.5	Damon McGinly	Kira Hammergren 15	15	47.5	77.5	187
154.3		nov	247.5	165	272.5	685		Melissa Bubash 57.5 30 65 152.5
Steve Tharp	165	122.5	187	272.5	685			wbs
m2		205	Derek Rohrer	127.8				Tabitha Barnes 30 27.5 55 112.5
187		205	202.5	180	192.5	575		Adrienne Rieger 97.5 65 110 272.5
Larry Donahue	165	117.5	162.5	205	205	445		187
m2		205	Aaron Simmons	170	110	182.5	462.5	Rachel McAllister 77.5 27.5 100 205
205		205	nov	187				Lauren Meintel 62.5 35 85 182.5
John Bandy	227.5	117.5	220	280	280	565		154.3
m2		205	Jeff Baker	192.5	175	205	572.5	David Clayton 277.5 182.5 242.5 702.5
205		205	nov	187				Todd Redman 240 167.5 240 647.5
Mike McGonagle	182.5	117.5	182.5	205	205	482.5		Patricia Frock 107.5 65 147.5 320
m3		205	Howard Liviskie	205	125	205	535	187
154.3		205	sm1	187				Heel - Pain Relieving Liniment w/ applicator 2.33 oz. \$15.00
Russell Dodson	162.5	72.5	172.5	205	205	407.5		Tabitha Barnes 30 27.5 55 112.5
m5		187	David Clayton	187				Adrienne Rieger 97.5 65 110 272.5
187		205	sm1	187				Rachel McAllister 77.5 27.5 100 205
Larry Donahue	165	117.5	162.5	205	205	445		Lauren Meintel 62.5 35 85 182.5
m5		205	Todd Redman	154.3				154.3
205		205	sm1	187				Patricia Frock 107.5 65 147.5 320
Robert Rice	215	152.5	227.5	315	315	595		187
			Scott Marcum	327.5	235	282.5	845	

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Carol Frank	95	42.5	125	262.5
wm2	170.8			
Stephanie Fischer	87.5	62.5	120	270
sm2	154.3			
Jeff Ritzler	250	195	205	650
Women's PLing	want			
Adrienne Rieger	97.5	65	110	272.5
wbs	187			
Lauren Meintel	62.5	35	85	182.5
Patricia Frock	107.5	65	147.5	320
154.3				
Melissa Bubash	57.5	30	65	152.5
Tabitha Barnes	30	27.5	55	112.5
Adrienne Rieger	97.5	65	110	272.5
Rachel McAllister	77.5	27.5	100	205
Lauren Meintel	62.5	35	85	182.5
154.3				
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Lauren Meintel	62.5	35	85	182.5
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Adrienne Rieger	97.5	65	110	272.5
Rachel McAllister	77.5	27.5	100	205
Lauren Meintel	62.5	35	85	182.5
154.3				
Heel - Pain Relieving Liniment w/ applicator	2.33 oz.	\$15.00		
Tabitha Barnes	30	27.5	55	112.5
Adrienne Rieger	97.5	65	110	272.5
Rachel McAllister	77.5	27.5	100	205
Lauren Meintel	62.5	35	85	182.5
154.3				
Heel - Pain Relieving Liniment w/ applicator	2.33 oz.	\$15.00		
Tabitha Barnes	30	27.5	55	112.5
Adrienne Rieger	97.5	65	110	272.5
Rachel McAllister	77.5	27.5	100	205
Lauren Meintel	62.5	35	85	182.5
154.3				
Heel - Pain Relieving Liniment w/ applicator				

NASA North Carolina State 4,5 MAY 02 - (kg)					
Bench Only		315			
int		Walter Ferguson			
227		167.5			
Jeff Crouch	165	sm1			
m1		205			
315		Mark Holbrook	175		
Walter Ferguson	167.5	smp			
mpure		205			
205		Blake Mills	170		
Robert Howell	160	smp			
250.2		205			
Byron Sammuels	160	D. Ehardt			
pure		147.5			
POWERSPORT	SQ/C	BP	DL	TOT	
bpint					
187					
Rodney Sanders		122.5			122.5
bpint					
205					
Jason Evans		145			145
bpm2					
205					
David Martin		127.5			127.5
bpsmp					
205					
Lee Crews		160			160
cint					
170.8					
Jason Clemons	50				50
cm1					
187					
Mitchell Joines		55			55
cm2					
205					
David Martin		60			60
csmp					
154.3					
Eric Miller		50			50
csmp					
205					
Lee Crews		75			75
dihs					
227					
Ben Kinder				207.5	207.5
dlijr					
170.8					
Shaun Brinegar				182.5	182.5
dim1					
170.8					
John Graboski				201	201
dim1					
187					
Mitchell Joines				130	130
dlnov					
170.8					
Christopher Hanks				182.5	182.5
hs					
227					
Corey Balchelor	55	117.5	200		372.5
int					
205					
Arnold Kirk	67.5	135	230		432.5
int					
205					
Rosco Millsaps	75	142.5	182.5	400	
int					
227					
Jeff Crouch		82.5	165	227.5	475
int					
154.3					
Tyrone Meadows	72.5	187.5	205		465
154.3					
Terry Greene	62.5	137.5	142.5		342.5
m1					
170.8					
John Graboski	57.5	107.5	201		366
m1					
280					
John Leonard	70	185	295		550
mpure					
205					
Robert Howell	65	160	205		430
mpure					
205					
Chris Steinbacher	65	137.5	227.5		430
sm1					
170.8					
Jeff Sasser	55	107.5	155		317.5
sm1					
187					
Wayne Pennell	70	157.5	252.5		480
sm1					
227					
Ralph Dishman	77.5	175	185		437.5
sm2					
205					
Gary Stool	85	172.5	225		482.5
mp					
170.8					
Jeff Sasser	55	107.5	155		317.5
mp					
205					
Lake Mills	57.5	170	202.5		430
wdileen					
119.8					
Stephanie Graboski				92.5	92.5
119.8					

ween	Randy Snow	182.5	122.5	237.5	542.5
119.8	sm2				
S. Gabroski	250.2				
youth	John Arnell	251	120	227.5	598.5
youth	smp				
Cody Winfrey	205				
Powerlifting	Blake Mills	170	170	202.5	542.5
hs	smp				
154.3	227				
Matthew McGee	Bob Lickliter	235	187.5	250	672.5
122.5	smp				
170.8	250.2				
Chad Kerley	John Arnell	251	120	227.5	598.5
m1	smp				
227	shw				
Chad McCrary	Chris Clark	287.5	-210	272.5	350
250.2	teen				
Randy Winecoff	138.8				
pure	Kyle Winecoff	135	70	147.5	352.5
150.2	teen				
Bobby Wilson	154.3				
pure	C. Clarke	147.5	92.5	167.5	407.5
150.2	teen				
Bobby Wilson	187				
m1	Jordan Childress	115	65	155	335
hw	wsmp				
Chris Clark	170.8				
m2	Michelle Lickliter	100	65	125	290
70.8	youth				
Danny Lewis	youth				
m2	Taylor Lickliter	27.5	27.5	20	75
87	(Thanks to Mike Admann for providing results.)				

NASA New Mexico State (kg)
11 MAY 02 - Albuquerque, NM

Bench Only		227		
wm1		Vincent Montez	160	
127.8		hs		
Yvette Breden	52.5	227		
m2		Pete Chavez	150	
154.3		jun		
Jack Greenberg	117.5	227		
m5		Johnathan Long	130	
170.8		m5		
Wowie Rosales	145	227		
m3		Dan McCormack	115	
187		m3		
Homer Brantley	125	227		
m3		Jerry Whilow	165	
187		m5		
Bill Helmich	137.7	280		
jun		Carlos Siddell	205	
PowerSport	SQ	BP	DL	TOT
wm5				
101				
Vikki McCormick	32.5	65	67.5	147.5
whs				
119				
Anna Sanchez	25	45	105	175
mhs				
127.8				
Win Benard	47.5	70	142.5	260
vth				

(Thanks to Mike Adlmann for providing results.)

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127.8 N. Adelmann	25	25	57.5	102.5	fnov 127.8 Mayra Plata	132.5	67.5	135	350	nov 187 Skip Mackay	232.5	155	212.5	601	Michael Teupell	192.5	195	217.5	605
yth 127.8 Tiffany Dench	20	30	62.5	110	mhs 127.8 Rachel Bustos	82.5	55	120	257.5	nov 187 Brian Ammerman	205	167.5	210	582.5	m1 227 Ralph Garcia	205	160	205	570
Jenny Gomez wm1 127.8 Yvette Breden	25	40			mhs 138.8 Michael Falkov	112.5	90	137.70	337.5	187 Bill Helmich	160	137.70	195		Orlando Espinosa	210	125	195	530
mhs 138.8 Michael Falkov	47.5	90	137.70	275	wm1 154.3 Sharon Carroll	154.3		Sue Ann Yazzie	82.5	37.5	97.5	217.5	m5 205 Kenny Croxdale	240	167.5	280	687.5		
mhs 154.3 Janey Musgrove	25	35	75	135	m2 154.3 Jaron Franklin	154.3		Sue Ann Yazzie	82.5	37.5	97.5	217.5	m5 205 Gary Schuster	205	157.5	215	577.5		
mhs 154.3 wsm2 170.8 Carelon Opheim	55	92.5	145	292.5	pure 170.8 Nathan Vance	170.8		Jack Greenberg	147.5	117.5	195	460	m5 205 Philip Rivera	230	135	237.5	602.5		
mhs 170.8 Powerlifting	57.5	110	162.5	330	hs 227 Chris Anderson	170.8		Wowie Rosales	185	145	215	545	m5 205 Philip Rivera	230	135	237.5	602.5		
					hs 227 Powerlifting	170.8		Cody Luce	137.70	102.5	177.5	417.5	m5 205 Danny Madrid	172.5	140	177.5	490		
					hs 227 Chris Anderson	170.8		Joe Harris Jr	120	82.5	172.5	375	m5 205 Eric Furman	250					
					nov 187 Michael Brown	235	147.5	255	637.5	227									

(Thanks to Mike Adelmann for providing results)

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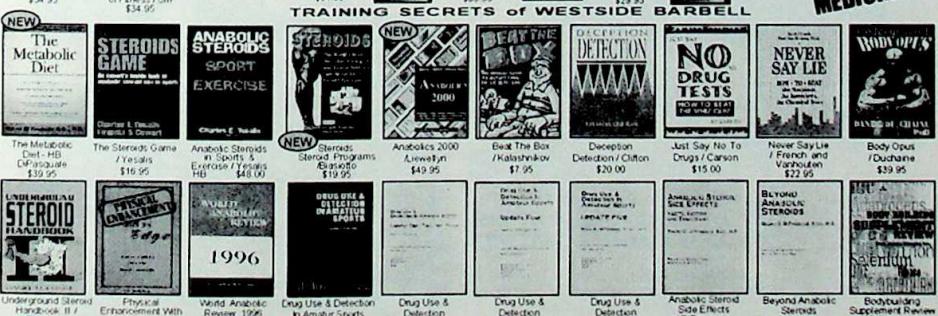
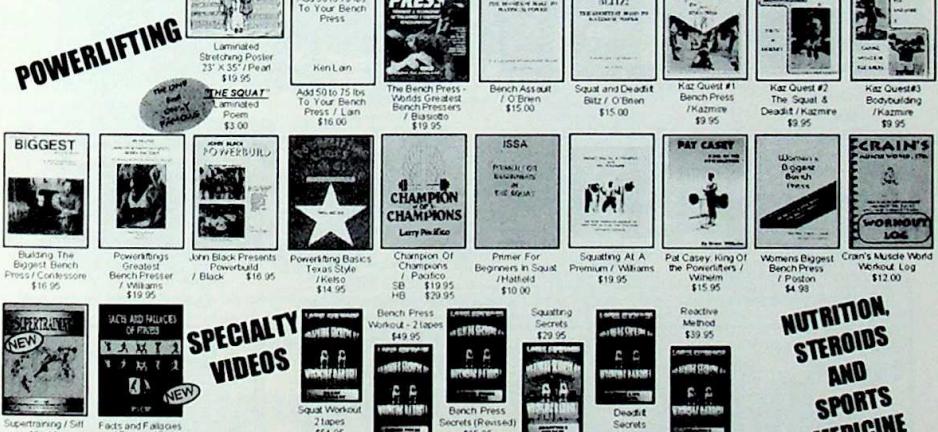
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NASA Iowa Regionals 6,7 OCT 01 (kg)

BENCH	170.8	Derek Anderson	170	
hs	pure	Jared Beard	192.5	
154.3	187	Stephen Iles	75	
Stephen Iles	192.5	Tim Groomes	152.5	
int	pure	187	Eric Smith	165
170.8	205	Tony Oliver	120	
Tim Groomes	205	jr	Joe Thompson	215
187	205	Jared Beard	192.5	
205	shw	Marcus Bulls	147.5	
187	205	Joe Heather	102.5	
205	sm1	205	Steve Felten	235
170.8	205	sm1	Jeff Madsen	147.5
205	227	Marcus Bulls	207.5	
227	sm1	Dave Walker	195	
205	250.2	David McAnalley	170	
250.2	shw	Shawn McVey	190	
205	sm2	Jerry Swank	147.5	
205	154.3	Bryan Whitt	170	
205	wint	Steve Felten	235	
205	119	Amy McCauley	65	
205	pure	Powersports	SQ/C BP DL TOT	
227	187	Eric Smith	165	
227	187	bpp	165	
227	227	Adrian Wright	197.5	
227	227	Greg Schellack	112.5	
227	187	Chris Napoli	77.5	
227	187	Claude Frazier	67.5	
227	187	Richard Baker	65	
227	187	Chris Cindric	67.5	
227	187	Kevin Johnson	72.5	
227	187	Chris Cindric	67.5	
227	187	Geoff Elliott	80	
227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
227	187	Chris Cindric	67.5	
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227	187	Claude Frazier	67.5	
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227	187	Claude Frazier	67.5	
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227	187	Claude Frazier	67.5	
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227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
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227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
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227	187	Geoff Elliott	80	
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227	187	Chris Cindric	67.5	
227	187	Geoff Elliott	80	
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227	187	Kevin Johnson	72.5	
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227	187	Claude Frazier	67.5	
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227	187	Kevin Johnson	72.5	
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227	187	Geoff Elliott	80	
227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
227	187	Chris Cindric	67.5	
227	187	Geoff Elliott	80	
227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
227	187	Chris Cindric	67.5	
227	187	Geoff Elliott	80	
227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
227	187	Chris Cindric	67.5	
227	187	Geoff Elliott	80	
227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
227	187	Chris Cindric	67.5	
227	187	Geoff Elliott	80	
227	187	Claude Frazier	67.5	
227	187	Kevin Johnson	72.5	
227	187	Chris Cindric	67	

Chris Cindric	67.5	132.5	225	425	Powersports	SQ/C	BP	DL	TOT	227	Donald Mc Cue	60	127.5	230	417.5	Tyson Meyers	327.5	172.5	277.5	777.5
sm2		mp			bpm1	170.8				227	Donald Mc Cue	60	127.5	230	417.5	m2	205			
250.2		Louis Goin			bpm2					227	Eddie White	nov				205	165	292.5	712.5	
Geoff Elliott	80	150	205	435	bpm3					280	Rick Newton	teen				227				
sap					bpm4					138.8	Jordan Crawford	58.5	90	152.5	301	Rick Collins	170	137.5	205	512.5
138.8					bpm5					138.8	Morgan Johann	155	97.5	195	447.5	Doug Mounkes	227.5	170	205	602.5
Kevin Ewoldsen	125			125	bpm6					138.8	hs					Tyson Meyers	327.5	172.5	277.5	777.5
sqsm1					bpm7					138.8	Morgan Johann	155	97.5	195	447.5	pure				
187					bpm8					170.8	hs					250.2				
Greg Schellack	162.5			162.5	bpm9					170.8	Lakaito Miller	165	107.5	190	462.5	Phil Mounkes	282.5	200	267.5	750
int					bpm10					170.8	hs					sm1	119			
170.8					bpm11					170.8	Jason White	127.5	100	160	387.5	Michael Maupin	142.5	87.5	142.5	372.5
Tim Groomes	187.5	152.5	202.5	542.5	bpm12					187	D. Domnamish	152.5	90	182.5	425	280	337.5	227.5	320	885
int					bpm13					187	Keyonn A. Parkin	42.5	42.5			sm2	227			
170.8					bpm14					187	Caelan Crawford	38.5	57.5	110	206	Rick Collins	170	137.5	205	512.5
Mike Patton	187.5	142.5	195	525	bpm15					187	int					sm1	119			
int					bpm16					187	Steven Chrisman	192.5	115	190	497.5	Michael Maupin	142.5	87.5	142.5	372.5
227					bpm17					187	Chad Wella	217.5	137.5	217.5	572.5	138.8				
R. Belmaster	255	182.5	250	687.5	bpm18					187	Jerry Linder	57.5	120	162.5	340	Morgan Johann	155	97.5	195	447.5
jr					bpm19					187	pure					teen				
170.8					bpm20					187	pure									
Ryan Anderson	170	-102.5		67.5	bpm21					187	pure									
jr					bpm22					187	pure									
Claude Frazier IV	152.5	130	192.5	475	bpm23					187	pure									
m1					bpm24					187	pure									
154.3					bpm25					187	pure									
Randy Williams	205	100	185	490	bpm26					187	pure									
m2					bpm27					187	pure									
187					bpm28					187	pure									
Dale Rhoades	277.5	160	272.5	710	bpm29					187	pure									
m2					bpm30					187	pure									
227					bpm31					187	pure									
Jim Davis	165	102.5	172.5	440	bpm32					187	pure									
m5					bpm33					187	pure									
227					bpm34					187	pure									
Lance Smeins	195	155	217.5	567.5	bpm35					187	pure									
nov					bpm36					187	pure									
170.8					bpm37					187	pure									
Corey Smith	230	160	232.5	622.5	bpm38					187	pure									
nov					bpm39					187	pure									
170.8					bpm40					187	pure									
Mike Patton	187.5	142.5	195	525	bpm41					187	pure									
nov					bpm42					187	pure									
205					bpm43					187	pure									
Jason Kaiman	245	145	255	645	bpm44					187	pure									
pure					bpm45					187	pure									
205					bpm46					187	pure									
R. Henderson	285	190	342.5	817.5	bpm47					187	pure									
pure					bpm48					187	pure									
205					bpm49					187	pure									
Pal Thomas	205	170	242.5	617.5	bpm50					187	pure									
pure					bpm51					187	pure									
227					bpm52					187	pure									
Nick Steele	210	130	230	570	bpm53					187	pure									
pure					bpm54					187	pure									
250.2					bpm55					187	pure									
Peter Jackson	300	182.5	320	802.5	bpm56					187	pure									
pure					bpm57					187	pure									
Aaron Kooiker	275	200	245	720	bpm58					187	pure									
sm1					bpm59					187	pure									
205					bpm60					187	pure									
R. Henderson	285	190	342.5	817.5	bpm61					187	pure									
sm1					bpm62					187	pure									
205					bpm63					187	pure									
Rob Clark	232.5	165	222.5	620	bpm64					187	pure									
sm1					bpm65					187	pure									
250.2					bpm66					187	pure									
Kent Nessa	295	207.5	255	757.5	bpm67					187	pure									
teen					bpm68					187	pure									
170.8					bpm69					187	pure									
Ryan Anderson	170	-102.5	157.5	225	bpm70					187	pure									
win					bpm71					187	pure									
119					bpm72					187	pure									
Amy McCauley	102.5	65	110	277.5	bpm73					187	pure									
wm5					bpm74					187	pure									
127.8					bpm75					187	pure									
Gina Stepleton	102.5	40	107.5	250	bpm76					187	pure									
wp					bpm77					187	pure									
187					bpm78					187	pure									
Tracy Marks	137.5	65	130	332.5	bpm79					187	pure									
(Thanks to Mike Adelmann for providing results)					bpm80					187	pure									

**NASA KANSAS REGIONALS
24 NOV 01 - Wichita, KS (kg)**

BP
int 250.2
205 Louis Goin 205
Troy Stuart 182.5nai 170.8
227 Travis Lyon 160 Paul Stuart Jr. 110
170.8 Amos Williams 170 Amos Williams 170
m1 nov 227
shw 227 Mark Mitchell 212.5Travis Lyon 160
m2 sm1 280 187.5Chuck Cookson 187.5
187.5 Gordon Maloney 205.5Chuck Cookson 187.5
227.5 sm2 315 Bill Lumpkin 160 Al Myers 205

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170.8
Lakaito Miller 165 107.5 190 462.5
teen 227
Steven Chrisman 192.5 115 190 497.5
whs 119
Sara Shay 85 55 92.5 232.5
(thanks to Mike Adelmann for providing results)

**NASA EAST TEXAS REGIONALS
20 OCT 01 - (kg)**

Bench Only	George Martin
m1	177.5
250	sm1
Lee Elliff	227.5205
int	Joseph Veitch 155
250.2	m5
Craig Martin	205 280
sm2 205	Danny Brackin 100
Powersports	SQ/C BP DL TOT
bpipl	
308	
Jason Calton	160
bpm2	160
205	
Terry Lancaster	142.5
bpm	142.5
205	
Tim Morris	157.5
	157.5

Derrick Martin	90	225	295	610
sm1				
205				
Terry Tucker	75	137.5	235	447.5
sm1				
315				
Rhianna Peters	90	225	295	610
jr				
205				
Jeff Phillips	185			
sqsm1				
205				
Terry Tucker	152.5			
wm2bp				
138.8				
Betty Reichel	47.5			
Powerlifting				
m1				
280				
Derell Bowie	330	177.5	300	807.5
m1				
280				
Jeff Capps	300	175	300	775
m1				
154.3				
Terry Hedrick	210	135	212.5	557.5
mp				
154.3				
Terry Hedrick	210	135	212.5	557.5
sm2				
205				
Mike Butler	232.5	130	222.5	585

jr	187	John Davis	197.5	142.5	215	555
205						
Chad Hensley	200	145	250	595		
int						
205						
Michael Hall	237.5	152.5	205	595		
m1						
170.8						
Frank Langhorst	190	122.5	200	512.5		
nov						
187						
Keith Rains	182.5	122.5	227.5	532.5		
jr						
227						
Kincy Lloyd	212.5	167.5	195	575		
wsm2						
138.8						
Micki Scheffler	182.5	92.5	167.5	442.5		
nat						
138.8						
Aaron Muntz	150	82.5	165	397.5		
m3						
187						
Dave Brady	150	110	150	410		
wjr						
shw						
Tracy Shepard	206	97.5	132.5	436		
nov						
250.2						
Danny Shepard	182.5	75	145	402.5		
wsm1						
154.3						
S. McClenden	115	55	112.5	282.5		
whs						
170.8						
Shonda Douglas	105	65	120	290		
youth						
youth						
Rhianna Peters	45	32.5	60	137.5		
(Thanks to Mike Adelmann for providing results)						

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NASA TEXAS STATE (kg)	09 MAR 02 - Longview, TX			
Powersports	SQ/C BP DL TOT			
bpipl				
154.3				
Matthew Qualls	132.5	132.5		
cint				
170.8				
Ricardo Fragoso	62.5	62.5		
m3				
315				
Jim Royce	37.5	90	112.5	240
sqm1				
280				
Robert Hughes	235			235
wm1				
187				
Charlene Cannon	37.5	95	175	307.5
youth				
119				
Scott Hughes	17.5	42.5	67.5	127.5
Powerlifting				
Full meet				
m1				
250.2				
Jerry Cannon	227.5	147.5	232.5	607.5
m5				
187				
David Summers	207.5	155	240	602.5
m5				
280				
Todd Hughes	235	162.5	227.5	625
nal				
250.2				
Jerry Cannon	227.5	147.5	232.5	607.5
nov205				
Larry Pikas	205	137.5	205	547.5
nov				
227				
Kevin Foster	227.5	155	195	577.5
pure				
187				
David Summers	207.5	155	240	602.5
pure				
227				
Kevin Foster	227.5	155	195	577.5
sm1				
315				
Derrick Martin	137.5	217.5	302.5	657.5
wsm2				
127.8				
Heather Hughes	112.5	67.5	147.5	327.5
wsmp				
127.8				
Heather Hughes	112.5	67.5	147.7	327.7
Bench				
Only				
int				
170.8				
Ricardo Fragoso		172.5		172.5
wm2				
138.8				
Sharon O'Brien	56			56
(Many thanks goes to Mike Adelmann for providing these NASA meet results to Powerlifting USA)				

10 Years Ago in Powerlifting USA ... Phil Farmer was on the cover, winning his gold medal in the 220s at the IPF Junior World Championships in Australia. Dan Wagman expressed his opinion about the divisions in powerlifting in the United States and the practice of allowing an internationally suspended lifter to continue competing on the national level. On the TOP 100 list for 123s, the top lifters were Mays (509 squat), Fielder (315 bench), Tim Taylor (556 deadlift and 1267 total). Amy Weisberger was 81st in the squat with 330 and Sandi Brady was 85th with 325. Miguel Castro was 80th in the bench with 225, and Mike Wider was 64th in the deadlift with 375, and 97th in the total with 870. 800 lb. ADFPA deadlifter in the 198 lb. class, Steve Scialpi, shared his pulling routine in the Workout of the Month. Judd Biasiotto and Arny Ferrando described how "He Who Uses Negatives Will Positively Fail" (Part I). The developer of Weight Releasers, Bob Kowalczyk, described the theory behind his new product in "Stretch and Release". Dr. Ken Leistner profiled the "resurrection" of football star and equipment manufacturer Chip Kell. John Ware discussed the latest research on "Cortisol and the Catabolic Response". Dawn Reshel was pictured in her bodybuilding debut, in an article that went into detail about her success with the "residual effect" method of training. Marc Henry explained a mis-interpretation of his comments on whether a construction could come into powerlifting and be competitive within one year, versus what it took to become competitive in Olympic lifting. MONOLIFT introduced the "Super Squat Rack". Willie Wessels won the ADFPA Ozark BP/DL with lifts of 485 in the bench, and 705 in the deadlift in the 220 lb. class. Dan Harvie won the 198s at the Sharon (VT) Open BP with 375 in the 198s. Ken Snell won the 114s at the ADFPA Florida meet in Palatka with lifts of 281 198 303 782. Matt Zweng won the ADFPA Teenage Nationals at 18-19 in the 165s with lifts of 573 352 540 1466. Tamara Rainwater Grimwood won the Women's BP division at the APA Winning Factor BP/DL Classic with 280, a WPA world record. On the ADFPA TOP 20 list for the 220s, the top guys were Willie Austin (777 squat), D. Smith (505 BP), Ed Riley (749 DL) and Shawn Cain (1879 total). Willie Croner was 12th in the squat with 683, Russ Kitani was 17th in the bench with 451, Phil Andrews was 20th in the deadlift (655) and ASU Strength Coach Richie Wenner was 19th with a 1699 total. Chris Confessore got a 625 BP at 220 at the USPF Bench on the Beach meet in Faulkner, MD, where Kirk Karwoski got 500 in the 275s, and The Dumbbell Power Rack came out in our New Product feature.

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 Lou Simmons
Apr/00 ... Arnold Classic, WPF Worlds, Mike Danforth Profile, Leonard McCormick Interview, PL USA Cover Chronology, Methoxivone, TOP 100 242s
May/00 ... Dennis Cieri, What is a J.M. Press?, Knee Wraps, the Passing of Tamara Rainwater-Grimwood, One Arm Rows, Chemical Exercise, TOP 100 275s.
Jun/00 ... Garry Frank Profile, Black's Health World, Dawn Reshel Dies, From Canada to Westside, Bench Press by Larry Miller, Fred Peterson, TOP 100 SHWs.
Jul/00 ... WPO Pro Championships, The 900 lb. Squat Club, Beyond Diminishing Returns, Louie on Squatting in the 800s and 900s, TOP 100 Flyweights.
Aug/00 ... USAPL Men's, APF Srs. Pt. I, AAPF & APF Nats., IPF Women's Worlds, Wade Hooper Interview, Joe Onosai, Building the Torso, TOP 100 123s
Sep/00 ... USPF Srs., IPA Worlds, WABDL BP/DL, TPre-Meet Checklist, How to Do the SQ- by Louie S., Ernie Frantz Insights, Rick Weil BP Workout, TOP 100 132s
Oct/00 ... Positive Illusions, Takonotaco, Powerlifting's Salvation?, Magnus Samuelsson, Beauty & the Beast, Women's

Interview, Shane Hamman, Leslie Look SQ Workout, Fixing Lockout, TOP 100 114s
Aug/01 ... Garry Frank Goes 2601 - APF Seniors, USAPL Men's, FIBO, Stretching With Bands, Box Squats by Louie S., Warrior Spirit, Lifting Belts, TOP 100 123s
Sep/01 ... WPO Semi-Finals, "No Deadlift" Routine, Ray Benemerito, Knee Pain & MSM, Louie on Exercises for the Triceps, Chalk & Powder, TOP 100 132s
Oct/01 ... World Games, TomManno Interview, Jamie Harris Interview, John Corsello Jr. Interview, 700 BP Club, Speed Cycling by Louie S., TOP 100 148s.
Nov/01 ... Nance Avigliano, USAPL BP Nationals, IPF Jr. Worlds, T.J. Hoerner Squat Workout, "Analyzing Your Squat" by Louie Simmons, TOP 100 165s
Dec/01 ... IPF World Masters, WPC Can Ams, George Halbert Video, WPO Bench for Cash, 1000 kilo Club, Westside Success, Jill Mills, Rich Salvagni, TOP 181s
Jan/02 ... IPF Men's Worlds, WABDL BP Worlds, Garry Frank goes 2606, IPA Nationals, Carmen Perrotta Interview, Louie on Training the Lockout, TOP 100 198s
Feb/002 ... WABDL DL Worlds, IPF Bench Worlds, WNPW Worlds, WPC Worlds, Halbert on Lockout, Blakley on Shoulders, All Time TOP 50 SQs, TOP 100 220s
Mar/02 ... USAPL Women's Nationals, TOP 20 Teen/Women/Masters, Russ Barlow, Jorgen Ljungberg, Becca Swanson, 850 DLs, Louie on the Repetition Method

Apr/02 ... WPO Finals/Qualifer/Arnold Bench Bash, Ano Tiaiainen Interview, Louie on DL Training, Jennifer Thompson Interview, Back Up Your BP, TOP 242s
May/02 ... Brent Mikesell's 1074 Squat Plyometrics, Finnish DL Secrets, TOP 100 Benchers (Schwartz/Wilks), Jennifer Maile Workout of the Month, TOP 100 275s.
Jun/02 ... Meet Scot Mendelson, IPF World Masters BP, Fatten Up Your Total, Louie Simmons on the Importance of Volume, Dan Austin Interview, TOP 100 SHWs.
Jul/02 ... Kennelly Bench 780, IPF Women's Worlds, APF Nationals, Carbohydrate Manifesto Pt. 1, Karen Sizemore Interview, TOP 100 114s.
Aug/02 ... APF Seniors, USAPL Men's Nationals, USPF Seniors/Mountaineer Cup IV, Strong Legs for Records by Louie, Your Bench Shirt by Halbert, TOP 123s.
Sep/02 ... Kennelly BPs 800, American Strongman Contest, Training Organization Pt. 1 by Louie S., Preventive Maintenance, Mikesell Interview, TOP 100 132s
Oct/02 ... 556 squat @132 by Nance Avigliano, USAPL BP Nails, Powerhouse Grains, The Positive of Negatives, Bench Shirt Blues by Blakley, TOP 100 148s
LIST THE ISSUES YOU WOULD LIKE (AND ALTERNATES), MAKE OUT A CHECK (\$5 PER ISSUE) AND SEND IT TO POWERLIFTING USA, BACK ISSUES, POST OFFICE BOX 3238, CAMARILLO, CALIFORNIA 93011, USA.

20 Years Ago in Powerlifting USA George Herring graced the cover, and Robert Kelm Sr. discussed how the polygraph could be used for drug testing purposes. One of the founding officers of the American Drug Free Powerlifting Association, Vice President George Hummel (in his day one of the TOP 10 lifters in the world for the 132 lb. class) was profiled by ADFPA Coach Extraordinaire Tim McClellan. Our Power Gym Directory, of gyms that catered to PLers, was published with over 100 names, only a dozen or so of which still remain prominent currently. Drs. Judd Biasiotto and Ed Ritter expounded on the "Fear of Success". Fred Hatfield described the trip that he and Joe Bradley took to South Africa, then on the list of "verboten" sports nations because of apartheid. Jeff Everson talked about combining training for football and powerlifting, and we had photo coverage of how three powerlifters, including veteran Gary Menaker, swept the Las Vegas bodybuilding championships. Top spots on the TOP 100 148 lb. class list went to Joe Bradley for his 633 squat, 424 bench, and 1614 total, with George Niesyty leading the deadlifts with 655. Tom Eiseman was 56th in the squat (500), future World Champion Bob Wahl was 87th in the bench (314), Jesse Kellum was 79th in the deadlift with 512 (but he was pictured elsewhere in the magazine with a teenage world record squat of 514!), and Fabian Wambsgans was 90th in the total (1255). Rich Peters won the Sooner Classic at 220 with lifts of 617 424 611 1653. Andrea Sortwell was 2nd in the women's 132 lb. class at the Southern Colorado meet, with lifts of 190 145 285 620. Rickey Crain won the 181s at the Oklahoma Open BP/DL with a 606 pull and was 2nd in the bench press at 385. John Messinger won the Southern West Virginia BP at 242 with 400. At the Southern Ohio Open, Rick Weil won the Class I and over 165s with 525 465 530 1530 and Matt Dimel won the SHWs with 730 440 700 1870. Hideaki Inaba set a new World Record in the squat at 114 with 513 lbs. Greg Shepard, the developer of the "Bigger - Faster - Stronger" football training program, took 4th in Jan Shendow's Rocky Mountain Athletic Center meet, with lifts of 429 264 485 1179 in the 198 lb. class. There was a "T. Taylor" who went 270 210 380 860 at 114 in the Okefenokee Invitational in Waycross, GA ... was that the famous Tim Taylor? Future IPF World Champ Sylvester Anderson won the El Toro Open with lifts of 500 325 580 1405 in the 165 lb. class. John Varrone won the Eastern America Championships at 165 with lifts of 573 308 551 1432. Ernie Frantz won the 220s at the Hastings Barbell Co. Open with 750 465 750 1965.

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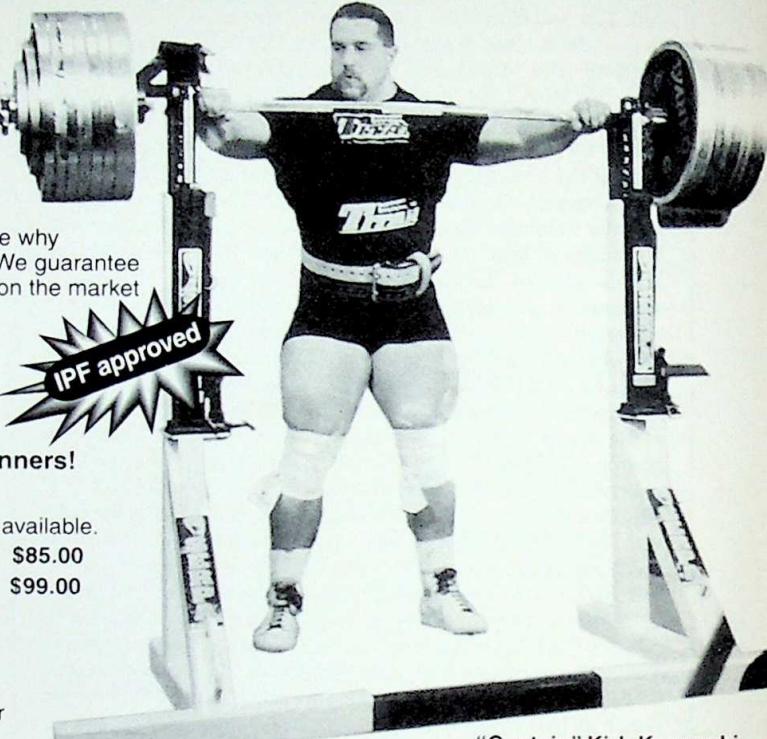
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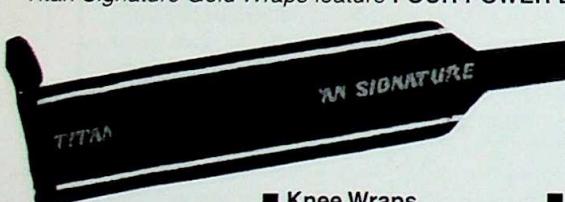


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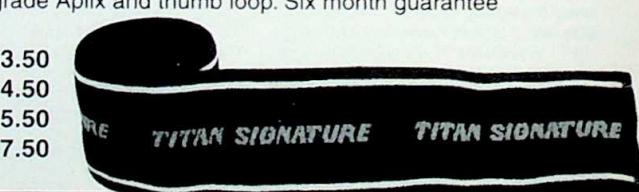


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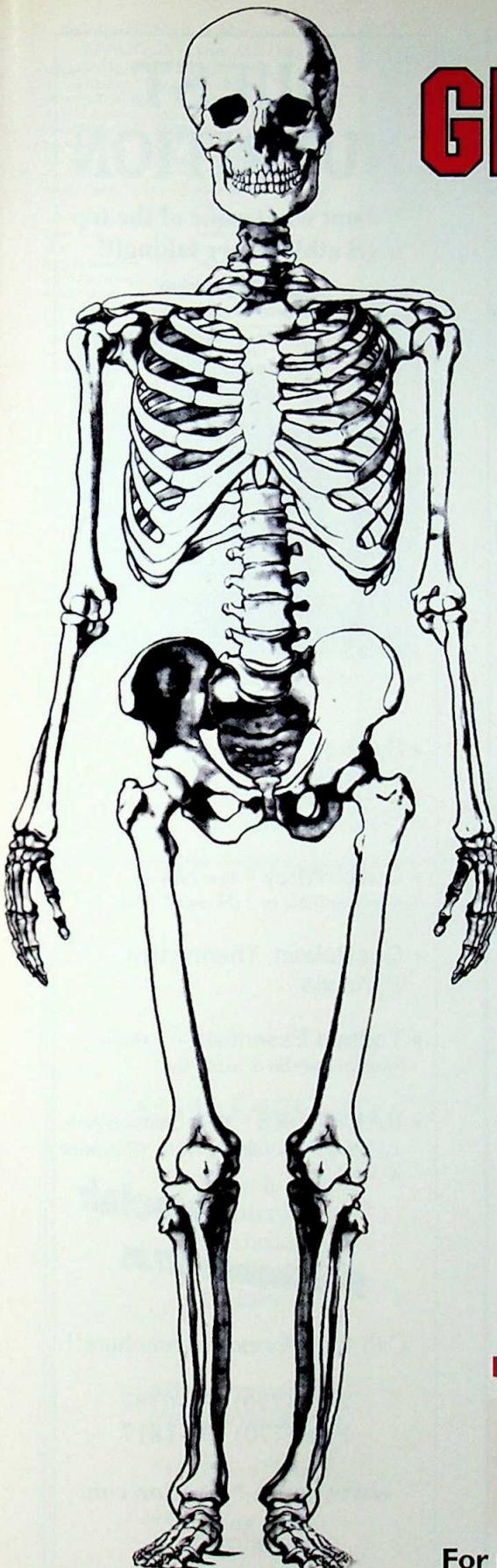
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Swiniarski/ Mazola Memorail BP
31 AUG 02 - Lynn, MA (kg)

Women's Open	James Giordani	170	
Diana Savoie	82.5	Chris Stoey	165
Men's Sub Master	242		
Angelo Ramirez	195	S. Courtemarache	
John Speranza	167.5	197.5	
Mickey Ruiz	205	Jim Panagopoulos	190
R.J. Purcell	207.5	Willard Baker	175
Mark Condon	275		
Men's Open	Mike Rodigan	190	
165	308		
John Speranza	167.5	Mark Condon	
Peter Solo	145	Novice	
181	Joe Anderson		
Angelo Ramirez	195	187.5	
Frank Papalado	152.5	Gene Clemens	180
Brian Coulu	147.5	Jim Panagopoulos	190
Louis Burges		Brian Coulu	
198		147.5	
Mickey Ruiz	205	Men's Master 50-59	
Joe Anderson	187.5	Peter Solo	145
Gene Clemens	180	Roland Beaulieu	140
Tony Henriquez	172.5	Men's Master 40-49	
220	200	Pal Murlaugh	
R.J. Purcell	207.5	Mike Rodigan	190
Pat Murlaugh	200	Guest	
Lynne Barlow	77.5		

Team: Paradise Powerlifting Team. BLM: Angelo Ramirez. BLF: Diana Savoie. Table: Scott Blanchard, Russ Barlow. Judges: Steve Smith, Chris Wires, Mike Mitchell. I would like to thank the Italian American club, John Spearanica, John Flynn, Billy and all their help for running a first class show. (Thanks to Russ Barlow for providing these results.)



The Paradise Powerlifting Team at the Swiniarski/Mazola BP: Left to Right - Chris Stoey, Gene Clemens, Ed "Lefty" Hannon, Johnny "Knuckles" Speranza, Frank Papalado, Pat Murtaw, & R.J. Purcell. (Speranza)

USAPL Iowa State & Hawkeye Open

11 AUG 02 - Sioux City, Iowa

IOWA STATE	SQ	BP	DL	TOT
Open				
123				
Tonya Streck	181	77	225	485
132				
Karlynn Eslick	225	121	248	595
148				
Jim Balamenos	303	203	424	931
Teen 18-19				
148				
Justin Parson	292	181	369	843
Open				
165				
Richard Davis	435	314	457	1207

198	Doug Heeren	440	275	551	1267	132	Linda Birman	192	94	170	457	Brent Kegler	341	341
220						148	Rita Carlsson	203	126	303	633	Dan Goodwin	176	176
227.5	Dave Berger	501	429	507	1438	165	Kelli Carlsson	253	137	253	644	Tony Canesley	253	253
275	Jamie Stricker	501	380	451	1333	181						Tim Anderson	534	534
SHW						181	Dan Goodwin	181	176	303	661	(Thanks to USAPL for providing the meet results.)		
Kevin Andrew	606	446	617	1669		181	Steve Auxier	429	336	545	1311			
Steve Logan	617	413	617	1647		181	Dave Berger	501	429	507	1438			
181						181	Jake Engle	385	297	523	1207			
Bob Frankl						220	Todd York	402	270	429	1102			
Teen 16-17						220	275							
181						220	Adam Wilozak	584	402	424	1410			
Matt Anderson						220	148							
Master 60+						220	Rita Carlsson	126						
220						220	Open							
Lyle Olson						220	165							
Open						220	Kelli Carlsson	137						
198						220								
Rob Farley						220								
HAWKEYE OPEN						220								
308						220								
308						220								
Barb Sieps	192	88	214	496		220								
40-49 Master						220								

4 Guy's Invitational Bench Bash
19 OCT 02 - Brewster, NY

BENCH	181
Men	Craig Schmalz 487
132	198
181	Youth 12 Bruce Swanson Sr 512
220	Raw Open
220	Bruce Swanson Jr 322
275	Open Bill Brauner 507
275	Best Lifter: Craig Schmalz. The Meet was small but the lifting was large. (Thanks to Blackberry Barbell Productions for providing meet results to PLUSA.)

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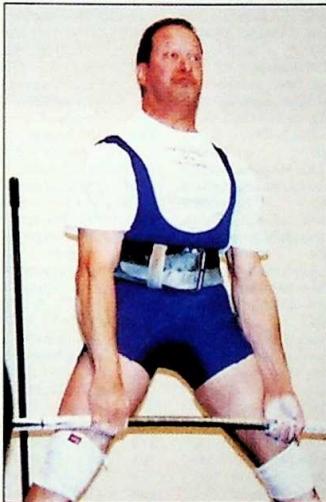
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APF Legends of the Platform
14 SEP 02 - Elizabeth, PA

	BP	DL
Women		
Open	90	220
P. Lorenzi		
Men		
Teen		
Teen 165		
A. Cifelli	335	
Open 165		
M. Hart	285	565
181		
T. Eiseman		705!
220		
J. Blackstone		560
B. Zemaitis		
242		
B. Fleming		
J. Alessandro	500	620
275		
R. Miller		503
Submaster		
181		
M. Kinnick	340	
275		
K. Troupe	415	475
Masters		
198		
W. Semple	320	425
D. Sirianni		450
F. Gallagher	350	

The meet, even though had a small turn out was exciting and full of great lifting. Jamie Harris and New PA APF State chair Keith McNeish made sure there was no detail overlooked. We would also like to thank the lifters and help for their contribution in making this a great meet. The legends of the platform ceremony saw Tim Bentley, Jeff Wright and Mark Prince inducted into the Pittsburgh Power-lifting Hall of Fame. Special thanks to Rickat House of Pain, and Rickey Crain for their generous sponsorship. Also to Carl Seeker for bringing his trophies. Any meet director interested in having Carl's Trophies at your next meet will be pleasantly surprised at how nice they are. The next outing will be in Jan. Deal with the steel. Lets bring the APF back to the Burgh. (Jamie Harris provided results.)



Thomas Eiseman's 705 Deadlift

WNPF NORTH AMERICANS & HS NATIONAL BP/DL & IRONMAN				
19 MAY 02 - Stamford, CT				
IRONMAN/MAIDEN	BP	DL	TOT	
114				
14-16 ANDIORIO	85	245*	330	
123				
17-19 GUERTIN	95	225	320	
148				
14-16 CLIFFORD	120	320	440	
181				
14-16 DALTON	110	260	370	
17-19 CAREY	235	300	535	
MEN				
114				
14-16 MCGRATH	125	265	390	
123				
14-16 COSTANZO	145	300	445	
148				
14-16 KONTOLIS	145	345	490	



APF Pittsburgh Legends of the Platform (left-right) Leo Wysocki, Jamie Harris, and Tim Bentley (These photos are courtesy of Jamie Harris)

POWER CURL	198	FALETRA	265	475	740
181	OPEN RAW	35-39 RAW			
OPEN	KAHN	335	ELLINGER	345	575
SANNICANDRO	120	LIFETIME RAW	242		
198	KAHN	335	17-19		
OPEN	LIFETIME		HEINRICH	260	515
BETTINI	120	MATTA	PUGLISI	275	500
GUERRIE	100	OPEN	MCKENNA	190	450
KAHN		SWANSON	465	640	
242	35-39	OPEN	PERROTTA	400	550
OPEN		SWANSON	465	950	
BEIRNE	170	220	BEIRNE	400	500
275	OPEN		BRUNEAU	400	900
WHITE	190*	FALETA	265	275	
DEADLIFT		35-39 RAW	17-19		
198		PRENTY	CUSACK	240	510
OPEN	35-39		KAISER	230	750
GALANTE	430	PRENTY	20-25		
40-49	50-59		FETZER	400	580
BUCHRAUER	500	COTE	OPEN RAW	400	980
20-25 RAW		242	TOLAND III	480	620
CONTI	440	OPEN		1100	
220		BEIRNE			
OPEN RAW		40-49			
FALETRA	475	BRUNEAU			
242		40-49 RAW			
LIFETIME		MASSARO			
O'CONNOR	425	275			
50-59		20-25 RAW			
DUSENBUR	550*	WHITE			
40-49		OPEN RAW			
BRUNEAU	520	WHITE			
275		20-25			
20-25		WHITE			
FETZER	580	FETZER			
SHW		OPEN			
40-49 RAW		WHITE			
FORNARO	585*	SHW 40-49			
BENCH		FORNARO			
132		LIFETIME			
SWANSON	150*	FORNARO			
17-19					
FELICEITA	270	340	610		
SIMANSON	175	405	580		
KACHMARSKY	165	400	565		
40-49					
CORSI	270	480750			
165					
14-16					
DOMINQUES	170	325	495		
O'HARA	160	310	470		
17-19]					
FULLER	215	385	600		
181					
DIAZ	2225	500	725		
WONG	135	270	405		
GUERTIN	135	270	405		
181					
14-16					
VARRIALE	260	450	710		
KONTOLIS	165	505	670		
17-19					
SANTOS	195	460	655		
LIFETIME					
MATTA	390	455	845		
OPEN					
GUERRIERI					
50-59 RAW					
CORRIE	300	500	800		
220					
14-16					
MERCURIO	300	430	730		
17-19					
BARTRO	275	505	780		
OPEN RAW					

TOLAND
OPEN
LANDERS
SHW
40-49

FORNARO 525 585 1110
*- WNPF American Record, Teams- Bellingham High School- 1st place, Donovan High 2nd place. Bruce Swanson Jr. set a new record with a 150 pound bench, this kid improves each and every year, I hope he sticks with it. He has a great coach in his dad Bruce Sr., Bruce hit a 465 bench in the 198's. Jamie Malta won the lifetime 198's with a 390 bench. John Prenty won the submasters raw and equipped divisions lifting 420 and 450. Roland Cote lifted and judged and did an outstanding job with both. Amil Bruneau benched 400 in the masters division. Ben White broke the Junior record with a 500 raw bench and put on a shirt and lifted 550. Al Fornaro hit 525 in the masters SHW. Paul Buchbauer long time WNPF member deadlifted 500 pounds. Jim Dusenbury won the best lifter in the deadlift and pulled 550 pounds. Andriole set a new deadlift record at 245 pounds in the teenage 14-16 114 pound class. Ms. Carey benched 235 and deadlifted 300 pounds to win the best lifter award. Mr. Corsi won the masters 40-49 division, 148's. Diaz pulled 500 in the 181 14-16 group and won best lifter. Tom Corrie lifting in his first meet in I believe 12 years came back strong lifting 300 in the bench and 500 in the deadlift. James Toland benched 480 and pulled 620 to total 1100 pounds raw in the 275's. Thanks to the two High Schools that attended and thanks to all the lifters that attended. We will be back in 2003 at this same location for the Raw Nationals and Powerfest 2K3 meet in May. (Thanks to WNPF for these results.)

Blue Ridge Fall Bench Press Classic
21 AUG 02 - Stanardsville, Virginia

Female	16-17
165	Jay Chichester
16-17	198 Open
Rachel Kell	95
181	Tim Konlos
16-17	40-49
Nicole Parker	105
Men	275
148	Open
	Allen Hicks

Allen Hicks from Fredericksburg broke the 700 barrier with ease opening at 700 pounds. He moved to 765 and got it halfway up. Allen weighed in that day at 255 pounds! (Results - John Shifflett)

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Women		Bench Open
Yvette Slack	225	132
Audrey Bodnar	170	Yvette Slack 225
Deborah Currie	115	Z. Simons 175
lilani Taylor	175	1 4 8
M. Leymarue	135	C. Ventureila 350
Teen Ll.		165
N. Dechiko	345	F. Williams 300
R. Alger	325	H. Taylor 225
R. Gidaro	300	181
C. Smith	85	M. Maroni 285
Teen Heavy		J. Tolh 370
A. Fortuna	330	R. Johnson 335
J. Carosi	310	B. Moran 290
T. Hull	270	198
D. Mangino	265	M. Lindsay 475
Submaster		P. Breedon 400
D. Swope	580	J. Kish 215
S. Poward	525	220
T. Gibson	510	K. Smay 400
J. Woods	470	D. Brandenstein 385
M. Maroni	385	M. Keyser 350
J. Smith	450	K. Andersen 310
D. Breedon	400	242
D. Brandenstein	385	D. Swope 580
M. Keyser	350	S. Pollard 525
L. Alexander	350	T. Gibson 510
H. Taylor	255	M. Leventry 480
Master		J. Woods 470
M. Lindsay	475	R. Bailey 415
C. Venturelia	350	C. Bednar 330
G. Langham	425	275
D. Hull	380	*R. Freitag 550
N. Rolle	400	B. Rowland 480
C. Bednar	330	J. Smith 450
Grand Master		T. DeSanctis 390
B. Anton	360	Hwt. (308)
F. Gallagher	300	N. Rolle 400

This 1st annual event was a huge success thanks to the turnout & cooperation of the lifters and the spectators. A special bonus was added by the presence of J.M. Blakely and his 27 class trainee Richard Freitag, much on that later. My very strong spoiler Bill Ritter and I kept "Bar loaded". Head judge Brian Pochiba kept the meet running per IPA guidelines. Announcer Mike Columbari did an excellent job mc'ing. Rosie Pochiba kept appetites at bay with a mouth-watering breakfast and lunch menu. J.M. Blakely arrived Friday evening to register his lifter - this was our first meeting in person with him, and he is a true gentleman and very outgoing. In setting up his lifter Rich Freitag in his attempts, he is precise, intense and direct - and do



Dragon Bench 2002 Best Lifters: Left to Right - *Yvette Vlack* - Women, *Dan Swope* - Heavyweight, *J.M. Blakely* - Meet Guest, and *Mike Lindsay* - Lightweight Div. (This photograph is courtesy of Barry Pochiba)

believe it, his methods get results. Freitag posted a 3rd lift of 550 @ 273 body weight. For a 1st place with room to spare - I very much recommend obtaining J.M.'s book and videos if you want to progress in your training. After the meet concluded J.M graciously held a 45 minute seminar with the lifters. He is a truly fine gentleman and an awesome athlete. In the womens Class 132 pound Yvette Vlack swept the field with a 225 bench without a bench shirt! She also won the women's rep contest with a Mind-blowing 100+ reps at 45 lbs (1/3 her body weight). Audrey Bodnar Followed 2nd with a nice 170 in her 1st meet-way to go! Yvette Vlack is a force to contend with in the women's class - look out! 148 lb. Chuck Ventrella (top 148 master) packs enormous energy and will shortly push in the range of 370+. Mike Lindsay (198 & master) is one to watch - he should shortly be doing 500 lbs. at a muscular 198 body weight. Powerhouse Dan Swope (242) cranked up 580 on his third attempt with ease - the Swopemeister has posted 600 lbs in the past and will show us more in the future - another dedicated athlete who shows us how hard work and determination pays off. All in all this meet ran

well and all of the benchers showed courtesy and sportsmanship. Look for Dragon bench 2003

Illinois Special Olympics 21,22 JUN 02 - Bloomington, IL				Mark Talley	180	295	475
WOMEN	BP	DL	TOT	Jack Hyatt	95	150	245
TEENS (13-19) 139				Jose Reyes	65	85	150
Michelle Miller	70	150	220	181			
181				Paul Kozora	120	325	445
Lukia Frye,	70	185	255	T. Callahan	205	220	425
220				Sebastian Scala	120	120	240
Sara Dunn	65	130	195	Wayne Debnar	60	110	170
JUNIORS (20-23)				198			
Nicole Riggs	95	155	250	John Whiteside	145	235	380
275				220			
Olivia Jamaica	70			Joseph Ailey	135	185	320
INTERMEDIATE (24-29) 165				242			
Carrie Johnson	75	185	260	D. Zimmerman	205	400	605
242				Benjamin Evans	195	350	545
Dixie Melzger	75	145	220	SUB-MASTERS 1 (30-34)	139		
275				Paul Bianchini	130		
S. Campbell	115	305	420	148			
SUB-MASTERS 1 (30-34)				Chad Broomfield	90	220	310
148				181			
Lisa Newbury	60	115	175	Todd Eller	235	305	540
198				220			
Christine Kelly	75	125	200	Curtis Hopkins	170	310	480
242				Thomas Strack	115	225	340
Gail Reed	55	70	125	242			
SUB-MASTERS 2 (35-39) 165				Eddie Poliska	225	395	620
Kathleen Guthrie	60	80	140	Dion Phillips	100	125	225
181				315			
Beth Swatwick	70	140	210	Bobby Stroud	200	360	560
Christina Rustick	55	65	120	Jason Raschke	50	225	275
MASTERS 1 (40-49) 119				SUB-MASTERS 2 (35-39)	165		
Marianne Weber	90	175	265	Thomas Collins	125	235	360
Marcia Spellman	75	120	195	Thomas Hahn	110	165	275
148				Jerry Flexter	100		
A. Hernandez	65	135	200	Javier Reyes	55	80	135
MASTERS 2 (50-59)				181			
220				Robert Levinthal	150	235	385
Doris Scott	70	140	210	Tony Perkins	115	215	330
MEN				Bryan Lewis	105	185	290
TEENS (13-19)				220			
105				C. McDaniels	185	335	520
Dustin Dickens	105	155	260	242			
181				Clifford Cook	95	155	250
Matthew Comp	100	315	415	SHWT			
Timothy Mabbott	115	200	315	William Hopkins	275	440	715
JUNIORS (20-23) 139				John Fajdich	215	420	635
Ramon Strzewski	95	130	225	MASTERS 1 (40-49)	127		
148				Andrew Britz	110	130	240
Nicholas Rhodes	105	175	280	139			
165				M. Cavanaugh	105	235	340
Jason Campbell	120	255	375	Felix Benitez	45	65	110
Michael Dickson	90	230	320	181			
Casey Duchon,	55	100	155	Ronald Bridges	50		
220				198			
Thomas McKeon	105	90	195	Florencio Lorenzo	90	200	290
242				Paul Puniszko	95	175	270
Brent Perkins	105	250	355	Thomas Kerman	70	75	145
Chris Chesson	135	205	340	MASTERS 2 (50-59)	139		
275				Bill Seeforth	85	170	255
M. Doomenweerd	105	215	320	165			
275				Jerry Thorman	105	250	355
Michael Credio	55			Patrick McHugh	120	155	275
315				181			
Moises Medina	75	85	160	Gale Melton	75	155	250
SHWT				242			
Jeremy Farmer	155	340	495	Frank Olivo	105	195	300
INTERMEDIATE (24-29)				242			
139				Merle Ketcham	125	235	360
Jeffrey Kraeger	95	125	220	Angel Perez	65	85	150
Ross Valenzo	75	85	160	SHWT			
148				Mike Brown	235	375	610

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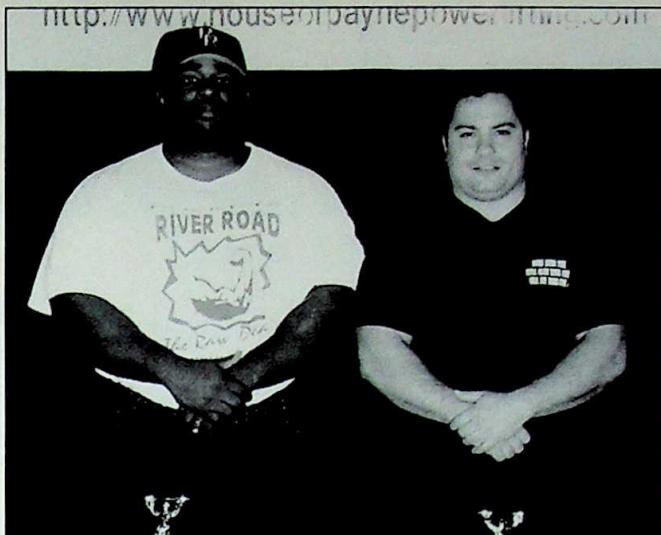
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Iron Boy Bench Press Classic
14 SEP 02 - Winston-Salem, NC

Male	Masters 50-54 Assl
88 lb. Class	Jimmy Earley 450
Youth (8-9) Raw	Masters 45-49 Raw
Timmy Payne 50*	Lyle Hogan 305*
132 lb. Class	Intermediate Raw
Teen 14-15 Raw	Chris Jackson 360
Matt Payne 115*	Intermediate Assl
148 lb. Class	Steven Shick 410*
Youth 10-11 Raw	Wayne Lemmons 315
Eric Payne	242 lb. Class
Teen 16-17 Raw	Submaster Assl
Brenon Payne 120*	Marty Prevette 405*
Teen 14-15 Assl	Terry Mitchell 385
Chris Clark	John Arnell 270
Open Raw	Open Raw
Joe Collins 275*	Brian Nance 425*
Ricky Prachith 255*	Open Assl
Open Assl	Michael Smith 565*
David Young 300	Todd Scearce 450
Ricky Prachith 255	4th 475
Intermediate Raw	Novice Raw
Ricky Prachith 255	Brian Nance 425*
165 lb. Class	Masters 45-49 Raw
Submaster Assl	Larry Ray 350*
Eric Bryson 350*	Masters 45-49 Assl
Open Raw	Larry Ray 420
Clarence Miller 345*	Masters 40-44 Assl
Cliff Freeman 310	Todd Scearce 450
Novice Raw	4th 475*
Cedric Green 330	Intermediate Raw
Intermediate Raw	Tyrone Meadows 405*
Chris Bathgate 305*	Intermediate Assl
181lb. Class	Jeff Crouch 425
Open Raw	276 lb. Class
Sean Redfern 375*	Submaster Raw
Dan Sliwinski 370	Richard Boyd 315*
Open Assl	Submaster Assl
Phil Harrington	Curtis Rabon 550*
Novice Raw	Tom Shupe 440
Chris Lomax 250	Open Raw
Masters 45-49 Assl	Michael Belk 520*
V. Constantino 385*	Curtis Rabon 505
Masters 40-44 Assl	Open Assl
David Pagan 295	Curtis Rabon 550*
Junior Raw	David Connor Novice Assl
Dan Sliwinski 370*	Gabe Tepley
Intermediate Assl	David Connor
Jeff Heatherly 375	Junior Raw
198 lb. Class	Kent Wall 430*
Teen 14-15 Assl	Intermediate Assl
Jordan Childress 155*	Carl Elliott 570*
Open Raw	Kevin Gardner 325
Lynn Hodges 330	319 lb. Class
Open Assl	Open Raw
Chris Asbury	Arthur Fisher 435*
Masters 50-54 Raw	Walter Ferguson 370
Ernie Goode 250	Open Assl
Masters 40-44 Assl	Josh Cash 565
Tim Welton 290	Masters 50-54 Raw
Intermediate Raw	Arthur Fisher 435*
Lynn Hodges 330	Masters 45-49 Raw
Intermediate Assl	Walter Ferguson 370
Chris Asbury	Intermediate Assl
220 lb. Class	Josh Cash 565*
Teen 14-15 Raw	SHW Class
Toshier Mackie 260*	Submaster Assl
Submaster Raw	Chris Clark 465*
Andy Nelson 370*	Police/Fire Assl
Police/Fire Raw	Mike Price 565
Chris Jackson 360*	Open Assl
Police/Fire Assl	Michael Neal 575
Joseph Perkins 450*	Mike Price 565
Open Assl	Intermediate Raw
Paul Bossi 545*	Intermediate Raw
Jimmy Earley 450	Steve Hall 365
Novice Raw	Female
Mark Wall 350*	148 Class
Robert Zeigler 335	Teen 16-17 Assl
Gabriel Ward 300	Becky Simpson 190*
Novice Assl	165 Class
Wayne Lemmons 315	Open Assl
	Karen Bowers 226*

* - Denotes Iron Boy Record. Teams - House of Payne Open - 1st. Olympic Fitness BP Team Open - 2nd. New River Valley Open - 3rd. Big Dawgs (open raw) - 1st. House of Payne Masters - 1st. * - Denotes Iron Boy Record. We had another great turnout at the 2002 Iron Boy Bench Press Classic held in Winston-Salem, North Carolina. There was some extraordinary lifting with 7 competitors benching 545 pounds or better. Many Iron Boy records fell throughout the day. Timmy Payne started the lifting by breaking his own 18 record as did Matt Payne and Brenon Payne. Joe Collins and Ricky Prachith broke records in the 148lb. class. In the 165 and 181 classes Eric Bryson, Clarence Miller, Chris Bathgate, Sean Redfern, Vince Constantino, and Dan Sliwinski also broke records. Phil Harrington tried a triple bodyweight bench but was unsuccessful. Jordan Childress broke the teen record in the 198lb. class. Toshier Mackie, Andy Nelson, Chris Jackson, Joseph Perkins, Mark Wall, Lyle "Hilman" Hogan, Steven Shick and Paul Bossi set records in their particular divisions of the 220lb. class. In the 242 class Marty Prevette, Brian Nance, Larry Ray, Tyrone Meadows, and Michael Smith set 1B records. Todd Scearce also set a record with his



Carl Elliot (Left) & Paul Bossi Best Lifter (Right) at the Iron Boy BP



Michael Neal prepares to attempt 575lb @ Iron Boy BP (Photos courtesy Iron Boy Enterprises)

Bench* (198 and under) award went to Vince Constantino for his 385lb. press. The "Biggest Bench" (over 198) award went to Michael Neal for his 575lb. press. The most outstanding lifter awards went to Paul Bossi (Men's Open), Jimmy Earley (Men's Masters), Toshier Mackie (Men's Teen), Karen Bowers (Women's Open) and Becky Simpson (Women's Teen). The team awards went to the Big Dawgs 1st (Open Raw), House of Payne 1st (Open), Olympic Fitness 2nd (open), New River Valley 3rd (Open) and House of Payne 1st (Masters). Red Swaim, Gene Neal, Chris "Ox" Mason, John Demchak, Danny McMillan and Mario Torrez did a great job judging. Our loader/spotters were Lynn Hodges, Jason Robertson and James Lopes. They did an outstanding job! Steve Lundy did an exceptional job announcing as always. Verlinda McMillan did an excellent job with the scoring. Marc Norris did a fantastic job with the sound system. Kelly Sports also did a great job with the video. Thanks to John Demchak (APA state chairman), Paul Bossi (100% RAW state chairman), Phil Harrington (USAPL state chairman) and Bob Strauss (AAU

NPA Midwest Open
15 SEP 02 - Freeport, IL

BENCH	275
Open	Dave Barta
SHW	DEADLIFT
Joel Miller	365 SHW
275	Adam Miller 601
Dave Barta	426 220
Master	Master
	Stuart Coogan 551

The Natural NPA Midwest Open was held in Freeport, IL at Fitness Lifestyles. The meet was sponsored by House of Pain Ironwear and Powerlifting USA magazine. We had a small turnout as a number of lifters had informed me they would not be competing due to injuries or other meets they were training for. We had beautiful Red, Black, and Gold trophies to give out which were high quality. Joel Miller took the win in the SHW class with his 2nd attempt of 360 lbs. Joel got out of the groove on his 3rd attempt, he came over from Iowa. He has been lifting for about 14 years. Taking the win on the 275 master ad 275 open was Dave Barta. Dave had an excellent day getting a PR on his 2nd attempt of 410 then took 426 on his 3rd and nailed it. Lifts were done by the book as they always are at our meets. No foot movements, rear stays on the bench, even lockout, no downward movement. In the deadlift, Adam Miller - brother to Joel - lifting in the SHW class pulled a strong PR on his 3rd attempt, 601! Stuart Coogan came from Wisconsin lifting in the 220 masters class and he also got a PR hitting 551 on his 3rd attempt. Stuart has been lifting for about 8 years. A big congratulations to all the lifters, not just because of their success, but as they are all Natural Powerlifters. Thank you House of Pain Ironwear and Powerlifting USA for all you do for our great sport, till next March train hard, heavy, and drug free, set a good example for our great sport and support our great powerlifting companies, meet promoters, and the awesome Powerlifting USA magazine. (Thanks to Duane Burlingame for providing the meet results)

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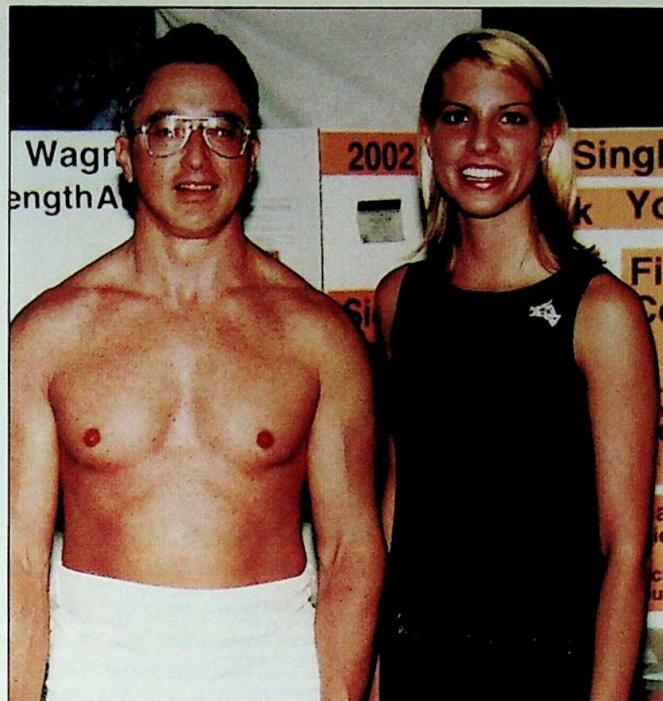
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**ADAU Single Lift Nationals
17 AUG 02 - Catasauqua, PA**

SQUAT	4th	395	
148 Female	Master 40-44		
Sub-Master 35-39	Paul Felix	320	
Sandi McCaslin	225	242 Open	
181 Female	Ralph Laiuvara	455	
Sub-Master 35-39	Open		
Elizabeth Brown	250	Mark Slivka	430
132 Open	Sub-Master 35-39		
Mike Kuhns	435	Mike Solderich	415
148 Open	Open		
Master 55-59	Troy Kuzmitsky	380	
Paul Griffith	385	Brian Gaumer	350
148 Sub 35-39	Master 50-54		
Gary Teeler	275	Gregory Yeager	310
165 Master 50-54	Open		
Nick Theodorou	425	Zane McCaslin	290
165 Master 55-59	275 Master 40-44		
Italo Bonacci	315	Stephen Lang	410
181 Master 55-59	319 Master 40-44		
Joe Orengeia	355	John Doherty	450
198 Open	Sub-Master 35-39		
Dave Grandinetti	430	Pat Cuntrera	280
Junior 20-23	SHW Sub 35-39		
Ryan Cidzik	1405	Robert D'Antonio	445
Teen 18-19	DEADLIFT		
John Poole	400	148 Female	
Master 50-54	Sub-Master 35-39		
Don Kuhns	385	Sandi McCaslin	225
Master 45-49	181		
Albert Mangini	345	Elizabeth Brown	325
4th	355	148 Open	
Master 60-64	275	Jason Munch	430
4th	280	4th	440
Sub-Master 35-39	Master 50-54		
Daniel Caffrey	Barry Pensyl	375	
220 Master 40-44	Sub-Master 35-39		
Bob Philippi	425	Gary Teeler	360
4th	435	4th	375
Paul Felix	385	165 Master 50-54	
242# Open	Nick Theodorou	570	
Brian Gaumer	435	Teen 18-19	
Zane McCaslin	385	Adam Hergesperger	520
242# Junior 20-23	Open		
Troy Kuzmitsky	380	Michael Decker	440
319# Sub 35-39	Master 55-59		
Pal Cuntrera	385	Italo Bonacci	370
BENCH PRESS	181# Open		
114# Female	Master 55-59		
Master 40-44	Joe Orengeia	530	
Jean Blom	110	4th	550
148 Female Sub 35-39	Open		
Sandi McCaslin	130	Robert Gregory	480
114# Teen 16-17	Anthony Luciani	480	
Hunter Claypatch	125	Sub-Master 35-39	
4th	130	David Jones	450
132# Open	Master 50-54		
Mike Kuhns	275	Herman Elsasser	400
148# Open	198# Sub 35-39		
Mark Riggelman	285	Daniel Caffrey	520
Open & Sub 35-39	Open & Teen 18-19		
Gary Teeler	265	John Poole	480
Teen 14-15	Open		
Brian Rebachak	225	Dave Grandinetti	450
4th	245	Master 45-49	
165# Teen 18-19	Albert Mangini	420	
Adam Hergesperger	305	Master 60-64	
Master 45-49	Gary Bechtel	360	
Wayne Claypatch	275	220 Open	
181# Sub 35-39	Krzysztof Ksiazek	665	
David Jones	325	Master 40-44	
Master 40-44	Bob Philippi	515	
Mark McGregor	275	Teen 18-19	
Master 55-59	Andrew Finland	500	
Joe Orengeia	270	Master 40-44	
4th	275	Paul Felix	490
Master 50-54	Master 80-84		
Herman Elsasser	230	P. Eberhardinger	200
198# Open	242# Open		
Dave Grandinetti	355	Zane McCaslin	480
Open & Master 40-44	Open		
Derek Subic	340	Brian Gaumer	475
Junior 20-23	Junior 20-23		
Ryan Cidzik	330	Troy Kuzmitsky	425
Sub-Master 35-39	275 Master 40-44		
Daniel Caffrey	320	Teddy Finland	610
Teen 18-19	Teen 14-15		
John Poole	275	Jack Lee, III	410
Master 50-54	319 Open		
Don Kuhns	235	Jack Lee, Jr.	605
Master 60-64	Open & Sub 35-39		
Gary Bechtel	225	Doug Croley	500
Master 45-49	Albert Mangini	190	Sub-Master 35-39
220# Open	Pal Cuntrera	405	
Master 50-54	John Kuhar	365	

Fifty-six lifters from five states vied for National titles in their specialty lift of squat, bench press or deadlift at the 2002 ADAU Single Lift National Championships held at the Suburban North Family YMCA in Catasauqua, PA. Ranging in age from 14-year-olds Jack Lee III and Brian Rebachak to the ever-irrepressible 82 year-old Paul Eberhardinger, many American records were set to the delight of the energetic and appreciative crowd. The Best Squat award went to Mike Kuhns with 435. Best Bench went to Ralph Laiuvara with 455 and the Best Deadlifter award went to meet director Nick



At ADAU Single Lift Nationals Miss Pennsylvania Autumn Marisa and Nick Theodorou (The photograph is courtesy of Nick Theodorou)

Theodorou with 570. The Women's Best Squat went to Sandi McCaslin with 225. Best Bench Press went to Jean Blom with 110 and the Best Deadlifter went to Elizabeth Brown with a lift of 325. Eight athletes were drug tested via urinalysis with seven passing and one failing the t/e ratio. Full details of the contest can be found at the ADAU website www.pikilup.com. Scroll down to 2002 Single Lift National Results. A highlight of the meet was the appearance of 2002 Miss Pennsylvania, Autumn Marisa, who signed autographs and photos and handed out the deadlift awards. Special thanks to all who helped make this a huge success! Al and Brenda Siegel of Siegel Engraving, who supplied the beautiful Eagle trophies, judged and ran the head table. Judges Joe Pyra and Dean Lewis who sat for every single attempt. Special thanks to the Twin City Powerlifters who went above and beyond the call of duty; Chris Border, Chris Cimigliaro, Don Kuhns, Mike Hitcho, Laura Courtright, Branden Pensyl, Barry Pensyl, Linda Pensyl, Brian Ramage and Greg Yeager. Special

thanks, also, to our sponsors: Follett Corporation, Fitness Central, Dr. Losagio Chiropractic Center, Rutler Screen Printing, Michael Hitcho of the Forsters, Joe Przybylowicz of Lehigh Valley Neuro-muscular Associates, Don Kuhns, Certified Massage therapist and Cathy Theodorou of Nutritional Technologies, the title sponsor. Finally, thanks to everyone for making this a success! We were able to donate \$1000.00 to the YMCA Youth Scholarship Fund. Nick Theodorou - 610 258-1894. Email - nutritek@aol.com (courtesy of Nick Theodorou)

220 LB CLASS

40-44	BRANTLEY KELLY	550	295	600	1445
45-49	PAT RYAN	540	270	540	1350
50-54	ED GILLIE	450	275	490	1215
55-59	D. POUCHER	600	435	700	1735
60-64	T. O'DONNELL	680	455	675	1810
65+	J. MC ELROY	525	315	500	1340
70+	VINNIE LYSOBEY	525	340	480	1345
75+	LUIS FREYTES	485	315	510	1310
80+	TIM BURNS	500	375	500	1375
85+	PAT RYAN	540	270	540	1350
90+	BRIAN GILLIE	455	355	s 490	1300
95+	T. O'DONNELL	680	455	675	1810

(Thanks to Bill Beeckley for providing these results.)

USAPL Deadlift Natiols

28 SEP 02 - Sheridan, CO

WOMEN OPEN	M2
198	198
LINDA SCHAEFER	440*
WOMEN MASTER	275
M1	FRANK BAJA
148	M3
J. LIVINGSTON	231
M2	LARRY EMERSON
132	501
JEANNE HARMS	253*
MENS OPEN	BILL SINDELAR
132	540*
SCOTT HANSEN	479
TROY KIBEL	363
165	TOM BYINGTON
MARK SIGALA	606*
181	DAN GOODWIN
RON GARAFOLI	595
NETTE WAAG	567
JOEY MARTINEZ	501
JEREMY PHILLIPS	485
198	BOB DUNIHUE
JOE TALBERT	501
220	MENS JUNIOR
RYAN LANDIS	606
242	CHRIS RODGERS
D.DICKSON	622
B. HUTCHINSON	551
MENS SPECIAL OL.	132
M1	TROY KIBEL
181	363*
RON GARAFOLI	595
JERRY HANDLEY	440*

* DENOTES NATIONAL RECORD (THANKS TO DAN GAUDREAU FOR PROVIDING RESULTS.)

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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 _____

ADAU NATIONALS

27,28 JUL 02 - Pittsburgh, PA

WOMEN	SQ	BP	DL	TOT
Youth 10-11				
A. Zimmerman	75*	45*	100*	220*
Open & Master 40-44				
Paula Lorenzi	120	85*	200*	405*
Open & Sub Master 35-39				
Benita Steffan	155	85	245	485
Teen 16-17				
Shanna Kaizer	155	80	240	475
Master 40-44				
S. Elchynski	245*	120	295	660
Open & SubMaster 35-39				
Sondralee Villo	225	135	260	620
Open & Teen 18-19				
Kaleena Iszkula	220	115	295	630
		4th	310*	
Teen 12-13				
B. Zimmerman	175*	100*	190	465*
MENS				
10-11				
Ben Cleary	140*	60	145	345
123				
Teen 14-15				
Ryan Horne	240	215*	275	730
132				
Open & Teen 18-19				
Jeff Davis	290*	230	390*	910*
Teen 16-17				
Lonnie Herr	235	205	420*	860
Teen 14-15				
Dustin Crissey	235	210	330	765
148				
Open & Master 40-44				
Ramon Cruz	440	280	485	1205*
4th	450**			
Open & Junior 20-23				
Michael Allgeier	400*	225	500*	1155
Master 55-59				
Paul Griffith	400*	210	390	100*
Teen 16-17				
JJ Tommasino	310	215	385	910
Kyle Motherwell	310	185	385	880
Teen 14-15				
Todd Herr	265	210	400*	875
Open & Teen 18-19				
Jason Munch	275	175	425	875
165				
Open & Junior 20-23				
Matt Calalino	480	340	535	1355
Teen 18-19				
Adam Hersperger	410	310	515	1235*
	4th	531.25*		
Joe Wysznki	365	290	470	1125
Teen 16-17				
Tim Lesondak	380	215	440	1035
Teen 14-15				
Mike Artise	255	170	335	760



Ramon Cruz's 450 SQ@ ADAU Nat's (Photo by Siegel Engraving Co.)

Open	SQ	BP	DL	TOT
132				
Allen Whigham	485	260	515	1260
220				
Patrick Hudin	555	425	675	1655
Mark Johnson	590	375	605	1570
Richard Krumm	485	420	570	1475
Jon Stewart	570	425	620	1615
242				
Jeff Douglas	775	475	700	1950
Kelvin Doss	690	340	675	1705
Derrick Lott	550	325	580	1455
275				
Neil Gewirtmann	640	385	585	1610
309				
Paul Fletcher	775	470	725	1960
40-44 Master 132				
Kevin Jones	375	230	360	965
60-64 Master 165				
Jim Lyons	345	210	365	920
45-49 Master 181				
Travis Smith	405	285	400	1090
40-44 Master 198				
Barry Marolt	535	345	500	1380
45-49 Master 198				
Thom Carrigan	455	315	530	1300
55-59 Master				
Ron Jenkins	410	325	500	1235
60-64 Master				
Victor Bazzone	385	290	470	1145
Submaster				
Rick Amos	415	280	470	1165
220				
James Young	410	320	505	1255
40-44 Master 309				
Paul Fletcher	775	470	715	1960
45-49 Master				
Robert Smith	545	400	555	1500
50-54 Master 220				
Ronnie Randall	500	360	465	1325
JR				
Jon Stewart	570	425	620	1615
Richard Krumm	485	420	570	1475
14-15 Teen 114				
Joe Cefalu	200	100	220	520
David Albus	225	105	285	615
16-17 Teen				
Robert Blunschi	245	125	300	670
132				
Daniel Brignal	325	155	335	815
18-19 Teen				
R. Hawihorne	385	250	515	1150
14-15 Teen 148				
Scott Hymel	220	170	240	630
16-17				
Casey Bellard	330	200	355	885
Ryan Caprari	400	210	440	1050
165				
David Starkey	425	245	450	1120
Greg Barthe	335	170	390	895
David Amond	305	150	400	855
181				
Eric Thompson	520	315	560	1395
Luke Savoie	470	245	540	1255
Josh Hahn	460	270	490	1220
198				
Garrett Halpehn	405	290	475	1170
220				
Shane Railet	390	235	400	1025
John Burford	600	265	535	1500
242				
Mitchell Downing	340	170	400	910
Ernest Wilkes	500	315	570	1425
18-19				
Kelvin Doss	690	340	675	1705
275				
Greg Theriot	665	330	625	1620
SHW				
Edwin Greenlee	570	340	570	1480
Open				
165				
Monica Hare	350!	220!	360!	930!
16-17				
105				
M. Hendricks	170	80	220	470
114				
Rachel Touchet	185	85	210	450
148				
Randi Smith	305	120	255	680
14-15				
165				
Kate Savoie	245	115	270	530
16-17				
181				
Ashley Porche	315	140	300	755
SHW				
Elise Moran	340	150	315	805
! Denotes state record. Host: Rhodes Club Fitness.				
Announcer: Patrick Moore. Scorers: Jo Moore,				
Karen Rhodes. Judges: Doc Rhodes, Brad Rhodes,				
Chad Rhodes, Vinson Keyhea, Andrew Caprari,				
Joey Ladnier, Jim Wold, Victor Bazzone, Beau Gex,				
Gary Frank, Brock Henry, Bill Murphy, Allen				
Whigham, Tony Caprari, Robert Smith. Best Lifter				
Light: Allen Whigham, Hvy: Jeff Douglas. Best				
Teen: Hvy: Kelvin Doss, Light: Richard Hawthorne.				
Best male lifter: Paul Fletcher. 1st place team:				
Baton Rouge Gary Franks, 2nd: Cross Roads. (Thanks				
to USAPL for providing these meet results to PLUSA)				

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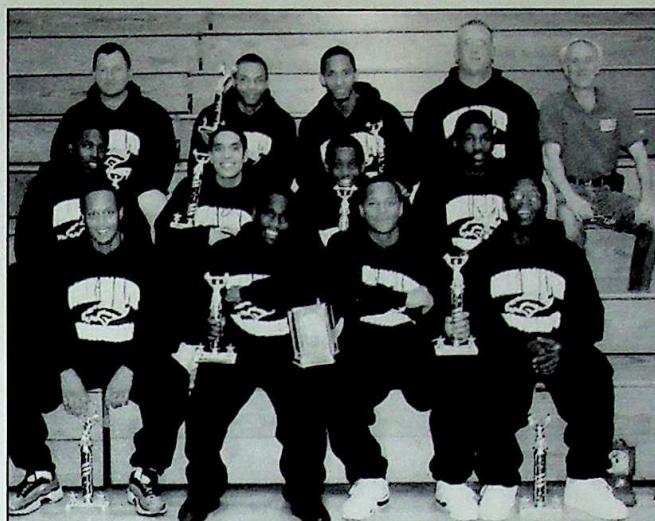
USAPL Mississippi State
03 AUG 02 - Gulfport, MS

Bench	Reginald Naylor	490
132	Jon Stewart	425
14-15 Teen	Todd Ernest	400
Cody Anderson	Billy Kellum	300
198	JR	
John Vining	Richard Krumm	420
18-19	Submaster	
David McDuffie	James Young	305
Master 50-54	40-44 Master	
Mike Skmetta	275	
Open	Brock Henry	420
220	45-49 Master	
	Bill Murphy	405

**Pocket Sampsons' 9-11 Bench Press
28 SEP 02 - Middleburg, MD**

114	Terrell Thomas	185	
Justin Hughes	175	181	
132	Marcus Burnette	275	
William Belpre	155	240	
148	Tyrone Benjamin	230	
Charles Harrison	215	220	
Robert Peterson	205	Don Joy Jr	325
Lamont Dudley	205	Brian Dultera	315
165	Scott Bixler	310	
D. Hardy	285	275	
Aumbrey Brown	240	Don Joy Sr.	350

The clean-cut all-American young men from Bowling Brook Boys Prep School, Middleburg, MD., lifted their way to the first place Team-clock-trophy at the 2002 Pocket Sampsons' 9-11 Bench Press championship, Saturday September 28 @ North Carroll HS, Hampstead, MD. The championship was in memory of Taneytowns' (MD) lost one in the WTC, Miss Joann Hettibrilde. Lori Hettibrilde-Green was on hand to greet lifters and guests and assist with the event. Earning "Best Lifter" High School was 165 pounder from the Bowling Brook "Thoroughbreds" Descellaus Hardy with a strong 285 lb. bench press. Uncontested in the 114 lb. class with a bench press of 175 was winner Justin Hughes, Westminster HS. 132 lb. class winner with 155 bench press was Bowling Brook's William Belpre. The 148 lb. class had the excitement of a three way Thoroughbred race! Charles Harrison finished 1st in the 148's with a bench press of 215 as he narrowly missed at 220; as Robert Peterson and Lamont Dudley tied at 205 bench press and Robert won on a lighter weigh-in bodyweight, 136-145. (In cases of a tie, weigh-in bodyweight of who weighs less, determines the winner.) The 165 lb. class best lifter, Mr. Hardy, was followed by Thoroughbred teammate Aumbrey Brown at 240 bench press, and teammate Terrell Thomas at 185 bench press. In the 181 lb. class, Bowling Brook took 1-2-3 with Marcus Burnette's 275 lb. bench press, Paul Coode's 240 bench press, and Tyrone Benjamin's 230 bench press. The 220 lb. class had a close race in the "mens" division as Don Joy Jr. bench pressed 325 lbs. just ahead of Brian Dultera's bench press of 315 who edged out Carroll Countain's Scott Bixler who benched 310 lbs. Don Joy, Sr., of Westminster, MD, hit a strong 350 lb. bench press to earn the "Pocket Sampsons' Biggest Bencher Award," in 275 lb. class as he weighed in a super-light 248 pounds. County HS team finishes: 1st Bowling Brook Thoroughbreds 21 pts, 2nd Westminster HS 3 pts, F.S. Key 0 pts, North Carroll 0 pts, South Carroll 0 pts, Liberty 0 pts, Winter Mills 0 pts. Pts: 3 pts = 1st, 2 pts = 2, 1 pt = 3rd. A "special" thank you to the champions @ Bowling Brook Lifters and staff, and Victor Aybar of Team Jesus for side-judge and testimony time. Next up for the "serious athletes" is the "Pocket Sampsons Toy-for-tots Bench Press," Sat. Dec. 7 @ the luxuris Four Seasons Sports complex, Hampstead, MD. The event will be "open to the public" and feature such highlights as the areas strongest lifters; a pair of Baltimore Ravens cheerleaders; bake goods table; silent auction; FCA table; door prizes; and US Marine Corp to collect all donated toys. "ALL" are encouraged to participate in this worthy cause. (Spectator admission is \$5.00 - adults, \$3.00 - students, \$1.00 - children.) More info every Sunday in CC Times Sport, at Westminster Family Center or at Four Seasons. (Thanks to Glen Murphy, Jr. for these meet results.)



Winners! - Bowling Brook "Thoroughbreds" (l-r) Back Row: Bowling Brook Coach Steven Clark, Tyrone Benjamin, Aumbrey Brown, Bowling Brook Assistant Coach John Bush, and championship director Glenn "Pocket Samson" Murphy, Jr. Middle Row: Terrell Thomas, William Belpre, Robert Peterson, and Paul Coode. Front Row: Charles Harrison, Lamont Dudley, Marcus Burdette, and Descellaus Hardy (This photograph is courtesy of the meet director Glenn Murphy, Jr.)

Samuel Tyler	195	260	455	Norm Guay, Erica Blanchard, My spotters: Brian
Terry Frost	185	255	440	Blanchard, Roger Levesque, "James" for without
Josh Westleigh	145	235	380	your help there would be no Maine State Push/Pull. (Thanks to Russ Barlow for providing results.)
Men Teen				
John Vigilio	137.5	230	367.5	S.C.I. MAHANOY FULL RAW
Jim McQuaid	160	262.5	422.5	20 JUL 02 - Frackville, PA
Andy Rosenthal	140	187.5	327.5	
Women Master (40-49)				
Elizabeth Lonsdale	45	122.5	167.5	148 SQ BP DL TOT
Women Open				BELGRAVE,M. 375 250 480 1105
Lynne Barlow	77.5	135	212.5	LUTTERMAN, M. 265 220 350 835
Elizabeth Lonsdale	45	122.5	167.5	VANCE 205 150 300 655
Best Lifter Female: Lynne Barlow. Best Lifter Male: George Sotolakes. I would like to thank everyone for their continued support. My judges: Scott Worthing, Chris Wiers, Scott Blanchard, my table:				165 WHITE, Y. 400 325 570 1295
				IZBICKI, K. 365 280 410 1065
				WALKER, K. 325 250 400 975

The Difference between the Metabolic and Anabolic Diets and Anabolic Solution

I've had a lot of questions about my various diet and nutrition books and the differences between them. I thought I'd send this out to answer some of these questions.

The Anabolic Diet was my first low-carb phase shift diet and was geared toward bodybuilders. It was a fast how-to book without a lot of theory but full of practical information. The Metabolic Diet, which I wrote more than five years later is geared toward the general fitness and toning population. Those that just wanted to lose weight and body fat and look buff. Unlike the soft cover Anabolic Diet which was just over 100 pages, the Metabolic Diet is a hard cover book and has over 500 pages, including dozens of 2-week sample diets, various charts and other information.

My new Anabolic Solution series is made up of four books, two of which are now available and two that I'm presently working on. The AS series combines a focused look at using the Metabolic Diet and nutritional supplements in various phases of training and competition for most sports.

The Anabolic Solution for Recreational and Competitive Bodybuilders is an expanded, revised and updated Anabolic Diet. It takes the original Anabolic Diet and updates it with the new information and guidelines that are in the Metabolic Diet, and adds a lot more because it ties the dieting in with phases of training (mass, strength, cutting, etc.) and with my line of nutritional supplements (which were specifically formulated for the Anabolic/Metabolic Diet) - in other words the whole Monty. That's the reason I named it the Anabolic Solution.

The Anabolic Solution for Recreational and Competitive Powerlifters does the same thing for powerlifters as the AS for BB does for bodybuilders. The other two books in the series will be for individual (including the fighting sports) and team sports that have an off and on season, and for endurance athletes.

The bottom line is that the Anabolic Solution completely replaces the Anabolic Diet. However that doesn't make the Metabolic Diet book obsolete because at 500+ pages the Metabolic Diet has a lot of extra information as well as 2 week sample diets at different calorie levels, and food charts, etc. Keep in mind that while some of this information, such as the sample diets and food charts, are presently available on-line on my MetabolicDiet.com site, the site (coupled with CoachSOS) will soon be set up on a membership basis. In preparation for this I'm enhancing both sites dramatically, including several other features (such as an on-line daily to weekly meal preparation database that can be used to plan meals and which will give you individual foods and cumulative macronutrient breakdowns), and offering personalized training/diet/supplement schedules and support.

Best regards, Mauro, www.MetabolicDiet.com, www.CoachSOS.com

GELOTTI, G.	270	240	305	815
JIMINEZ, W.	205	225	375	805
181				
CARTER, JT.	500	375	560	1435
CROCKER, T.	410	295	485	1090
RAWLS, E.	250	300	475	1025
198				
WOFFARD, S.	640	430	630	1700
JUNIOUS, S.	485	340	570	1395
LEWIS, J.	450	375	515	1340
INGLE, W.	430	250	525	1205
GENTRY, J.	340	285	500	1125
220				
BURGOS, J.	560	380	580	1520
CLAPSALD, J.	570	310	600	1480
BODYCOMBE, M	475	400	525	1400
SOUDERS, J.	455	340	460	1255
HOYT, B.	485	255	525	1265
HAINES, C.	360	330	525	1215
DENNIS, V.	360	325	400	1085
HARDISON, J.	285	295	460	1040
242				
CARTER, E.	570	325	700	1595
LEAR, J.	485	385	530	1400
STOCKDILL, J.	400	325	470	1195
275				
ALCARIN, F.	575	400	575	1550
KIEFFER, D.	200	385	550	1135
SHW				
JENKINS				

On Saturday, July 20, 2002, S.C.I. Mahanoy held a Full "Raw" Meet. The lifters were only allowed to use knee/wrist wraps and a belt. The meet was a great success, with some outstanding totals. Many of the lifters were lifting in their first meet. We had a total of 30 lifters participating in this meet. The "Outstanding Lightweight" lifter went to John "JT" Carter, who totaled 1435 lbs., in the 181 lb. Class. The "Outstanding Heavyweight" lifter was Stephen Wofford who, totaled 1700 lbs., in the 198 lb. Class. We would like to thank Superintendent Klem and his Administration for supporting this event, it is always a big success and the inmate population supports the lifters efforts, Mr. Yamell and the Food Services Department for the refreshments. Mr. Corbacio, Mr. Lotz and the Activities Department for host this event. We would also like to thank all of the inmates who helped to put this meet on (spotters, scorekeeping, camera crew and everyone else who pitched in). It is a lot of work for everyone. A special "thank" goes out to the Officials who came in (once again), although they were not feeling the best and getting ready to travel they still showed-up and did a fine job. The Inmate Organization here at S.C.I. Mahanoy, "Resident Betterment Organization", made a \$200.00 donation on behalf of the Officials to the Schuylkill County Woman In Crisis Center to show our appreciation. Their names are: Robert Granko, Joe Moceynas, V. Moceynas. (Jerry Burges provided the results.)

**APF Maine State Push/Pull
07 SEP 02 - Lewiston, Maine**

Men Guest	BP	DL	TOT
Brent Howard	305	305	
Men JR			
Louie Morrison	172.5	265	437.5
Robert Trundy	210	260	470
Men Master (40-49)			
Michael Toderico	182.5	257.5	440
Matt Israelson	187.5	272.5	460
Tim Lane	167.5	300	467.5
Men Master (50+)			
Tom Allen	100	175	275
Michael Iron Mike Scott	102.5	182.5	285
James Boulos	130	205	335
Shorty Wade	92.5	125	217.5
Men Open			
George Sotolakes	207.5	255	462.5
Mike Kaller	195	340	535
Louie Morrison	172.5	265	437.5
Charlie Kanavas	152.5	255	407.5
Joshua Gottlieb	205	262.5	467.5
Samuel Tyler	195	260	455
Mike Laliberte	165	242.5	407.5
Matt Israelson	187.5	272.5	460
Greg Brochu	147.5	217.5	365
Terry Frost	185	255	440
James Boulos	130	205	335
Frank Ventriglia	112.5	202.5	315
Shorty Wade	92.5	125	217.5
Men Open Bench			
Mike Danforth	210		210
Seth Reardon	97.5		97.5
Men SubMaster			
Andrew Miller	222.5	260	482.5



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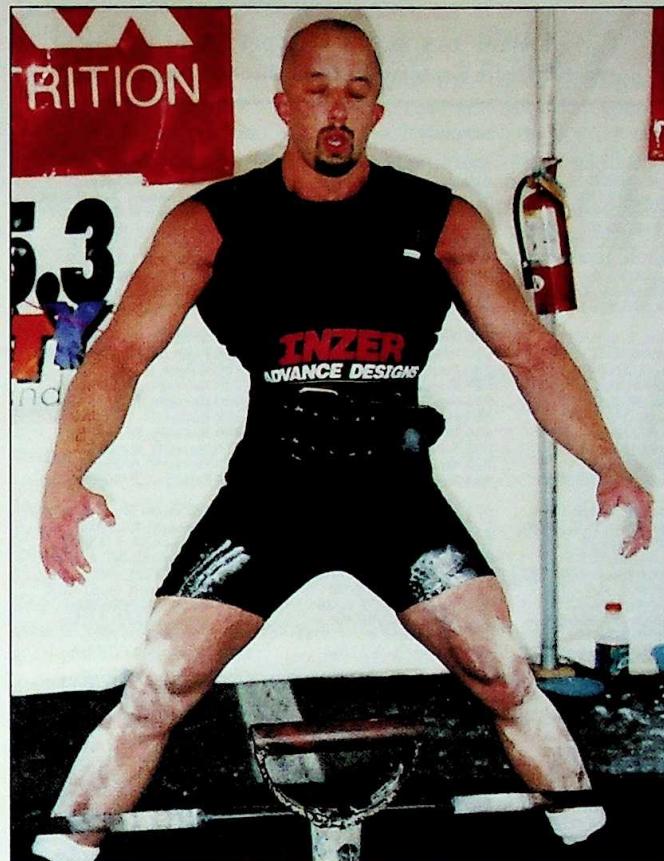
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APA SOUTHEAST COAST BP & DL
28 SEP 02 - Winter Park, FL

Bench	M. Chaffin	455
Women's Open	V. Lopez	415
R. Russillo	165	T. Wright
A. LaConib	165	Open 275
Teenage	L. Lavarro	550
B. Hopper	475	J. LaComb
T. Wright	475	425
Junior	T. Gainer	390
L. Morrison	G. Gass	
SubMaster	385*	Open 308
J. LaComb	425	S. White
R. Koller	425	530
M. Spelman	335	Open SHW
Master 40-49	300	M. Rodriguez
M. Rodriguez	575	575
M. Cain/45/349	575	Deadlift
4th	575	Women's Open
Doug Huston	610*	K. Noblit
T. Gainer	390	315
A. Barkus	270	Teenage
G. Godwin	250	R. Bent
Master 50-59	Master 40-49	500
J. Otto	405	L. Hopper
J. Stehman	315	Junior
F. McBride	280	L. Morrison
Master 60+	280*	585*
B. Bradford	280*	T. Haller
D. Botelho	185	Open 148
Open 132 lb.	B. Schwab	575
B. Goelz	305	Open 165
Open 148 lb	P. O'Grady	450
B. Schwab	420	J. Lynch
T. McCoy	420	410
Open 165 lb	L. Morrison	Open 181
J. Mouzon	385	585*
Open 181 lb.	Open 198	J. Cervero
L. Morrison	385	625*
J. Quirido	J. Bellemare	560
Open 220lb	Open 220	L. Russell
F. Anderson	L. Russell	570
Open 242 lb	Open 242	M. Chaffin
J. Keene	605	550
4th	625*	Open 275
	L. Lavarro	705

The Southeast Coast Bench Press & Deadlift Championships was a very successful event with lifters coming from as far away as the state of Maine to participate. Lifting quality was excellent and the quality of those judging the event. Several records were set. Special thanks to John Herrick for setting up this event and some very good sponsorships. Between MetRx and GNC the best lifters saw some excellent prizes with the best lifter of the Bench



Brian Schwab prepares to attempt 600@ 147 bodyweight at the APA Southeast Coast Deadlift (The photograph is courtesy of Scott Taylor)

Press receiving an expense paid trip for two including airfare to the Mr. Olympia contest and the best lifter in the deadlift event receiving a cash prize and free supplements from GNC. The event will take place again the same weekend next year and we look forward to another successful event in 2003. Special thanks to the referees and spotters for an excellent job. (Scott Taylor provided these results.)

USAPL Illinois State and Midwest BP
05 JAN 02 - Buffalo Grove, IL(kg)

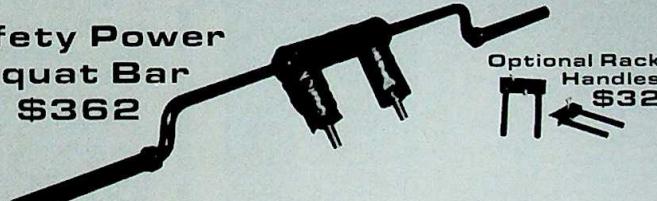
WOMEN	D. GONZALEZ	170
165	R. HAAS	57.5
TEEN	N. KIRKIRIS	177.5
132	242	
D. GONZALEZ	87.5	M. PHILLIPS
148	275	145
M. HAFFEY	150	R. HAAS
JUNIOR	150	195
123	MIDWEST OPEN	
M. TELLEZ	107.5(40-49)	MASTERS
181	165	
N. DELUISE	160	M. TETRICK
MASTERS	160	132.5
165	S. ELLIS	245
M. TELLEZ	107.5R. HARVEY	205
181	181	MASTERS
D. WILEY	167.5(50 & UP)	UNL
198	198	
ROSENZWEIG	180	D. JANSEN
220	220	190
T. MULL	205	OPEN
OPEN	198	K. FARLEY
181	220	192.5
D. WILEY	167.5T. MULL	205
198	198	J. REYES
ROSENZWEIG	180	R. WALScheid
M. DEW	165	UNL
220	220	R. HARVEY
J. REYES	185	D. JANSEN

BEST LIFTERS: ILLINOIS STATE - WOMEN: R. HAAS, TEEN: M. HAFFAS, JUNIOR: N. DELUISE. **MASTERS:** D. ROSENZWEIG, OPEN: T. MULL, D. ROSENZWEIG, D. WILEY, MIDWEST OPEN **MASTERS:** S. ELLIS, OPEN: T. MULL, K. FARLEY, R. HARVEY. (And thanks to Dennis Brady for providing the meet results to Powerlifting USA)

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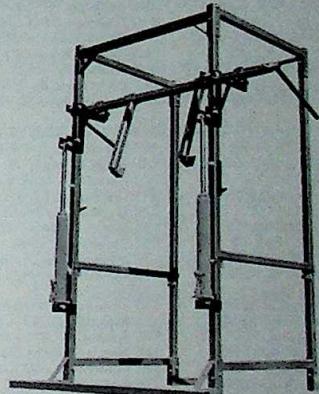
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PL USA Top 100 Achievement Awards

SQUAT

1	777 Berardinelli, A..6/14/02
2	773 Hooper, W..2/24/02
3	766 Conyers, T..12/1/01
4	700 Salvagni, R..10/28/01
5	640 Crowe, B..10/20/01
6	620 Friend, J..7/20/02
7	611 Olson, G..8/24/02
8	606 Robbins, S..14/10/01
9	606 Brandon, M..7/13/02
10	600 Perez, J..11/10/01

BENCH PRESS

11	585 Bridges, E..9/22/01
12	575 Curley, P..7/20/02
13	573 Cayer, A..5/4/02
14	573 Petrucci, D..6/14/02
15	573 Bracken, D..7/13/02
16	570 McVane, A..11/17/01
17	565 Beaupre, S..5/18/02
18	562 Lewis, T..10/19/01
19	562 Woodworth, M..6/8/02
20	560 Schupbach, J..11/11/01

DEADLIFT

21	529 Miller, L..8/24/02
22	518 Hara, M..8/24/02
23	500 Mazza, J..6/15/02
24	496 Hooper, W..2/24/02
25	495 Bold, F..7/20/02
26	480 Taylor, F..3/30/02
27	475 Salvagni, R..10/28/01
28	470 Kiltz, J..2/10/02
29	462 Berardinelli, A..9/8/01
30	452 Luther, J..3/9/02

TOTAL

31	685 Conyers, T..3/23/02
32	672 Nickson, E..12/8/01
33	639 Cayer, A..10/27/01
34	625 Wright, R..5/11/02
35	625 Castro, M..8/10/02
36	622 Braca, J..11/17/01
37	603 Macri, M..4/6/02
38	605 Bridges, E..8/18/02
39	601 Cirigliano, R..5/18/02
40	600 Rios-Soto, A..4/27/02



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - add 7% tax).

NEXT MONTH... TOP 181s

Corrections... There was a typographical error on the results of the IPA World Cup (p.68, Oct/02 PL USA) where Derek Barker should have been credited with a 700 squat in the 220 lb. class. Also in that issue, Brendan Rohan should have been credited with a 547.5 kg. total in the 148 lb. class (p.39). In the results of the APA Southwest Florida BP, Mike Couch should be credited with 665 in the bench press. In the results of the Sept. 29, 2001 MCI Norfolk Senior PL meet, C. Carroll should have been credited with a 4th attempt 675 in the deadlift in the 220 lb. class. Dr. Judd's comments on Pete Rose playing in Three River Stadium, should have noted that he played at the similarly named Riverfront Stadium. We recognize the fact that we do make errors in our own compilation of the various ranking lists and meet results we publish, however, in some cases we were not able to obtain a copy of the results from the meet director, and occasionally the meet results themselves contain errors. We apologize for any errors that our readers find in our competition reports or ranking lists, or anywhere else in the magazine, and we encourage you to send any corrections that you find to "PL USA ERRORS", Post Office Box 467, Camarillo, California 93011.

41	556 Nickson, E..5/19/02
42	555 Cruz, E..3/23/02
43	551 Smith, G..11/10/01
44	551 Wiltshire, G..12/8/01
45	551 Macri, M..4/6/02
46	550 Beeks, D..2/9/02
47	550 Barnes, B..3/23/02
48	550 Pantaleo, J..4/13/02
49	550 Bermudez, L..5/18/02
50	550 Keenan, P..8/17/02
51	540 Boutte, P..5/25/02
52	535 Schultenover, M..4/27/02
53	534 Taylor, T..11/17/01
54	534 Yezzer, A..4/6/02
55	530 Clay, J..19/02
56	530 Huise, M..1/27/02
57	530 Bentley, C..3/23/02
58	530 Sherbony, T..3/30/02
59	530 Larissi, S..10/20/01
60	525 Adkins, L..5/4/02
61	525 DiCataldo, S..5/18/02
62	525 Shambrook, S..6/22/02
63	523 Matsumoto, R..12/8/01
64	523 Cagliola, M..4/6/02
65	520 Rodriguez, A..3/23/02
66	518 Dinkel, D..12/8/01
67	518 Kibler, D..12/8/01
68	518 Gaulio, C..4/13/02
69	518 Vasquez, J..5/18/02
70	518 Lumpe, S..5/25/02
71	518 Davis, K..7/13/02
72	515 McCarthy, D..11/17/01
73	512 Williams, S..3/16/02
74	512 Naughton, D..4/6/02
75	512 Flores, R..4/6/02
76	512 Hughes, C..7/13/02
77	510 Wright, R..5/11/02
78	507 Smith, C..10/6/01
79	507 Watkins, A..11/10/01
80	507 Atkins, L..3/16/02
81	500 Gober, J..3/23/02
82	500 Roney, J..3/30/02
83	500 Wright, A..4/27/02
84	500 Noctor, M..5/4/02
85	500 Close, J..5/4/02
86	500 Asher, M..6/1/02
87	500 Peterson, J..7/21/02
88	496 Grubbe, C..6/15/02
89	495 Gallo, C..10/27/01
90	495 Whitaker, J..3/23/02
91	495 Marshall, G..5/18/02
92	490 Barnes, J..10/27/01
93	490 Cardwell, V..11/10/01
94	490 Beasley, M..3/8/02
95	490 Raddatz, N..3/8/02
96	490 Duhon, M..3/16/02
97	490 St. Juste, W..3/23/02
98	485 Eichstadt, M..11/3/01
99	485 Garza, R..11/17/01
100	485 Kwiatkowski, A..3/23/02
11	485 Bridges, E..9/22/01
12	480 Lubin, S..8/24/02
13	477 Judah, S..6/22/02
14	470 Friend, J..7/20/02
15	470 Smith, J..7/27/02
16	469 Scherzer, A..7/11/01
17	469 Dowling, M..4/27/02
18	469 Speranza, J..8/31/02
19	465 Wood, B..9/15/01
20	465 McKnight, J..9/9/01
21	465 Mayhorn, J..6/6/02
22	465 Davis, B..2/16/02
23	465 Fleming, P..3/16/02
24	465 Rubio, J..4/13/02
25	465 Wright, R..5/11/02
26	465 Hutchins, T..5/11/02
27	465 Wharry, B..7/6/02
28	465 Langwell, R..8/17/02
29	465 Pingleton, S..8/17/02
30	463 Barnes, A..10/27/01
31	463 Conyers, T..3/23/02
32	463 Nickson, E..12/8/01
33	463 Cayer, A..10/27/01
34	463 Wright, R..5/11/02
35	463 Castro, M..8/10/02
36	463 Braca, J..11/17/01
37	463 Macri, M..4/6/02
38	463 Bridges, E..8/18/02
39	463 Cirigliano, R..5/18/02
40	463 Rios-Soto, A..4/27/02
41	463 Luther, J..3/9/02
42	463 Rijos-Soto, A..4/27/02
43	463 Pollio, J..4/27/02
44	463 Wright, R..5/11/02
45	463 Wright, R..5/11/02
46	463 Wright, R..5/11/02
47	463 Wright, R..5/11/02
48	463 Wright, R..5/11/02
49	463 Wright, R..5/11/02
50	463 Wright, R..5/11/02
51	463 Wright, R..5/11/02
52	463 Wright, R..5/11/02
53	463 Wright, R..5/11/02
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61	463 Wright, R..5/11/02
62	463 Wright, R..5/11/02
63	463 Wright, R..5/11/02
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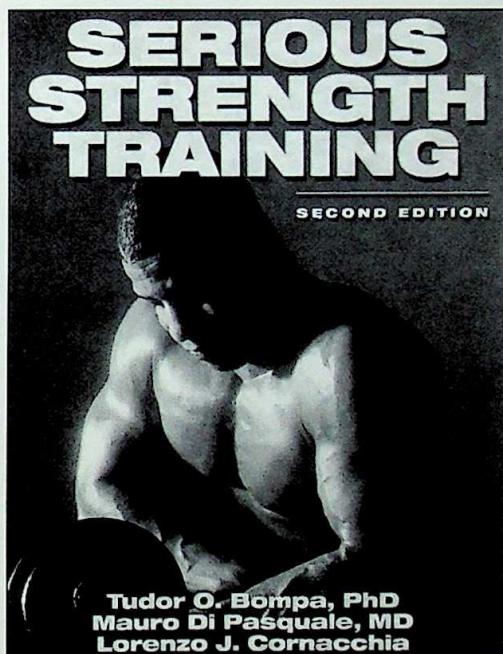
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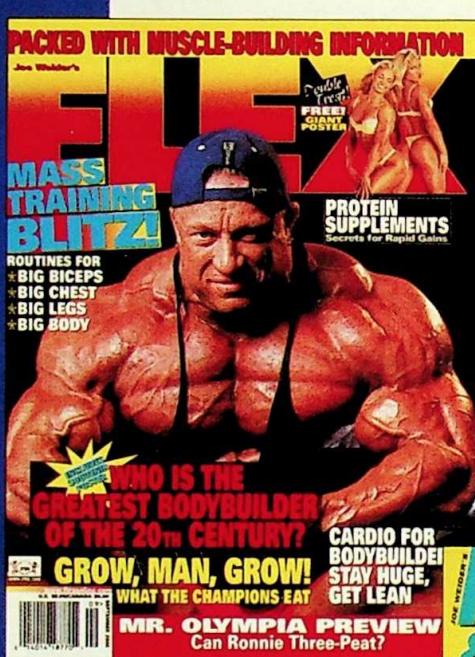
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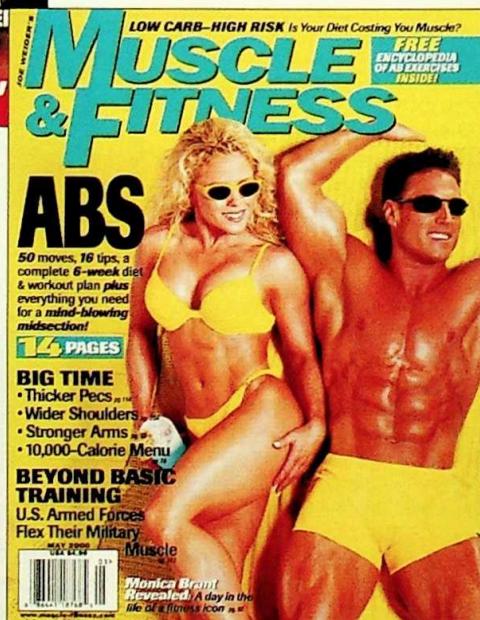


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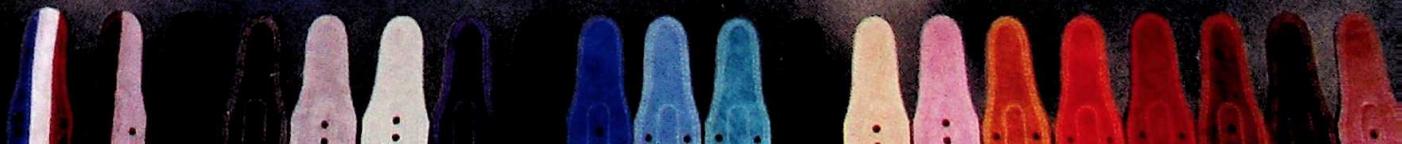
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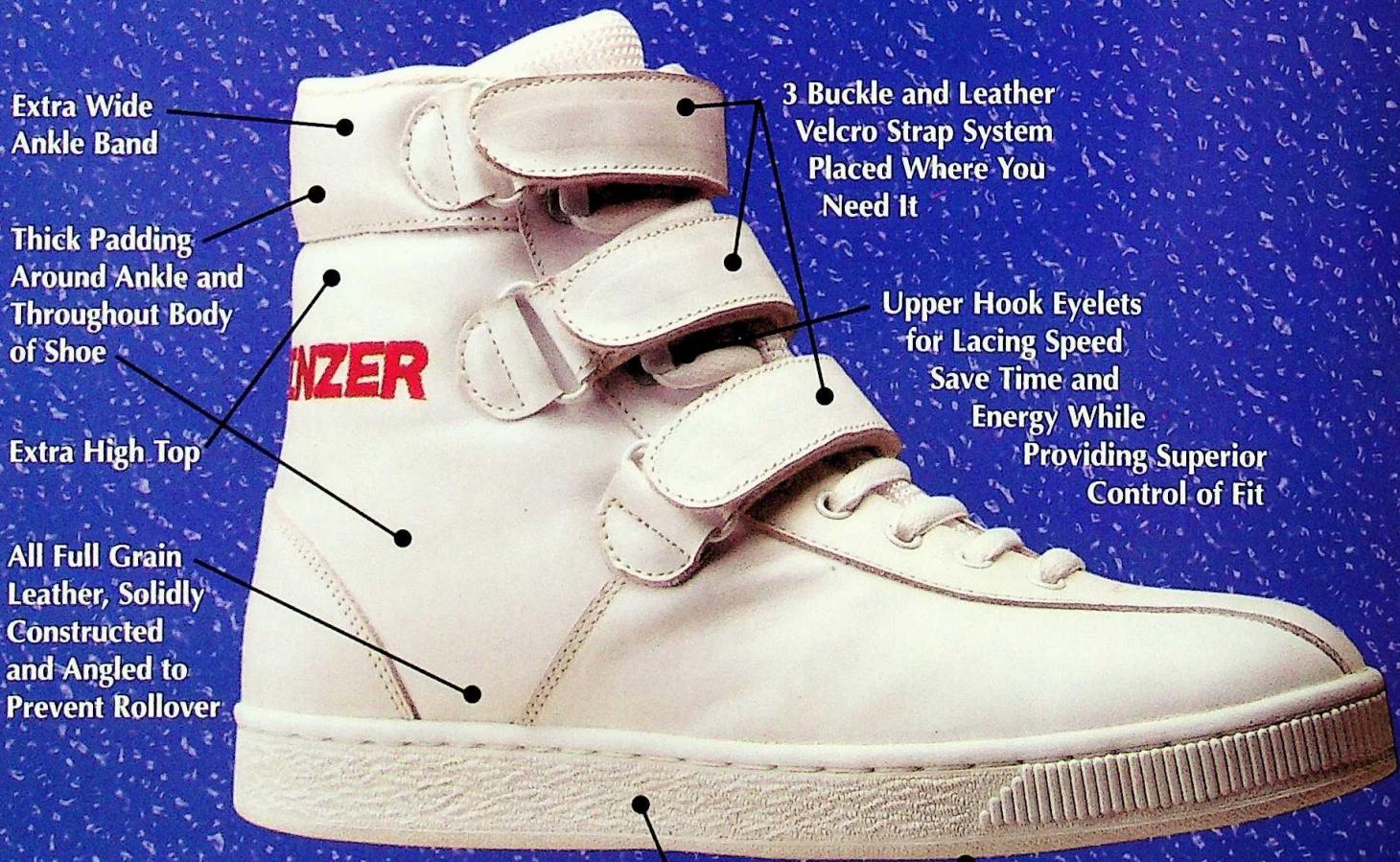
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